

Upcoming Events

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

All Centers

8/27 - Center Open Houses, 4-7 p.m.

8/31 - Centers close at 5 p.m. for staff training

New Hope Early Education Center

8/20 - Policy Council Meeting, 5:15 p.m., Conference Room 30/31

Fredericktown

8/6 - Closes at 5 p.m. for staff training

8/10-11 - Preschool classroom ONLY closed due to staff training

Gambier

8/10-11 - Preschool classroom ONLY closed due to staff training

FREE Community Events

8/5 - School vouchers available at Salvation Army, 9 a.m.

8/5 - Get FREE Kroger groceries, participate in Cooking Matters, 1-3 p.m. R.S.V.P. to Kroger Pharmacy.

8/7 - First Friday, downtown Mount Vernon, 6-9 p.m.

8/7-9 - Tax-free school supply shopping weekend (details inside)

8/9 - Summer Music in the Garden, KCCC Children's Garden, FREE, 4-6 p.m.

8/10 and 8/17 - Ronald McDonald Mobile Care unit at Knox Co. Health Dept., 9 a.m.-3 p.m. No appointment necessary. Show insurance or Medicaid card.

8/13-16 - Dan Emmett Music & Arts Festival, Downtown Mount Vernon

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 \$5 gas 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.



Add to your parenting toolbox!

Date: Nov. 3 from 6-8 p.m. Child care and dinner provided. All participants will receive a \$10 gift card.

Healthy Sleep Habits, Happy Child

Helping your infant or toddler develop sleep habits early is important for his or her physical and emotional well-being. During this two-hour training, parents will gain an understanding of infant/toddler sleep patterns and learn effective strategies for helping children be willing to accept bed time as a part of the daily routine, laying the foundation for a lifetime of healthy sleep habits.

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

All trainings are held at New Hope Early Education Center, 11700 Upper Gilchrist Road, Mount Vernon, Ohio 43050. Seating is limited and pre-registration is required. Call Belinda at 740-397-2840 to pre-register. *Funding for these trainings made possible by United Way of Knox County.*

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

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Connect with us!



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. Have you taken the time to get connect? It's a great way to:

- Stay current on center events and activities
- See photo galleries of your child (with your permission) in his/her everyday activities
- Receive helpful info about parenting and Conscious Discipline®
- Be more engaged in your child's learning and development

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.

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.*

LinkedIn: Knox County Head Start

LinkedIn is a great networking site to connect with others regarding industries, companies, jobs, and similar interests. KCHS uses LinkedIn to connect with fellow early education professionals and to share articles and research.

YouTube: Knox County Head Start

Right now, KCHS has one video on our YouTube channel but we hope to add more in the future. If you have ideas, let us know!

Brand New Website: www.KnoxHeadStart.org

KCHS has been working to build a brand new 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
- Parent/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.

Immunization Schedule for Birth-Age 6

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 what vaccines are due at that age. If you miss an immunization, don't just give up; talk to the doctor/health department and they can work with you to get them

done. It is the first step in getting your little ones off to 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.



Congratulations!

Dennis and Donna Conner, parents of McKenna Blanton. You are the winners of a \$25 Walmart gift card from completing the KCHS family survey. We'll be in touch with you regarding how you can obtain your gift card.

THANK YOU to all families who took the time to complete our survey. It's very helpful to us in making changes and looking toward the future.



These two young ladies from NHEEC will transition to kindergarten this fall. Here, they are enjoying a class field trip to Tim Horton's.

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.

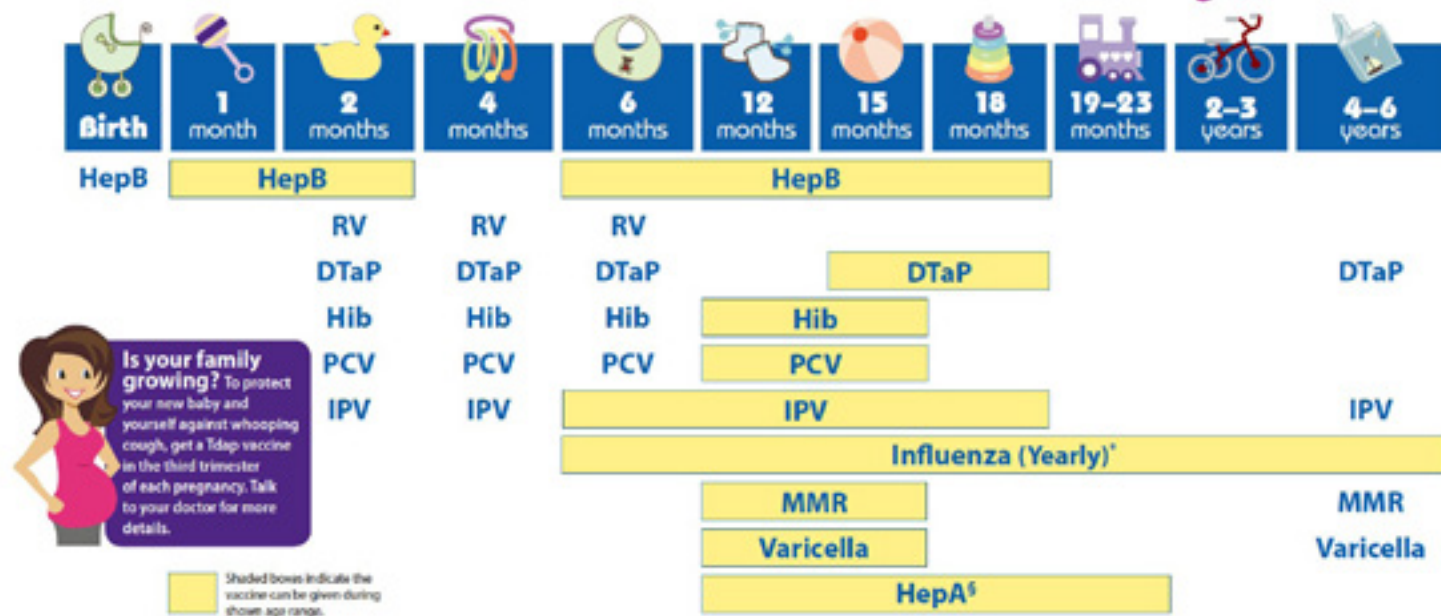
The word "transition" refers to the process of change. Kindergarten transitions can be one of the most significant changes a child will feel in their younger years. Your child is leaving a familiar environment of their pre-K classroom to enter a new school. This adjustment can be stressful, but when 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!

2014 Recommended Immunizations for Children from Birth Through 6 Years Old



Is your family growing? To protect your new baby and yourself against whooping cough, get a Tdap vaccine in the third trimester of each pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during those age ranges.

NOTE: If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES:

- * Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time and for some other children in this age group.
- † Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA. If your child has any medical conditions that put him at risk for infection or is travelling outside the United States, talk to your child's doctor about additional vaccines that he may need.



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_use/SalesTaxHoliday.aspx.