



Elkhart and St. Joseph Counties Head Start Consortium Aug/Sep, 2020

Ms. Rhonda/ Ms. Mireya

Early Head Start Classroom: Lafayette Room #24

Monthly News and Updates

Welcome back Parents and children. We are so excited to have your children, apart of our classroom. If you are virtual, we will meet everyday for 15 mins by zoom. If you are in-person, the hours are 8am- 1.pm. The children must be here by 8:30, to attend the day.

*Please email family pictures if possible, to rmcghee@headstartesj.com

mromero2@headstartesj.com

* Please complete weekly in-kind sheets and return them.

* Please make sure your children have an extra outfit in their cubby.

*If you have any of our extra clothes please return them.

* If your child will not be at school, please call us by 9am. Our phone number is **574-393-5881**.

* Thank you for allowing us, to take care of your children daily. We are enjoying watching them grow.

* If you have any questions or concerns, please do not hesitate to talk to us. We are here to help.

Ms. Rhonda and Ms. Mireya

Parent Engagement



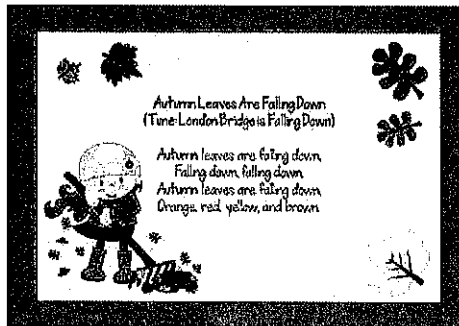
- * Talk to your children about healthy fruits and veggies, during dinner time.
- *Reading a book to your child before bed
- *Enjoy the weather outside: take a nature walk, go to the park, playing ball outside. These are just a few ideas.

Social/Emotional Tips

Social-emotional skills help us manage emotions, build healthy relationships, and show empathy and understanding to others.

- Model the emotions and behaviors you want your child to show. You are your child's first teacher and they look up to you as a role model.
- Be responsive to your child's emotions and behaviors. Respond quickly to basic needs to develop trust, e.g. feeding, playing, soothing, and comforting them.
- To help your child work through negative emotions, ask them simple questions, offering choices and avoiding power struggles, e.g. "Would you like to brush your teeth or take a bath first?"

Nursery Rhyme/Song



Monthly Nutritional Activity

This month we will be focusing on exercising and hand washing. We are including some exercise cards, that you can do together as a family. Also please remember to wash hands for 20 seconds with soap. This will help the children want to do it at school as well.

Book List

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