



by [Dr. Latisha Smith](#), Educational Services Director

Hello, families! I hope you are enjoying the summer. It is hard to believe we are only weeks away from back to school time! We have been very busy at Tri-County and have much to share with you.

- Many improvements happened at Lily over the summer. We have new or updated furniture in classrooms and the great room has a brand new look. Children will have new furniture and toys to explore and enjoy!
- Our location on West 4th Street has a name. It is the Tri-County Head Start Learning and Community Center. The classrooms are equipped with all new furniture, toys, and materials. We are so excited to welcome children into these classrooms. The parking lot is sectioned off and the playground will soon be a reality. We invite you to join us for our Ribbon Cutting and see for yourself!
- Maywood will close at the end of the summer as we prepare that building for renovations including new flooring and



cabinets in all classrooms. It will have a brand new look when it reopens!

- All of our locations are in the process of getting new signage. Our logo and the work we do will soon be visible to all in our community!
- Our Home Base Program has a new Program Manager. Her name is Sarah Ross and she joined our team at the end of July. We welcome Sarah to our management team!

We thank each of you for being part of Tri-County Head Start. We look forward to working with you and your child this school year!



Tri-County Calendar

- **August 15, 2023**
 - *Graduation for Home-Based Transition Families*
- **August 18, 2023**
 - *Last day of summer care at Maywood*
- **August 21 - August 25, 2023**
 - *Agency closed for Preservice Professional Development*
- **August 24, 2023**
 - *Open House at Lily*
 - *Open House at Learning and Community Center*
- **August 28, 2023**
 - *First Day of School*
- **September 4, 2023**
 - *Agency Closed for Labor Day Holiday*
- **September 22, 2023**
 - *No School - Professional Development Day*





We welcome children for the FIRST DAY OF SCHOOL at Lily and the Learning and Community Center on Monday, August 28th!

If your child's fall placement is at Lily or the Learning and Community Center, please join us for an OPEN HOUSE at each location on Thursday, August 24th from 4:00 - 6:00 pm. Come to meet your child's teacher and your Family Service Worker. Take a tour of the building and visit your child's classroom. We look forward to seeing you!



Welcome to Tri-County's Closet

To help support Head Start families with clothing needs, Tri-County Head Start has a new and unique space for families to shop for clothing items. Men, women, and children's clothing is available. The closet is now open Monday- Friday 9 am- 5 pm. Please see your Family Service Worker or Home Visitor if you are in need of clothing items.



Congratulations to the 31 graduates of the Early Head Start Home Base Program. We would like to extend our gratitude to these families for allowing us into their lives and homes. We appreciate the opportunity to build relationships, share activities and resources,

and celebrate their growth and milestones. We look forward to recognizing these families at the graduation and hope all of the graduates and their families can join the celebration!



Waterloo Schools

by Ashley Caldwell, Program Manager



Hello families! My name is Ashley Caldwell, and I am the Program Manager for our Tri-County Head Start Waterloo Schools Partnership. I am so happy to welcome you to the 2023-2024 school year. Your child is going to grow and learn so much this year! In the next few weeks, your Family Service Worker and child's teacher will contact you to schedule visits and orientations to begin school on August 28th.

Reminders & Important Dates

- *The first day of classes for Pre-K children is Monday, August 28, 2023.*
- *Make sure your child's well child exam and dental exams are up to date.*
- *Pre-K children will not need school supplies, just a backpack and extra clothes.*

At Home Activities

For some children, this is their first time in school and/or away from their family for an extended amount of time. Transitions can be hard. Having discussions about school, all the exciting things they will learn, and the new friends they will meet can help ease some of the nervousness children may experience. If you visit your local library or

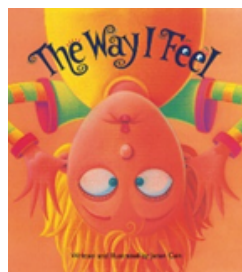
Newsletter

bookstore, here are some books that can help your during this new and exciting time:

The Kissing Hand



The Way I Feel



The Night Before Preschool



Maywood

by [Angie Barth](#), [Haley Bradford](#), [Ashley Caldwell](#), & [Dusty Olson](#),
Program Managers



The children enjoyed reading with Collin.

The garden carts look great due to the care from the children this summer.



We are wrapping up our summer session at Maywood this month and getting excited for the upcoming school year. As summer comes to an end, take advantage of the weather and try to spend time outdoors each day. It is healthy for your physical and mental well-being! It is also important to read each day. Reading to your child has many benefits for school readiness and is also an ideal time to connect socially and emotionally. Take the time to share this experience and make these moments part of your family's routine.



Health

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

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
<i>Molds</i>	Molds grow almost anywhere and can be found in any part of a home. Common places where molds grow include the following: <ul style="list-style-type: none">• Damp basements	<i>Keep the surfaces in your home dry.</i> <i>Throw away wet carpets that can't be dried.</i> <i>Keep air conditioners and humidifiers</i>

	<ul style="list-style-type: none"> ● 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>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>
<p>Asbestos</p>	<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><i>Call the Poison Help number at 1-800-222-1222 if you suspect CO poisoning.</i></p> <p><i>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.</i></p> <p><i>Put CO detectors on each floor in your home.</i></p> <p><i>Never leave a car running in an attached garage, even if the garage door is open.</i></p> <p><i>Never use a charcoal grill inside the home or in a closed space.</i></p>

		<i>Have furnaces; wood stoves; fireplaces; and gas-fired water heaters, ovens, ranges, and clothes dryers checked and serviced each year.</i>
<i>Household Products</i>	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><i>Only use these products when needed.</i></p> <p><i>Always have enough ventilation when using these products.</i></p> <p><i>Store them in a safe place.</i></p> <p><i>Bring empty containers to your local hazardous waste disposal center.</i></p>

Source: healthychildren.org (July 2019)



August is Children’s Eye Health & Safety Month



Among preschool-age children, more than one in 20 has a vision problem that can cause permanent sight loss if left untreated. The most common types of eye problems seen in children are myopia (nearsightedness), strabismus (crossed eyes), and lazy eye (amblyopia).

Hospital emergency rooms treat thousands of children each year who suffer from eye injuries in and around the home. In general, the most common causes of eye injuries to children age 14 and younger are caused by:

- *Toys not suitable for the child's age or abilities and broken toys*

Newsletter

- Pens and Pencils
- Adhesives
- General Household Cleaners
- Furniture
- Forks, Spoons, Knives at the table
- Non-Cosmetic Bleaches
- Cigarettes, Cigars, Pipes, Lighters
- Grooming Products, Hair Care & Make up
- Paper and Cardboard Products

Eyes should be checked shortly after birth, before starting school, and throughout school years as necessary. At Tri-County Child and Family as part of our comprehensive health services children are screened within the 45 days of the new school year. Our trained nurses will be visiting centers in September to complete these screens.



Source: PreventBlindness.org

Nutrition

by [Tracey Sauke](#), Dietitian

August is National Breastfeeding Awareness Month. We support breastfeeding mothers so let us know how we can help. For more information on this topic, visit our nutrition newsletter using the link below.

On Wednesday August 9th we are excited to host a Garden Party. See more information below. We hope to see you there!



Nutrition Newsletter:

<https://drive.google.com/file/d/1jGarko4YdmSxJDkodzi-dvTJiODpShfA/view?usp=drivesdk>



The first 24 families will receive a picnic blanket!

TBI-COUNTY HEAD START

GARDEN PARTY

Wednesday, August 9, 2023
4:30pm-6:30pm

ACTIVITIES

- MEET LOCAL GROWERS
- VOTE BEST CLASS GARDEN
- FUN HANDS- ON ACTIVITIES
- PICNIC

MAYWOOD SCHOOL 800 MILWAUKEE AVENUE, WATERLOO IOWA



The flyer features a green background with yellow and white text. At the top right is the TBI-COUNTY HEAD START logo. The main title 'GARDEN PARTY' is in large yellow letters. Below it, the date and time are listed. A list of activities is provided on the right side. At the bottom, the location is specified. Two photographs at the bottom show children watering plants in a garden bed.