February 2015

February is National Dental Health Month

Dental caries is the single most common chronic childhood disease—it is five times more common than asthma and seven times more common than hay fever. We also know that poor oral health is related to poor performance in school, poor social relationships and less success in later life.

Frequently asked questions about oral health:

I only brush my baby’s teeth 3 or 4 days each week. The last time I brushed I saw some very white places on the front of her teeth. Does this mean that her teeth are really healthy? Those white spots may mean that your child has the beginning stages of tooth decay. When the teeth aren’t brushed every day, the cavity-causing germs can start to destroy the teeth.

My 2 year old likes to eat toothpaste out of the tube. Will this help strengthen his teeth? No! Children should not swallow toothpaste. Your child may develop an upset stomach and swallowing large amounts of fluoride toothpaste can cause white spots to form on his permanent teeth.

My 2 year old brushes all by himself! We don’t even need to help at all. It is wonderful that your child is showing independence, but two year olds do not have the coordination to brush adequately. It is a good idea for you to let your child brush, and then you can finish the job. Children need to be supervised and help with brushing until they are about 6-8 years old. (A Healthy Mouth for Your Baby)

Parent Meeting “The 5 Languages of Love for Children.

Wednesday February 11th from 6:00-7:30 pm we will be discovering how to speak your child’s love language—and make them feel loved in a way they understand. Discover your child’s love language and how it can help you discipline more effectively. This is a FREE Parent Event open to all Hayes Child Development Center parents. Be sure to sign up in your child’s classroom so we can plan accordingly.

Light Dinner and Child Care will be provided (babes in arms)

Dates to know...

😊February 11th - Parent Meeting “5 Languages of Love for Children
😊February 11th- “Advocacy Day”
😊February 16th- Center closed
😊February 24th- HS Policy Counsel Mtg. 10-2 pm at PSESD
😊February 25th- Parent Discussing Group “Coffee & Conversation” with Miss Christine, Miss Anika & Miss Judy

Don’t miss it!
Here at Hayes we are a community of parents. Join in with Christine, Anika and Judy to share the joys and struggles of parenting, and for the staff here at the center to hear your feedback from other parent meetings and events. It will be in the staff planning room on February 25th between 5-6pm. Light refreshments will be provided. We look forward to seeing you there!

~Coffee and Conversation~

“You don’t hit a child when you want him to stop hitting. You don’t yell at a child to get them to stop yelling. Or spit at a child to indicate that he should not spit. Of course, you want children to know how to sympathize with others and to “know how it feels,” but you...have to show them how to act, not how not to act.

~Jeanette W. Galambos

From the Infant Classroom

This month in the infant rooms we will be focusing on baby sign language, in particular, food signs. Your child can benefit greatly from learning a few introductory signs. Baby sign can increase the speed of development of language, increase your infant's vocabulary, reinforce your child's communication attempts and create feelings of accomplishment and satisfaction. Between 6-8 months, your infant may begin to sign back to you. The earlier you start, the better!

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If you would like to learn more about Baby Sign Language and its benefits, visit [http://www.babies-and-sign-]

Head Start Parents:

It’s Home Visit time again....please sign up to meet with Miss Judy.
Toddler Classes

During the month of February we will continue to work helping the children with their social emotional and literacy skills. We encourage parents to continue to have "conversations" at home with their children about how they "feel". Helping your child learn how to express his or her emotions appropriately is very important to their success in school. As your child's first and most important teacher you can help them learn about their emotions by talking about them and sharing your feelings with your child, “wow! That made me really angry!! (deep breath) but it wouldn't be okay to hit that person so I'll just take a deep breath instead" (take another deep breath). Watch your child's behavior and when you see them getting frustrated for example, you might say "I can see by the way you are clenching your fists that you are frustrated" Helping them learn to identify what they are feeling are the first steps for them learning self-control and problem solving skills. We encourage the children to "use your words" to resolve conflicts with their friends. We ask them to tell their friends "I don't like that" or "That hurts my body when...". We are also using simple sign language in the classroom to help children communicate and encourage you to try this at home as well. This month we will be focusing on colors. We will be working with identifying colors and doing plenty of art projects involving colors! So keep an eye out for your child's art work in your parent cubby!

Cheese Spinach Noodles

INGREDIENTS
*8 ounces egg noodles
*10 ounce package frozen, chopped spinach Thawed and drained.
*1/2 teaspoon dried basil
*1 tablespoon of dried parsley flakes
*1 cup fat-free or low-fat cottage cheese
*1/4 to 1/2 teaspoon salt (to taste) Parmesan
*2 tablespoons Parmesan cheese

INSTRUCTIONS
1. Cook noodles according to package directions
2. While noodles are cooking, cook the spinach
   In a skillet for 5 minutes.
3. Add basil, parsley, cottage cheese, and salt to spinach. Cook 2 to 3 minutes, or until heated.
4. Drain noodles and toss in large serving bowl with spinach mix-
ture. Top with cheese.

6 servings
Prep Time: 20 minutes  Cook Time: 15 minutes
Calories per serving: 104  Fat per serving: 1.5 grams
Gentle Reminders

Please remember to dress your child in weather appropriate clothes, the classrooms still go outside since being able to stretch and run is an important part of your child’s day. Extra clothes are needed and may be placed in your child’s cubbie inside of the classroom.

Your child is welcome to bring one sleeping buddy, toy or pillow and one blanket for rest time. Please be sure that it fits inside of their cubbie when they are not in use.

News from the Preschool Classrooms

In the Head Start classroom we are welcoming a new friend! In the classroom the children are exploring and learning more about all the wonders of nature. They will be creating a collage using components of nature such as wood, moss, twigs and leaves. Parents are invited to come view the finished product in the Head Start classroom. Parents are always welcome to come and volunteer in the classroom to share any special talents that the children would enjoy.

In the PK2 classroom they are welcoming four new friends that have transitioned up from our toddler classroom. In other exciting news, the classroom Hermit Crab has changed his shell after being buried for six weeks! The class is also welcoming Rachel, the new work-study, so feel free to say hi and introduce yourself!

Up coming field trips in the PK2 classroom will be to the nurses lab on February 3rd, and every third week from now on.

Ryan, the Recycle Guy will bee visiting the Head Start and PK2 classrooms on February 4th, 18th and 25th to talk to the children about recycling. Parents are welcome to join and learn along with your child.

“Children are made readers on the laps of their parents.”
~Emilie Buchwald