



**KNOX COUNTY
HEAD START**

SCHOOL-FAMILY NEWSLETTER
JUNE 2016

Families enjoyed perfect weather and lots of creativity at the Gambier Child Care Center's annual art show.

The Importance of Using Routines with Children

Article adapted from *Aha!Parenting.com*.

Why do kids need routines and structure? Routines give them a sense of security and help them develop self-discipline. Children handle change best if it is expected and occurs in the context of a familiar routine. Routines help children feel safe, ready to take on new challenges, and teach them how to control themselves.

1. Routines eliminate power struggles.
You aren't bossing the child around. This activity (brushing teeth, napping, turning off the TV to come to dinner) is just what we do at this time of day. The parent stops being the bad guy, and nagging is greatly reduced.

2. Routines help kids cooperate...
...by reducing stress and anxiety for everyone. We all know what comes next, we get fair warning for transitions, and no one feels pushed around, or like parents are being arbitrary.

3. Routines help kids learn to take charge of their own activities.
Over time, kids learn to brush their teeth, pack their backpacks, etc., without constant reminders. Kids love being in charge of themselves. This feeling increases their sense of mastery and competence. Kids who feel more independent and in charge of themselves have less need to be oppositional.

4. Kids learn the concept of "looking forward to" things they enjoy...
...which is an important part of making a happy accommodation with the demands of a schedule. He may want to go to the playground now, but he can learn that we always go to the playground in the afternoon, and he can look forward to it then.

5. Regular routines help kids get on a schedule.
Which means they fall asleep more easily at night.

6. Routines help parents build in those precious connection moments.
We all know that we need to connect with our children every day, but when our focus is on moving kids through the schedule to get them to bed, we miss out on opportunities to connect. If we build little connection rituals into our routine, they become habit. You are building security, connection, and cooperation.

7. Schedules help parents maintain consistency in expectations.
If everything is a fight, parents end up settling: more TV, skip brushing teeth for tonight, etc. With a routine, parents are more likely to stick to healthy expectations for everyone in the family, because that's just the way we do things in our household.

The result: a family with healthy habits, where everything runs more smoothly!

Now Enrolling!
All Knox County Head Start centers are now enrolling for the 2016-17 school year.

If someone you know is looking for a quality preschool or child care option, please contact 740-397-1344 or jclark@knoxheadstart.org for details.

Visit www.knoxheadstart.org and fill out the Pre-Enrollment application.

Overall Safety Review for the Summer

June is National Safety Month, so a refresher of some general safety tips as well as some summer activity safety tips is a good idea. Keeping everyone safe at home and at play, especially in the summer, can be easy with just some simple changes.

Fire Safety

1. A smoke detector should be on every floor of your house and if possible in the hallways between bedrooms. Batteries need to be changed every six months. A good way to remember this is to change them when we change the clocks for daylight savings time.
2. Have an escape plan if there is a fire. Practice; have fire drills (just like at school and work). Make sure everyone knows how to get out of the house and have a special place for everyone to meet.
3. Every house should have a fire extinguisher, especially in the kitchen.
4. Keep matches and lighters out of the reach of children.

Electrical Safety

1. Electrical outlets that are not being used should have a safety plug in them. It keeps the little ones from sticking things in the open plugs.
2. Keep electrical cords close to the walls and never run them under a carpet or rug.
3. Don't overload your outlets. If you need more, use a surge protector instead of a regular extension cord.

Household Safety

1. Put childproof latches on drawers and cabinet doors.
2. Keep all cleaning supplies, dishwashing supplies, laundry supplies, etc., out of the reach of children.
3. Keep all medications (prescription and over the counter) tightly closed and stored in a high cabinet far from reach.

Play Safety

1. Children should play in the yard or a playground; they should never play in the street.
2. Children, especially little ones, should always be supervised, at home and at the playground.
3. Keep your attention on the children and not on cell phones, tablets, etc.
4. Don't let children play in bare feet when outside. You never know what may be hiding in the grass or sand box.

Sun Safety

1. Sunscreen is a must. SPF 15 or greater helps reduce the risk of sunburn. Apply sunscreen 15-30 minutes before children go out into the sun. Reapply every two hours and after swimming, sweating, or drying off with a towel.
2. Plan outdoor activities earlier in the day or



later in the afternoon, to avoid the peak-sun hours from 10 a.m. to 4 p.m. This is when the sun is the strongest and hottest.

Water Safety

1. When there is a pool or water involved, adults should refresh or get their Infant/Child CPR certification.
2. No use of cell phones. It's too easy to get distracted when you are on the phone and you need to know what the children are doing at all times near the water.
3. Pools should have at least a four-foot tall fence all the way around. Even kiddie pools can be a danger if the water is left in them.
4. Train your children to never go near or into a pool or water without an adult.

Insect Safety

1. Spray exposed skin and clothing with bug repellent. Reapply if the spray gets washed off or the kids start getting bitten again.
2. Check for ticks. Remember ticks love wooded areas, but they can be anywhere. Check your children and shower them within two hours of coming inside. Make sure to check the whole body for ticks. Some places you may not think to look are in the ears or in the belly button. Ticks like warm moist places. Ticks can hop a ride on clothing, too. Washing the clothes should get rid of any hitchhikers.

Dehydration Safety

1. Keep in mind dehydration can happen anytime, not just in hot weather.
2. You would be surprised how much fluid children need. Fluids before they start to

play and frequently while they are playing is beneficial. Remember that water is always the best.

3. A child's gulp equals about half an ounce, so children should drink about 10 gulps every 20 minutes while they are playing.

First Aid Safety

1. Keep a first-aid kit in your house for emergencies.
2. Be prepared when you leave home. Have a basic first-aid kit, water, cell phone, and any medications that are needed on a regular schedule. Take them with you on your outings.

Car Safety

1. Children should never be left alone in a car, anytime of the year.
2. In hot weather, the inside of a car can heat up 19 degrees in ten minutes. Children are at a greater risk for heat stroke because their bodies heat up three to five times faster than an adult.
3. The temperature inside of a car will become just as cold as the outside temperature in cold weather. Once the heater is off it gets cold quickly. A child's body temperature can drop just as quickly, causing hypothermia (very low body temperature).
4. **Remember no child should ever be left alone in a car no matter what the weather.**

If we keep these tips in mind it should help keep families a little safer at home or at play.

Have fun and enjoy the summer!

Changes and Sumer Activities at our Centers

Staff Changes

Changes can be exciting for children, their families and our staff. **Jody Kruki** has moved to the Fredericktown center, **Lindsey Lamp** to the New Hope Early Education Center and **Dan Ress** to the Gambier Child Care Center. Jody has been with the Agency since 1996 and holds an Associate Degree in Early Childhood Development. Lindsey has been with the Agency since 2008 and holds BS in Early Childhood Education. Dan

joined the Agency last August and holds a BA in Psychology from Kenyon College. They are enjoying meeting the children and their families at each of their new centers and look forward to working with the staff to continue to provide quality services to your children.

Community Gardens

This summer NHEEC and Fredericktown are collaborating with the Knox County Health Department in planting and caring for their community gardens. The Fredericktown children will grow vegetables to enter into the Fredericktown Tomato Show in September. The Gambier children will collaborate with Kenyon College to plant and care for their community garden. There will be field trips, water days,

and garden days during the month that your children will look forward to doing.

End-of-Year Graduation Events

Watch for details for your center's end of the year preschool graduation and ice cream social in July. Gambier's is scheduled for July 13, Fredericktown's is July 26 and NHEEC will be July 27.

School-Age Summer Camp

Summer Camp started this week at the Gambier Center. Children will be taking field trips to many places, including COSI, Sky Zone, various parks, and the YMCA Sports Center to participate in the Public Library's reading program. They will also be tracking how many miles they walk on their numerous walks during the week, and will be working on outreach projects with community partners, such as making hats for the nursery at Knox Community Hospital and dog toys for the Knox County Humane Society. We look forward to a fun and rewarding summer for your school-age children!



Conscious Discipline: The Skill of Assertiveness

In the past two newsletters, we've highlighted two elements of Conscious Discipline: the brain states and the skill of Composure. The third Conscious Discipline skill is **Assertiveness**, or setting limits respectfully. Healthy boundaries are essential to healthy relationships.

This skill focuses on the following principles:

What we focus on, we get more of.

When we are upset, we tend to be focused on what we don't want.

Many times we tell children what not to do, but fail to give them information about what to do.

"Stop talking!"

"Don't hit. It's not nice!"

"Don't run!"

"Stop that... you know the rules!"

When our words focus on what we don't want (as above), our brain is focused on the very thing we are trying to stop. Instead, give children usable information and **create descriptive mental images** to help them be successful. Paint a picture for them of the behavior you want (below).

"Listen quietly so you will know what to do."

"Hitting hurts.... tell Johnny you feel angry when he takes your toys."

"Use your walking feet."

"Follow our rules outside so you will be safe."

Learning to focus on the outcome that you desire is powerful and gives positive direction and focus to children. **Assertiveness begins with ourselves** and extends to our children. The goal of assertiveness is to clearly communicate our feelings, thoughts, and wishes and teach our children to do the same.

Example:

Johnny says to his mother, "Annie hit me!"

Passive communication:

"Annie, should you be doing that? Is that nice? Don't make me put you in time out."

Aggressive communication:

"Annie, you should know better. You are not a very nice friend. You are losing recess today until you can act better."

Assertive communication:

"John, did you like it? Go tell Annie, 'I don't like it when you hit me. Please stop.' Annie, hitting hurts. You may not hit. When you are angry, use your words to ask for help."

Take a look at the following statements. Some you might say around your home, others you might hear in a classroom. See if you can hear the difference between the common way of reacting and the Conscious Discipline way of responding. It makes all the difference!

| Common | Conscious |
|---|---|
| Don't make me punish you. | I don't like it when you speak to me using hurtful words. Take a breath, and use a calm voice and respectful words so I can help you. |
| Let me finish this up and then I'll come help you. | I'm going to finish this up and then I will help you. |
| I can't turn the page until you are all in your seats. | Sit down with your bottom on your circle so everyone can see the book. |
| You do this in public just to embarrass me! | I'm feeling very frustrated. I'm going to take a deep breath to calm down and then I will speak with you. |
| It's time to form a circle for our class meeting, okay? | Close your book, push in your chair, and walk over to your place in the circle. Turn your head to see that your friends have enough space just like this (demonstrate). |
| How nice of you to join us (with sarcasm)! | When you show up late, I feel disappointed and frustrated because our time together is important to me. |

June Events

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

Home-Based

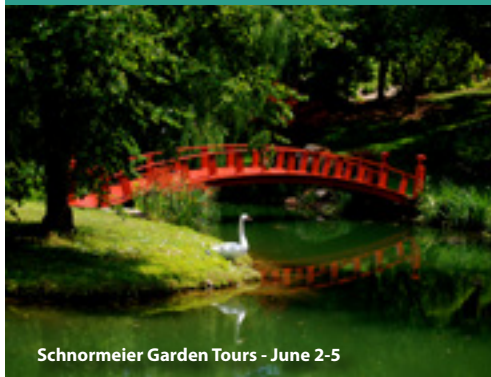
- 6/6 - PAC Time Preschool Home-Based, Howard Bike Trail, 1-3 p.m., snack served
- 6/13 - PAC Time Early Head Start, Riverside Park, 4-6 p.m., dinner served
- 6/27 - PAC Time Early Head Start, Hiawatha Park, 4-6 p.m., dinner served

Fredericktown

- 6/10 - Full-day, full-year classroom event "Social Studies/Parents," at pick-up time

New Hope Early Education Center

- 6/16 - Policy Council meeting, 5:15 p.m.
- 6/17 - Active Parenting Class, 5:30-7 p.m.
- 6/14 - Active Parenting Class, 5:30-7 p.m.
- 6/21 - Active Parenting Class, 5:30-7 p.m.



Schnormeier Garden Tours - June 2-5

June Community Events

Don't miss the many FREE activities throughout the county for you and your family!

- 6/2-5 - Schnormeier Gardens open for touring, 10 a.m.-4 p.m.
- 6/3 - First Friday, downtown Mount Vernon, 6-9 p.m., free health fair!
- 6/4 - FREE CONCERT at Ariel-Foundation Park: Battle of the Bands, 5 p.m.
- 6/9 - FREE CONCERT at Ariel-Foundation Park: Youth Showcase, 6 p.m.
- 6/11 - Knox County D-Day Event, Knox County Airport, 10 a.m.-2 p.m.
- 6/11 - Mount Vernon Classic Bike Race, Public Square (kids' races, too), 5-7 p.m.
- 6/12 - Quarry Chapel Free Concert, Six Miles to Nellie, 3 p.m.
- 6/15-18 - Danville/Howard Turkey Festival
- 5/26 - Chautauqua: Mary Todd Lincoln, ThePlace@TheWoodward, 7 p.m.
- 6/22-25 - Centerburg Heart of Ohio Days
- 6/23-26 - WACO Fly-In, Wynkoop Airport
- 6/25 - Great American Campout, Thayer Ridge Park, starts 3 p.m., enjoy story-telling around the campfire and night hike
- 6/30 - Chautauqua: Abigail Adams, ThePlace@TheWoodward, 7 p.m.

For more information about these events, contact Carrie Haver at 740-397-1344.

SNAP! Photo Gallery



The photos above were captured at NHEEC and GCCC during their art shows and in the classroom. Due to a computer/server error, we don't have recent photos from Fredericktown. Look for more this summer!

Learning Corner: Music & Movement

We do a lot of singing and creative movement in our program. This lets children hear and appreciate different kinds of music and express themselves. The children love daily singing together, and it helps them to cooperate in a group.

What You Can Do at Home

You don't have to play an instrument or sing well to enjoy music with your child. Sitting together, listening to music for a few minutes can provide a welcome break for you both. The music you share doesn't have to be strictly "children's music." It can be reggae, country, jazz, classical, or any other music you like. Here are some ideas:

Children love a song or chant about what they are doing, especially when it includes their names. While pushing your child on a swing, you might chant, "Swing high, swing low, this way and that [NAME] goes!"

Songs and fingerplays help keep children occupied at challenging times, for instance, during long car trips, while waiting in line, or while grocery shopping.

NHEEC students doing motions with a song
Photo by Noreen Dye



Songs can ease your child into tasks like picking up toys or undressing for a bath. You might try making up a chant to the tune of "Here We Go Round the Mulberry Bush." Sing, "Water is filling up the tub, up the tub, up the tub..."

Simple musical instruments can be made at home easily out of cooking pots and lids.

Sharing music with your child is a wonderful way to build a warm, loving relationship. It's a gift that will last forever.



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. This institution is an equal opportunity provider.

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