Want to Sharpen Your Parenting Skills?

Knox County Head Start has several parent training opportunities available this fall to help you add more tools to your parenting tool box. Mark your calendars and sign up today!

Conscious Parenting
In this six-week parent training, you will learn the Seven Skills of Conscious Discipline® that can be useful in handling any discipline challenge. You will learn strategies that will help you teach your child self-regulation skills as well how to build a more positive connection that will result in increased cooperation.

Dates: Sept. 15, 22, and 29, Oct. 6, 20, and 27 from 6-8 p.m. Child care and dinner provided. Attendees will receive a $55 gift card each night of the training. Complete all six sessions and receive a $50 Walmart Gift card.

Understanding Your Child’s Temperament
Your infant and toddler already has his/her own unique temperament. During this two-hour training, learn 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 child.

Date: Sept. 23 from 6-8 p.m. Child care and dinner provided. All parents will receive a $10 gift card.

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

All trainings are held at Knox Hope Early Education Center, 11700 Upper Gilchrist Road, Mount Vernon, Ohio 43050. Seating is limited and pre-registration is required.

Add to your parenting toolbox!

Are You Connecting? Join Us on Social Media

We are so proud of the progress that our children and families have made this year and we are thankful for your support! Head Start truly is a partnership of parents and caregivers, teachers, school leaders, and the community. These strong connections help prepare students for school. We look forward to seeing many of our students successfully transition to kindergarten this fall.

Research shows that more connected parents result in greater student success. Thanks to a grant from the United Way, KCHS has spent the first half of this year investing in a variety of social media outlets to communicate and connect with parents and families.

If you have trouble finding any of our pages or groups, contact Carrie Haver at 740-397-1344, ext. 201.

Twitter: @KnoxHeadStart
KCHS has one Twitter feed and we post similar information there as we do to our main Facebook page... just in bite-sized chunks and at different hours. If Tweeting is your thing, it’s the place for you. Consider checking out our followers and the pages we follow as there are many great parenting resources.

Pinterest: KnoxHeadStart
Many of you are already active on Pinterest. KCHS manages 15 different boards with pins on everything from baby to teenagers, from books to healthy family activities. This is a tremendous resource for your family.

Facebook
We suggested “liking” your individual Head Start center (Centerburg, Danville, Fredericktown, Gambier, or Northgate) as well as the main Knox County Head Start page. The main KCHS page is where we post the most information, such as:

- Parenting tips
- Conscious Discipline® information and guides
- Upcoming community events
- Info about valuable community resources
- Research about early child development
- Examples of healthy family activities
- Inspiration and encouragement

There are also two private Facebook groups set up for parents who attend Conscious Discipline and Active Parenting trainings. This is a place to ask questions and receive feedback.

If you have trouble finding any of our pages or groups, contact Carrie Haver at 740-397-1344, ext. 201.

With the KCHS service area growing, we are working to connect families with social media pages. We have been working to build a brand new school website which we expect to unveil before school starts this fall. We are excited to share this with families and believe it will be easy to find the info you need, stay up-to-date on all centers’ activities and events, and be connected to KCHS staff and teachers.

Survey Coming This Fall
In order to measure our success, KCHS will survey you this fall regarding social media and how we are connecting with families. Please get connected with us through social media. The survey is very important to us in understanding what you want to see more or less of, how you prefer to receive information, and how to plan for the future.

Other Ways Families Can Connect:
- School Family Meetings
- Policy Council
- Family Fun Nights
- Professional Teacher Conferences
- Home Visits

If you don’t know about these additional ways to engage with KCHS, you’ll be learning more about them as school gets underway this fall. There is also information available on our website regarding each of these.
August is National Immunization Awareness Month and it gives us an opportunity to remind everyone about the importance of immunizations/vaccines. We know that immunizations are important for babies and toddlers, but they are also important for preteens, teens, and adults. And with school starting within the next month or so, what better time to talk about immunizations/vaccines? Below is a very simple chart for immunizations/vaccines from birth to age 6.

**Birth-3 Years** – We all know that getting the little ones their immunizations is important. They get their first vaccine before they leave the hospital. It is up to us then, as parents, to get them to the doctor/health department to continue them. Your doctor/health department can give you a schedule (something like the one below) that has the ages and which vaccines are due at that age. If you miss an immunization, don’t just give up; talk to the doctor/health department to continue them and they can work with you to get them done. It is the first step in getting your little ones off to a healthy start in life.

**Age 4-6 Years** – This age group will need boosters for some of their vaccines. Most schools will require that these vaccines be up to date before the child can start school. School is the greatest place to spread vaccine-prevented diseases because school age children can easily spread these diseases to other children and to their families. Immunizations can be the most cost-effective and safest way to prevent diseases.

**Preteens and Teens** – This age group will also need a booster for DTaP (whooping cough) plus the vaccines MenACWY and HPV (usually at 11-12 years). We don’t often think about this age as needing any immunizations but these are recommended.

**Pregnant Moms and Adults** – It is recommended that pregnant moms receive the DTaP vaccine in the third trimester of each pregnancy. This will protect mom and new baby from whooping cough. Moms please talk with your doctor about this vaccine. Adults and all ages over 6 months are encouraged to receive the flu vaccine every year. Flu can be very hard on the little ones and the older adult.

Let us all remember that routine vaccines can help prevent many diseases. Smallpox disease has been eliminated and six other diseases (diphtheria, tetanus, yellow fever, whooping cough, polio, and measles) have been brought under control. Immunizations/vaccines save millions of lives every year. Make sure that your children and family members are part of those millions saved every year by getting the recommended vaccines. Please talk to your doctor/health department if you have any concerns about vaccines/immunizations.

If you have questions or want additional information please contact Candy Thomas, LPN, Health Services Specialist, at 740-397-1344, ext. 335.

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**School Supply Tax-Free Holiday**

Ohio has enacted a one-time sales tax holiday to occur only in 2015. The holiday starts Friday, Aug. 7, at 12:01 a.m. and ends Saturday, Aug. 9, 11:59 p.m. During the three-day holiday, the following items are exempt from sales and use tax:

- Clothing priced at $75/item or less
- School supplies priced at $20/item or less
- School instructional material priced at $20/item or less

Items used in a trade or business are not exempt under the sales tax holiday.

For more information, visit [http://www.tax.ohio.gov/sales_and_user/SalesTaxHoliday.aspx](http://www.tax.ohio.gov/sales_and_user/SalesTaxHoliday.aspx).

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**Immunization Schedule for Birth-Age6**

<table>
<thead>
<tr>
<th>Age</th>
<th>Vaccines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth</td>
<td>HepB, DTaP, Hib, PCV, IPV, Influenza (Yearly)</td>
</tr>
<tr>
<td>1 month</td>
<td>RV, Hib, PCV</td>
</tr>
<tr>
<td>2-3 months</td>
<td>DTaP</td>
</tr>
<tr>
<td>4-6 years</td>
<td>DTaP, Hib, PCV, IPV, Influenza (Yearly)</td>
</tr>
</tbody>
</table>

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**The Kindergarten Transition**

The summer and this program year are wrapping up quickly with August being the first month of a new school year. We are excited for our 37 children who are transitioning to kindergarten this month!

Your child(ren) have been busy with field trips and summer fun. For those children transitioning to kindergarten, as they adjust to a new schedule, keep in mind that a consistent routine will be very helpful for your child. Local kindergarten teachers also encourage parents to start the school bedtime routine early, even a couple of weeks prior to the start of school. They suggest having a place for the child’s school bag as well, so he/she always knows where it will be.

The word “transition” refers to the process of change. Kindergarten transitions can be one of the most significant changes a child will feel in their younger years. Your child is leaving a familiar environment of their pre-K classroom to enter a new school. This adjustment can be stressful, but when parents, teachers, and school staff work together, the process is smoother and your child will feel less stress.

Research has shown that a child’s adjustment to school has a significant impact on his later academic achievement. As you see your child’s self-confidence increase, your confidence that your child will do well in the new setting will increase. Your child will experience improved relations with other children and adults and you will experience a sense of pride and commitment in your ongoing involvement with his/her new school.

Knox County Head Start teachers have worked hard to prepare your child for success in kindergarten. Please let your teacher know if he/she can be of help in any way to make this transition as smooth as possible.

We wish those children and their families that are moving on to kindergarten great success in school!