

Early Childhood Connections ~ JUNE 2023

NEWSLETTER



Parents as Teachers

Early Head Start

Head Start



June Dates



June 7	10:00-11:00 am	Russell Playgroup	Castle Park
June 7	9:30-10:30 am	Hays Play Group	Massey Park
June 14	10:00-11:00 am	La Leche League	Cross Point Church
June 23	9:00-10:00 am	Rush Co Playgroup	Barnard Library
June 26	4:00– 6:30 pm	Summer Splash	Hays Aquatic Park

KINDERGARTEN REMINDER:



If your child is going to Kindergarten next year? If you missed a Kindergarten Round-Up, please contact the school/district you plan to attend. It is important to complete all enrollment paperwork and inform the school your child will be attending next year. Still have the paperwork from Round-Up?

Please turn in ASAP!

4 ways to eat frozen vegetables:

Veggies on the side.
 Just heat and serve!



Add frozen carrots, peas or corn to your soup. Heat and serve.



Mix thawed broccoli, carrots or cauliflower with cooked pasta. Heat through.



Top a baked potato with cooked veggies and shredded cheese.



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4 maneras de comer verduras congeladas:

Verduras como acompañamiento.
 Simplemente caliente y sirva.



Agregue zanahorias congeladas, guisantes o maíz a la sopa. Calientela y sirvala.



Mezcle brócoli, zanahoria o coliflor descongelados con pasta cocida. Caliente de manera uniforme.



Coloque verduras cocinadas y queso cheddar rallado encima de papas horneadas.



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Safe Infant Sleep Checklist



Place **babies on their backs** for naps and at night until they are 1 year old. Make sure babies sleep on a firm, flat surface in their own crib, bassinet or play yard.



Choose a **firm mattress** and fitted sheet for baby's crib. **Remove toys, blankets, pillows, bumper pads** and other accessories from the crib.



Dress baby in a **wearable blanket, onesie** or similar clothing for every sleep. A loose blanket could cover baby's airway or make their body temperature too high.



Share your room, not your bed.

Place baby's crib or bassinet in your bedroom instead of letting baby sleep in the same bed with you.



Follow the manufacturer's instructions

to assemble your crib. Make sure to complete and **submit the product registration card** to learn about any recalls or safety updates.



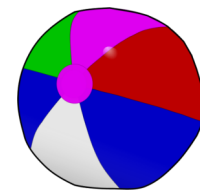
For more information, visit www.safekids.org



June 26, 2023

Hays Aquatic Park

4:00 to 6:30 pm



Free Admission for each Connections child
and two caregivers.

Open to all Connections Families

Please bring your own towels and swim diapers.

Preparing a Child for an Oral Checkup

The American Dental Association and the American Academy of Pediatrics recommend a child visit the dentist by age one as well. This “well baby check” for the teeth can establish a dental home and helps ensure that parents learn the tools they'll need to help their children remain cavity-free.

If a child's first visit to a dentist is an emergency situation, perhaps because of a toothache or mouth injury, she is far more likely to be unhappy during the visit. This is why the most important behavior guidance technique is early and regular dental visits. If a child visits a dentist when her mouth is comfortable, she is much more likely to find the visit pleasant and fun.

Schedule visits to the dental office at a time when your child is likely to be well rested and cooperative.

Never mention the words “hurt” or “pain” Saying “it won't hurt” instill the possibility of pain into your child's thought process. Do not discuss your own negative experiences in your child's hearing range.



ALL ABOUT PRAISE

Is there a right way to praise a young child? Is there such a thing as too much praise?

Researchers have explored the role of praise in healthy child development, and have a new view of praise as a tool to encourage effort, cope with failure, and support your child as they grow and learn.

<http://www.parentingcounts.org/information/timeline/all-about-praise/>



“Being a full-time mother is one of the highest salaried jobs....
Since the payment is pure love.”

-Mildred B. Vermont

“All kids need is a little help, a little hope, and somebody who believes in them....”

-Maggie Johnson

How to Cross Streets Safely

Talk to your child about these steps while you practice crossing

1. Stop at the edge of the street.
2. If you are near a corner with traffic signals, go to the corner to cross. Use crosswalks whenever possible.
3. Cross where you can see up and down the street(not on a curve or where things block your view). This means drivers can see you better, too.
4. Look left-right-left to make sure no traffic coming. If at a corner, look all ways. Watch for turning vehicles.
5. If a driver seems to be slowing down, look at his eyes. Make sure he sees you and stops before you cross.
6. Walk-don't run-straight across when no traffic is coming. Keep looking left and right as you go.

* Children under age 10 should always cross with an adult or responsible older child.



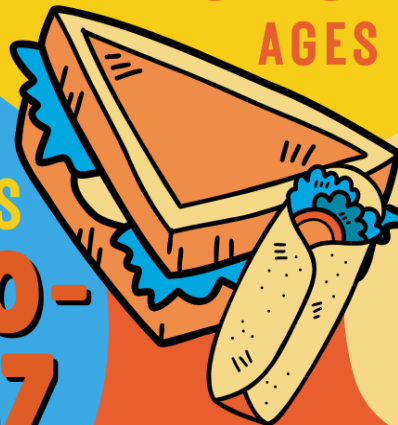
USD 489 DRIVE-THRU SUMMER LUNCHES

FREE

MEALS FOR ALL CHILDREN
AGES 1-18 YEARS

MON-THURS
MAY 30-
JULY 27

FRIDAY MEALS SENT
HOME THURSDAY



HAYS HIGH
SCHOOL
EAST PARKING LOT

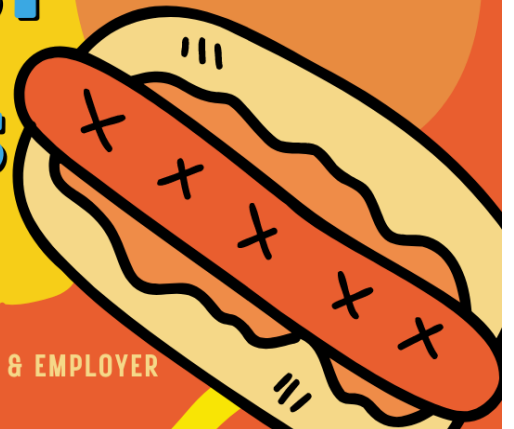
11:30AM -
12:45PM



SCAN FOR MENUS

CHILDREN MUST
BE PRESENT
TO GET MEALS

PARENT PICK-UP FORMS
AVAILABLE ON-SITE



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER



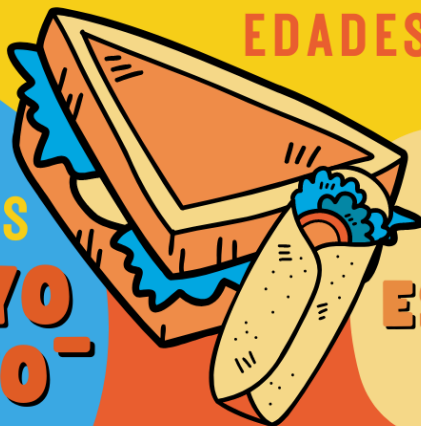
USD 489
AUTO SERVICIO
COMIDA DE VERANO

GRATIS

COMIDAS PARA TODOS LOS NIÑOS
EDADES 1-18 AÑOS

LUNES-JUEVES
30 DE MAYO
27 DE JULIO

COMIDAS DEL VIERNES
SE ENVÍAN EL JUEVES



PREPARATORIA
HAYS HIGH
ESTACIONAMIENTO
DEL ESTE

11:30AM -
12:45PM

LOS NIÑOS DEBEN
DE ESTAR PRESENTE
PARA RECIBIR
LA COMIDA

FORMULARIO DE RECOGIDA PARA
PADRES ESTARÁ DISPONIBLE

ESTA INSTITUCIÓN ES UN PROVEEDOR Y EMPLEADOR DE
IGUALDAD DE OPORTUNIDADES



ESCANEAR PARA
EL MENÚ





BACKPACKS FOR KIDS 2023

Reserve su mochila ahora!

Llame First Call for Help 785-623-2800

VISITE:

firstcallelliscounty.com/backpacks

o

Scan:

o



Dia de distribucion:

Jueves,

Agosto 3rd, 2023

7 AM- 6 PM

Presbyterian Church

2900 Hall St. Hays, KS

Mande la forma siguiente a la oficina de First Call

✂ ----- Forma de Registración de Mochila Para Ninos

Nombre de padres:

Direccion

Email Telefono

Nombre de estudiante	M/F	Grado durante el año 23-24	Escuela atendiendo

Si necesita liste nombres adicionales en el lado de atras de la forma.

ATENCION: NO REGRESE FORMA A ESCUELA

MANDE FORMA ANTES DE JULIO 24, 2023 A:

First Call for Help
607 E. 13th St. Hays, KS 67601



BACKPACKS FOR KIDS 2023

Reserve your backpack today!

Call: First Call for Help 785-623-2800

OR

firstcallelliscounty.com/backpacks

OR

Scan:

OR

Complete the following form and mail to
address below.



Distribution Date:

Thursday,

August 3rd, 2023

7 AM- 6 PM

Presbyterian Church

2900 Hall St. Hays, KS

Backpacks for Kids Registration Form

Parents Name/s

Address

Email

Phone

Child's Name	M/F	Grade during 23-24 School Year	Attending School

If needed, list additional names and requested information on a piece of paper and attach.

ATTN: PLEASE DO NOT RETURN TO SCHOOL.

RETURN BY JULY 24th, 2023 TO:

First Call for Help

607 E. 13th St. Hays, KS 67601

Sun Safety



- Keep babies younger than 6 months out of direct sunlight.
- Find shade under a tree, umbrella, or the stroller canopy.
- When possible, dress yourself and your kids in cool, comfortable clothing that covers the body, like lightweight cotton pants, long-sleeved shirts, and hats.
- Select clothes made with a tight weave - they protect better than clothes with a looser weave. If you're not sure how tight a fabric's weave is, hold it up to see how much light shines through. The less light, the better.
- Wear a hat or cap with a brim that faces forward to shield the face.
- Limit your sun exposure between 10:00 am and 4:00 pm, when UV rays are strongest.
- Wear sunglasses with at least 99% UV protection (look for child-sized sunglasses with UV protection for your child).
- Use sunscreen. Set a good example. You can be the best teacher by practicing sun protection yourself. Teach all members of your family how to protect their skin and eyes. Sunscreen can help protect the skin from sunburn and some skin cancers, but only if used correctly.



How to Pick Sunscreen

Use a sunscreen that says “broad-spectrum” on the label (that means it will screen out both UVB and UVA rays.) Use a sunscreen with an SPF (sun protection factor) of at least 15. The higher the SPF, the more UVB protection the sunscreen has. Look for the new UVA “star” rating system on the label. One star is low UVA protection. Two stars is medium protection. Three stars is high protection. Four stars is the highest UVA protection available in an over-the-counter sunscreen product.

For sensitive areas of the body, such as the nose, cheeks, tops of the ears, and the shoulders, choose a sunscreen or sun block with zinc oxide or titanium dioxide. While these products usually stay visible on the skin even after you rub them in, some now come in fun colors that kids enjoy.

Sunscreen for Babies

For Babies younger than 6 months. Use sunscreen on small areas of the body, such as the face and the backs of the hands, if protective clothing and shade are not available.

For babies older than 6 months. Apply to all areas of the body, but be careful around the eyes. If your baby rubs sunscreen into her eyes, wipe the eyes and hands clean with a damp cloth. If the sunscreen irritates her skin, try a different brand or try a sunscreen stick or sunscreen or sun block with titanium dioxide or zinc oxide. If a rash develops, talk with your child's doctor.



How to apply sunscreen

Use enough sunscreen to cover all exposed areas, especially the face, nose, ears, feet, and hands and even the backs of the knees. Rub it in well. Put sunscreen on 30 minutes before going outdoors. It needs time to absorb into the skin. Use sunscreen any time you or your child might sunburn. Remember that you can get sunburn even on cloudy days. Also, UV rays can bounce back from water, sand, snow, and concrete so make sure you're protected. Reapply sunscreen every 2 hours. Sunscreen wears off after swimming, sweating, or just from soaking into the skin.