

Newsletter

July 2023



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

Hello, families! I hope your summer is off to a great start. There are many exciting things to share about the agency this month. First, we want to congratulate our Executive Director, Dr. Robert Welch. He was named Administrator of the Year and recognized at the Region VII Head Start Association's Annual Conference in June. Second, we want to congratulate Lyz Schmitz and Tracey Sauke for their work with Farm to School and Early Care. Our agency received the Golden Root Early Care Site of the Year Award. Tracey and Lyz were recognized at the Community Food Systems and Farm to School and Early Care Conference in June. The agency will also receive recognition at the Iowa State Fair. Third, it was with much anticipation that we welcomed the Lakeshore delivery truck to our new location on West 4th Street. On June 14th, new furniture and other items for the classrooms arrived. We are working hard to design safe, inviting, and developmentally appropriate spaces for children. August is just around the corner and we are so excited for what we have to offer children, families, and the community at our 4th Street location!

Important Dates

Agency Closed for 4th of July Holiday, *July 4*

Policy Council Meeting, *July 17 from 5:30 pm - 6:30 pm*

Thank you to all of our staff and families for representing Tri-County in the parade during My Waterloo Days!



Per the National Highway Traffic Safety Administration, the leading cause of non-crash-related fatalities among children is hot car deaths. In our country, over 900 deaths have occurred since 1998. Below are life-saving reminders for keeping young children safe. 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 car seat, place the stuffed animal in the front seat with you.*
- *When you get out of your car, **ALWAYS CHECK THE BACK SEAT!** Be especially aware of children who are quiet and sleeping.*

Nutrition

by **Tracey Sauke**, Dietitian

In June, we learned all about strawberries and increased the local food served on our menu since more local produce is available in Iowa during the summer months. Click [here](#) to learn about the local farmers markets in our area.

Did you know, you can double up your EBT dollars with [Double Up Food Bucks](#)? Simply visit the information booth at participating Farmers Markets. Buy any SNAP-eligible foods with your EBT Card and get FREE Double Up Food Bucks to spend on fresh fruits & vegetables.

During the summer months it is especially important to help your child stay hydrated. To stay well hydrated, children ages 1-3 years need approximately 4 cups of beverages per day, including water or milk. This increases for older kids to around 5 cups for 4-8 year olds. For more information check out [Water: It's a Great Choice](#).

For more nutrition information make sure to check our [July Nutrition News](#) featuring: Cucumbers, July Menu and Family Meal Tracker for In-Kind Credit.

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Maywood

by **Angie Barth, Haley Bradford, Ashley Caldwell, & Dusty Olson**, Program Managers



CENTER HAPPENINGS

- We started a flooring project on the lower level. We want to thank our families for their flexibility and understanding during this time.
- Our garden carts are GROWING! Check out our carts on both the lower level and near the courtyard! The project we're working on now is The Three Sisters, and a salsa cart.

AT-HOME OPPORTUNITIES

- Using water, some paint brushes, and a sidewalk, paint a masterpiece together as a family while staying cool this summer!

REMINDERS

- Water play will be in full swing soon, please make sure to bring water gear if your child's class will be playing with it.

Health

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

Oral Health Problems Related to Smoking

Long-term use of products containing tobacco and/or nicotine can result in serious health problems, including cancer and heart and lung diseases. Smoking traditional cigarettes, e-cigarettes, cigars, pipes, and water pipes – and using smokeless tobacco – can cause these diseases. Using tobacco products also affects oral health.

- **Tooth decay.** Smokers can have more tooth decay than non-smokers. The nicotine in tobacco slows down the mouth's ability to make saliva and creates dry mouth. Saliva helps prevent tooth decay by washing food and bacteria from the teeth. It also helps repair very early stages of tooth decay. Also, young children who are regularly exposed to secondhand smoke have higher rates of tooth decay in their primary teeth, compared with those who are not exposed.
- **Gum disease.** Gum disease is an infection of the gums that can affect the bone structure that holds teeth in the jaw. In severe cases, gum disease can make teeth fall out. Smoking causes gum disease because it weakens the body's ability to fight infection, making it hard for gums to heal. Smokers are twice as likely to develop gum disease as non-smokers, and treatment may not work as well as for non-smokers.
- **Oral cancer.** Tobacco use increases the risk of oral cancer in the lips, tongue, cheeks, floor of the mouth, hard and soft palate, sinuses, saliva glands, and throat.
- **Poor birth outcomes.** Pregnant women who smoke are more likely to have miscarriages, babies born too early, or babies with low birthweight. They also are at higher risk for sudden infant death syndrome. Smoking during pregnancy also increases a person's risk of delivering a baby with cleft lip and/or cleft palate (when a baby's upper lip or roof of the mouth does not join completely during pregnancy).
- **Stained teeth, bad breath, and loss of taste and smell.** Nicotine and tar in tobacco stain teeth and can turn them yellow. Smoking is also a common cause of bad breath, and it affects ability to taste and smell.



QUITLINE IOWA

Resources to quit smoking are available in communities across the nation. Visit smokefree.gov for more information.

QUITLINE IOWA is available. Visit <https://iowa.quitlogix.org> to

live chat with someone or call 1-800-QUIT-NOW (784-8669).

Nearly 40% of the pediatric population is exposed to secondhand smoke. In addition, an estimated 80-90% of adult smokers began smoking during adolescence. Parents play a very important role in protecting their children from smoke exposure and preventing tobacco use. E-cigarettes and vaping facts for parents are available from the American Academy of Pediatrics.

[Click here](#) to watch a short Youtube video.

Here at Tri-County Child and Family we promote a tobacco-free environment, which includes our outdoor areas and parking lots.

Sources: *Understanding How Smoking Impacts Oral Health*. Last updated April 25 2023, www.healthychildren.org.

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Fireworks Safety

Source: National Safety Council, www.nsc.org, June 2022

In 2017, eight people died and over 12,000 were injured badly enough to require medical treatment after fireworks-related incidents. Of these, 50% of the injuries were to children and young adults under age 20. Over two-thirds (67%) of injuries took place from June 16 to July 16. And while the majority of these incidents were due to amateurs attempting to use professional-grade, homemade or other illegal fireworks or explosives, an estimated 1,200 injuries were from less powerful devices like small firecrackers and sparklers.

Additionally, fireworks start an average of 18,500 fires each year, including 1,300 structure fires, 300 vehicle fires and nearly 17,000 other fires.

Common fireworks that can be unsafe:

★ Sparklers

- They are a lot more dangerous than most people think. They burn at about 2,000 degrees – hot enough to melt some metals
- Sparklers can quickly ignite clothing
- Many children have received severe burns from dropping sparklers on their feet

★ Bottle Rockets

- These small rockets are attached to a stick, lit by a fuse and typically fired from a bottle
- Can cause chest, head and eye injuries

★ Firecrackers

- Designed to explode on the ground; designed to be very noisy
- Can cause burns and other serious injuries

★ Roman candles

- Eject multiple exploding shells from a tube the user holds in his or her hand
- There have been numerous reports of children losing fingers, severe burns, and other injuries

Home Base Program

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



In June, our home based families had the opportunity to visit Sunrise Children's Zoo. They spent time with the animals and enjoyed feeding them too!

The Importance of Fathers for Child Development

Last month, many families celebrated Father's Day, an ideal time to think about what fathers mean to their children. An article titled *The Importance of Fathers for Child Development* (Lansford, 2021) highlights what fathers contribute to the well-being of their children.

- *Children with sensitive and supportive fathers have higher levels of social competence and better peer relationships.*
- *Children whose fathers provide them with learning materials and speak with them frequently perform better in school and have more advanced language skills.*
- *Fathers can help their children even in situations where they do not live in the same house. Children with positive relationships and regular contact with their father tend to regulate emotions better than children who have no contact with their father.*

We celebrate all the fathers, grandfathers, and male role models making a difference in the lives of young children!

Source:

<https://www.psychologytoday.com/us/blog/parenting-and-culture/202106/the-importance-fathers-child-development>