



February Events

Some of these dates and times are tentative. Stay tuned on Facebook or the website (www.knoxheadstart.org) for changes.

Centerburg

2/23 - Family Fun Night "Art Show," 5-7 p.m.

Danville

2/25 - Family Fun Night "Art Show," 4-6 p.m.

Fredericktown

2/12 - Classroom Event: Math with Aunts and Uncles, held at pick-up time
2/23 - School Family Meeting, 5-6 p.m.

New Hope Early Education Center

2/2 - Conscious Parenting class, 6-8 p.m.
2/9 - Conscious Parenting class, 6-8 p.m.
2/16 - Conscious Parenting class, 6-8 p.m.
2/18 - Policy Council meeting, 5:15 p.m.
2/23 - Conscious Parenting class, 6-8 p.m.

Northgate

2/23 - Family Fun Night "Art Show," 5-7 p.m.

Immediate Openings!



KCHS has immediate openings at Fredericktown and Northgate in the half-day program. Please tell your friends who may be interested!

Kindergarten Registration Info

KCHS will hold kindergarten transition meetings with parents and teachers. Kindergarten teachers and principals are also invited. During the meeting, parents receive info on kindergarten registration process and a folder with resources to extend learning into the summer. KCHS also provides children with a summer activity folder with scissors, crayons, writing paper, and informational letter from the Child Development Coordinator and resources with suggested daily activities.

MOUNT VERNON CITY SCHOOLS			
Columbia	May 13	By appointment only	740-393-5975, ext. 6100
Dan Emmett	May 2	By appointment only	740-393-5950
East	May 6	By appointment only	740-393-5985
Pleasant Street	May 11, 12	By appointment only	740-393-5990
Twin Oak	May 4, 5	By appointment only	740-393-5970
Wiggin Street	May 3	By appointment only	740-427-4262
COUNTY SCHOOLS			
Centerburg	April 12, 14	By appointment only	740-625-6488
Danville	April 5, 7	Walk-ins	740-599-6116
East Knox	May 4, 5	By appointment only (pre-register by April 4)	740-599-7000, ext. 3002
Fredericktown	April 29	By appointment only	740-694-2781

Learning Corner: Art

Art is an important part of our curriculum. Every day, children find a variety of art materials available on our shelves. Drawing, painting, pasting, molding, and constructing are not only enjoyable, but also provide important opportunities for learning. Children express their ideas and feelings, improve their coordination, learn to recognize colors and textures, and develop creativity and pride in their accomplishment by exploring and using materials.

What you can do at home:

Art is a very easy way to bring your child's school life into your home. Children love to share their products with the most important people in their lives. Take time to talk to your child. Here are some things you might say/ask:

"Tell me about your picture."

"How did you decide what colors to use?"

"What do you like about it?"

"Let's hang it in a special place so we can enjoy it!"

You can help your child to appreciate art in your



home. When you look at books together, talk about the illustrations with your child. Discuss the art in your home.

Art is something your child can do at home in almost any room. You might designate a drawer in the kitchen or living room for as an art drawer, or use a bookshelf or sturdy cardboard box. Include crayons; markers; paper; a pair of child-sized, blunt-edged scissors; glue, and a separate box for collage materials. Your child is much more creative and artistic than any coloring book allows!



KNOX COUNTY HEAD START, INC.

This newsletter is produced by Knox County Head Start for parents and caregivers. If you have ideas for the newsletter, please contact Carrie Haver at chaver@knoxheadstart.org.

Knox County Head Start, Inc., 11700 Upper Gilchrist Road, Mount Vernon, OH 43050
740-397-1344, www.knoxheadstart.org

An Agency Supported by The Community Foundation of Mount Vernon & Knox County and The United Way of Knox County.



Connect with us!



KNOX COUNTY HEAD START

SCHOOL FAMILY NEWSLETTER
FEBRUARY 2016

Children at New Hope enjoy playing doctor, nurse, and patient as they learn about healthy living.

KCHS in Need of Foster Grandparent Volunteers

Mary Breece retired from her position at Knox County Department of Job and Family Services and was looking for something enjoyable to keep her busy. She came to Knox County Head Start after signing up with the Foster Grandparent program through the Corporation for Ohio Appalachian Development (COAD).

"I enjoy my role as a foster grandparent immensely. I feel like I make a difference."

"Grandma Mary" is a valuable member of our Knox County Head Start School Family, and we are hoping you might know some other seniors in the community who are looking for meaningful daily activities and who qualify to be a Foster Grandparent.

COAD manages the program and currently has openings for volunteers. Volunteers are offered the opportunity to connect with other Foster Grandparents, and to share their wisdom and experience by supporting a non-profit program or school. Foster Grandparents provide classroom support to a child in need, while connecting with classroom teachers and children.

Who can volunteer?

Any person over 55 years of age, income guidelines apply but are adjusted for allowable expenses.

Where do volunteers work?

In any Knox County Head Start classroom in one of our six centers in Centerburg, Danville, Fredericktown, Gambier, and Mount Vernon. Opportunities are available in half-day, school-year based programs, and in full-day, full-year classrooms. Foster Grandparents can support infants and toddlers, preschoolers or school age children. There are also other opportunities within the county in local schools.

Foster Grandparents may volunteer from 15 to 40 hours each week and benefits include:

- Modest hourly stipend (This is a non-taxable, non-reportable income that does not affect eligibility for other programs and services, if you meet income guidelines.)
- Free daily meal at site when available
- Travel reimbursement
- Insurance
- Free physical examinations (pre-enrollment and annual)
- Paid time off



Mary Breece (left), one of our KCHS foster grandparents.

- Socialization with others
- Yearly volunteer recognition luncheon
- Monthly in-service

Do you have a parent, friend or, relative that would enjoy volunteering?

Contact Debbie Taylor at 740-392-6251 to explore this opportunity further.

We welcome new Foster Grandparents and need your help encouraging seniors that you know who might be interested in and benefit from this opportunity!

The Importance of Caring for Baby Teeth

February is Oral Health Month, so it's a great time to learn some facts about baby teeth and how important it is to see the dentist regularly starting at an early age.

Baby teeth serve many purposes other than giving the child something to chew with. When baby teeth get cavities, it can be painful for children to chew. They may refuse to eat because chewing hurts, or they may just be cranky because their mouths hurt. Severe cavities can cause infections that can make a child very sick and the infection may harm the permanent teeth. If the cavities become too large and the teeth have to be pulled, it can make it hard for the child to chew or bite correctly. Seeing the dentist on a regular schedule can help prevent this. Baby teeth also help the child speak more quickly and clearly. If baby teeth have to be pulled it can make it hard for the child to pronounce words correctly because they can't place their tongues in the right place.

Baby teeth save space for permanent teeth and help the permanent teeth come in straight. When the permanent teeth are straight, the child can chew easily and it's easier to keep the permanent teeth clean. The cleaner they can keep their teeth, the less cavities and problems they will have.

Seeing the Dentist

Children should first see a dentist as soon as they start getting teeth. The dentist will check the teeth, show you how to clean them, and catch any problems when they start. Also if the child has seen the dentist

regularly from an early age, and not just when they're in pain, they aren't as likely to be afraid of the dentist, because they won't associate pain with the dentist. Children should see the dentist two times a year unless he tells you differently. These twice yearly appointments are to clean the teeth and check for any problems. This is a schedule that we should follow even as adults so we can keep our permanent teeth in good condition and set a good example for our children. Remember brushing and flossing at least twice a day is what helps keep teeth clean and healthy. The best time to do this is after breakfast and before bed.

Here is a list of area dentists that are taking new patients and all forms of Medicaid and other insurances. When you call the office for your appointment always ask if they take your insurance.

Danville Family Dental - 740-599-7479
709 S. Market St., Danville

Knox County Dental - 740-599-5061
706 S. Market St., Danville



Knox County Health Dept. - 740-399-8012
Dental Clinic
11660 Upper Gilchrist Rd., Mount Vernon

Dr. Thomas Kozicki - 740-625-6643
9 E. Main St., Centerburg

If you need help scheduling an appointment for your child or for yourself, or help with transportation to get to the appointment, contact your Head Start Family Advocate or myself. *Remember healthy baby teeth make it possible to have healthy strong teeth as older children and adults.*

Candy Thomas, LPN, Health Services Specialist, 740-397-1344, ext. 335

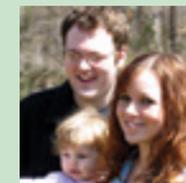
You're Invited to Parent Trainings

KCHS invites you to attend these upcoming parent trainings, funded by United Way of Knox County:

NEW! ONLINE! FREE!

Active Parenting Now

Designed for parents of school-age children (ages 5-12), this training is available online from the convenience of your home at your pace! By following the 5 easy steps below, you will begin learning new skills and growing as a parent. You will learn about preventing power struggles, communicating with your child, and much more! To register, call Tami or Dolly at 740-397-1344, ext. 208 or email Dolly at dbenins@knoxheadstart.org. Those who complete the training will receive a \$25 Walmart card. More details will be shared when you register.



The Magic of Connecting March 15, 6-8 p.m., NHEEC

In this fun, two-hour training, parents will learn why building a healthy connection with their infant and toddler is important to all areas of their child's development and about the essential ingredients that are necessary in building those healthy relationships. Participants will explore some of the things they may already be doing that are contributing to their healthy connection with their child and learn new ways they can enhance their connection by doing "I Love You Rituals" with their child throughout their daily routine. Dinner, free child care, and a \$10 gift card for all attendees.



Attendees receive dinner, child care, and gift card. Must register by calling Belinda at 740-397-2840.



FREE Income Tax Prep and File!

United Way of Knox County, in partnership with the Ohio Benefit Bank, is offering free tax preparation assistance.



United Way of Knox County

Save your money and avoid using your refund to pay for someone to prepare your taxes. Refunds in as few as 8 days! Staff will assist you with the process and it is very user-friendly.

Please call 740-397-5721 to schedule an appointment. Located at 110 E. High Street, Mount Vernon.

1st Visit a pediatric dentist no later than the child's birthday

No 1 Rank of tooth decay amongst all chronic infectious diseases

Begin brushing once the first tooth appears, using a smear of fluoridated toothpaste for a child under 2

The cost of treatment in children whose first dental visit at age 1 was **\$300** less than those that waited until age 3

Wipe your infants teeth with wet gauze or washcloth after each feeding

23% of children age 2 - 11 have untreated tooth decay

5 Pediatric Oral Health Facts

Get it done in year one!

The AAPD recommends a first dental visit by a child's first birthday.

Keep your baby cavity-free

Parents can pass harmful bacteria from their mouths to their children's mouths, which can put children at an increased risk for cavities. Avoid things like:

- licking your baby's pacifier to clean it
- biting off and sharing food

BLACK HISTORY
A CELEBRATION OF HISTORY

February is Black History Month. Visit www.africanamericanhistorymonth.gov for videos, audio recordings, articles, photo galleries, and more. Visit your local library to find a variety of Black History Month books to share with your child.

Important Reminder!

When dropping off or picking up, please be sure to turn your vehicle off. No child should be left unattended in your vehicle.