



# Newsletter

June 2022

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by **Dr. Latisha Smith**, Educational Services Director

**THANK  
YOU**

I first want to say thank you to our families for providing Tri-County with the opportunity to work with you and your child. It is a privilege to be a part of your child's growth and learning. We appreciate your partnership as we could not do what we do without you! Congratulations to the children moving on to kindergarten next year. What an exciting time! I hope all of our families have a safe and enjoyable summer!

I also want to take time to thank the staff of Tri-County. It has been an exciting, busy, and challenging year. Please know the work you do is appreciated. We could not serve children and families without each and every one of you. As summer approaches, I hope you find time to relax and enjoy moments with the special people in your life. More than ever, we know how truly important this is. I also want to thank everyone who has been part of my journey so far at Tri-County. I have learned a great deal from so many of you since I joined the team in September. As we continue to work together, I look forward to an exciting future for our agency!

Our newsletter this month offers ways for you to be involved in the community as we kick off summer! Hopefully some of you will be able to join Tri-County as we participate in local parades. There is also information from the Waterloo Public Library regarding the Youth Summer Reading Program. Please consider registering your child. Reading is a perfect way to keep

learning during the summer months and to enjoy time together with a great book!

Another focus of this month's newsletter is safety. Information in other sections relates to first aid, mosquitoes, and ticks. Below I offer reminders about keeping young children safe in summer heat. Per the Centers for Disease Control and Prevention (CDC):

- **NEVER LEAVE CHILDREN IN A PARKED CAR**

- *Even if the temperature outside is cool, cars heat up to dangerous temperatures very quickly*
- *Leaving a window open is not safe enough; temperatures inside a car can go up almost 20 degrees within the first 10 minutes*
- *Children left unattended in a parked car are at the greatest risk for heat stroke and death*
- *As a reminder that your child is in the car, keep a stuffed animal in the car seat; when you buckle your child in the carseat, place the stuffed animal in the front seat with you*
- *When you get out of your car, always check to make sure everyone is out; be especially aware of children who are quiet and sleeping*

It is also important to keep children cool and hydrated. In summer, dress your infant and children in clothing that is loose, lightweight, and light-colored. Offer plenty of fluids. Try to avoid very cold drinks and drinks with high amounts of sugar.

***Learning about safety can be fun! Click on the link below for a printable coloring and activity book for young children.***



[https://www.cdc.gov/cpr/readywrigley/documents/15\\_257720\\_ready\\_wrigley\\_extreme\\_heat\\_508.pdf](https://www.cdc.gov/cpr/readywrigley/documents/15_257720_ready_wrigley_extreme_heat_508.pdf)



## *Tri-County Staff*



**Our Family Service Worker Team**

**Our Home Base Team**



**Our Waterloo Partnership Team**



**Our Lily Team**







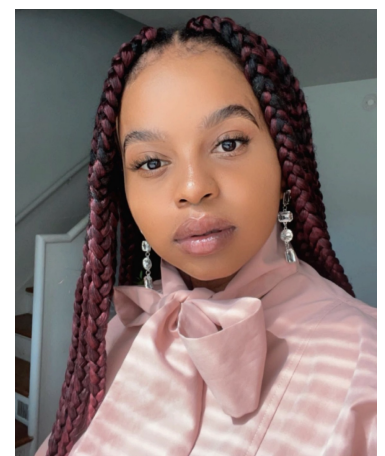
**Our Maywood  
Team**



***The Rest of our Team***

## **Welcome to Tri-County!**

My name is Dikgarebe Mamabolo, however, everyone calls me by my middle name, Vanessa. I am originally from Johannesburg, South Africa. Before I moved to the United States, I lived in Swaziland for 7 years and completed my International Baccalaureate at a United World College. In 2017, I was courageous enough to move





away from my family to Iowa. Here I completed my Public Health degree with honors at Wartburg College. My background includes family services and sexual health education in the Waterloo School District. I am very delighted to join the Tri-County team as their home base Program Manager. I love food and many would call me a “foodie”. I enjoy cooking food from South Africa and sharing it with people that have never tasted food from there and I hope one day I can do the same for you. Moreover, I enjoy traveling to other countries and getting to know other cultures and trying out their food. Again, this is such a wonderful opportunity and I am excited to see what the future holds and the different relationships I will form!



Hello! My name is Haley Bradford and I recently joined the Program Manager team here at Tri-County Head Start. I have been in childcare for the past seven years and went from being a Teacher's Assistant to a Teacher, Assistant Director, and now Program Manager. I have a Bachelors in Human Development and Family Sciences from Illinois State University and recently moved from Illinois to Iowa with my husband. Some things to know about me are that I love Disney movies/soundtracks, crafting, cooking, and nature. I am very

excited to further my career in childcare and can't wait to meet and learn from each of you!

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## *Sign up for parade fun with Tri-County!*

- **Sturgis Falls Parade**, June 25th at 9:00 am
  - Sign up to participate using the link below.



[https://docs.google.com/forms/d/e/1FAIpQLSdBSKc-vUOKHtu8PNynfB3CgPwhA\\_n8klapF\\_esDPLTquVDIA/viewform?usp=sf\\_li nk](https://docs.google.com/forms/d/e/1FAIpQLSdBSKc-vUOKHtu8PNynfB3CgPwhA_n8klapF_esDPLTquVDIA/viewform?usp=sf_li nk)

- **Soul Town Parade**, July 9th at 8:30 am
    - Sign up information will be available soon!
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## Tri-County Important Dates



- ❖ **June 1**
    - Summer Care Begins (Maywood site only)
  - ❖ **June 10**
    - My Waterloo Days Parade, 6:30 pm
  - ❖ **June 20**
    - Agency Closed for Juneteenth Holiday
  - ❖ **June 25**
    - Sturgis Falls Parade, 9:00 am
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## SUMMER FUN AT THE WATERLOO PUBLIC LIBRARY!

Visit the Waterloo Public Library (parking lot) on June 6th or June 7th from 9:00 am - 12:00 pm to get registered for the Youth Summer Reading Program. Get summer off to a great start with fun, games, and a free book for each child!



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# Lily

by **Dusty Olson**, Program Manager

We wrapped up our normal school year last month. This has been a very busy year with the move from EMA, changes in staff and students, and all of us still dealing with health issues and precautions. Thank you to everyone for your understanding and patience as we navigated through it all. All things considered, we had an outstanding year! For those of you not joining us this summer, have a great time and we will see you in the fall or out in the Waterloo Schools. For those families who are with us this summer we will see you at Maywood!

As we head into summer, it is important to remember a child's learning never takes a break. Make sure to look for opportunities to continue to foster this growth when you can. This could be going for a walk and talking about what you see, getting a library card and checking out books or their offered activities, or going to the park or local playground for some fun in the sun. Regularly reading to a child, perhaps prior to bedtime, is a great way to work on language development and conversations, as well as a better understand the world around us.

Again, thank you everyone for being a part of our program and our Head Start family. Have a great summer!

***Shauntae and Kaydence munching on snacks in the Furry Friends classroom (EHS-B)***





*Royal working hard on her cloud and rainbow in the Kangaroo Krew classroom (EHS-C)*

*The Leapin' Llamas classroom (HS-1)*



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## Maywood

by **Angie Barth**, Program Manager

Thank you to all our parents, families, children and staff for being flexible this school year. For children heading off to Kindergarten or Pre-K in the schools next year, good luck and we will miss you! To those returning in the fall, we cannot wait to hear how your summer was. Finally, children remaining with



us over the summer, we look forward to spending more time with you and we are ready to have some fun!

Pictures have been handed out, so please make sure to pick them up and any personal belongings you don't want left behind.

In June, Maywood welcomes children, staff and families from Lily. We will begin learning new routines and getting to know new faces. Please make sure your emergency cards are up-to-date and you bring any clothing your child might need. During the summer months we do go outside frequently and participate in water play, so extra clothes (even if your child doesn't have accidents) is always a good idea.

We want to welcome Haley to Maywood! She was hired as a new Program Manager for Center Base so she will be housed out of Maywood while she learns the ropes. Next year if we have the pleasure of seeing you again, Haley will be filling in for Angie while she is on maternity leave. In addition, we welcome our friends and families from Lily for the summer!

***The children and teachers in S1 enjoyed the outdoors with a picnic!***





**Congratulations to the SUPERHEROES in S3!**





## At Home Opportunities



Are you prepared to help treat someone in your home in an emergency? Having a first aid kit is not only handy, but important should an emergency occur. There are many pre-made first aid kits you can purchase pre-stocked from most stores. The other option is to create your own.

Here are some **ideas** from the American Red Cross to have on hand to be prepared for an emergency for a family of four:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 emergency blanket
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of non-latex gloves
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- 1 3 in. gauze roll (roller) bandage
- 1 roller bandage (4 inches wide)
- 5 3 in. x 3 in. sterile gauze pads
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- Emergency First Aid guide

Other things to keep in mind:

- Keep a first aid kit in your home and your car
- Carry a kit with you or know where you can find one
- Find out where the first aid kit is where you work
- Include any personal items such as medications/emergency phone numbers

- Check the kit regularly, including expiration dates on appropriate items

For some ideas in how to treat/respond to various first aid emergencies here are a few helpful sites:

- The American Red Cross:  
<https://www.redcross.org/take-a-class/first-aid/performing-first-aid/child-baby-first-aid>
- Kids Health:  
<https://kidshealth.org/en/parents/center/safety-center.html>
- Healthy children:  
<https://www.healthychildren.org/English/safety-prevention/at-home/Pages/First-Aid-Guide.aspx>
- Very Well Health:  
<https://www.verywellhealth.com/safety-tips-for-kids-1298395>

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## Waterloo Schools

by **Ashley Caldwell**, Program Manager

As the school year wrapped up, the children enjoyed learning about the life cycles of plants, chicks, and butterflies. Many of our classrooms had the experience of seeing caterpillars turn into butterflies, as well as chicks hatching. The excitement they expressed was contagious! I found myself just as excited when I was visiting! Our classroom locations held their end of the year celebrations and had families come to celebrate the accomplishments of their young learners.

### **Reminder**

- **For our 3 year old parents**, please make sure to look out for information coming in the mail from your child's teacher in the fall. If you have questions or need more assistance, please call 319-235-0383.

### **At Home Activities**



Summer can be filled with so many fun and exciting things to do! Visiting the local library, Grout Museum, Phelps Youth Pavilion, and even your own neighborhood, will give learning a whole new meaning. Reading books about going to kindergarten, seeing the amazing science activities at the Imaginarium, and also taking walks and engaging in planting and gardening are just a few of the many learning activities you can do while having fun!

### **Monthly Topic: Emergency First Aid**

First aid is something that is very important. Talk with your child and family about where you keep your first aid kit, and the important items to keep in it. Having a list of emergency numbers, and teaching your children 911 when an emergency arises will help them to know what to do and how to help everyone be safe!

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## **Home Base Program**

by **Carlye Santee and Kelly Holub**, Early Head Start Home Visitors:

### **A Fun Summer Activity: Water Play**

Water play is an activity that can be adapted to your space and the objects/materials you have in your home. You may use your bathtub, sink, tote, or large bowl filled with water. Water play can happen inside or outside. Materials to extend learning include toys (trucks, animals, rocks, etc.), kitchen utensils (spoons, strainer, measuring cups, etc.), sponges, or different sized cups and scoops.

#### ***Benefits and tips for playing with water:***

- *Fine motor skills*
  - Strengthens muscles in fingers and hands by pouring, dumping, squeezing, squirting
- *Cognitive*
  - Sensory experience
  - Understanding objects float or sink



- Use of imagination
- **Language**
  - Ask questions about what your child is doing
  - Talk about textures they feel
  - Share new vocabulary words
- **Social-emotional**
  - How to share materials with siblings or other children
  - Turn-taking
  - Social interactions
- **Math**
  - Counting
  - Using words such as full, half, empty, less, and more
  - Comparing sizes of objects



*Other fun summer activities include bubbles, walking to your local park, and outdoor paint and chalk.*

***Have fun learning and splashing!***

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## Education Specialist

by **Angela Shylman**

**KINDNESS JAR:  
SUCCESSFUL PARENTING WITH POSITIVE REINFORCEMENT  
(WRITTEN BY MEGHAN, MOM AND BLOGGER)**

Tired of being a constant disciplinarian? Are you exhausted from serving as referee over toys, books, games ALL day long? Successful parenting doesn't have to be so hard...

### **Successful Parenting with Positive Reinforcement**

At the start of 2015, I was literally at my wits end. My 3 year old took every opportunity to beat on her toddling little sister. I couldn't turn my back for a second without World War III erupting in my family room. And playing referee all day was exhausting – nothing I said or did seemed to have a lasting impact.

#### **Starting a Kindness Jar**

This simple positive parenting technique restored my sanity and improved both my girls' behavior. They were only 3.5 and 19 months old, but it is amazing how positive reinforcement can produce better outcomes more than any punishment or disciplining of negative behaviors ever will.

#### **Supplies:**

Mason jar or vase/container

Pom poms

**Cost:** Free to less than \$5

**Prep Time:** None

**Clean-Up Time:** None



We had a giant bag of pom poms leftover from our holiday crafts, so I chose pom poms to fill our jar, but you could use just about anything: coins, beans, jewels. I sat both girls down and explained that this was our Kindness Jar, and we were going to work together as a family to fill it up by performing acts of kindness towards one another. When the jar was full, I told them they could pick out a special reward – my daughter chose cupcakes. So when our jar is filled, we will go as a family to get cupcakes from our favorite neighborhood cupcake shop!

#### **What does it mean to be kind?**



Once we established the Kindness Jar, we talked about different acts of kindness:

- Helping her sister when she falls down
- Sharing toys with each other
- Helping Mommy clear the table or empty the dishwasher
- Bringing her little sister her blanket
- Giving hugs when someone is sad
- Inviting friends to play with her
- Giving compliments

### **Books to Teach Kindness to Children**

Here are a few books to teach kindness to children!

- The Invisible Boy by Patrice Barton
- Stand Tall, Molly Lou Melon by Patty Lovell
- Horton Hears a Who! By Dr. Seuss
- Have you Filled a Bucket Today? by Carol McCloud



To view the full article, go to

<http://playgroundparkbench.com/?s=kindness+jar>

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## **Disabilities Services Coordinator**

by **Melissa Edwards**

Summer is a great time of year to get outside and enjoy the great outdoors. But with nice weather also comes mosquitoes and ticks. Here are some tips and tricks to help keep you and your children safe from bugs this summer!



- ❖ Dress your child in clothing that covers arms and legs.
- ❖ Cover strollers and baby carriers with mosquito netting.
- ❖ When using insect repellent on your child:
  - Always follow label instructions.
  - Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.
  - Do not apply insect repellent to a child's hands, eyes, mouth, cuts, or irritated skin.
  - Adults should spray insect repellent onto your hands and then apply to a child's face.
  - If also using sunscreen, always apply insect repellent after sunscreen.

### **Tips on how to prevent tick bites!**

- ❖ **Know where to expect ticks**
  - Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get



ticks in their own yard or neighborhood.

❖ **Avoid contact with ticks**

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.

❖ **Check your clothing for ticks**

- Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.

❖ **Examine gear and pets**

- Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.

❖ **Shower soon after being outdoors**

- Showering within two hours of coming indoors has been shown to reduce your risk of getting tick-borne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

Source: Center for Disease Control website: <https://www.cdc.gov/>

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## Health

by **Pauline Jones**, Head Start/Early Head Start Health Coordinator; Shana and Darcie, UnityPoint Contracted Nurses

### Emergency First Aid



Download the free Red Cross First Aid App to receive emergency information about what to do in case of an emergency as well as hospital locations and quizzes. Locate the app in smartphone app stores by searching for the



American Red Cross or going to [redcross.org/apps](https://www.redcross.org/apps).

Other great first aid steps you can take this month:

- Take training in first aid, CPR, or AED. Knowing how to spot symptoms and perform emergency aid can save a life. Contact your local fire department or Red Cross to learn what classes are available in your area. Many of these classes are free!
- Did you know you can take pet first aid? Pets require different types of first aid, and different first aid kit items. Learn how to help your furry friend in an emergency.
- Teach young children in your house how to call 911 and what to tell the dispatcher.
- First Aid Kits Supplies Kit Source:  
<https://www.cdc.gov> website of the Centers for Disease Control and Prevention. To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.



A basic first aid supply kit could include the following recommended items:

- |                               |  |
|-------------------------------|--|
| • Ace bandages                | • Hydrogen peroxide to wash and disinfect wounds |
| • Adhesive tape roll          | • Needle and thread                              |
| • Antibiotic ointment         | • Plastic bag                                    |
| • Aspirin                     | • Safety pins                                    |
| • Band-Aids in assorted sizes | • Sanitary napkins                               |
| • Cold pack                   | • Scissors and tweezers                          |
| • Cotton swabs                | • Splinting materials                            |
| • Disposable gloves           | • Thermometer                                    |
| • Gauze                       | • And don't forget medications!                  |
| • Hand sanitizer              |  |

# Healthy Habits for Happy Smiles



## Giving First Aid for Your Child's Oral Injuries

Injuries to the head, face, and mouth are common in young children. Even when parents do their best to keep children safe, oral injuries can happen. Most oral injuries happen when young children are learning to walk. The top front teeth are injured most often.



*School readiness begins with health!*



Tips to help you know what to do for common oral injuries:

- **Tongue or lip injured.** Clean the injured area. Press a clean washcloth on it to stop bleeding. Keep your child's head up and facing forward to prevent choking. Put ice, wrapped in a clean washcloth, on the area to reduce swelling. If bleeding doesn't stop after 30 minutes, take your child to your child's dentist or doctor right away. If the dentist or doctor is not available, take your child to the nearest urgent care center right away.
- **Tooth chipped or cracked.** Clean the injured area. Contact your child's dentist or an urgent care center right away. Have your child rinse with water, if possible. If there is bleeding, press a clean washcloth on the gum around the tooth to stop it.
- **Tooth knocked out.** Contact your child's dentist right away. Do not try to put a baby tooth back into the mouth. Clean the injured area. If there is bleeding, have your child bite on the area with a clean washcloth for 15 to 30 minutes to stop it.
- **Tooth knocked loose, moved, or pushed into gum.** If your child's tooth has been knocked loose, moved forward or backward, or pushed into the gum, contact your child's dentist or an urgent care center right away. Have your child rinse with water, if possible. Press a clean washcloth on the gum around the tooth to stop bleeding.
- **Toothache.** If your child has a toothache, it is likely that the tooth has a cavity. Make a dental appointment as soon as possible to find out what the problem is and get treatment.



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National Center on Early Childhood Health and Wellness. 2016. *Healthy Habits for Happy Smiles: Giving First Aid for Your Child's Oral Injuries*. Elk Grove Village, IL: National Center on Early Childhood Health and Wellness.

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ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



NATIONAL CENTER ON  
Early Childhood Health and Wellness



# Nutrition

by **Tracey Sauke**, Dietitian

This summer our Maywood location will be serving up fresh local produce in partnership with [A Family Market Place](#). Our centers have already been serving local yogurt from [Country View Dairy](#) and local lettuce from [Rolling Hills](#). We also frequently serve local low fat milk from [Hansen's Dairy](#).



Serving fresh local foods is just one way we participate in [Farm to Early Care](#). Farm to Early Care is offered in the following three core elements:

- Procurement - we purchase and serve local foods.
- Education - we learn about healthy foods each month. Our food of the month for June is berries. To learn more about berries check out the [June Menu & Nutrition News](#)
- School gardens - children plant and grow foods in our centers indoor/outdoor garden carts.

## **Make nutrition fun at your home:**

- **Visit a farmers market**
  - For details visit <https://www.facebook.com/CedarValleyFarmersMarkets/>
- **Eat local foods**
  - Let your child help wash them and talk about where the food came from and how it grew
- **Plant a garden**

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**Check out our Facebook pages for more information about Tri-County!**

Tri-County Head Start:

<https://www.facebook.com/tcheadstart/>

Lily Furgerson Head Start:

<https://www.facebook.com/LilyFurgersonHeadStart>

Maywood Head Start:

<https://www.facebook.com/MW.HeadStart>

***Our mission is to inspire every child and support every family.***

***Our vision is changing the world one mind at a time.***

