

ACCEPTING APPLICATIONS

We are seeking applicants to work with children ages six months to five. Lead teachers must qualify with a minimum of an Associate's degree in ECE.

We are also looking for long-term substitutes to fill in daily for 6-12 week stretches during upcoming maternity leaves as well as on-call substitutes to cover staff absences. A minimum of a High School diploma / GED is required.

Our model and our mission are unique so we are seeking individuals with a passion and commitment for what we are doing. KCHS believes in the unlimited potential of young children, in the resilience of families, and in strengthening our community.

- We believe parents are a child's first and best teachers and that our job is to support them in the important work they do each day.
- We believe in seeing the whole child in the context of the whole family. We prefer applicants who have experience working with children but we are willing to train someone who is truly dedicated to our work and willing to learn.
- We will even financially support successful candidates in the process of obtaining their Child Development Associates (CDA).
- We have a strong mentoring system in place to assist our staff in reaching their full potential, and we are dedicated to continuous improvement.

The KCHS staff is more than a team. We are a school family. As a complex and growing organization, we need people who are flexible, optimistic and enthusiastic. If this is you, we look forward to meeting you!

Please share this with anyone who might be interested. Knox County Head Start is an equal opportunity employer and does not discriminate in the hiring of staff nor the enrollment of children.

Applications can be completed on our website at www.knox-headstart.org or obtained in person at 11700 Upper Gilchrist Road, Mount Vernon, OH. Resumes should be directed to jmickley@knoxheadstart.org Please contact Julie Mickley with

LEARN with PLAY at HOME

Children learn best through play. Here is a fun, easy activity for you and your child to do at home.

Make your own finger paint!

Make your own finger paint and paint a picture together! (Using the finger paint outside would be lots of fun and make cleanup easier!)

Ingredients needed:

- ½ cup boiling water
- 2 tablespoons cornstarch
- 6 tablespoons cold water
- Food coloring

To make:

1. Let your child dissolve cornstarch in cold water in a cup.
2. Let your child watch at a safe distance as you add the cornstarch mixture to boiling water. Stir constantly. Heat mixture until it becomes glossy.
3. Remove from heat and add food coloring. Let your child choose the color and watch as you stir the color into the mixture.
4. Cool completely!
5. Let your child use the finger paint on paper, such as old paper grocery bags!



Pictured: Kaidyn works on his masterpiece at NHEEC.

School Family Newsletter

March 2018



Annual Workshops Offered to Parents and Families

Knox County Head Start, Inc., a National Head Start Center of Excellence, invites expecting parents & parents of infants and toddlers to the following trainings:

"The Magic of Connecting"—Tuesday, March 6th, 2018, 6-8pm

Did you know that the best way to insure cooperation from your child is by having a strong connection with him or her? Come join us for this fun interactive workshop where you will learn how to wire your infant or toddler for cooperation by learning fun and effective ways to connect with your child each day and every day.

"Understanding Your Child's Temperament"—Tuesday, March 20th, 2018, 6-8pm

Your infant /toddler already has his/her own unique temperament. Earn how to better understand your child's temperament, how it impacts his/her behavior, plus ways for you to respond that will be helpful for both you and your infant or toddler.

Both trainings will be held at the New Hope Early Education Center, 11700 Upper Gilchrist Road, Mount Vernon, and will be facilitated by Renee Sutherland, LISW-S.

Free child care and dinner are provided during the trainings. Additionally, all participants will receive a \$10 gift card. If transportation is needed to and from the training, request it when you enroll and arrangements will be made with you.

To make a reservation call Belinda at 740-393-6985

Funding for this training made possible by United Way of Knox County and Knox County Head Start, Inc.

Updates from the Policy Council

The Policy Council met on February 22, 2018. Members approved all administrative reports as presented. The Policy Council voted to recommend to the Board the hiring of four new staff members, in addition to the sale of two KCHS buses. All motions passed. Members signed up to participate in the 2017-2018 Self-Assessment. For full meeting minutes, please see your center's 2017-2018 Policy Council binder.

The next Policy Council meeting will be held March 22, 2018, 5:30pm, at New Hope Early Education Center.

The Policy Council welcomes new members! Talk to your Center Manager/ Family Advocate about how you can get involved with your school's governing body.

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 Halle Krajenski at hkrajenski@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!



Healthy Habits Start Early

Good eating habits begin early in your child's life. As early as infancy, you can help your child grow lifelong healthy eating habits. You are your child's best role model so while you help him/her to eat healthy, try to do the same too!

Healthy Feeding and Eating...

For Your Infant

- It is important to breastfeed for at least six months. Your baby will be more likely to have a healthy weight as he/she gets older.
- Put breast milk or formula, not cereal, in your baby's bottle. Cereal adds extra calories that your baby doesn't need.
- Try to wait until your baby is around 6 months to start healthy solid foods like pureed vegetables, jarred baby foods, and infant cereals. Starting solid foods too early can lead to problems with overweight and obesity later.
- Around 8 or 9 months try offering your baby small amounts of healthy finger foods like grilled chicken, cooked carrots, and cut up strawberries. This will help your baby learn to eat healthy.
- Breast milk, formula, and water are the best drink choices for your baby. Soda pop, 100% fruit juice and sport drinks add extra calories to his/her diet and can harm new teeth.

For Your Toddler

- Offer your toddler healthy snacks like small cubes of cheese, sliced banana, or whole grain crackers two to three times per day. This will help him/her stay full in between meals and reduce hunger-related temper tantrums.
- Try to be patient with picky eaters. Your toddler may need to try a food 10 to 15 times over several months before he/she will eat it.
- Try giving your toddler a choice between two healthy options. He/she will be more likely to eat healthy food if he/she gets to pick it out.
- Milk and water are the healthiest drink choices for your toddler. Soda pop, 100% fruit juice, and sport drinks add extra calories to a diet and can harm teeth.

For Your Preschooler

- Let your child help you in making healthy meals and snacks. He/she will be more likely to try healthy foods if he/she helps out.
- Try to keep your kitchen stocked with simple, healthy snacks like carrots, sliced apples and peanut butter, or string cheese. This will help you and your preschooler eat healthy, even on busy days.
- Milk and water are the healthiest drink choices for your toddler. Soda pop, 100% fruit juice, and sport drinks add extra calories to a diet and can harm teeth.

For Yourself and Your Family

- Your child is learning healthy habits by watching you. Try to eat healthy too.
- Set playtime, mealtime, and bedtime routines to make day-to-day life less stressful.
- Talk with your child's doctor, Head Start staff, and other parents to get healthy eating tips.



NATIONAL CENTER ON
Early Childhood Health and Wellness

WHAT TO DO IF THE FLU BUG VISITS YOUR HOUSEHOLD

There has been an increase in the flu in Ohio and we wanted to inform every one of the symptoms of the flu and some ways to handle it.

Flu Symptoms:

- Fever 100°F or higher/chills
- Sore throat and/or cough
- Fatigue or exhaustion (early and prominent)
- Headache
- Nausea, vomiting and/or diarrhea (most common in children)
- Decreased appetite
- Achy muscles

In general, the flu is worse than the common cold. Symptoms such as fever, body aches, tiredness, and cough are more common and intense with the flu. You may not have all of the symptoms listed above, but if you have several of them it could be the flu and you may want to contact your doctor.

WHAT TO DO

- **WASH HANDS OFTEN** (1. Wet hands with warm water, apply soap. 2. Lather well, scrub at least 20 seconds (hum the Happy Birthday song twice) 3. Rinse well. 4. Dry with clean towel.)
- Drink plenty of fluids-clear fluids are best (water, broth, sports drinks-for example)
- Plenty of rest and quiet
- Tylenol or Ibuprofen for aches/pains (no aspirin especially for children, unless doctor approves)
- Place cool damp washcloth on the forehead, arms, and legs to help reduce discomfort that goes along with fever
- Dress in layers so you can add or take layers away during fever or chills
- Cover coughs/sneezes, wash hands after coughing/sneezing
- Avoid touching eyes, nose, and mouth, if you do, wash your hands afterwards
- Limit close contact with others as much as possible

For more information contact Candy Thomas, LPN, Head Start School Nurse at 740-397-3454.

Affordable Healthcare for Everyone

No Insurance? High Deductible? Medicaid, but no doctor?

We Can Help YOU!

740-399-8008

KNOX COUNTY COMMUNITY Health Center

Knox County Health Department

Need a ride? Let the Health Center know when you schedule your appointment. They will arrange transportation for you!

Understanding Why Baby Teeth Are Important

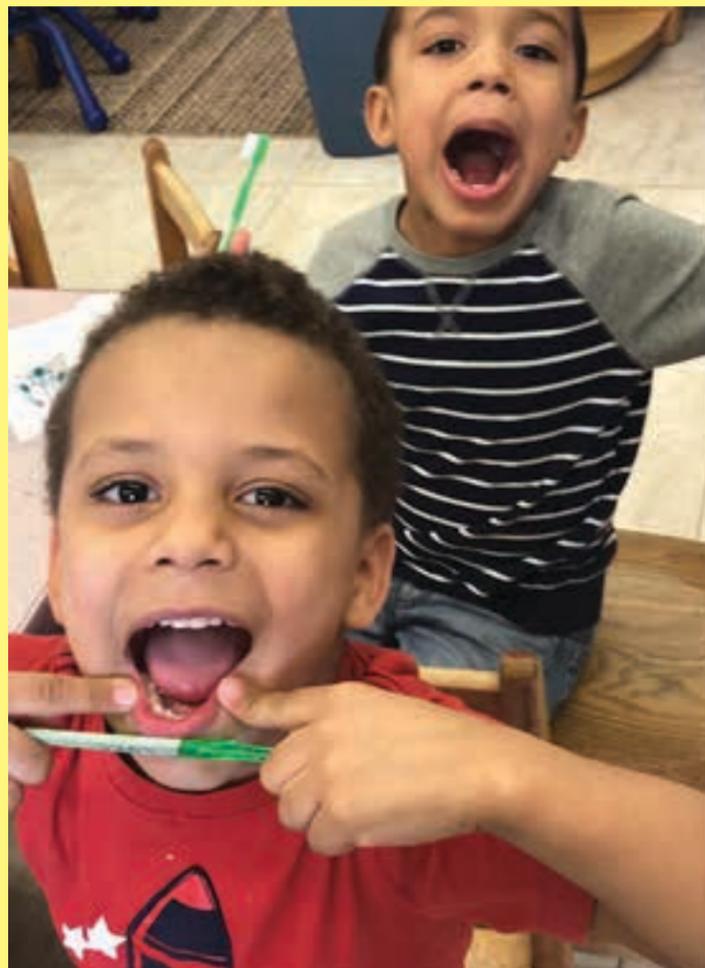
Baby (primary) teeth are a child's first set of teeth. A baby's teeth start to come in at 6 to 10 months. By the time a child is 2 1/2 to 3 years old, all 20 baby teeth will have come into the mouth. Taking care of a child's baby teeth is important for the child's overall health and development. Baby teeth are important for children to:

- **Chew and Eat foods.** Children need to eat healthy foods every day to grow and be strong. Children with tooth decay are less likely to eat crunchy foods, such as fresh fruits and vegetables. Being able to eat these foods promotes good nutrition and a healthy weight.
- **Speak clearly.** Children who lose baby teeth too early may have trouble making certain sounds. This can make it hard to understand the child. A child may need speech therapy to improve speech problems that may develop because of missing teeth.
- **Keep space for adult teeth.** Baby teeth hold space for adult teeth growing in the jaw. If a baby tooth is lost too early, other teeth that are already in the mouth will move into the space. It can block out the adult tooth trying to come in and cause crowding. The upper and lower jaws may not meet properly because of the crooked teeth.
- **Stay healthy.** Tooth decay in baby teeth can lead to infections that cause fever and pain. If not treated, the infection from tooth decay can spread to other parts of the head and neck and lead to severe swelling.
- **Have self-confidence.** Children with decayed front teeth tend to not smile or may cover their mouth when talking. Sometimes they stop playing with other children. A healthy smile helps give children the self-confidence needed to have good social experiences.

Information was prepared by the National Center on Early Childhood Health and Wellness under cooperative agreement #90HC0013 for the U.S. department of Health and Human Services, Administration for Children and Families, Office of Head Start and Office of Child Care.



Ahnaya, Kal, Ashlynn, Charli and Aubri brush their teeth following lunch.



Shining smiles: Wade and Luke show off their healthy smiles after brushing their teeth.



Braxton enjoys chicken tortellini soup, Prince Charles vegetable blend, a cutie orange and wheat crackers for lunch. Yum!



Healthy Eaters: Aaleigha watches classmate Willow show off her Family Style dining skills as she dishes herself vegetables for lunch.

Send us your pictures! Use the hashtag #MyHealthyEater on your center's Facebook page to share your child's favorite snack or meal!

PB and J Yogurt Parfait

Author: Stephanie Arsenault

Serves: 1 serving

Ingredients

- 1/2 cup plain Greek yogurt mixed
- 1/4 teaspoon pure vanilla extract
- 1 teaspoon chia seeds
- 1 tablespoon nut butter
- Handful of fresh berries
- 2 tablespoons large flake oats
- 1 tablespoon mixed nuts & seeds (if desired)
- 1 tablespoon milk

Instructions

1. In a small bowl, mix yogurt with vanilla and chia seeds; set aside. Spoon nut butter into a jar or small, deep bowl, and spread evenly. Top with half of the yogurt mixture, half of the berries, and half of the oats. Repeat the layers first with the remaining yogurt mixture, the oats, and then the berries; add the nuts and seeds, if using, and then the milk.

ON THE GO TIP: This parfait can be made a day or two ahead of time and kept in the fridge. Leaving overnight will allow some of the liquids to soak into the oats, creating more of a cooked oatmeal consistency, and making it in a jar gives you the benefit of a take-along breakfast.



Volunteer of the Month: Katlyn James



Katlyn James was nominated by the Infant/Toddler teachers at New Hope Early Education Center. She volunteers in the Infant/Toddler classrooms 2-3 times per week and brings a smile to everyone she meets.

“Katlyn is a very helpful and loving volunteer. She helps with the everyday routine of the classroom and brings joy to everyone. She loves each child and shows them how much they mean to her every day.”

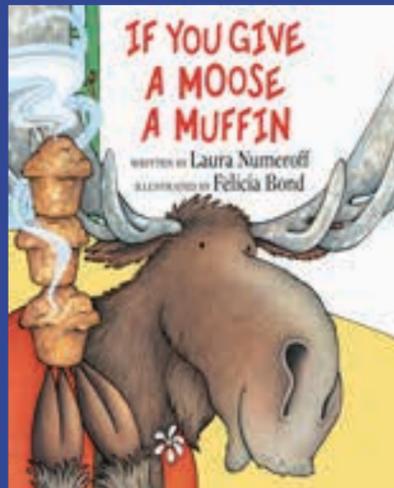
-Miss Sammi, Room 42

Reading Corner

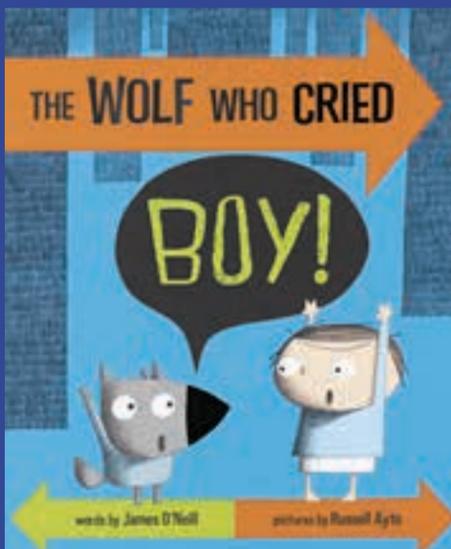
You're never too old,
too wacky, too wild,
to pick up a book
and read to a child.

-Dr. Seuss

"If You Give a Moose a Muffin" by
Laura Numeroff



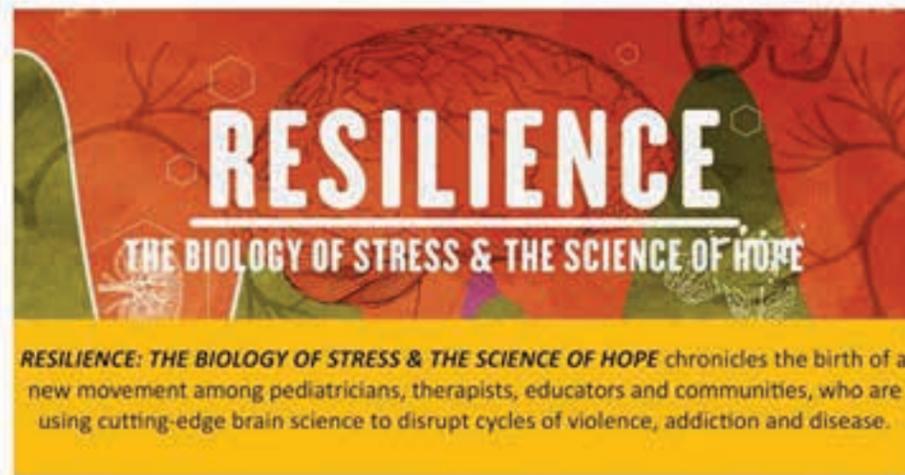
"The Wolf Who Cried Boy!" by
James O'Neill



The Public Library of Mount Vernon & Knox County encourages you to read 1000 books with your child before he or she enters school. One of the Best ways to encourage learning is to spend time sharing books every day. Reading together helps develop important pre-reading skills.

Register your child at the Fredericktown, Gambier or Mount Vernon Library circulation desk for your reading bag and reading log and get started today! For more information call

740-392-BOOK ext. 248



RESILIENCE: THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE chronicles the birth of a new movement among pediatricians, therapists, educators and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction and disease.

RESILIENCE is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior.

You are invited to the upcoming Mount Vernon showings and discussion of Resilience, the film.

Film Showing Dates:

Friday, Feb. 23, 6:30-8:30 PM
MVNU Thorne Performance Hall (in Chapel)

Tuesday, Feb. 27, 11:45 AM -1:30 PM
Knox Health Department (11660 Upper Gilchrist Road)

Tuesday, March 6
2:45-4:30 PM or
5:45-7:30 PM
Kenyon Wright Center (400 South Main St.)

Wednesday, April 4 6:45-8:30 PM
MVNU Chapel Auditorium
Approved for 1.5 CEU clock hours, Social Work/Counselor

"The child may not remember, but the body remembers."



Sponsored by the
Resilience Team of
the Knox Health
Planning Partnership.



What is Triple P?

The Triple P – Positive Parenting Program® is one of the world's most effective parenting programs.

It gives parents the skills they need to raise confident, healthy children and teenagers and to build stronger family relationships. It also helps parents manage misbehavior and prevent problems occurring in the first place.

With more than 30 years of ongoing research, Triple P has been scientifically trailed with thousands of families around the world and been found to work for most families within a wide variety of cultures, countries and individual situations. Triple P has helped more than four million children and their families in 25 countries around the world.

For more information visit www.triplep-parenting.net or [Facebook.com/psik](https://www.facebook.com/psik)



Building connections and making memories: Dot shares a smile with teacher Abbey at the Fredericktown Center.

Triple P Top 10 Tips for Parents

1. When your child wants to show you something, stop what you are doing and pay attention to your child. It is important to spend frequent, small amounts of time with your child doing things that you both enjoy.
2. Give your child lots of physical affection – children often like hugs, cuddles, and holding hands.
3. Talk to your child about things he/she is interested in and share aspects of your day with your child.
4. Give your child lots of descriptive praise when they do something that you would like to see more of, e.g., "Thank you for doing what I asked straight away".
5. Children are more likely to misbehave when they are bored, so provide lots of engaging indoor and outdoor activities for your child: for example, playdough, coloring books, cardboard boxes, dress ups, play forts, etc.
6. Teach your child new skills by first showing the skill yourself, then giving your child opportunities to learn the new skill. For example, speak politely to each other in the home. Then, prompt your child to speak politely (e.g., say "please" or "thank you"), and praise your child for their efforts.
7. Set clear limits on your child's behavior. Sit down and have a family discussion on the rules in the home. Let your child know what the consequences will be if they break the rules.
8. If your child misbehaves, stay calm and give them a clear instruction to stop misbehaving and tell them what you would like them to do instead (e.g., "Stop fighting; play nicely with each other." Praise your child if they stop. If they do not stop, follow through with an appropriate consequence.
9. Have realistic expectations. All children misbehave at times and it is inevitable that you will have some discipline hassles. Trying to be the perfect parent can set you up for frustration and disappointment.
10. Look after yourself. It is difficult to be a calm, relaxed parent if you are stressed, anxious, or depressed. Try to find time every week to let yourself unwind or do something that you enjoy.