

NEWSLETTER



Parents as Teachers Early Head Start Head Start



August Important Dates

3	9:30-10:30 am	0-5 Playgroup at Massey Park
3	10:00-11:00 am	Russell Playgroup at Castle Park
10	10:00-11:00 am	La Leche at Crosspoint Church
15	6:30-7:30 pm	New Family Parent Orientation
18	See Below	Meet & Greet
22	-----	School Starts
29	12:00- 1:00 pm	Policy Council



Dear families,

Whether you are a new family, returning family or continuing family, Early Childhood Connections staff and I wish to take this time to say that we are delighted that your child is part of the Connections family. We look forward to supporting your child as they continue to grow and develop over this next year.

The mission of Early Childhood Connections is empowering families to live the possibilities by nurturing child, family and community connections. The program focus is for children to be ready for school and on setting a basic foundation for future academic success, including strong social skills and understanding classroom roles and routines. This is accomplished through utilizing research-based curriculum and teaching practices, highly individualized teaching strategies, ongoing child assessment all within an engaging environment. School readiness is not limited to education but includes health, nutrition, and family engagement.

Family engagement is key to a child's school readiness. This is a partnership in preparation for your child to be successful entering school. We believe that parents will always be their child's first and foremost teacher. To help support your engagement in school readiness, each month you will receive a curriculum calendar and/or a newsletter to let you know about activities, important events, and strategies to support the curriculum at home. Home visits are designed to help support you as well.

We are looking forward to partnering with you and your family in the beginning stages of your child's education. We are so fortunate that you have entrusted your child to us and we are dedicated to facilitating their developmental growth in preparation to be ready for school. Please feel free to contact any staff member if you have any questions.

Hays Pre-School

New Family Parent Orientation (No Children Please)

August 15th 6:30- 7:30 pm

Meet & Greet

August 18th Parents and **New Students ONLY**
9:00-11:00 am or 1:30- 3:00 pm

Hays Pre-School Starts August 22nd!

Russell

Parent Orientation (No Children Please)

August 15th-- 6:30-7:30 pm

Meet & Greet August 18th
9:00- 11:00 am or 1:30- 3:00 pm

Russell Pre-School Starts August 22nd!

Ellis

Parent Orientation (No Children Please)

August 16th-- 6:30- 7:30 pm

Meet & Greet August 24th
9:00-11:00 am or 1:00- 3:00 pm

Ellis Pre-School Starts August 25th!

We're Going Back To School



Upcoming Event!

GO TRUCK GO!

September 22, 2022

5:00 to 7:00 pm 2501 E. 13th Street, Hays

Free Family Fun!

Children can get an up-close and personal look at their favorite vehicles!
Free food and drink provided. Free hearing and vision screening for children.
Free informational booths from area resources.



Sponsored by USD 489 Early Childhood Connections.

Peanut and Tree Nut Aware Schools

Due to a variety of food allergies, the schools are considered to be peanut/tree nut aware. The school cannot be responsible for food brought in by other students /parents. To be aware of this concern as well as sanitation requirements and cost, Connections asks that no foods be brought to the school by students/parents.

GREAT RESOURCE
CHECK OUT THIS SITE!
<http://haysparents.com/>



Transitioning Between Activities

Most kids don't like change and young children often panic when they don't expect change. The stress associated with changes to kids normal routine can actually impact their child's brain development. However, change is part of life. Here are some tips on tackling transitions to make daily changes as stress-free as possible—for everyone.

Your Baby / Toddler (Birth to 36 months):

Transitioning between everyday activities, such as from waking up to getting dressed, or from playtime to feeding time, can be difficult for many babies and toddlers. Often your child may resist getting changed or become extremely upset when leaving his toys to go have lunch. Here are some ways that you can help your child prepare for these changes and become more cooperative:

- Be sure to build in extra time in the morning to allow your child to wake up gradually. Speak slowly and softly, giving gentle rubs and touches to let him know that it's you that is waking him up.
- You may even turn on a small light to let him know it's time to wake up and start the day.

Having a consistent schedule will help your child transition throughout the day much easier, as he will know what to expect.

- Limit your child's transitions as much as possible. Of course, there will always be days when something unexpected or necessary happens, but your child will learn to trust you more about what's happening in his day when you are consistent and thoughtful about his needs.

It can be easy to get caught up in life's "to do" list, but remember, preparing your child for the day ahead will help you both get through it with as little stress and frustration as possible. Seeing you be calm and collected when moving from one activity to another will show your child that transitions do not have to be difficult, and he will eventually become less resistant to changes in his day.

Your Preschooler (36 months to 48 months):

Your preschooler is much more used to the changes in his day than when he was a baby and toddler. However, it is still important for your child to be prepared for the unexpected, which can still be frightening at this age.

- Give your child choices in order to make her feel like she has control in her life. For example, when deciding what to wear in the morning, give your child 2 or 3 options that are appropriate, and then allow her to choose her own outfit.
- Give your child 10 and 5 minute warnings before he needs to end an activity; he now has a better idea of how much time he has left and will be less resistant when his time is up. Tell your child how proud you are of him that he listened to you when you told him that it was time to move on to something else.
- Allow your child to become part of your day's decisions when possible, and make conversations with her about the changes that may come up throughout the day. Role-play certain scenarios and talk about all the different ways the challenges in your day could be handled.
- Preschoolers are much more aware of what to expect in their day, and they are also able to start making decisions for themselves as well. Allowing your child to be part of the preparations by giving him choices and playing out possible scenarios helps your child adapt to changes in his day, which helps him become more confident and self-assured.

It can be hard to stop playing when it's so much fun. Give your child plenty of warning when it is time to finish up.



Services available in:

**Ellis, Rooks, Rush,
and Russell Counties**

Many Options available:

**Homebased, Center based, Family
Childcare, PAT and EHS**

Early Childhood Connections is currently taking applications for prenatal moms and children age 0 to 5. If you would like to know more about this no-charge opportunity, please call the Early Childhood Connections office at (785) 623-2430 for more information.



how much sugar do we eat?

The average adult in the U.S. consumes
22 teaspoons of sugar in food and drinks each day.

The average teenager consumes
34 teaspoons of sugar each day.

The American Heart Association recommends
women eat only 6 teaspoons of sugar in food and drinks each day
and men eat only 9 teaspoons of sugar in food and drinks each day.

**If you reduce your sugar intake from 22 teaspoons to
6 teaspoons each day, you will consume 270 fewer calories
each day - you could lose 7 pounds in 3 months!**

A lot of our drinks are high in sugar -
drink water and other sugar free beverages.

where is all that sugar?

large Slurpee
(40 ounces) - 21 teaspoons of sugar

small Slurpee
(12 ounces) - 6.5 teaspoons of sugar

bottle of regular soda
(20 ounces) - 14 teaspoons of sugar

candy bar
5 teaspoons of sugar

cupcake
4.5 teaspoons of sugar

sugary breakfast cereal
(1 cup) - 3 teaspoons of sugar

apple pie
(1 slice) - 3 teaspoons of sugar

Don't Be Afraid to be Engaged!!!

One of the goals of the Family Engagement Component is to empower, advance and provide services for families and their children. This requires respect and recognition of each family, including families in a variety of activities, and providing parents with opportunities to learn and contribute. Early Childhood Connections offers so many opportunities for us to get to know you better: Family Visits, Playgroups, Family Activity Nights, Daddy & Me Days, Socializations, Parent Teacher Conferences, Parent Committee, Policy Council, School Readiness Committee, Health Advisory Committee, School Readiness Calendars, etc.

There is something magical about family engagement:
Families and staff bond to create a partnership
Friendships develop
Resource networks form
Families and staff gain further awareness of education
Families and staff have a creative and educational outlet
Families and staff keep each other informed
Families and staff make the program successful



Consider what works for you and contribute to your child's education
by being engaged!