



October 2024



## THINGS TO KNOW

**October is domestic violence awareness month.**

Domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.

**Young children and even babies can feel stressed when they live in homes where there is a lot of fighting.**

Sometimes children may:

- Have trouble sleeping, nursing or eating
- Behave aggressively in their play or with other children
- Seem withdrawn or have more worries
- Feel frustrated and cry more easily
- Feel a lot of pains like headaches and stomachaches

**There are simple things you can do to help support your child heal and grow - focus on celebrating one positive thing you do with your child every day.** For free help 24 hours a day, call: 1-800-799-Safe or visit [www.thehotline.org](http://www.thehotline.org)



**WELCOME ✨ to the TEAM**

**Kelsey T**, Head Start Teacher  
**Cindy S**, Assistant Teacher  
**Sylvia P**, Assistant Teacher  
**Pamela T**, ERSEA Manager

 **ABOUT US**

**Need clothing?**

**Visit Tri-County Closet**

Monday-Fridays, 9 am - 5 pm

Women, men and children's clothing available. Reach out to your Family Service Worker or Home Visitor.

**FAMILY FUN NIGHT**

**CHECK OUT**



**RECAP**

## CALENDAR

October 2 Healthiest State Annual Walk @ 10 am

October 9 Great Apple Crunch @ Lunch

October 14 Indigenous Peoples' Day

[October 21 Policy Council Meeting](#)

October 25 No School Staff Development Day

October 30 School Picture Day at LCC

October 31 Trunk or Treat 5:30-7:00 pm at LCC

[The Nest Program Calendar](#)

Nest is a parent education program. They host multiple monthly education sessions. If you are interested in getting enrolled, please call 319-292-1805 to speak with the Nest Educator.


## DUAL LANGUAGE

October is a great time to celebrate all children whether they speak one two languages! Exposure to different languages and cultures can enrich their learning experience. For English-speaking children, interacting with Dual Language Learners offers a chance to develop empathy, understanding, and global awareness. This month, let's celebrate the diversity of languages and the opportunities they bring for all children to grow and thrive!

## CONTACT US

 teamtricity.org

 info@teamtricity.org

 (319) 235-0383

 Tri-County Head Start

## HEALTH

### Current Physicals & Dental Due Soon

To receive center based services physicals must be current by **September 27, 2024**

#### October is SIDS Awareness Month

We encourage all families to have safe infant sleep practices  
[Click Here for a short video](#)

 READ MORE

**SMOKE ALARMS**  
Make Them WORK For You!

 FIRE PREVENTION WEEK  
NFPA

fpw.org




#### Fire Safety

**Install  
Test  
Replace**

 READ MORE

## NUTRITION



October is Farm to School Month. We are celebrating all year long by learning about a different fruit or vegetable that grows in Iowa each month. **In October we are learning all about squash.** Squash is a healthy vegetable.

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[Menu](#)

**Lead exposure is especially dangerous to children's developing brains.** 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.

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## MAYWOOD & LEARNING & COMMUNITY CENTER

Our teachers have had a great start to our year despite a few heat obstacles! **Please talk to your child's teacher about what they are working on in class & how you can support these activities at home.**

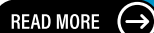

*REMINDER*

- Our teachers have been working very hard at disinfecting to ensure we keep illness away. Please make sure everyone washes their hands regularly to keep everyone healthy.
- Accidents happen! **Please bring a change of clothes** (or 2) for when they do.
- With autumn on the way, please make sure to **send children in jackets and layers**. If you need any assistance with warm clothing needs, please speak with a Family Service Worker or teacher.

## PARTNERS

*Cedar Falls Buchanan Co  
Hawkeye Waterloo YMCA*

As children learn and practice rules and routines in their classrooms, creating and practicing rules and routines at home are just as important. One very important routine to develop is a good bed time routine. Children who get enough sleep on a regular basis do better in school and struggle less with behavior issues. **This month, create a routine and mark the 'life skills' category of your in kind tracking form each day you practice!** For sleep routine ideas

 READ MORE 

## HOME-BASED

### Check Out Group Socialization Events!

Group socializations offer many benefits for young children. Children get to experience new:

- sights and sounds
- textures and sensory experiences
- peer and social interactions
- play equipment, and play experiences

Parents and guardians get the opportunity to develop friendships and broaden their social support systems. Ask us about upcoming events!