

Upcoming Events

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

Centerburg

- 11/13 - Classroom Event, 9-9:30 a.m.
- 11/18 - School Family Meeting, 5-5:30 p.m.
- 11/18 - "Is My Child's Illness an Emergency?," 5:30-7:30 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 (at pick-up time)
- 10/27 - School Family Meeting, 5-6 p.m.

New Hope Early Education Center

- 11/13 - 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 3:30-4 for PM classes
- 11/24 - School Family Meeting, 8:15 for AM classes and 12:15 for PM classes

Home-Based

- 11/2 - Preschool class time, Northgate, 9-11 a.m.
- 11/6 - EHS PAC time, Fredericktown, 9-11 a.m.
- 11/9 - Preschool class time, Danville, Public Library, 1-3 p.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

- 11/3 - "Healthy Relationships," NHEEC, 6-8 p.m., dinner and child care provided. See inside newsletter for details.
- 11/9 - "Is Your Child's Illness an Emergency?," New Life Church of the Nazarene, 6-8 p.m.
- 11/10 - "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's Illness an Emergency?," Centerburg Head Start, 5:30-7:30 p.m.

Conscious Discipline®: Skill of Composure

All parents want their children to be able to compose themselves during times of stress. This is a skill that needs to be learned and the best way is by watching the adults in their life.

In the Conscious Discipline® **Skill of Composure**, parents are encouraged to "be the adults they want their children to become." This, of course, means that when we are experiencing stress, we are willing to calm ourselves by taking a few deep breaths. We also teach this skill to children by practicing with them to take deep breaths every day, not just when they are stressed. Using the breathing icons below (*printable versions available at www.knoxheadstart.org/parenting-resources*), make a game out of it, perhaps practicing before bedtime or bath time. Ask your Head Start child to teach you how to breathe, using these icons.



Every Knox County Head Start classroom has a "Safe Place" where children can go when they are feeling upset. This is a place where they are safe to feel their feelings and are coached to use the breathing icons to help them calm. Once children get to a calm state, the teacher can then teach the child what they can do to problem solve the situation that caused their "upset." Following

are instructions for setting up a safe place in your home. **Suggestions for a Successful "Safe Place"**

1. Together with your child, find a place in your home that can serve as a "safe place."
2. Using 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 (i.e. blanket, stuffed animal, family pictures, etc.).
4. Talk about when to use the "safe place." (When you are feeling sad, scared, angry, etc.)
5. Practice being 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"—encourage your child to go there when you notice that he is starting to be emotional (waiting to suggest this until they are very upset is not usually helpful).
7. A good way to get your child to begin to use the "safe place" is to offer 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. Model using the "safe place" when you are 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 for 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.

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 corks, stones, feathers, and marbles into water, they are scientists exploring whether objects sink or float. When they comb sand into 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 bathroom or kitchen sink. Lay a large towel on the floor, and if the sink is too high, provide a stool. Outdoors, you can use a small wading pool, tub, or old baby bathtub. Give your child a baster, plastic measuring spoons

and cups, a funnel, and plastic animals and boats. You can also add soap or food coloring. Don't forget about blowing bubbles! Plastic six pack rings, empty berry containers, and eyeglasses without the lenses make interesting bubble wands.

If a sandbox is not available outdoors, you might use a small dishpan as a miniature sandbox. All you need is a few inches of fine white sand. Collect small items such as shells, rubber animals, a small rake, measuring spoons, and funnels and offer them to your child, a few at a time. This will lead to many hours of enjoyment and a lot of learning!



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 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 joys 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 have seen this statement posted 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 teenage 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 practice, 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 Healthcare Partners of Central Ohio, 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 children. Finally, I am thankful for the children we educate and care for; I feel confident that KCHS employees join me in a belief that we see hope for a brighter future in the eyes of our children.

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

Job Openings!

KCHS has job openings available. Please see full job descriptions and position requirements at www.knoxheadstart.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 11700 Upper Gilchrist Road, Mount Vernon, OH 43050.

Please mail completed applications and resumes to Julie Mickley, Human Resources director, KCHS, P.O. Box 1225, Mount Vernon, OH 43050, or email to jmickley@knoxheadstart.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.

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!



Preventing and Treating Lice



thing crawling on the scalp or hair.

- Seeing bugs. 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.

Contagious period is until live lice are no longer present. Live lice spread

the lice, not the nits.

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.

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.

- 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 bags 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).

Keep in mind that head lice happen to almost all of us at one time or another. It doesn't make you a bad parent/guardian, it doesn't mean you haven't kept your house or child clean, it just means that your child has gotten something that millions of children get every year. It just happens. Hopefully with a little more information you will feel that this is something you can handle.

Let us know if you need help or want more information.

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

HEALTH REMINDER
Dentals exams are due by
Monday, November 30.

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 experience 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 and sometimes even the back of the neck will become red and irritated.
- Crawling sensation. People often feel some-



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.

Save the Kid, Change the World

By Donald Bovinett, Jr., Ohio Head Start Assn. and Region V Head Start Assn. Board Member

I admit I've never seen the show, but I can say I've seen *heroes* every day at Head Start. My first Head Start hero was the family advocate who took me around the center and told me about Conscious Discipline.®

Since then, I've met many heroes--people who wake up every morning despite everything else going on in their lives, get dressed and come into work. They get the kids to have fun while learning about science, technology, engineering, arts and math as well as health, social and emotional needs--all while making it look like a regular day.

It's tough work, and that's before the evening trainings to help parents and families work together to build a brighter future. Parenting classes, school events aimed at helping teach parent and child, assistance with setting goals and finding ways to

meet them, and showing people that they can succeed can often breathe new life into a family.

So, they ask for help from the parents who can. And it is so that others will feel the ability to help that I have gone to trainings and workshops, even taking part in a panel on parent engagement at a National Head Start Association Leadership Conference in Washington, D.C.--so that every parent realizes that he/she can make a difference, too.

Together, we can help save the kids who would not receive an early education because of financial constraints, and give them access to the best the world has to offer. In doing so, we give them a brighter future. Children in quality programs have shown to have much better outcomes throughout life than their peers. And that leads to a better world, one kid at a time.

So, it's simple: Save the kid, change the world. And I think we've got a great *Head Start* on it.



Donald Bovinett, Jr. (center), Knox County Head Start parent, participating on a parent panel at the National Head Start Association Leadership Conference in Washington, D.C., in early October.



Vote to Renew Mental Health and Recovery Levy

This Tuesday, Nov. 3, is election day. KCHS asks you to consider voting "YES" for a renewal of the Mental Health & Recovery (MHR) levy for Licking and Knox Counties. **This is NOT a new tax. It keeps your taxes the same.**

Mental health and recovery issues can happen to anyone. They are real for many people in Knox County. MHR ensures that a safety net of mental health and substance abuse treatment and prevention services are available for ourselves and our neighbors.

Each Year, MHR provides funding to:

- Help people return to work
- Keep our kids off drugs and alcohol
- Save lives
- Keep families together
- Make our community a better place to live
- Provide parenting trainings

Learn more about MHR at www.mhrlk.org.

Social Media Survey



KCHS's social media survey is now available online!

Go to:
www.knoxheadstart.org/surveys

It should only take about 10 minutes to fill out the survey. We appreciate your time and effort!

Our centers will also have paper copies available for families to complete. Your feedback is very important to us. We will use the information you provide to better understand how we can best use outlets like Facebook, Twitter and Pinterest to communicate with our families.

Thank you!

Upcoming Trainings

November will bring two parent trainings to KCHS, funded by United Way of Knox County:

Healthy Relationships - Nov. 3, 6-8 p.m., NHEEC

In this fun, interactive training, partners will learn communication skills that allow couples to understand themselves and each other when dealing with emotionally charged conversations. Participants will learn strategies to help them better manage their own emotions and communicate their needs so they can be heard.



Healthy Sleep Habits, Happy Child - Nov. 10, 6-8 p.m., NHEEC

Helping children learn good sleep habits at a young age is important to their total physical and emotional well-being. Parents of infants and toddlers will learn the importance of regular sleep in their child's life and the negative impact that poor sleep habits play. They will also learn effective strategies for helping their infant/toddler learn to accept bed time as a part of the daily routine with the long-term goal of them being able to fall asleep willingly on their own.



Receive dinner, child care, and \$10 or \$25 gift card. Must register by calling Belinda at 740-397-2840.



Don't have Thanksgiving plans? Attend Mount Vernon's free community-wide Thanksgiving Dinner on Wednesday, Nov. 25. **YOU NEED A TICKET TO GET IN.** Get your ticket the week prior to Thanksgiving (Nov. 18-24) at these locations: Interchurch, Gospel Supply Shop, Woodforest Bank (inside Walmart), Salvation Army, First Baptist Church, or Christians United in Christ Baptist Church.