



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

Hello, families! Let me start with saying thank you to all of the children, families, staff, community members, and board members who participated in our Family Kick Off in September. Children and families enjoyed games, prizes, food, music, and the opportunity to learn more about resources in the community.



October is Fire Safety and Prevention Month. It is a good time to talk with your child about what to do if there is a fire. Ask them to help you make a plan for your home. Use pictures to show where they should go to stay safe. Talk about getting out and calling 9-1-1. These are simple steps to keep everyone safe!

This month's newsletter offers more fire safety ideas and lets you know of events happening in the community in October. Check it out!

## My Fire Escape Plan



Write it!

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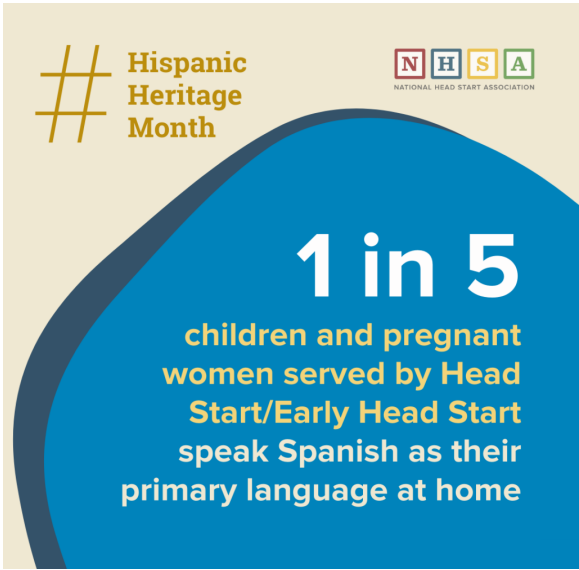
Draw it!





## Hispanic Heritage Month

September 15th through October 15th is Hispanic Heritage Month. At Tri-County Head Start we celebrate the diversity of children, families, staff, and the community we serve. We want everyone to feel welcome as they participate in our programs. It is important to share stories, language, and culture in our everyday interactions. We want children to be proud of who they are and share that pride with others. It is our hope that families partner with us by asking questions, sharing concerns, and offering ideas as we work to meet the needs of their child. Let's celebrate together!



Source: National Head Start Association

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## Tri-County Calendar

- October 5-6, 2023
    - *Learning and Community Center School Pictures*
  - October 9, 2023
    - *Lily School Pictures*
  - October 13, 2023
    - *No School - Professional Development Day*
  - October 16, 2023
    - *Policy Council Meeting, 5:30 pm - 6:30 pm*
  - November 3, 2023
    - *No School - Teacher Workday*
  - November 23 - 24, 2023
    - *Closed for Thanksgiving Holiday*
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Join us for our next family event at Tri-County!

### *Spooky Book Walk & Trunk or Treat*

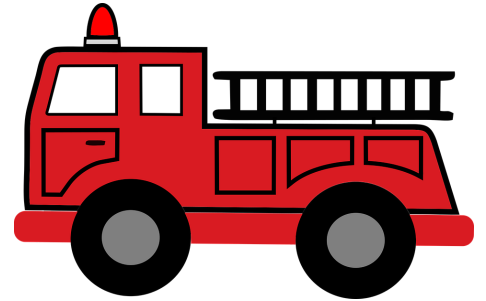


Thursday, October 26th from 5:30 pm - 7:00 pm

Featured book: *There Was an Old Lady Who Wasn't Afraid of Anything*

Food, trunk or treat, take home activity, and more!

Waterloo firefighters will bring firetrucks to Lily and the Learning and Community Center on October 9th at 10:00 am. Children will learn about fire safety and how firefighters can help them in an emergency!



## Waterloo Schools

by [Ashley Caldwell](#), Program Manager

### Highlights & Happenings

October is a month of learning! Children are engaged in activities about apples, fall weather, rhyming words, letter beginning and ending sounds, and patterns. Conferences begin to be scheduled, and this is a great time for parents to ask questions and set goals for your child's academic success.

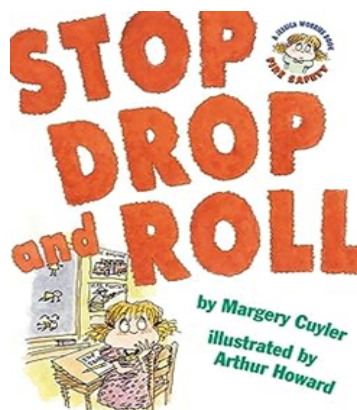
### Reminders & Important Dates

- October 10th
  - Parent/Teacher Conferences from 4:30 pm - 7:00 pm
- October 12th
  - No school due to Parent/Teacher Conferences

*Please remember to let your Family Service Worker know of any phone number or address changes for yourself or your emergency contacts.*

### At Home Opportunities

October is Fire Safety Month and it is a good time to discuss fire safety in your home, as well as practice a fire drill with your child. Some books that can help teach children about fire safety are:



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## Learning and Community Center

by [Haley Bradford](#), Program Manager

### Monthly Highlights

- It's Hispanic Heritage Month! Help us celebrate our friends and family.
- It's Fire Safety Month! Is your fire emergency plan in place at home?

### Center Happenings

- Every third Thursday Traveling Tales will be visiting us and reading with our Head Start and older Early Head Start rooms.
- October 9th we will have a visit from our Waterloo Fire Department!

### At-Home Opportunities

- Discovery Days are back at the Grout Museum in Waterloo! Children 3 and under are free!
- Go for a walk in your community parks and scavenger hunt to find the following items: red leaf, orange leaf, yellow leaf, green leaf, acorn, and buckeye!
- Join Hawkeye Community College at their Arboretum for the following free activities!
  - October 8            11:00 am - 3:00 pm - Arts and Crafts
  - October 15        11:00 am - 3:00 pm - Pets on Parade
  - October 22        11:00 am - 3:00 pm - Witches Hollow

### Reminders

- With the colder weather approaching, children will need warmer changes of clothes for their cubbies. Please make sure your child has the correct clothing. If you need some larger sizes, talk with your Family Service Worker about a trip to our Community Closet for some items!



## Lily

by **Dusty Olson**, Program Manager

As we move into Autumn, we will be able to do more exploration of our outdoor environments through walks, stroller rides and outdoor

learning on the playgrounds. As a reminder, please send layers of clothing and appropriate footwear for your children so we can enjoy what nature has to offer. If you need fall clothing or outdoor wear, please speak with your child's teacher, Trista or Dusty and we can assist you.

### At-Home Opportunities

Autumn is a great time to learn about harvest season, apples, pumpkins and other fruits and vegetables. As we do at school, please take the time to enjoy meals family-style (passing food around the table, turning off electronics and televisions and talking about the foods we eat). This promotes healthy eating habits and is fun for families to experience what we all have to offer each other.



### Reminders

- Please follow your schedule for drop-off and pick up. This is important for establishing routines for your children and to ensure we are covered with staff to provide excellent services. If you have any questions about scheduled hours, please see Trista or Dusty.
- When appropriate, we will be using our outdoor playgrounds for learning, so make sure your children are dressed for the weather.
- It is very important for children to have a change of clothes available at the center in case of accidents.
- Please make sure to use your access cards whenever you can and sign your child(ren) in and out on our tablets in the classrooms or the Great Room.





## Home-Based Program

by [Sarah Ross](#), Program Manager

Hello from the Home-Based team! We have been working hard to get all of our developmental, hearing, and vision screenings completed for the new school year. We appreciate your patience and participation as we get these completed for your children. Please let your Home Visitor know if you have any questions about any of the screenings or results, as well as if you have any new concerns with your child. We have many resources that we would be happy to share with you!

We would like to thank past and present Home-Based families that attended our Family Kick-Off event at the Learning and Community Center (LCC). We love to see our families at these special events!

This month we will begin our socialization meetings. Our first group session for Black Hawk County is on Thursday, October 5th at Place to Play Park in Cedar Falls. More information for upcoming socialization events will be coming soon. Family input is always welcome as we plan these events with you in mind. If you have any ideas or suggestions for a socialization event, please let your Home Visitor know.





Community Events

LSI HOPES  
Fall Community Baby Shower

Thursday, October 12th  
4:30-6:00  
Waterloo Center for the Arts

first 40 registrants to arrive  
will receive a diaper bag



Visit a variety of  
community resources  
while receiving  
parenting education

register here 

 **LSI**  
LUTHERAN SERVICES IN IOWA

 **Iowa MIECHV**  
NATAL • WASH • EARLY CHILDHOOD • INTERVENTION

Door Prizes for Baby Essentials

**QUARTERLY INSPECTION STATION**

Thursday, October 12th 2023  
4:30pm - 6:00pm  
Waterloo Center for the Arts  
(225 Commercial St,  
Waterloo, IA)



**Car Seat Inspections**  
**Free to the Public**  
Child must be present  
(unless not yet born)



Cedar Valley Safe Riders collaborating agencies: Lutheran Services in Iowa, Iowa Child Care Resource & Referral, Tri-County Head Start, and Grandy County Public Health

**Health**

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

Fire Safety

Fires and burns are one of the leading causes of death for children under the age of 15. Preventing house fires is the key to keeping children safe.

Here are some tips from Save the Children's safety experts on how to keep children safe in a fire.

- **Teach children fire safety.**
  - Teach children how to prevent and survive a fire. Model safe behaviors when using fires. Explain that fire is a tool, not a toy.
- **Install smoke alarms.**
  - Install smoke alarms in several rooms in your home. Use the test button every month and replace batteries at least once a year. Teach children what smoke alarms sound like.
- **Teach children about firefighters.**
  - Teach children what firefighters look like. Take them to your local fire department to meet firefighters so they are not scared.
- **Keep matches and lighters out of reach.**
  - Store matches and lighters out of children's reach and sight. If a child finds matches or lighters let them know to tell an adult.
- **Keep children away from flames and heat sources.**
  - Never leave children unattended near stoves or burning candles, even for a short time.
- **Teach children 9-1-1 (or local emergency number).**
  - Help children understand how and when to call 9-1-1 for help.
- **Practice fire drills.**
  - Include children in planning and practicing home fire drills. Have fire drills at least twice a year.
- **Demonstrate how to escape.**
  - Show children how to get out of a room filled with smoke by crawling along the floor to the nearest door.
- **Get out and stay out.**
  - If there's a fire, get everybody out. Don't go back into the home to get your stuff.



Teach children to STOP-DROP-and-ROLL if their clothes catch on fire. Stop (don't run), drop to the ground and cover your face with your hands. Then roll over and over or back and forth until the fire is out.

For more resources visit [www.savethechildren.org](http://www.savethechildren.org) & [www.redcross.org](http://www.redcross.org).



The poster features a large red fire truck at the top with the text "WATERLOO FIRE Open House" overlaid in a blue brushstroke. Below this, a list of activities is provided, accompanied by three circular inset images: a firefighter with a child, firefighters in gear, and a fire truck at night. At the bottom, a cartoon firefighter character is shown next to the event details.

## WATERLOO FIRE *Open House*

- *Free Event*  
This is a free event, open to the public, in honor of Fire Prevention Week.
- *Food, Fun, Fire Trucks*  
A free meal is provided and various fire equipment will be on display for hands on experiences
- *Kids Activities*  
There's something for everyone - face painting, fire hats, coloring station, temporary tattoos and more!
- *Live Demonstrations*  
Building repelling, vehicle extrications, CPR & fire extinguisher demos and maybe a visit from the AirCare helicopter!

**TUESDAY, OCTOBER 10TH**  
4:00 - 7:00 PM

**Waterloo Fire - Station 1**  
425 E 3rd Street

### Head Start Health Services News

The Health Services Advisory Committee (HSAC) is looking for a parent representative. The HSAC is a group that brings together staff, parents, and local health care providers to talk about the health services in each Head Start program.

As a Head Start parent, joining your local HSAC allows your voice to be heard on the issues that are important to you in the area of health, including nutrition, medical, mental and dental care. If you are interested in joining HSAC please contact Pauline Jones, Health Coordinator at [pjones@teamtricity.org](mailto:pjones@teamtricity.org) or call 319-235-0383.

Iowa Mission of Mercy Free Dental Clinic is October 13-14, 2023. This is a great opportunity to have exams and dental treatment completed for your whole family. It is first-come, first-serve. Doors open at 6:00 am.



- ✓ Real dentists and other dental professionals
- ✓ Fillings, cleanings, extractions and more
- ✓ Free childcare provided



LEARN MORE

- ✓ No fees for services
- ✓ No appointment necessary. First-come, first-served
- ✓ No insurance required

The Iowa Mission of Mercy is a two-day, free dental clinic where patients receive quality dental care provided by dental professionals.



## Nutrition

by Tracey Sauke, Dietitian

Happy October! This month we will learn about cabbage. For more information, check out our [October Nutrition Newsletter](#).

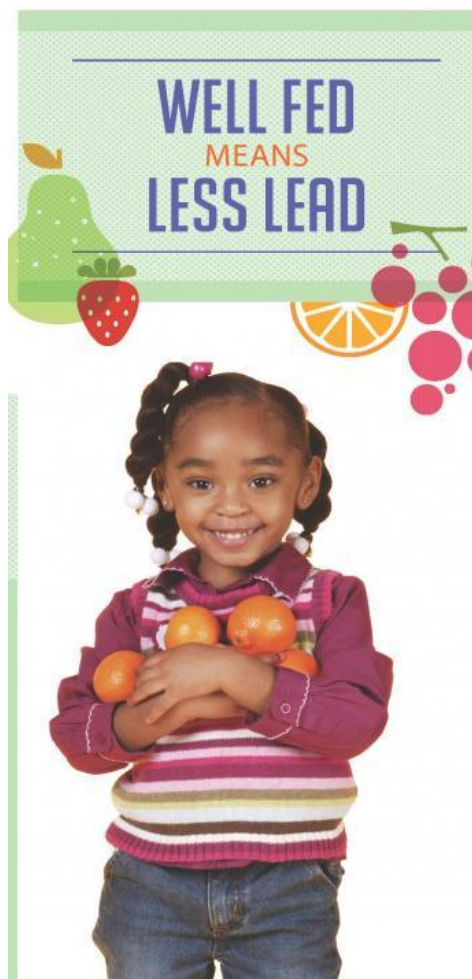
We will participate in the following events:

- October 4 at 10:00 am
  - [Healthiest State Annual Walk](#)
- October 11 at lunch
  - [Great Apple Crunch](#)
- October 22-28
  - [Lead Poisoning Prevention Week](#)

**Good nutrition can help protect your child against lead absorption.** Feed your child regular meals. Children with an empty stomach are more likely to absorb lead.

Studies have shown **foods high in calcium, vitamin C, and iron help the body absorb less lead.**

- **Calcium rich foods:** milk, yogurt, cheese and green leafy vegetables like spinach
- **Vitamin C rich foods:** oranges, green and red peppers, 100% juice
- **Iron rich foods:** lean red meats, beans, peanut butter and cereal



**Lead is toxic**

Lead exposure is especially dangerous to children's developing brains and can result in

- Reduced intelligence quotient (IQ) and attention span
- Impaired learning ability
- Increased risk of behavioral problems

to multiple body systems, such as our central nervous system and brain; reproductive system; kidneys, cardiovascular system, blood and immune system.

World Health Organization

BAN LEAD PAINT

# Early ACCESS

for infants, toddlers and families

Do you or your child's teacher/home visitor have concerns with how your child is learning and developing? Early ACCESS is here to help. Early ACCESS supports children up to 3 years of age and their families/caregivers.

## How can you help your baby to learn?

### TALK! LISTEN! RESPOND!

- **Talk**, talk and then talk some more. Talk about what you are doing and what your child is doing.
- **Listen** and show excitement when your child uses new sounds.
- **Respond** to your child even if it's just crying or making noises. Talk about objects, people, and activities that get your child's attention.

