

# NEWSLETTER



Parents as Teachers    Early Head Start    Head Start

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## September Important Dates

- |    |                |  |
|----|----------------|--|
| 7  | 10:00-11:00 am | Playgroup at Russell Public Library          |
| 7  | 9:30 -10:30 am | Playgroup at Hays Public Library             |
| 9  | 9:00- 10:00 am | Rooks Co. Playgroup at Christian Church      |
| 10 | 9:30 -11:00 am | Daddy and Me at Precision Valley Golf Course |
| 14 | 9:00-10:00 am  | La Leche at Cross Point Church               |
| 22 | 5:00 -7:00 pm  | Family Activity Night (Go Truck Go) at ECC   |
| 26 | 5:30 -7:30 pm  | Policy Council at ECC                        |

Closed September 5, 2022 for Labor Day

### 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.

**"Tell me and I forget, teach me and I may remember, involve me and I learn."**  
**Benjamin Franklin**

### **PRESCHOOL**

Services available in:

Ellis, Rooks, Rush,  
and Russell Counties

Early Childhood Connections is currently taking applications for pre-natal 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.



# WANTED: FOSTER GRANDPARENT CLASSROOM VOLUNTEERS

The FHSU Foster Grandparent Program is looking for volunteers 55 years of age or better to provide one-on-one mentoring, nurturing, and support to children.

If you have a desire to serve as a positive role model while helping children gain skills and confidence to succeed in school, please contact us today for a friendly visit about our program.

Paid stipend and transportation reimbursement may be available for qualified applicants. All benefits are tax-free and do not affect social security, SSI/SSDI, subsidized housing, food stamps or other government programs. Applicants must be willing to complete required background checks.

**TO FIND OUT MORE  
CALL US AT (785) 628-5809**



FORT HAYS STATE UNIVERSITY  
FOSTER GRANDPARENT PROGRAM

# The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline



*The 988 Suicide and Crisis Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress.*

- **New Nationwide Number:** 988 is more than just an easy-to-remember number — it's a direct connection to compassionate, accessible care and support for anyone experiencing mental health related distress – whether thoughts of suicide, mental health, substance use crisis, or any other kind of emotional distress.
- **Provides Support:** People can also dial 988 if they are worried about a loved one who may need crisis support.
- **Saving Lives:** Switching to the easy-to-remember 988 makes it easier for individuals in crisis to access the help they need and decrease the stigma surrounding suicide and mental health issues.
- **Important Step:** The 988 Suicide and Crisis Lifeline is an important step toward strengthening and transforming crisis care in this country. It serves as a universal entry point so that no matter where you live, you can reach a trained crisis counselor who can help.
- **Help for Veterans:** For calls, pressing “1” after dialing 988 will connect you directly to the Veterans Crisis Lifeline which serves our nation’s Veterans, service members, National Guard and Reserve members, and those who support them. For texts, continue to text the Veterans Crisis Lifeline short code: 838255.

# 4 STEPS TO BETTER DENTAL HEALTH FOR Kids



## 1 Limit snacks

**The most important factor in tooth decay?**

The number of times sugar is in the mouth, rather than quantity.



Limit intake to 1-2 sugary drinks, desserts or candies per day.

## 2 Watch those Sippy Cups

Sipping juice from a sippy cup or bottle all day long keeps teeth bathed in sugar.



Use only at mealtimes and **never** let your child fall asleep with a cup or bottle.

## 3 Help with BRushing



Parents should brush for their children until they are 6 or 7 years old. Focus the toothbrush where teeth and gums come together.

Brush for 2 minutes, 2 times a day.

## 4 Find the Right Dentist

Pediatric dentists complete 2-3 years of training in the specialized needs of children.



Schedule your child's first dental visit within 6 months after the first tooth appears, and no later than the first birthday.

## “Daddy and Me”

### Putt-Putt Golf

Saturday, Sept. 10, 2022

9:30-11:00

Precision Valley Golf (1500 W  
27<sup>th</sup>)

The cost of this event will be covered by the program for up to 2 adults and their children under age 5.

**Additional participants, including children 5 and over or other adults are welcome to attend but will be self-pay.**

Next Daddy and Me: Nov.12, 2022 @ Home Depot



Children are best nurtured when in a loving, healthy relationship with both their Father and their Mother.

## Putt-Putt

sábado, 10 de septiembre de  
2022

9:30-11:00

Precision Valley Golf (1500 W  
27<sup>th</sup>)

El costo de este evento será cubierto por nuestro programa para 2 adultos y sus hijos menores de 5 años.

**Los participantes adicionales, incluidos los niños de 5 años o más u otros adultos, son bienvenidos a asistir, pero serán por pago propio.**

Próximo Papá y Yo: 12 de noviembre de 2022 Home Depot



Los niños son mejor alimentados cuando están en una relación amorosa y saludable con su Padre y su Madre.

## 3-5 BUS SAFETY



- 1) Parent/guardians are to remain a safe distance from the bus during loading and unloading. (They can bring/meet their child at the bus door, but then need to step at least 10 feet back from the bus)
- 2) Parent/guardians, when crossing the street with your child, ALWAYS walk in front of the bus, rather than behind the bus and please hold your child's hand at all times.
- 3) Jackets and personal items should be placed inside the children's book bags, so they are not mixed up, left on the bus, or tripped over.

**THANK YOU FOR YOUR EFFORTS IN KEEPING EVERYONE SAFE THIS SCHOOL YEAR!**

### How Nature Affects Your Child's Development

Research shows that kids who are involved in nature have increased academic performance, attention spans, language and social skills. Nature also give kids the opportunity to be more creative, imaginative, to problem-solve, and to self-regulate, which increases self-confidence and reduces stress. Plus, spending time outdoors is fun! This information sheet talks about how you can explore nature and your child in ways that will benefit his overall health and development.

#### **Your Baby / Toddler (Birth to 36 months):**

The best thing any parent can do is model appropriate behaviors. Even simple things like recycling and not littering, will help your child to respect nature.

Walk together and talk about what you see. Walking together as a family can be a great way to enjoy quality time, and discover new things. Be sure to point out flowers, trees, birds and animals, and say hi to neighbors you see along the way. This helps your child build a sense of community and respect for the people and other living things around him.

Plan trips that let you explore nature. Give your child a chance to explore nature. Being a part of the bigger picture helps children determine their role in their own lives, as well as feel connected to nature and it's life cycles.

#### **Your Preschooler (36 months-48 months):**

Let your child play outdoors every day.

Encourage unstructured play in nature.

Encourage your child to ask questions.



# Go, Truck, GO

September 22, 2022

5:00-7:00 PM

Early Childhood Connections

2501 E. 13<sup>th</sup>

Hays, KS.

## Free Family Fun!

Children can get a close look at

***MANY*** different vehicles...

Fun for the whole family!



A day to eat dinner with your children™

Family Day is a national movement to inform parents that the parental engagement fostered during frequent family dinners is an effective tool to help keep America's kids substance free. Family Day reminds parents that

**Dinner Makes a Difference!**

### **7 Secrets to Successful Family Dinners**

1. *Start the pattern of family dinners when children are young*
2. *Encourage your children to create menu ideas and participate in meal preparation*
3. *Turn off the TV and let your answering machine answer calls during dinnertime*
4. *Talk about what happened in everyone's day: school, work, extracurricular activities or current events*
5. *Establish a routine to start and end each meal (Light candles or tell a story)*
6. *After dinner play a board game or serve dessert to encourage the family to continue the conversation*
7. *Keep conversation positive and make sure everyone gets a chance to speak*

## **Early Childhood Connections 0-3 offers two different programs**

### **Parents as Teachers and Early Head Start**

*During personal home visits, a certified parent educator shares information on child development and ideas for age-appropriate activities for you and your child to do together. This program assists parents to maximize children's overall development during the first three years of life, thus laying the foundation for school success and minimizing developmental issues, which might interfere with learning. Parents can share parenting concerns and any questions they may have. Parents benefit from practical information and support, particularly during the crucial early years, birth to age three.*

#### **Program Similarities**

Serve expecting parents and children birth to age 5 years.  
Individualized to meet each family's schedule.  
Monthly parent newsletter.  
Routine developmental screenings.  
Vision and hearing screenings.  
Referrals to appropriate community resources.  
Goal setting to strengthen your family. Year round services.

#### **Parents As Teachers**

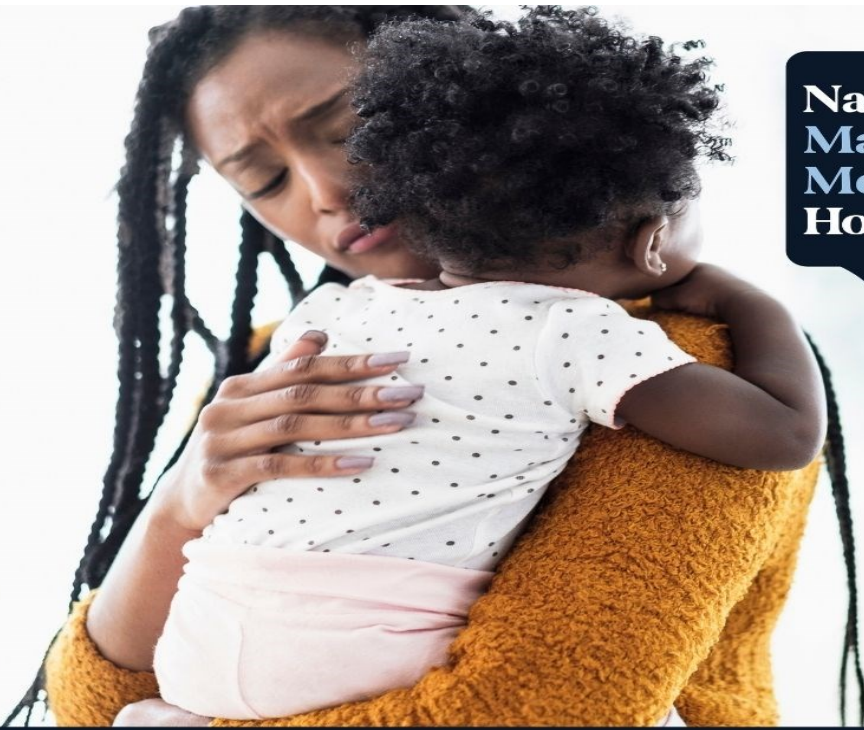
- 1 to 2 personal home visits per month
- For families in the USD #489 and #407 school district
- *Call the office and talk (or leave a message) for Dayna Schmidt ext. 9007 .*

#### **Early Head Start**

- *Income eligibility required*
- Weekly personal home visits
- *For families in Rooks, Rush, Russell, and Ellis Co.*
- *Call or stop by the office for an initial application. We will need a complete application and proof of income to be placed on the wait list.*
- EHS has a childcare option with a 0-3 childcare center and partnering home providers.



By JGI/Tom Grill



**National  
Maternal  
Mental Health  
Hotline**



**HRSA**  
Health Resources & Services Administration

**For Support, Understanding, and Resources,  
CALL OR TEXT 1-833-9-HELP4MOMS  
1-833-943-5746**

**Free - Confidential - Available 24/7**



By JGI/Tom Grill



**Línea Nacional  
de Asistencia  
a la Salud  
Mental Materna**



**HRSA**  
Health Resources & Services Administration

**Para apoyo, comprensión y recursos,  
llama o manda texto 1-833-9-HELP4MOMS  
1-833-943-5746**

**Gratuita - Confidencial - 24/7**

