



The Head Start Herald

From the ACHR Child Development Program - 950 Shelton Mill Road, Auburn, AL



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December Happenings

9-10 Head Start Closed (Parent-Teacher Conferences)
EHS & Wrap & School Age— **Open**

18 Holiday Meal

20 Holiday Program 10:00 am (Buses leave 12 noon,
walk ins should be picked up BEFORE 12:30) Last day
for HS/EHS before holidays.

23 thru Jan 3, 2020—Winter Holidays; HS closed

23– 1st of January 2020 EHS/Wrap/School Age Closed

Jan 2 EHS, Wrap Re-Opens

Jan 6 Head Start Children Return



Ideas For Parents

Word of the month: Compassion: from Latin; for, “suffer with.” It means feelings of sympathy and concern for the sufferings and problems of others.

Compassion is based on notions of fairness, justice and our interdependence on one another. One can feel compassion without acting on it — but helping others in deep need often causes the people who help to feel happier. What we offer to others we strengthen within ourselves.

For a child, compassion means we care about others. We treat them with kindness. It can mean making and giving a card or saying something kind when someone is sad or upset. It can mean giving a hug.

How to Raise a Child to be Compassionate

Talk about things – even uncomfortable things. Children are sometimes curious and sometimes afraid when they see someone different from them. A child may ask questions, or say something embarrassing like “Why does he talk like that?” of someone who stutters, or “Why is she in a wheelchair?” If this happens with you and your child, do not come down hard on your child. Your child is trying to understand.

As a person who uses a wheelchair, I have had many experiences with parents and children. I have heard a child ask “the” question — and the parent jerked the child away, saying, “don’t talk like that!” What is a child to think?

I have had parents in the same situation turn and look at me with a question on their face. When that happens I use the opportunity to answer the child with words appropriate for their age. Something like “I can wave my hand at you. My hand and arm muscles work. My leg muscles don’t work. I have this chair so I can go places.” If the child asks more questions, I answer. The second parent I described had compassion, and the situation turned into a learning experience for their child. Will that happen with every adult who is “different”? No. But it will happen with some. If it does not, explain to your child later.

Encourage their kindness. When you see a child being kind or compassionate, let your child know. Sometimes when I have been in our centers a child I did not know walked over and gave me a big hug. I guess sometimes I look like I need a hug—and I certainly appreciate those hugs. When that happens, my response is something like, “Thank you so much! Hugs make me happy.” If that happens and the person does not say anything, and then later say to your child, “It was so nice of you to give Ms. Frazier a hug. I’m sure it made her feel a little happier.” Or it was kind of you to make Ms. Samuels a card. I bet she smiled when she saw it.”

Guide their kindness and giving. If you have a family member, friend, or neighbor who needs some compassion, ask your child what he/she thinks might help that person feel better. A card? Some flowers? Homemade cookies? Invitation for a meal? Help in caring for a pet? Big hugs and a smile and friendly words every day for a week? Then find a way to do it. It will make all of you smile.

Policy Council Corner

Your Policy Council is on target. In November the PC and the administrative staff met to finalize the grant proposal for the 2020-21 school year. The grant has been submitted.

Your participation as a parent in the program is a major part of the Head Start experience. If you have not been a regular volunteer at your child’s center or an active home based participant, make your New Year’s Resolution to 1) complete the RAGS Form each week as you work along with us to enhance your child’s learning experience; 2) attend Center (Parent) Committee meetings in January and April; 3) attend at least 1 workshop sponsored by your Family Engagement Advocates/Health Services/Home Visitors; 4) volunteer at least 1 time each month at your child’s center; 5) if home-based, attend all your socializations; 6) be the parent representative on the Health Advisory Committee and/or the School Readiness Committee. Your participation makes all the difference in showing our funder that Head Start is needed, wanted and appreciated in this community.

Parent Connection. Your PC Chair and Vice Chair are still working on the exciting new parent engagement concept that will help you as parents to get more involved. Let’s get **“CONNECTED!”**

Enjoy the holiday season. Be safe and participate in activities that are fun and safe for you and your family.

Sunshine Shop Schedule

Open by appointment after referral from Family Engagement Advocate, Home Visitor, or other caseworker. Call 334-8336 and ask for Sharon to schedule.

We have lots of good things to choose from and look forward to seeing you!

Health Notes

It is Cold and Flu Season Again: The Nervous Mom's Guide to Germs

Source: www.parents.com, fischerprice.com and others

Your child's immune system becomes stronger after her or she turns one year old. It is well developed by the time your child begins kindergarten. That is why our EHS children are sick more often than our HS children.

Any time children are around other children it means more exposure to germs. Is it worth it? The short answer is yes. If your child does not build immunity as a toddler or preschooler, he/she will miss too many days in kindergarten and first grade. There are ways to help your child avoid some illness, and in the process you will teach good habits for the future.

Give him a hand. Make hand washing a habit early on and it will become second nature to your child.

Children (and adults) should wash after toileting, before eating, after blowing their noses, playing outdoors or touching animals.

Teach germ warfare. Teach your child to sneeze into the crook of her elbow. Also teach her to cover her mouth when she coughs to prevent the spread of viruses and bacteria. Make sure your child uses a clean tissue every time she has to blow her nose, and that she throws it away and properly washes her hands when she's done.

Sanitize playthings. Wash your children's plastic toys with warm soap and water and then a disinfectant. You can use 1 tablespoon of bleach in a gallon of water. You can also use equal parts white vinegar and water; spray it on and let it "rest" 15 minutes. Put machine-washable stuffed animals in a pillowcase and run them through a wash cycle.

Take wipes with you. Alcohol-based gels and wipes are as effective as soap and water when cleaning hands.

Get him into the tub. Bathing daily is a good idea for toddlers and preschoolers and fun, too.

Check her work. Check behind your preschooler after she uses the toilet because doing a poor job of wiping could give her a bladder infection.

Cover up cuts. Germs can enter the body through open wounds. Wash your child's cut or scrape, use an antibacterial cream, and cover with a bandage.

Be pet safe. Your child could get sick from stroking the fur or getting licked by any pet. Remind your children to wash their hands after playing with animals.

Keep your children's immunizations up-to date — and yours, too. This includes a flu shot. Flu shots are recommended by the American Pediatric Association for children who are over the age of 6 months. Get vaccinated for the flu, preferably by the end of October. Is it too late? Flu season usually lasts well into March, so no. Is it worth it?? Last year flu killed 180 children and many more were hospitalized.



Community Events for the Holiday Season Free or minimal cost

AUBURN

- **Auburn Christmas Parade-Sunday, December 8th 2:00 pm** — (Downtown Auburn)
- **Santa on the Corner - December 7 11:00-3:00 pm; Dec. 8 (Sunday) 10:30-1:30 pm** in Downtown Auburn. Photo if you donate to United Way.

OPELIKA

- **SNO-PELIKA—Tree Lighting and Christmas Festival** Dec 4 5:00-8:00 p.m. Inflatable snow globe for photos, giant slide, Reindog parade & more. Courthouse Square & downtown Opelika.
- **Christmas Parade** -Saturday, Dec. 7th 10:00 am (Downtown Opelika) Rain date 8th at 3:00 pm
- **OHS/OMS Choral Concert** December 9 6:30 pm Center for Performing Arts
- **Christmas in a Railroad Town** Friday, December 13th 5:00—8:00 pm (Downtown Opelika) Visit from Santa and Mrs. Claus, train rides, children's village, and live entertainment.
- **Reindeer Express/Train Rides** \$2.00-children 2nd grade/younger. 5-8:00 p.m. Monkey Park.
- **Victorian Front Porch Christmas –Wednesday-Sunday, December 11th–15th 6:00-9:00 pm**
60 historic homes decorated with life-size Santas, angels, toys, teddy bears, and other figures.
Saturday-walking only; streets closed. Weather permitting the evening includes live entertainment, carolers, costumed homeowners, and other festivities. The tour begins at North 8th St & 2nd Avenue.
- **Holiday Movie Marathon.** Cooper Memorial Library, starts at 10:00 am with Rudolph the RedNosed Reindeer; 11:00 Charlie Brown Christmas; every hour last at 6:00, the Santa Clause.

HURTSBORO

- **Christmas Parade** December 14th 9:00 am

PHENIX CITY

- **Movie Night—Elf on The Shelf - Free**
Phenix City Art park, Friday, December 6 at 6:30 pm; Food trucks \$\$ Bring blanket/chairs
- **Bi-City Christmas Parade – Phenix City**
Saturday, December 7, 9:00 –11:00 a.m. Phenix City Amphitheater, 508 Dillinger St.
- **Christmas Carnival at Moon Lake/Night of Lights**
Saturday, December 14th 3:00-9:00 p.m. EST. Martin-Idle Hour Park, Moon Lake, Phenix City. Christmas carnival; rides, games, Christmas lights set to music. Admission & Parking Free. Carnival rides admission \$5.00. Food trucks set their own cost.