



Newsletter

August 2022

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

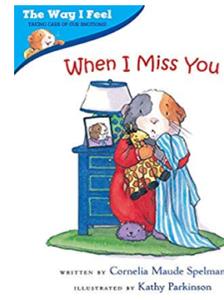
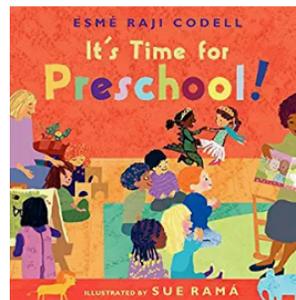
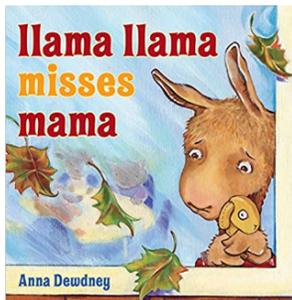
Hello, families! The supplies are on the shelves and it is time to start thinking about going back to school! As you soak up the last few weeks of summer, you can also begin to help your child prepare for an exciting new year at a center or school.

When it is time for your child to go to school or a center, both of you may experience a range of emotions. While it can be very exciting to think about fun and friends, you might feel sad and your child might be worried about the changes. Both are perfectly normal and there are things you can do to help ease the transition.

Prior to the start of school or going to a new center:

- Use pretend play
 - Take turns being a parent, child, and teacher/caregiver
 - Act out daily routines such as saying good-bye, reading stories, circle time, and taking a nap
 - Answer any questions your child may have
- Practice self-help skills and make them a fun game
 - Skills include zipping a jacket, hanging a jacket on a hook, putting on shoes
- Visit your child's school or center

- Most schools and centers have an open house or back to school night so children can see their room and meet their teacher/caregiver
- Read books about school or daycare
 - Talk about what is happening in the story and the feelings of the character; talk about your child's feelings too
 - Here are some suggestions and read aloud videos of each book
 - Llama Llama Misses Mama
 - <https://www.youtube.com/watch?v=xLcocsqoj3o>
 - It's Time for Preschool!
 - <https://www.youtube.com/watch?v=2G8poKVfWEU>
 - When I Miss You
 - <https://www.youtube.com/watch?v=N2BCOlXIB5U>
 - Bye-Bye Time
 - <https://www.youtube.com/watch?v=YVae8uEd3wY>
 - A Kissing Hand for Chester Raccoon
 - <https://www.youtube.com/watch?v=ReYgb51efas>



If your child is worried, acknowledge the feelings and talk about it. Younger children who cannot use words may become clingy, withdrawn, or even act aggressive. A child who is fully potty trained might start having accidents. Again, these reactions are normal. Try to be patient, nurturing, and supportive. You and your child can do this!

It is also important to develop a bedtime routine and begin the routine about two weeks before your child starts school or daycare.

When the big day arrives, wake up early and have breakfast together. Talk about the routine, including when you will pick up your child. At drop off, be positive, and say good-bye. The teacher or caregiver is experienced and knows how to help your child transition and feel



comfortable in the classroom. If you prefer, you can call your child's teacher or caregiver to see how things are going. It only takes a short time and you and your child will be into a routine and school or daycare will be an enjoyable experience for all!

Source:

<https://www.zerotothree.org/resources/78-preschool-prep-how-to-prepare-your-toddler-for-preschool>

Tri-County Important Dates

- **August 19, 2022**
 - *Last day of summer care at Maywood*
 - **August 22 - August 26, 2022**
 - *All sites closed for Preservice Professional Development Days*
 - **August 24, 2022**
 - *Open House at Maywood and Lily, 4:00 pm - 6:00 pm*
 - **August 29, 2022**
 - *First day of school*
 - **September 5, 2022**
 - *Agency closed for Labor Day*
 - **September 23, 2022**
 - *No school due to Professional Development Day*
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*We welcome children for the
FIRST DAY OF SCHOOL
on Monday, August 29th!*

If your child's fall placement is at Maywood or Lily, please join us for an OPEN HOUSE on Wednesday, August 24th from 4:00 - 6:00 pm

Come meet your child's teacher and your Family Service Worker and take a tour of the building and classrooms.

We look forward to seeing you!



Tri County Child & Family - Lily Site
507 Argyle St. - Waterloo, IA

Tri County Child & Family - Maywood Site
800 Milwaukee Ave. - Waterloo, IA

Maywood

by **Angie Barth, Dusty Olson, and Haley Bradford**, Program Managers for Summer Care

August is here and before we know it our summer will end! We have had such a wonderful summer at Maywood. We have seen much growth and learning; it is exciting to think about beginning our regular school year. Although it has been very warm, we have had plenty of time to get outside and play as well. As we wrap up summer at Maywood, we would like to thank you for sharing yourselves and children with us!

For those families with children returning in the Fall, please be on the lookout for letters from enrollment for your child's placement. Also, please be aware you will be contacted soon for orientation from a Family Service Worker. This orientation needs to be completed before your child can start. If your phone number recently changed or you are not sure of the number we have on file, check with your child's summer teacher or any Program Manager.

Reminders:

- It's important to sign your child in and out every day. If you need help, please ask a staff member to give you a hand.
- If your child is absent or has any sudden changes, please remember to call the center to let staff know.
- Please bring an extra change of clothes for accidents and messy play.
- To prevent the spread of any germs due to any illness, please wash hands as your child enters the classroom every morning
- Be sure to join us on our Facebook pages, Tri-County Head Start and Maywood Tri-County Head Start for more information, updates and postings from the classrooms

HERE ARE SOME PICTURES OF N3 CHILDREN ENJOYING WATER DAY AND

FUN IN THE SUN!



Waterloo Schools

by **Ashley Caldwell**, Program Manager

Welcome back to our children and families! I am so happy for you to come to our partnership sites in the Waterloo Schools. This is such an exciting time in your child's education, and I look forward to seeing all of the amazing things your child will learn this school year.



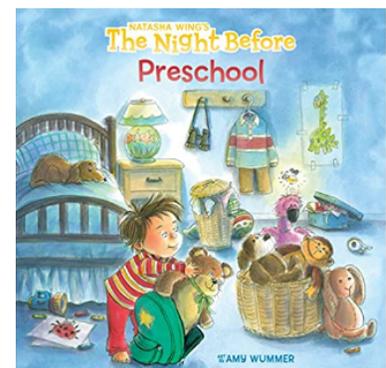
Reminders and Important Dates

- You should receive a phone call and/or a letter from your family support worker and classroom teacher to set up an orientation time. This is a time for you to complete paperwork and to get to know your child's teacher and your family support worker.
- August 29th is the first day of classes for all preschool classrooms.

At Home Opportunities

To prepare your child for school, take time to discuss how they feel about going to school. Are they excited? Are they nervous? **The Night Before Preschool** by Natasha Wing can help them see all the amazing things they will learn in preschool. Click on the link below for a read aloud of the book! You can also support your child's transition to school by having morning, after school, and bedtime routines.

<https://www.youtube.com/watch?v=jHmtsAMcUxY>



Home Base Program

by **Amanda Stammer**, Early Head Start Home Visitor

Sensory play includes any activity that stimulates a young child's sense of touch, smell, taste, sight, and hearing, as well as anything which engages movement and balance.



Sensory play can be adjusted to varying ages and capabilities so all can participate! A simple way to help children engage their senses is by playing outside with nature which is full of colors, movement, textures, sounds, and smells.

Here are some examples to get you started!

- **Sensory play for babies** – watching bubbles float and feeling them land on their skin or scrunching coloured paper to hear the noise, feel the contours, and see the shapes change
- **Sensory play for toddlers** – observing light and shadow created by a flashlight on objects of different shapes or sizes, watching the colors mix and the patterns form by finger painting or sponge painting (with child-safe paint), or rolling and squishing play-doh.



- **Sensory play for preschool aged children** – creating shapes and playing with kinetic sand, or playing with musical instruments and listening to the tone and pitch as they strike or blow through instruments softly or forcefully

While playing with different sensory items is often self-directed, you can observe and ask open-ended questions to prompt learning:

- *What does it smell like?*
- *What do you hear?*
- *What does it feel like?*

Sensory Play Benefits

- *Builds nerve connections in the brain's pathways, which lead to the child's ability to complete more complex learning tasks*
- *Supports language development, cognitive growth, fine and gross motor skills, problem solving skills, and social interaction*
- *Aids in developing and enhancing memory*
- *Calms an anxious or frustrated child*
- *Teaches sensory attributes (hot, cold, sticky, dry)*

You can try this activity out with your littles ones. They can help scoop and pour the ingredients, stir and knead! Plus, it is non-toxic if your child puts it in their mouth.

Homemade Play-Doh Recipe

- 1 cup all-purpose flour
- ¼ cup salt
- 1 packet Kool-Aid
- 1 Tablespoon vegetable oil
- ½ cup boiling water

In a large mixing bowl, add flour, salt and Kool-Aid packet and mix together. Add vegetable oil and boiling water; use a spoon to stir. Once most of the flour is incorporated, knead the dough with your



hands. If it feels sticky once this step is complete, add a sprinkle of flour and knead again. Store in an air-tight container.

Education Specialist

by **Angela Shylman**



Turtle Tips: Three Powerful Words to Use When Your Child Says “I Hate You”

I HATE YOU! Those three words hit you in your core. They knock you back, take your breath and hit all the wrong spots. With those three simple words, a child can summon your deepest, darkest emotions. Those three simple short words are the three words I think every single parent or teacher dreads. Even the most zen mamas on earth get shaken by these hurtful stinging words. I know. I’ve been there.

Retelling the story, I can’t even remember what the argument started over. I remember I did everything “right”. I walked over to him. I got down to his level. I told him what I needed from him and attempted to make a plan. Everything was looking smooth and calm. This transition wasn’t going to get us this time. And then, it happened. I asked him to clean up what he was playing with and without a warning or signal...I HATE YOU!

My initial reaction was to scream right back at him, “Don’t you dare speak to me that way, mister.” But I held it back. He said it again. I HATE YOU!

This time there was a kick in my direction as I tried to help him clean up. This time the sting was a little stronger and tears started to fill my eyes. “Don’t let him see you cry” I thought to myself, but before I could give myself the pep

talk I really needed he said it again. I HATE YOU! YOU ARE THE WORST! GO AWAY!

This time it was all arms flailing, blocks flying and legs kicking. He was angry! I was angry! We both needed something. That's when I remembered what I told my students. How could I have forgotten those **three simple words?**

So, I took a deep breath, closed my eyes for a brief moment and made a new dialogue in my head. I made it a point to swap his three words with mine every single time he said them. It came down to one tiny yet incredibly powerful word... need. Now, every time he screamed at me instead of "I hate you", I heard...**I NEED YOU!!**

Yes, it really is that simple. Put those three words on repeat in your head and see the magic that happens. Understanding that behavior is communication is key.

READ THE REST OF THE ARTICLE HERE:

<http://lemonlimeadventures.com/3-powerful-words-to-use-when-your-child-says-i-hate-you/>

Disabilities Services Coordinator

by **Melissa Edwards**

The Benefits of Play in Early Childhood

Playing is learning! Yes, children learn best when they are able to spend time throughout the day playing and choosing what activities that they would like to engage in. Play is when children make their own decisions and become immersed in the moment. Play is spontaneous, not scripted. Play is enjoyable!

Here are several benefits to traditional (non-screen) play taken from Coaching the Caregiver in Early Intervention by Cari Ebert, MS, CCC-SLP.

Play is essential for healthy brain development. Being able to use both sides of the body together during play time indicates that both sides of your child's brain are communicating and sharing information with each other. For example, when playing with nesting cups or blocks, your child should be stabilizing with the helper hand and stacking with their dominant hand.

Play sparks creativity and curiosity.

Curiosity will cause your child to wonder about all sorts of things. "I wonder what's in that box? I wonder what would happen if I mix yellow and green together?" All learning begins with curiosity because passionate curiosity leads to creative thinking, and creative thinking helps your child learn to be a flexible thinker and problem solver.



Play experiences provide learning opportunities. From birth, your child has been actively learning through discovery and exploration during every day experiences. Providing a variety of play-based activities is critical for helping your child learn and develop new skills. Mr. Potato Head expands your child's fine motor, visual motor, hand-eye coordination, and language skills. Riding a tricycle supports your child's gross motor, balance and motor planning skills.

Play helps children gain a better understanding of the world around them. In general, children have a fear of the unknown. If exposure to grass doesn't happen as a baby, your child may refuse to play in the grass as a toddler. If messy hands aren't encouraged during meal time as a baby, your child may dislike finger painting in preschool.

Play enhances problem solving skills. Learning how to problem solve is necessary for acquiring new skills. To support your child, provide toys such as puzzles, blocks, nesting toys, shape sorters, peg boards and ring stackers.

Play allows young children the opportunity to practice new skills. There

is no right or wrong in play, which makes it the best time to practice a new skill. For example, your toddler probably won't be able to pour milk into a cup without spilling and making big mess. By providing plastic nesting cups in the bathtub or water table, your child will be able to practice pouring liquid from one container to another without concerns about making a mess or doing it wrong.



Play improves concentration and focus. Whether stacking blocks, learning to pedal a tricycle, or putting stickers on a piece of paper, your child must pay attention and focus on the task at hand in order to experience success.

Play helps develop social skills. During play time your child will learn to share, take turns, negotiate, compromise, and resolve conflicts. These are important skills for helping your child learn how to make and keep friends.

Play fosters self-esteem. After successfully completing a task your child may exclaim, "Look at me!" or "I did it!" This sense of accomplishment will strengthen your child's self-confidence.

Psychologist Jean Piaget notes, "Play is the work of childhood." Mr. Rogers elaborated: "Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning."

Health

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

Health Happenings

COVID-19 Vaccinations

Vaccinations now available for children 6 months and older.

Vaccine Resources:

- Your medical provider
- Peoples Community Health Clinic
Call 319-874-3000 or use [Online Scheduling link](#)
- Black Hawk County Public Health Vaccine Clinic



Safe and effective COVID-19 vaccines are available for everyone ages 6 months and older.

www.cdc.gov

Call 319-291-2413

Health Packets

Our health team is reviewing your child's health information for the 2022-2023 school year. New health packets were distributed to families this summer. Please turn in your packet if you have not already done so.



Well-Child and Dental Exams

The health team is available to help you keep your child up-to-date on age appropriate preventative medical and dental care. To receive center based services, current physicals are due no later than September 28th.

EHS Home Base Program Screening Day

Our nurses will complete hearing and vision screens on August 17th for children enrolled in our EHS Home Program. To sign up, please contact your home visitor.



Environmental Hazards

How can I protect my child from environmental hazards in our home?

There can be things inside your home that can harm your child. There can also be hazards found in the dust and dirt in or around your home and yard.

The following are examples of hazards found where children live and what you can do about them.

Hazard	Information	What You Can Do
Molds	<p>Molds grow almost anywhere and can be found in any part of a home. Common places where molds grow include the following:</p> <ul style="list-style-type: none"> ● Damp basements ● Closets ● Showers and tubs ● Refrigerators ● Air conditioners and humidifiers ● Garbage pails ● Mattresses ● Carpets (especially if wet) <p>Children who live in moldy places are more likely to develop allergies, asthma, and other health problems.</p>	<p><i>Keep the surfaces in your home dry.</i></p> <p><i>Throw away wet carpets that can't be dried.</i></p> <p><i>Keep air conditioners and humidifiers clean and in good working order.</i></p> <p><i>Use exhaust fans in the kitchen and the bathroom to help keep the air dry.</i></p> <p><i>Avoid using items that are likely to get moldy, like foam rubber pillows and mattresses.</i></p>
Asbestos	<p>Asbestos is a natural fiber that was often used for fireproofing, insulating, and soundproofing between the 1940s and 1970s. Asbestos is only dangerous when it becomes crumbly. If that happens, asbestos fibers get into the air and are breathed into the lungs. Breathing in these fibers can cause chronic health problems, including a rare form of lung cancer. Asbestos can still be found in some older homes, often as insulation around pipes. Schools are required by law to remove asbestos or make sure that children are not exposed to it.</p>	<p><i>Don't allow children to play near exposed or crumbling materials that may contain asbestos.</i></p> <p><i>If you think there is asbestos in your home, have an expert look at it.</i></p> <p><i>If your home has asbestos, use a certified contractor to help solve the problem. You could have more problems if the asbestos isn't contained or removed safely.</i></p>

<p>Carbon Monoxide</p>	<p>Carbon monoxide (CO) is a toxic gas that has no taste, no color, and no odor. It comes from appliances or heaters that burn gas, oil, wood, propane, or kerosene. Carbon monoxide poisoning is very dangerous. If left unchecked, exposure to CO can lead to memory loss, personality changes, brain damage, and death.</p>	<p>Call the Poison Help number at 1-800-222-1222 if you suspect CO poisoning.</p> <p>See your doctor right away if everyone in your house has flu-like symptoms (headache, fatigue, nausea) at the same time, especially if the symptoms go away when you leave the house.</p> <p>Put CO detectors on each floor in your home.</p> <p>Never leave a car running in an attached garage, even if the garage door is open. Never use a charcoal grill inside the home or in a closed space.</p> <p>Have furnaces; wood stoves; fireplaces; and gas-fired water heaters, ovens, ranges, and clothes dryers checked and serviced each year.</p> <p>Never use a gas oven to heat your home.</p>
<p>Household Products</p>	<p>Many cleaning products give off dangerous fumes or leave residues. These products can be harmful if they are not thrown out properly (for example, if they are left in the garage).</p>	<p>Only use these products when needed.</p> <p>Always have enough ventilation when using these products.</p> <p>Store them in a safe place.</p> <p>Bring empty containers to your local hazardous waste disposal center.</p>

Source: healthychildren.org (July 2019)

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Nutrition

by **Tracey Sauke**, Dietitian

We have changed our policy to offer both peanut butter and pork products.

If your child can not have these items please complete a diet modification form. Your Family Service Worker can help you with this.

Peanut butter is a healthy protein food.

Babies 6 months or older may benefit from trying small amounts of peanut butter. Current research indicates serving peanut butter earlier rather than later helps prevent peanut allergies. Check out these resources [here](#) and [here](#).



Peanuts and peanut butter can be a

choking hazard. To learn about different choking hazards and what you can do check out [Reducing the Risk of Choking in Young Children At Mealtimes](#).

When serving peanut butter our center's will take the following precautions:

- We will not serve peanuts or chunky peanut butter (only creamy peanut butter).
- Peanut butter will always be served on a carrier (like toast or crackers) and will be spread thinly (serving size will be 1 tablespoon or less).
- Your child will be seated at the table with a teacher present for intake of all foods.

We love serving local foods. By serving pork we support Iowa. **Iowa is the number one pork producing state in the US.** Nearly one-third of the nation's hogs are raised in Iowa. Iowa has more than 6,200 pig farms. There are pig farmers in every Iowa county.

For more nutrition information don't miss our [August Nutrition Newsletter](#). We are talking all about milk. Milk is in the dairy group. Aim to serve your child around 2-2 ½ cups dairy per day. To learn more about the dairy group visit [myplate.gov](#).



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.

