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| \\scesd.net\esd105 organization\profiles\claudiad\Desktop\Logos\Seedlings Logo.png | Early Head Start January Newsletter |
|  | January 5, 2018 |
| Dates to Remember:* January 1st: No School – New Year’s Day
* January 11th: Policy Council 6pm-8pm at ESD 105
* January 15th: Martin Luther King Day – No School
* January 17th: Yakima Center Parent Committee and Family Night 5:00pm – 6:30pm at the Center.
* January 17th: Tieton Center Parent Committee and Family Night 5:00pm – 6:30pm at the Center.
* January 30th: Fatherhood Night at Castlevale Gym 5:30pm – 7:30pm – RSVP with your Family Advocate
 | Center Manager’s MessageCenter Managers / Assistant Center Managers / EPIC Director will write a half page message to parents regarding center updates. Examples may be:- Explaining what to expect at a home visit / center visit. - Dressing appropriately for the weather. - In-kind and volunteer opportunities. - Recruitment Information - Events in the community- Reminders on center policies/procedures (example: when to keep sick child home, updating emergency information form must be done in person, etc.)- Encouraging parents to participate in center activities- Invitation to parenting classes- Disaster preparedness (like fires, landslides, earthquakes etc. if your area is being affected). - Fatherhood engagement information **\* These are only a few ideas; you are not limited to this list.** |
| Home Visitor Highlight Description of highlights will go here:Center Manager / Assistant Center Manager will choose 1 or 2 Home Visitor to be the “Home Visitor highlight”. These Home Visitors will have an opportunity to share highlights from their classrooms or home visits on what they are working on etc.

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| Picture will go here: Home Visitor may include a picture of their socialization, home visit, or children’s art but must always verify to have parent permission to do so from the permission’s form.  |

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| Contact UsCenter contact information **ESD 105 office:** 33 S. 2nd AvenueYakima, WA 98902Main: (509) 834-6807Center In-Kind Thermometer | Parent Training TopicContent Specialist and Head Start Director will alternate in writing monthly parenting training topics. Standards say “Programs must collaborate with parents to promote children's health and wellbeing by providing medical, oral, nutrition and mental health education support services that are understandable to individuals, including individuals with low health literacy” Topics that need to be discussed according to Performance Standards are:- Parenting classes and resources- Importance of regular attendance.- Specific strategies for father engagement- Strategies to engage parents in their children leaning and development and support parent-child relationships- Preventative Medical and Oral Health Care- Emergency 1st aid- Environmental Hazards - Health and Safety Practices for the home including heath and developmental consequences of Tobacco Product use, Exposure to Lead, and Safe Sleep- Importance of Physical Activity - Healthy Eating, negative health consequences of sugar-sweetened beverages and how to select and prepare nutritious foods that meet the family's nutrition and food budget needs- Learn about healthy pregnancy and postpartum care including breastfeeding support and treatment options for parental mental health or substance abuse problems, including perinatal depression.- Concerns about their child's mental health, typical and atypical behavior and development, and how to appropriately respond to their child and promote their child's social and emotional development- Learn about appropriate vehicle and pedestrian safety for keeping children safe- A program must provide ongoing support to assist parents' navigation through health systems to meet the general health and specifically identified needs to their children and must assist parents:**\* These are not all the possible topics, can also find more topics 1302.46 page 39 and 1302.81 page 52** |
| Community ResourceInclude a community resource here: look a performance standard 1302.53 on page 45 for a full list of possible resources to include (FECS lead responsible for this area with help of other content specialists and Center Management) |

**Site menu will need to be stapled as a third page to the newsletter.**