

Newsletter

March 2023




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

Hello, families! Our agency is excited to announce our administrative offices have relocated to our new location on West 4th. We are busy getting settled in and making plans for classrooms, a new playground, and other services we plan to offer to families. Our goal is to open classrooms in August of 2023. I will continue to share information as it becomes available.

During the month of March we want to celebrate National School Social Workers. We have a very dedicated team of Family Service Workers helping families stay connected and informed of what is happening in classrooms. Their ongoing support of families is an important part of the work we do at Tri-County. We also want to recognize our Home Visitor team. They are committed to supporting both children and families as they conduct weekly home visits. They provide parent education and contribute to the growth and development of the children they serve. THANK YOU to all of our Family Service Workers and Home Visitors for what they do each day!

Our work in classrooms continues to focus on helping children develop skills needed for success in school. Our Head Start teachers have

been learning about Specially Designed Instruction (SDI) and more specifically, teaching peer mediated skills. Children are learning and



Darla

Skill 1: Getting Your Friend's Attention

Steps to Teach:

"One way you can get your friend to play with you is by getting her attention. When you get her attention:..."

1. Look at your friend
2. Say your friend's name
3. Gently touch your friend on the shoulder or arm if she isn't looking at you
4. Keep trying



Skill 2: Sharing "Giving Toys"

Steps to Teach:

"One way you can get your friend to play with you is to share. When you share:..."

1. Get your friend's attention
2. Hold out a toy
3. Say, "Here"
4. Put toy in his hand

practicing how to get a friend's attention and sharing (giving toys to a friend). Families can also model and practice these skills at home.

Use the visuals

and give them a try. These skills are important outside of school too. Thank you for what you do to support your child's learning at home!

Source: <https://challengingbehavior.org/docs/Peer-Mediated-Skills.pdf>

Important Dates

March 5th - March 11th

- **National School Social Work Week**

March 13th - 17th

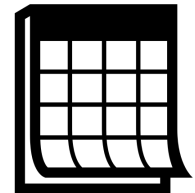
- **Closed for Spring Break**
- **Families eligible for consolidated care at Maywood during this week will receive a letter from their Program Manager**

March 20th

- **Policy Council Meeting, 5:30 - 6:30 pm**

March 24th

- **No School due to Professional Development Day**
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Toddler Time

at the Bluedorn Science Imaginarium

Time: 11:00 am - 12:00 pm

March 9: Weather

April 20: Pets

May 18:

Bring your toddler and enjoy story time and a themed craft!

Toddlers: Free

Parents/Guardians: \$6.00

Members: Free



Make plans to enjoy what Waterloo has to offer during the World's Greatest Spring Break For Kids! Children can enjoy \$1 activities including swimming at the Sportsplex, interactive experiences at Phelps Youth Pavilion, and so much more. Visit the website below to learn more and plan a week of fun!

<https://www.mcelroytrust.org/spring-break>

Lily

by **Dusty Olson**, Program Manager

Spring is almost here and we are ready for some warm, sunny days! With spring comes rain and cool mornings so please be sure to layer clothing and bring jackets so our little ones are prepared for all types of weather.

In March, we like to celebrate reading and Dr. Seuss's birthday. The greatest gift any family can give to a child is reading regularly. It is a great way to encourage learning to read, fun to experience stories with them, and time together away from electronics. If you would like more information or assistance in creating a routine or getting more books to read, visit with your child's teacher or family service worker.

If you would like more information on Dr. Seuss and his amazing work, you can find it here: <https://www.seussville.com/>.

In the Kangaroo Krew room, Trinitee and KamDyn used marbles to paint their hearts.



Waterloo Schools

by **Ashley Caldwell**, Program Manager

The month of March is an exciting one with Read Across America, Dr. Seuss Day, Spring Break, and Kindergarten Registration for our 4 year old preschool friends. Online registration begins on March 30th and information from the Waterloo School District will be available within the next few weeks. If you need any assistance, please contact your Family Service Worker or email me at acaldwell@teamtricity.org.

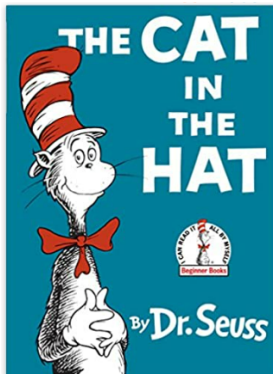
The friends in Ms. Linda's class at Lowell enjoyed a visit from Ms. Jenny's bearded dragon!



Important Dates

- March 13-17th
 - No School Due to Spring Break
- March 30th
 - Waterloo Schools Kindergarten Registration opens

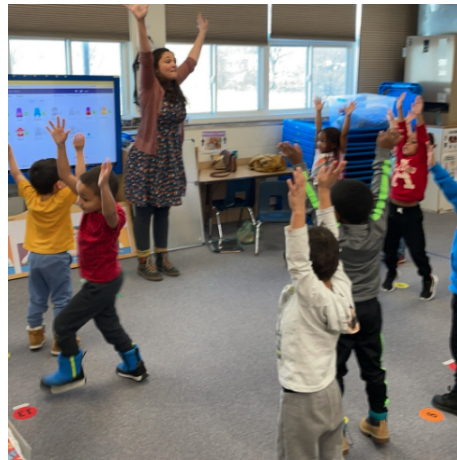
At Home Opportunities



Dr. Seuss is one of the favorite authors of children and adults, and his books give fun and excitement to many stories. Visiting the local library to read stories such as "Cat in the Hat", "Horton Hears a Who", and "Green Eggs and Ham" can not only promote literacy skills focused around rhyming skills, but also engage children in learning early reading skills.

Maywood

by **Angie Barth and Haley Bradford**, Program Managers



MONTHLY HIGHLIGHTS

- February's focus food was citrus fruits. Even though oranges don't grow in Iowa, they are in season and at their best to enjoy!
- In February we focused on Black History month and shared the history of Rosa Parks.

CENTER HAPPENINGS

- Remember that our January focus food was beans? Well, our classrooms wanted to grow some of their own so be sure to check them out in our front hallway! They are HUGE!
- The weather is getting just a little bit warmer and has allowed us to be outside for 15-20 minutes at a time and we couldn't be happier!

AT-HOME OPPORTUNITIES

- The Waterloo Public Library has many FREE options for both children and adults to be involved! From Lego STEM activities to family story time to adult yoga, the opportunities are endless! The library is located at 415 Commercial Street and their schedule can be reached using this [link](#). There are some great opportunities to earn in-kinds for your child!
- March is a turning point for our winter weather. To help your child learn about changing seasons, try taking a photo of a local park, yard, or any place outside

once a week, and compare the photos with your child. Talk about how the outside changes as the weather gets warmer. (You can also do this for in-kind!)

REMINDERS

- With the changing weather, your child may need updated spare clothes in their cubby to keep at school. Please take some time to look at these items to make sure they are suitable for the season. Thank you!

Home Base Program

by **Vanessa Mamabolo**, Program Manager

It is almost Spring again! Our agency will have a Spring Break on March 13 – March 17. The Home Base program will remain open through that week. Therefore, visits may still take place. Your Home Visitor will communicate with you and reschedule that week's visit if they plan to take the week off. If you are planning to travel during Spring Break, we wish you a safe journey.

As many parents already know, the Home Base program is changing the curriculum that Home Visitors use on visits. There will be a few changes in how the visits go. The visits will still be 90 minutes. The curriculum is research-based and supports both parents and the children. The management staff will continue to support the Home Visitors with this transition. If you have any concerns or questions about the new curriculum, please contact your Home Visitor's Program Manager.

A big thank you to all the parents that have welcomed our interns and new staff into their home. It is appreciated. We look forward to seeing their progress when their internships come to an end. Our goal is to train them to be high-quality social services employees.

We would also like to take a moment to empathize with the families and individuals affected by the Turkey-Syria earthquake. If you are affected by this incident and need someone to talk to, please connect with your Home Visitor. We are here and we care about the well-being of our families.



The next Home Base Socialization (EHS) will be on March 16, 2023. Further details will be shared with you by your Home Visitor. We will also be posting on Facebook, so please look for our reminder posts. The agency is also hosting a “Tri-County Safety Night” on March 30, 2023. Your Home Visitor will share specific details with you.

Here is a fun Spring activity to do at home!
Egg Carton Caterpillars

Instructions:

1. Cut the bottom section of an egg carton in half, and flip it over so the bumpy side is up.
2. The children can paint the body any way they would like or green and red like the hungry caterpillar.
3. If you have supplies you can add two small pipe cleaners on the front ball for the caterpillar’s antennae!



This art project works on fine motor skills, and once the paint is dry children can demonstrate pretend play.

We look forward to seeing you at our events and are excited to use the new curriculum during your visits. If you have any questions or concerns, please feel free to contact Vanessa Mamabolo (Home Base Program Manager) at (319)429-8918 or dmamabolo@teamtricity.org.

Health

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



**National Center for
Healthy Housing**

The National Center for Healthy Housing (NCHH) develops practical strategies to make homes safe from hazards and to alert families about housing-related health risks, and to help families protect their children. This month's website topic is lead exposure.

What can I do to prevent my child's exposure to lead?

Take these steps to reduce your child's exposure to lead in your home/environment:

- *Keep your child away from painting and repair work that disturbs paint, and make sure no paint chips or dust remain in the work area before your child enters.*
- *Pay attention to peeling paint: report it to your landlord if you're a tenant so repairs will get made (and call code enforcement or legal aid if there's no response); and repair it safely if you're a homeowner.*
- *Wash your child's hands, toys, bottles, pacifiers, and any other items your child often puts in his or her mouth.*
- *Regularly clean floors, windowsills, and dusty places with wet mops or wet cloths to pick up any dust.*
- *Use only cold tap water for making baby formula, drinking and cooking. Let the water run for a few minutes first.*
- *Avoid using products from other countries such as: health remedies, eye cosmetics (i.e., kohl, kajal, surma), candies, spices, snack foods, clay pots and dishes, painted toys, and children's jewelry. These items may contain high levels of lead.*
- *Remove shoes before entering your home.*
- *Any household member who does construction work or other work that may involve lead should remove work clothes before entering; wash these clothes separately.*

For more information visit the NCHH website at www.nchh.org.

Lead poisoning is preventable! A simple blood test can detect lead. Find out more from your state or local childhood lead poisoning prevention program!

Nutrition

by **Tracey Sauke**, Dietitian

In February we had fun exploring different types of citrus. This month we will learn about and grow our own microgreens. To learn more about microgreens don't miss the [March Monthly Menu and Nutrition News](#).

March 12-18 is National CACFP Week. CACFP stands for the Child and Adult Care Food Program. It is a federal program that provides reimbursements for the nutritious meals and snacks our centers serve your children. CACFP contributes to the wellness, healthy growth, and development of young children and adults in the United States. To learn more about the CACFP program, check out [Child Care: What Will My Child Eat?](#)



Serving over 4.6 million children
healthy meals and snacks daily.

www.CACFPWeek.org

