Learning Corner: Sand & Water Area

You’re probably used to seeing your child splash in the bathtub and dig in the sandbox, but you may be surprised to know that the Sand & Water area is an important part of our program. Both are great learning materials.

When children pour water into measuring cups, they are exploring math concepts. When they drop corn, stones, feathers, and marbles into water, they are scientists exploring whether objects sink or float. When they comb sand in patterns, they learn about math and art.

We encourage children to experiment with these materials. As they do, we ask questions to focus their thinking on their discoveries.

If your child particularly enjoys water and sand, you may want to set up these play areas at home. Water play can be set up at the bathtub or in a shallow basin of fine white sand. Collect small items such as shells, rubber animals, a small rake, a large sifter, small containers, and eyeglasses with-out the lenses. Make interesting sand castles, and don’t forget soap or bleach to make interesting bubbles.

If a sandbox is not available outdoors, you might use a small dishpan as a miniature sandbox. Add a few inches of fine white sand. Collect small items such as shells, rubber animals, a small rake, a large sifter, small containers, and eyeglasses without the lenses. Make interesting sand castles.

Don’t forget soap or bleach to make interesting bubbles.

It’s a place to go to learn to self-regulate.

Suggestions for a Successful “Safe Place”

1. Teach your child to find a place in your home that can serve as a “safe place.”
2. Use the safe place icons, make a book to put in the “safe place” or decorate the “safe place” with them.
3. Find things to put in the “safe place” that will be calming to your child – toy, stuffed animal, family picture, etc.
4. Talk about when to use the “safe place.” (When you are very upset, scared, angry, etc.)
5. Practice being a S.T.A.R. every day – not just when your child is upset. Model being a S.T.A.R. when you are beginning to feel that you are upset.
6. Never force a child to go to the “safe place” if you encourage your child to go there when you notice that he is starting to be emotional (crying) to suggest this to your child once and not usually helpful.
7. A good way to get your child to begin to use the “safe place” is to sit with him/her in the safe place. “Let’s go sit in the ‘safe place’ together. You can sit on my lap!”
8. Make a “safe place” for you when you upset or have your own designated “safe place” and allow your child to see you use it.
9. Only one child at a time can use the “safe place.” If necessary, find a temporary “safe place” for a second child.
10. Be sure and notice your child using the safe place. “You did it, Joey. You calmed yourself in the ‘safe place.’” Now we can figure out how to solve that problem.

Remember, the safe place is not a time-out. It’s a place to go to learn to self-regulate.

Connecting with Us!

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 Haven at chaven@knoheadstart.org.

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

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

Connect with us!

Knox County Head Start, Inc., 17700 Upper Gilchrist Road, Mount Vernon, OH 43050
740-397-1344, www.knoheadstart.org

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

Upcoming Events

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

Centerburg
11/13 - Classroom Event, 9-9:30 a.m.
11/18 - School Family Meeting, 5:30-6 p.m.
11/24 - “My Child, Illness, an Emergency?”, 7:30-8:30 p.m.

Danville
11/13 - Classroom Event, 3-3:30 p.m.
11/19 - School Family Meeting, 4:30-5:30 p.m.

Fredericktown
10/9 - Classroom Event, time TBD
11/19 - Policy Council Meeting, 5:15 p.m.

Northgate
11/13 - Classroom Event, 11:30-noon for AM classes and 12:15 for PM classes
11/24 - School Family Meeting, 8:15 for AM classes and 3:30 for PM classes

Home-Based
11/2 - Preschool class time, Northgate, 8:15 a.m.
11/6 - EHS PAC time, Fredericktown, 9-11 a.m.
11/9 - Preschool class time, Danville, Public Library, 9-11 a.m.
11/16 - Preschool class time, Northgate, Public Library, 9-11 a.m.
11/30 - EHS PAC time, Northgate, 4-6 p.m.

Upcoming Parent Trainings
11/13 - “Healthy Relationships,” NHEEC, 6-8 p.m., dinner and child care provided. See inside newsletter for details.
11/18 - “Is Your Child an Emergency?,” New Life Church of the Nazarene, 6-9 p.m.
11/19 - “Healthy Sleep Habits, Happy Baby,” NHEEC, 6-8 p.m., dinner and child care provided. See inside newsletter for details.
11/18 - “Is Your Child an Emergency?,” Centerburg Head Start, 5:30-7:30 p.m.

From the Director... Thoughts on Thankfulness

The last few years on Facebook, a number of my friends practiced 30 days of gratitude during the month of November, posting a daily meditation about people, places and things in their lives for which they are thankful. The focus on taking time to be grateful can be valuable in helping us to shift our thinking from thinking about what is wrong with our lives, to focusing more on the positive in our lives. There is research that shows this practice can be helpful for our mental health!

I enjoyed reading people’s gratitude and celebrating with them the joy present in lives that can otherwise be challenging. At its best, social media can bring bright spots to our day, and keep us connected with a larger community. I’ve seen this statement posed in different forms lately.

BE THE ADULT YOU NEEDED AS A CHILD

I am grateful that my exposure to Conscious Discipline® has, in part, taught me to be the adult I needed as a child, and this is especially true as my daughter approaches her teen years. I was disconnected from my family in unhealthy ways as a pre-teen and teenager – not because any of us were actively choosing disconnection, but because none of us had the skills to maintain connection within the chaos of the teen years and ongoing family challenges. My daughter is my “do-over” – I get to do my best to be healthy for her, to model the skill of composure (see page 4), and to work with her so we both practice the skills of Conscious Discipline, which I believe provide us with a strong base for healthy relationships. We are not perfect in our practices, and there are times when I need to repair our relationship because I’m not at my best, but we get there most of the time, and I am thankful for the lessons we continue to learn and put into practice.

In our workplace in this month of thankfulness, I am grateful for a hard working team of employees who are incredibly committed to the work of early education, family engagement, health, nutrition and caring for young children. I am proud to be a part of the Knox County Head Start School Family.

I am thankful for our Board of Directors and Policy council, who provide volunteer hours to help to make our program a strong organization meeting the needs of children, families and the community.

I am thankful for community partners who strengthen our work, including Behavioral Health Care - the Knox County Board of Developmental Disabilities, the Knox County Department of Job and Family Services, the Knox County Educational Service Center and our local school districts in Centerburg, Danville, East Knox and Fredericktown, the Knox County Family & Children First Council, the Knox County Health Department, Mount Vernon City Schools, Mental Health and Recovery for Licking and Knox Counties, Harcourt Parish and the United Way of Knox County. We are blessed in Knox County to have a strong collaborative spirit.

I am thankful for parents and caregivers who entrust their children to our care, and who partner with us to do what’s best for our children. Finally, I am thankful for the children we educate and care for, I feel confident that KCS employees join me in a belief that we see hope for a brighter future in the eyes of our children.

I wish you this November, as we prepare for the winter holiday season, and in the year to come.

KCHS has job openings available. Please see full job descriptions and position requirements at www.knoheadstart.org.

Preschool Assistant Teacher
Danville (30 hours/week)

Teacher Aide Floater
New Hope Early Education Center (school year/summers off)

Applications may be filled out online or picked up at the administrative offices at 1170 Upper Gilchrist Road, Mount Vernon, OH 43050.

Please mail completed applications and resumes to Julie Mickley, Human Resources director, KCHS, P.O. Box 1223, Mount Vernon, OH 43050, or email jmickley@knoheadstart.org.

Head Start parents will be given preference for open positions for which they apply and qualify.

KCHS is an Equal Opportunity Employer and does not discriminate in hiring or enrollment.
We are now two months into the school year and, with that, comes things we usually only have to deal with during school. Unfortunately, one of those is head lice.

It is estimated that 6-12 million children ages 3-11 get head lice every year. It is a common childhood ailment and is not caused by a lack of cleanliness and the lice do not spread disease.

The signs and symptoms of head lice:
- The most common is an itchy head. Some people will scratch so much that the scalp becomes red and irritated.
- Crawling sensation. People often feel something crawling on the scalp or hair.
- Seeing lice. They look like light brown sesame seeds crawling on the hair, skin or clothing (less than 1/8 of an inch).
- Finding nits (lice eggs). The eggs are yellow, tan, brown, or white. Nits may be stuck to the hair, most easily seen behind the ears and at or near the back of the neck.
- Some other options thought to be helpful but not required:
  1. Wash clothing and bedding in hot water and dry on the hot setting.
  2. Other articles such as toys, pillows, etc. that cannot be laundered can be stored in a plastic bag for longer than two days. Lice can only live one to two days away from the scalp.
  3. Floors, carpets, mattresses, and furniture can be vacuumed (safer than spraying with chemicals). Remember lice can only live one to two days away from the scalp.

How do we control them?
- By using medications that kill lice and nits. Sometimes two treatments may be needed. These medications can make you sick, if not used correctly, so use them only as instructed.
- Check others in the house or anyone that has had close contact and treat if needed.

New Dental Clinic in Danville!

Danville Family Dentistry has opened a sister location called Knox County Dental in Danville, located at 706 S. Market Street. They are open Tuesdays, Wednesdays, and Thursdays, 9 a.m.-4 p.m., and will serve current and new patients with Ohio Medicaid, Molina, CareSource, Buckeye, and Paramount dental coverages. To schedule an appointment, call 740-599-5061.

Preventing and Treating Lice

The signs and symptoms of head lice:
- The most common is an itchy head. Some people will scratch so much that the scalp becomes red and irritated.
- Crawling sensation. People often feel something crawling on the scalp.

They are spread from direct head-to-head contact with infested hair. However, sharing hats, headgear, or other objects that come in contact with the head, without washing them between uses, may transfer lice that have crawled onto the objects and then on to the new user.

New Dental Clinic in Danville!

Danville Family Dentistry has opened a sister location called Knox County Dental in Danville, located at 706 S. Market Street. They are open Tuesdays, Wednesdays, and Thursdays, 9 a.m.-4 p.m., and will serve current and new patients with Ohio Medicaid, Molina, CareSource, Buckeye, and Paramount dental coverages. To schedule an appointment, call 740-599-5061.

The most common is an itchy head. Some people will scratch so much that the scalp becomes red and irritated.

New Dental Clinic in Danville!

Danville Family Dentistry has opened a sister location called Knox County Dental in Danville, located at 706 S. Market Street. They are open Tuesdays, Wednesdays, and Thursdays, 9 a.m.-4 p.m., and will serve current and new patients with Ohio Medicaid, Molina, CareSource, Buckeye, and Paramount dental coverages. To schedule an appointment, call 740-599-5061.

The most common is an itchy head. Some people will scratch so much that the scalp becomes red and irritated.

New Dental Clinic in Danville!

Danville Family Dentistry has opened a sister location called Knox County Dental in Danville, located at 706 S. Market Street. They are open Tuesdays, Wednesdays, and Thursdays, 9 a.m.-4 p.m., and will serve current and new patients with Ohio Medicaid, Molina, CareSource, Buckeye, and Paramount dental coverages. To schedule an appointment, call 740-599-5061.

The most common is an itchy head. Some people will scratch so much that the scalp becomes red and irritated.

New Dental Clinic in Danville!

Danville Family Dentistry has opened a sister location called Knox County Dental in Danville, located at 706 S. Market Street. They are open Tuesdays, Wednesdays, and Thursdays, 9 a.m.-4 p.m., and will serve current and new patients with Ohio Medicaid, Molina, CareSource, Buckeye, and Paramount dental coverages. To schedule an appointment, call 740-599-5061.

The most common is an itchy head. Some people will scratch so much that the scalp becomes red and irritated.

New Dental Clinic in Danville!

Danville Family Dentistry has opened a sister location called Knox County Dental in Danville, located at 706 S. Market Street. They are open Tuesdays, Wednesdays, and Thursdays, 9 a.m.-4 p.m., and will serve current and new patients with Ohio Medicaid, Molina, CareSource, Buckeye, and Paramount dental coverages. To schedule an appointment, call 740-599-5061.

The most common is an itchy head. Some people will scratch so much that the scalp becomes red and irritated.

New Dental Clinic in Danville!

Danville Family Dentistry has opened a sister location called Knox County Dental in Danville, located at 706 S. Market Street. They are open Tuesdays, Wednesdays, and Thursdays, 9 a.m.-4 p.m., and will serve current and new patients with Ohio Medicaid, Molina, CareSource, Buckeye, and Paramount dental coverages. To schedule an appointment, call 740-599-5061.

The most common is an itchy head. Some people will scratch so much that the scalp becomes red and irritated.

New Dental Clinic in Danville!

Danville Family Dentistry has opened a sister location called Knox County Dental in Danville, located at 706 S. Market Street. They are open Tuesdays, Wednesdays, and Thursdays, 9 a.m.-4 p.m., and will serve current and new patients with Ohio Medicaid, Molina, CareSource, Buckeye, and Paramount dental coverages. To schedule an appointment, call 740-599-5061.

The most common is an itchy head. Some people will scratch so much that the scalp becomes red and irritated.

New Dental Clinic in Danville!

Danville Family Dentistry has opened a sister location called Knox County Dental in Danville, located at 706 S. Market Street. They are open Tuesdays, Wednesdays, and Thursdays, 9 a.m.-4 p.m., and will serve current and new patients with Ohio Medicaid, Molina, CareSource, Buckeye, and Paramount dental coverages. To schedule an appointment, call 740-599-5061.

The most common is an itchy head. Some people will scratch so much that the scalp becomes red and irritated.

New Dental Clinic in Danville!

Danville Family Dentistry has opened a sister location called Knox County Dental in Danville, located at 706 S. Market Street. They are open Tuesdays, Wednesdays, and Thursdays, 9 a.m.-4 p.m., and will serve current and new patients with Ohio Medicaid, Molina, CareSource, Buckeye, and Paramount dental coverages. To schedule an appointment, call 740-599-5061.

The most common is an itchy head. Some people will scratch so much that the scalp becomes red and irritated.

New Dental Clinic in Danville!

Danville Family Dentistry has opened a sister location called Knox County Dental in Danville, located at 706 S. Market Street. They are open Tuesdays, Wednesdays, and Thursdays, 9 a.m.-4 p.m., and will serve current and new patients with Ohio Medicaid, Molina, CareSource, Buckeye, and Paramount dental coverages. To schedule an appointment, call 740-599-5061.

The most common is an itchy head. Some people will scratch so much that the scalp becomes red and irritated.

New Dental Clinic in Danville!

Danville Family Dentistry has opened a sister location called Knox County Dental in Danville, located at 706 S. Market Street. They are open Tuesdays, Wednesdays, and Thursdays, 9 a.m.-4 p.m., and will serve current and new patients with Ohio Medicaid, Molina, CareSource, Buckeye, and Paramount dental coverages. To schedule an appointment, call 740-599-5061.

The most common is an itchy head. Some people will scratch so much that the scalp becomes red and irritated.

New Dental Clinic in Danville!

Danville Family Dentistry has opened a sister location called Knox County Dental in Danville, located at 706 S. Market Street. They are open Tuesdays, Wednesdays, and Thursdays, 9 a.m.-4 p.m., and will serve current and new patients with Ohio Medicaid, Molina, CareSource, Buckeye, and Paramount dental coverages. To schedule an appointment, call 740-599-5061.

The most common is an itchy head. Some people will scratch so much that the scalp becomes red and irritated.

New Dental Clinic in Danville!

Danville Family Dentistry has opened a sister location called Knox County Dental in Danville, located at 706 S. Market Street. They are open Tuesdays, Wednesdays, and Thursdays, 9 a.m.-4 p.m., and will serve current and new patients with Ohio Medicaid, Molina, CareSource, Buckeye, and Paramount dental coverages. To schedule an appointment, call 740-599-5061.