

HEAD START HERALD

LICKING VALLEY CAP, INC. HEAD START

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CHILD ABUSE GET THE FACTS

Every 10 seconds a case of child abuse is reported in the United States, and more than five children die every day as a result of abuse or neglect. Learn the facts about child abuse and stand up for children!

Myth– Abuse is always violent.

Fact– Emotional abuse and neglect are not as obvious as physical abuse, but they can be just as harmful. They even may go on longer because the signs are harder to recognize.

Myth– Most abusers don't know their victims.

Fact– Some children are abused by strangers, but more than 90 percent of victims are abused by someone they know, including family members or friends.

Myth– Abused children become abusers as adults.

Fact– Not all victims of abuse become abusers later in life. Research shows that roughly 30 percent of people who are abused as children grow up to be abusers. Victims who are able to report and deal with the effects of their abuse are less likely to become abusers themselves.

Myth– A child being abused will speak up about it.

Fact– Most children never report being abused. Abusers threaten or pressure a child to stay silent. Children need to be instructed to tell a trusted adult if anyone makes them uncomfortable or acts in an inappropriate way.

Myth– Only “bad” people in low-income families harm children.

Fact– Child abuse occurs in families of every race, culture, and income level. It also can happen when loving parents become frustrated and overreact. Even unintentional harm is abuse if the injury is due to a punishment. Adults can learn positive ways to manage children's behavior.

Child Protection Hot Line:

1-877-KYSAFE1

OR

1-877-597-2331

(Toll Free)



Fresh Fruit Frozen Yogurt Pops



Three simple ingredients are all you need to make homemade fro-yo pops. And that's not even the best part! Wait until you get a taste of the flavor from the fresh fruit. Just pick your favorite and freeze on.

Ingredients

- 2 containers (6 oz each) Yoplait® Original yogurt French vanilla
- 2 cups cut-up fresh fruit such as blueberries, bananas, cherries, grapes, papaya, peaches, oranges or raspberries
- 1 tablespoon honey

Steps

- In blender, place all ingredients.
 - Cover; blend until smooth
 - Divide mixture among 6 (5-oz) paper cups.
 - Cover with foil; insert craft sticks into center of each pop. (Or fill ice pop molds)
- Freeze about 6 hours or until frozen.

By Betty Crocker Kitchens

<https://www.bettycrocker.com/recipes/fresh-fruit-frozen-yogurt-pops/ea1047a-215f-418a-879f-9e2020e8ff05>

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10 WAYS TO SET A POSITIVE EXAMPLE FOR YOUR CHILD

1. Always remember that what you say and do greatly influences your child. Be a good role model every day in everything you do.
2. Demonstrate good health habits, such as eating healthy foods, exercising daily, taking time to relax, and thinking positively.
3. Exhibit the character traits you want for your child. These can include respect, responsibility, courage, humility, kindness and caring.
4. Set rules, then be consistent. If discipline is needed, be firm but loving. Never hit your child. It teaches aggressive behavior, and can cause harm as well.
5. Avoid using drugs or abusing alcohol. If you have a problem with drugs or alcohol, get help and serve as an example in that way.
6. Encourage your child's independent thing by practicing it yourself.
7. Handle your anger appropriately. If you have a temper, learn to control it. If you can't do so on your own, seek professional help.
8. Take time out to read and show how much you enjoy it. Your child will imitate you and develop this valuable like skill.
9. Talk about your successes and failures with your child. When you make a mistake, say you're sorry, then let your child see you make amends.
10. Do volunteer work-together if possible– so your child learns the value of helping others.

Safe Kids Worldwide Bicycle Safety



There are so many great reasons to ride your bike: It offers fun, freedom and exercise, and it's good for the environment. We want kids and families to ride their bikes as much as possible. Here are a few tips so that you'll be safe while you do so.

The Hard Facts

More children ages 5 to 14 are seen in emergency rooms for injuries related to biking than any other sport. Helmets can reduce the risk of severe brain injuries by 88 percent – yet only 45 percent of children 14 and under usually wear a bike helmet.

Top Tips

- We have a simple saying: "Use your head, wear a helmet." It is the single most effective safety device available to reduce head injury and death from bicycle crashes.
- Tell your kids to ride on the right side of the road, with traffic, not against it. Stay as far to the right as possible. Use appropriate hand signals and respect traffic signals, stopping at all stop signs and stoplights.
- Teach your kids to make eye contact with drivers. Bikers should make sure drivers are paying attention and are going to stop before they cross the street.
- When riding at dusk, dawn or in the evening, be bright and use lights – and make sure your bike has reflectors as well.
- It's also smart to wear clothes and accessories that have retro-reflective materials to improve biker visibility to motorists.

Actively supervise children until you're comfortable that they are responsible to ride on their own.

- See more at: <http://www.safekids.org/bike#sthash.nByVOT4k.dpuf>

Employee of the Month

Glenda Potts



Ms. Glenda resides in Fleming County. She has one daughter and one son, and 3 grandsons. She retired from Hayswood Home Health after 22 years. She has been with Licking Valley Head Start for 5 years, and she loves working with the children.

"Ms. Glenda always has a smile on her face. She works very hard. Families, children, and staff are uplifted and motivated daily by her presence!"

Rambunctious at Bedtime

I have a horrible time calming down my two sweet and loving boys, ages 3 and 5, to go to sleep. They get wild and crazy after dinner and dessert. I have eliminated chocolate as a dessert so we usually have another flavor of ice cream or popsicles. I thought they were overtired so I moved up bedtime from 8:30 to 7:15. They have continued to act out, to the point that someone gets hurt and we all end up angry and exhausted. Today I am instituting a bribery program: They will earn books or small toys for calm, cooperative behavior at bedtime. I have effectively used this approach when potty-training my younger son and to keep both boys in bed through the night. Do you have any suggestions for bedtime? Am I causing permanent harm by using bribery?

Rewards programs often work well at first but break down within a few weeks, either because the rewards are inconsistent or lose their appeal. The biggest drawback: Rewards can make children dependent on material things and prevent them from discovering their own motivations. Sometimes a reward can help a child settle into a pattern that becomes its own reward, and then the toys and trinkets are forgotten. Be clear with yourself and with the boys that you expect peaceful, punctual bedtimes and that you know they are capable of this on their own, without the help of a prize.

Two small boys are sure as sugar to set each other off. Ice cream and popsicles only pump them up: Those treats are loaded with simple sugars that quickly break down, which causes some children to nearly explode with energy. Fruits or yogurt shouldn't trigger that glucose rush. Can anyone else at home help with bedtime? If so, you can separate the boys after supper, and each of you adults can stick with one of them through the usual routines until they are relaxed, sleepy and ready for bed.

From dinnertime on, the whole atmosphere should point in one direction – bed. Dinnertime should be as relaxed as possible – no TV or videos. Let voicemail answer the phone. After supper, try a regular routine: a low-key game such as a puzzle – no running around, no video games, no TV. Lights dimmed. Music off or soft. Then bath time, pajamas and tooth brushing. The little one might like to tuck in a stuffed animal or say goodnight to a favorite toy on his way to bed.

Instead of "bribery," you could promise three short stories every night – if the boys are in bed on time. The longer they dawdle, the less time for books. Warn them once, and then cut it to two stories at the first sign they haven't heeded the warning. Cuddle them and read softly, monotonously. This is your special time together – the main thing most children are looking for when they delay bedtime. If they know they can count on that time when they follow these simple routines, they're likelier to stick with them. Being with you is the best reward.

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Questions for Families Today can be submitted through this [online form](#). Questions of general interest may be answered in this column, which may be posted on a Families Today web area or collected in book form. Drs. Brazelton and Sparrow regret that unpublished letters cannot be answered individually. Responses to questions are not intended to constitute or to take the place of medical or psychiatric evaluation, diagnosis or treatment. If you have a question about your child's health or well-being, consult your child's health-care provider. (Dr. T. Berry Brazelton heads the Brazelton Touchpoints Project, which promotes and supports community initiatives for families. Dr. Joshua Sparrow, a child psychiatrist, is director of Special Initiatives at the Brazelton Touchpoints Center. Learn more about the center at www.touchpoints.org.)

- See more at: <http://families.naeyc.org/families-today/rambunctious-bedtime#sthash.bP7ywyT.dpuf>

Transitioning to Kindergarten

By Janis Strasser

Starting school can be scary and exciting for both you and your child. Effective kindergarten teachers know that children are individuals who each start kindergarten with a wide range of skills. You do not need to drill your child with letters, numbers, and facts, before school starts. But there are some things you can do to prepare both you and your child for kindergarten. Here are some ideas.

Before school starts

- **Send a note to the nurse and to the teacher if your child has allergies or special needs.** Do this even if you have indicated this on other forms already. It may be critical for teachers to know that your child reacts to bee stings, has food allergies, or has hearing or vision modifications. As a parent, you have the responsibility to advocate for your child's health and safety.
- **Visit the school and meet the teacher.** If there is a visiting day to meet your child's teacher and visit her classroom before school starts, make sure to participate. If you missed visiting day or the school does not offer one, call to see if you can arrange a quick visit to see the school and to meet the teacher with your child.
- **Start your school routine early.** To reduce stress and get used to new routines adjust new bedtimes or wake up times a few weeks before school begins. Routines are comforting for us and for children. Read a soothing bedtime story every night to help your child fall asleep with comforting thoughts. Do not watch the news or violent programs in the evening.
- **Label everything.** Make sure to label backpacks, lunch boxes - everything your child brings to school. This includes her! If your child's school has not supplied a nametag, make one. It should have your child's name, address, and a phone number where a parent/guardian can be reached, the name of the teacher, and how your child gets home from school.
- **Read books together about starting school.** You can ask your local librarian for suggestions or try some of these:
 - *Miss Bindergarten Gets Ready for Kindergarten*, Joseph Slate (Illustrated by Ashley Wolff)
 - *Seven Little Mice Go to School*, Kazuo Iwamura
 - *Pete the Cat: Rocking in My School Shoes*, Eric Litwin (Illustrated by James Dean)
 - *Mom, It's My First Day of Kindergarten*, Hyewon Yum
 - *Yoko Learns to Read*, Rosemary Wells

On the first day of school

- **Be positive.** Give your child a smile and a hug, tell her you love her, and wave goodbye.
- **Help your child say goodbye.** Saying goodbye in a new setting can be frightening for some children. When you say goodbye (either at the bus or at school), reassure your child that you will see her later. Mention a specific time and a concrete activity, for example "I will pick you up before lunchtime and we will have lunch together."
- **Avoid behaviors that might upset your child.**

For example, try not to:

Cry as you wave to your child through the bus window. Argue with the bus driver who may be late the first few days. (The drivers need time to learn the route and talk to anxious parents.) Battle with your child about an outfit you want her to wear. (She doesn't have to be the school fashion queen.) Force your child to eat a big breakfast. (She may be nervous and it might be better to eat lightly than to have a stomachache, for the first couple of days).

- **Wait to ask the teacher your specific questions.** The first day of school is not the time to bombard the teacher with personal requests and information. Remember, your child is one of 20 or 25 children. Trust that the teacher is a professional who will make your child feel welcome and help her feel like a member of the classroom community.

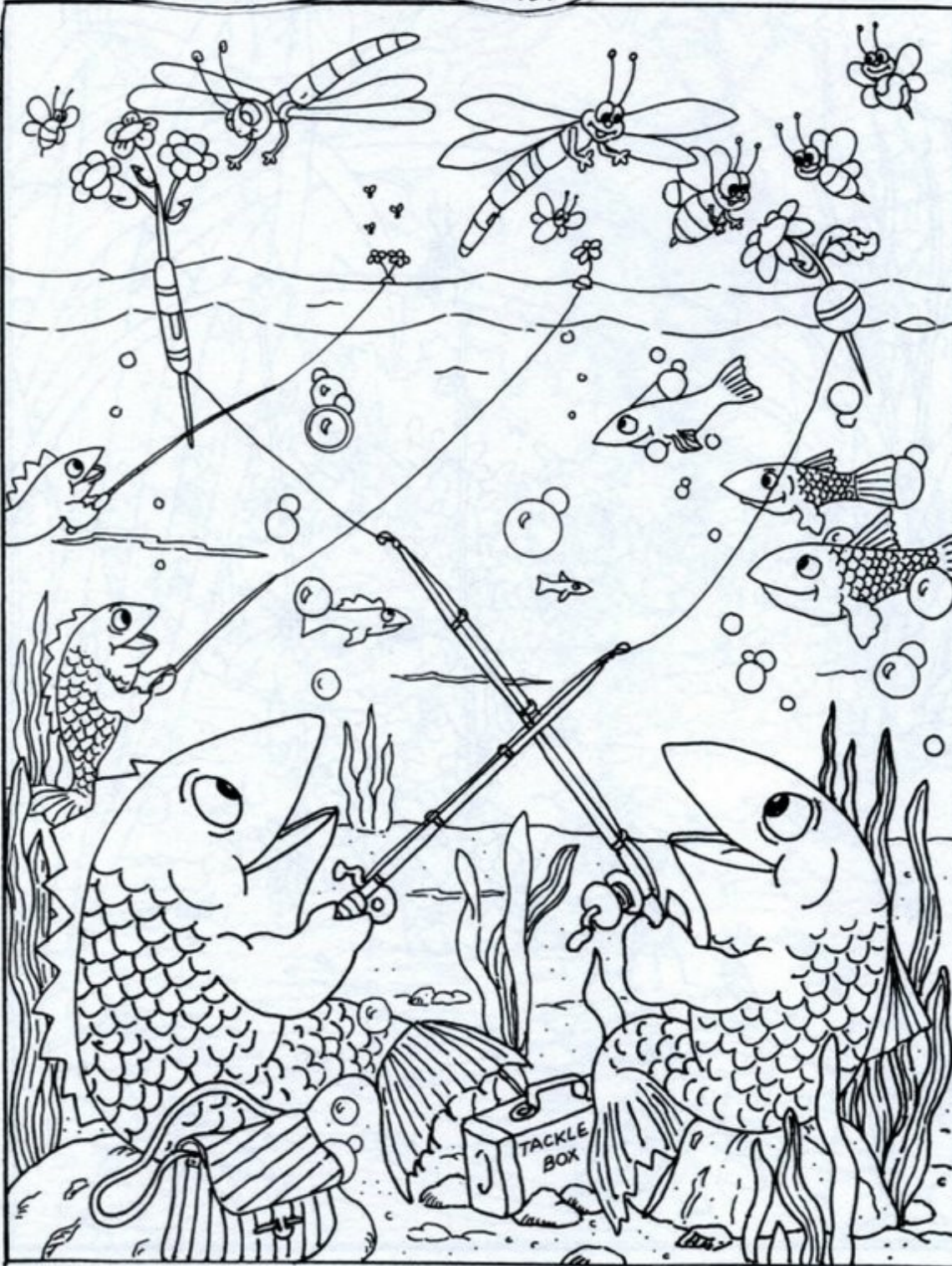
During the first week of school

- **Be supportive.** Adjusting to school may take time. Ask, "What was the most fun thing you did in school today?" Then ask, "What was the hardest thing for you?" (Only ask this after you have discussed what was fun.) Don't expect your child to tell you every detail.
- **Instill a sense of confidence in your child.** Celebrate your child's successes. Tell her that you are proud of the way she got on the bus and sat down all by herself, or the way she tried to print her name. Don't dwell on how many friends she has made during the first few days. This is too abstract for most 5-year-olds and their friends change by the minute. Instead, ask, "Tell me about some of the children in your class." It takes time to adjust to new people, new activities, and a new environment. Don't expect perfection. If your child was perfect, she wouldn't have to go to school!
- **Set aside a time, each evening, to share your child's day.** See if your child has brought home any drawings, paintings, or scribbling. These papers may be very important to your young student. If there are no papers, don't assume that your child didn't do anything worthwhile. After a few weeks have passed and your child has gotten used to school, ask her about what she played with in the classroom, what stories the teacher read, if she went outside, etc. Listen for clues about your child's strengths and challenges. If you have concerns, contact the teacher and set up a time to talk.
- **Read everything the school sends home.** During the first weeks of school children bring home a wealth of information about school routines, important dates, and meetings that you will need to know about. Make sure to check your child's backpack every day. Also, you may want to go over with your child, in a positive, calm way, the information you have supplied to the school on the emergency card (who may pick your child up other than you, where she can go if you're ever not home, etc.).
- **Enjoy being the parent of a kindergartner!** This is your child's first step into primary school and a unique time in childhood. Enjoy!

<https://www.naeyc.org/our-work/families/transitioning-to-kindergarten>



HOW MANY HIDDEN OBJECTS DID YOU FIND?



I like hidden picture puzzles!

Have a FUN summer!



Bye!