Welcome to the KCHS School Family

What is a School Family?

Dramatic play is central to children’s healthy development and learning in early childhood. Our classrooms include an area designed to inspire creative and imaginative play. Children explore by pretending to be someone or something different from themselves. When children engage in dramatic play, they deepen their understanding of the world and develop skills that will serve them throughout their lives.

Examples:
- A child may pretend to be a mom cooking in the kitchen or a dad getting ready to leave for work in the morning.
- Playing grocery store, library, restaurant, bus driver or office.
- Putting on a puppet show

What can you do at home?
- Encourage pretend play at home by simply playing with your child and providing some simple props. Draping a sheet over a table creates a house or a hideout. A large, empty cardboard box can become almost anything: a pirate ship, a doghouse, a castle, or a train. Dramatic play requires only your imagination! Here are some simple ways to encourage your child’s learning through dramatic play:
  - During baths, offer plastic boats, cups, and rubber dolls and pretend together.
  - Save empty food cartons, make some play money, and play store.
  - Read stories together and act out different parts.
  - Collect some old clothes for dress up and make make-believe.
  - Say to your child, “Let’s pretend we’re going on a train ride. What do we need? Tickets!” Suitcases? “Do you want to collect the tickets?”

When you engage in pretend play with your child, you are teaching important skills and strengthening relationships that are the foundation for all learning.

Wishing Well – Helps children learn empathy and feel cared for. It includes well wishes from the heart when children are absent, when they share something troubling, or if they are experiencing a difficult moment.

Celebrating – Allows the School Family to focus on behaviors that we want more of. We celebrate new babies and birthdays, but also smaller accomplishments like working together to clean up toys.

If you have questions these strategies, ask your child’s teacher. To learn more, please join us in one of our two six-session Conscious Parenting training series, offered this fall (see page 3) and January.

Welcome to the KCHS School Family. We are excited to share some of the things we do to help your child learn important social-emotional skills. We are committed to utilizing Conscious Discipline™ for managing our classrooms. This begins by building a strong, healthy School Family.

Why do we call ourselves a School Family?

According to Dr. Becky Bailey, the School Family allows all seven of the skills of Conscious Discipline to work together to help children and adults be the best they can be. The connection and support that a “family” provides allows us to feel connected, which allows our brains to be cooperative, caring, loving, ready to learn, and to do our best. As you visit your child’s center, look for some of the following things: support the School Family.

Being a S.T.A.R. - This stands for Smile, Take a deep breath, And Relax. Taking three deep breaths when we are upset is something we do daily in our classrooms. We practice being a S.T.A.R. even when we are not upset.

Safe Place – A place children are encouraged to go when feeling upset. It allows children to begin to learn self-regulation. (It is not a time out.) Each safe place has pictures and structures to help children identify and manage emotions.

Noticing - We focus on the behaviors that we want more of. We do this by noticing children when we see those behaviors. “You DID it! You remembered to ask for a turn. That was helpful!”

Friends/Family Boards – Used in the classroom to help children share with their School Family the people important to them in their home family.

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Some of these dates and times are tentative.

9/5 - Brown Family Environmental Center
9/17 - 20th Anniversary Celebration. Music, ice
9/23 - First Friday, downtown
9/29 - First Friday, downtown
9/14 - Early Head Start PAC Time. Riverside
9/17 - Policy Council Meeting, 5:15 p.m.,
9/21 - Early Head Start PAC Time. Riverside
9/23 - “Conscious Parenting,” six-week training, 6-8 p.m. (see details on page 3)
9/27 - “Understanding Your Child’s Temperament” one night training. 6-8 p.m. (see details on page 3)
9/9-12 - Fredericstown Tomato Show (www.tomatoshow.com)
10/2 - First Friday, downtown Mount Vernon, 6-9 p.m.
9/2 - Peg Tazewell, Executive Director
Centerburg
11700 Upper Gilchrist Road
Mount Vernon, OH 43050
740-397-1344, www.knoxheadstart.org

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! f/ KCHS on Facebook KCHS on Twitter
A new school year has started and we know the challenges that brings. One of those can be that bedtime routine and making sure your child has enough sleep for his/her school day. Just let me say that this is a problem that most parents have struggled with at one time or another.

The amount of sleep needed is different for different ages:

- **Infants**: 3-11 months old require 11-13 hours (this includes naps during the day)
- **Toddlers**: 1-3 years old require 12-14 hours (this includes naps during the day)
- **Preschoolers**: 3-5 years old require 13-14 hours (this includes naps during the day)
- **Infants**: 3-11 months old require 14-15 hours (this includes naps during the day)

Studies have shown that children who don’t get enough sleep have more trouble focusing. They have trouble paying attention in school because they can’t focus. Children form their memories best when they sleep. When they sleep well at night, they remember the lessons from the day before better. Children may also have more impulsive or defiant behaviors when they haven’t had enough sleep. Studies have shown that not enough sleep not only affects development, behaviors, and emotions it has also been linked to greater numbers of overweight children.

Setting a bedtime routine and doing it every night will make bedtime a calm and peaceful time instead of a wild and hectic time.

**An easy bedtime routine to follow is THE FOUR Bs**

**Bath** – be calm and relaxing not a crazy splash session.

**Brushing teeth** – it will help keep those teeth clean, healthy, and strong.

**Books** – reading a book helps relax them and encourages them to read.

**Bed** – tuck them in so they feel safe and secure.

Some other simple ideas to keep in mind when setting a bedtime routine:

- A half hour before bedtime should be a winding down time.
- Stick to a bedtime and let them know a half hour before that time and then 10 minutes before that time.
- Try your best to keep the same meal times and playtimes (routines are good for children).
- Limit food and drink close to bedtime. Make sure their drinks are caffeine free.
- Make sure the bedroom is quiet and cozy for sleeping.
- Use their bed only for sleeping not watching TV or playing.
- Let the child choose the PJs they want to wear (keep the choices between two), or the stuffed animal they want to sleep with (keep the choices between two).
- Consider playing soft, soothing music.
- Tuck them in snugly so they feel safe and secure.

I hope that these tips help you get your children to bed with less fuss and arguments and that their school time is a learning and pleasant experience.

If you would like to read more about this subject you can check out these web sites:

- [www.helpguide.org](http://www.helpguide.org)
- [www.kidshealth.org](http://www.kidshealth.org)

**Upcoming Parent Trainings**

**Knox County Head Start** has several parent training opportunities available this fall. Mark your calendars and sign up today!

**Conscious Parenting - Starts Sept. 15**

In this six-week training, you will learn the Seven Skills of Conscious Discipline™ that can be useful in 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 receive a $5 gift card each night. Complete all six sessions, receive a $50 Walmart gift card.

**Understanding Your Child’s Temperament - Sept. 23, 6-8 p.m.**

Your infant/toddler already has his/her own unique temperament. 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.

Child care and dinner provided. Attendees receive a $10 gift card. If transportation is needed, request this when registering.

For more details, please visit [www.knoxeheadstart.org](http://www.knoxeheadstart.org). Call Belinda at 740-397-2840 to pre-register. Funding for these trainings made possible by United Way of Knox County.

**New KCHS Website!**

We are excited to announce that KCHS has a brand new website. We believe that it will be a great resource for parents and community members. Among some of its new features are:

- **Calendar of events**
- **Fully electronic forms for employment and enrollment**
- **Links to each center with contact info**
- **Directions and dates for upcoming trainings**
- **Links to a variety of community and parenting resources**
- **And much more!**

Take the time to explore and become familiar with the site. This will be your parent hub, along with Facebook, for all things KCHS.

As always, we are open to suggestions for additional items you’d like to see on the site and welcome ideas for improving. Contact Carrie Haver at 740-397-1344, ext. 201, or chaver@knoxeheadstart.org.