

National Centers for Learning Excellence



Monthly Newsletter May 2024

A RESOURCE OF INFORMATION FOR YOUR FAMILY!

Head Start Calendar...

May

8.....Entre Amigas (In Spanish)

13.....Head Start Last Day of School for:

Ms. Cindy Ms. Barbara

Ms. Laura Ms. Suzie

Ms. Hind Ms. Sammi

Ms. Bonnie Ms. Christi

Ms. Thia Ms. Holly

Ms. Terra (Half day kids)

27.....No Head Start & 4K Classes
Memorial Day

June

4.....**Head Start & 4K Last Day of School for:**

Ms. Mary Ms. Kathy

Ms. Terra Ms. Sonia



End of School Celebration

*Teacher will let you
know the date*



Returning Families

Please remember to call us if you have a phone or address change during the summer. We will need this information to contact you when we are ready to start back in the fall.

Have a Happy summer!



Head Start Graduation for those Entering 5K

*Teacher will let you
know the date*



Parents Place, Inc | S22 W22660 Broadway, Suite 2,
Waukesha, WI 53186

Call for more information 262-549-5575.

May 7, 2024 Time 5:30 PM

Engaged In Learning - Get tips to support children by being actively engaged in their learning.

May 16, 2024 Time 5:30 PM -7:00 PM

Self-Esteem - Healthy self-esteem gives Kids confidence in themselves and their abilities. Learn the building blocks for healthy self-esteem.

May 21, 2024 Time 5:30 PM -7:00 PM

Dads! - Add tools to your parenting toolbox as you learn tips to successfully parent your children!

June 10, 2024 Time 5:30 PM -7:00 PM

Setting Up Routines - Learn to create routines for your family to provide comfort and security for children that can help lead to better behavior and increased cooperation!

June 18, 2024 Time 5:30 PM -7:00 PM

Tantrums - Tantrums... breakdowns... meltdowns... manage them when they happen and even prevent them from happening.

June 26, 2024 Time 5:30 PM -7:00 PM

Coping With Stress - The busy, demanding job of being a parent can cause stress. Learn strategies to manage stress and create lifestyle changes.

Visiting the Dentist by Age 1

Tooth decay can be prevented or managed if children have dental visits early — ideally by their first birthday — and if parents take good care of their child’s teeth between dental visits. The age 1 dental visit is key for building a lifetime of good oral health. Dental visits for children can be simple, and staff can tailor them to be “kid-friendly.”

The goal of the first dental visit is to make the experience welcoming and pleasant. The dental clinic staff may ask you to sit in the dental chair and hold your child in your lap. Or staff may use the knee-to-knee position to look into your child’s mouth.



During the visit, dental clinic staff may:

- Describe what they’ll do and ask you if you have any questions
- Use a small mirror to look in your child’s mouth for any problems, such as tooth decay
- Check your child’s bite and jaw growth to make sure they’re developing correctly
- Clean your child’s teeth and apply fluoride varnish to prevent tooth decay
- Give tips on brushing your child’s teeth and how much fluoride toothpaste to use
- Discuss ways to feed your child to prevent tooth decay
- Offer tips for preventing injuries to your child’s head, face, and mouth, and what to do if an injury occurs.

Monthly Parent Self-Care Tip:

Slow down and rest.

When the warm weather hits, it always inspires us to get up and go, go, go! Parents in particular get the message that they need to always be providing activities and experiences for kiddos or that you should always be productive. However, finding a balance between doing and just being is essential for your well-being (and important to model for you kiddos!). It’s important to feel comfortable with slowing down and resting, even when we only have a few months of “nice” weather. You can build this practice by taking restful breaks throughout your day and getting comfortable with being bored. These practices can both reenergize you and build resilience against parenting burnout! This month focus on what you can do to get comfortable slowing down and resting. Try out the restful mantras to remind yourself it is okay and necessary to rest.

- Rest is one of our family values.
- Rest helps me feel healthy physically and emotionally.
- Rest does NOT need to be earned.

thank you!

National Centers for Learning Excellence would like to thank you for allowing us to share in your child’s life. We hope that your family has many happy memories of the family events we offered throughout the school year. If we can be of further help, please, don’t hesitate to call us. You may be gone from our building but you are still in our thoughts and wishes for a wonderful future.

This document was supported by the Administration for Children and Families (ACF) of the United States (U.S.) Department of Health and Human Services (HHS) as part of a financial assistance award totalling \$7,582,500 with 97% funded by ACF and 3% by the Health Resources and Services Administration (HRSA) of the U.S. HHS. The contents are those of the author(s) and do not necessarily represent the views of, nor are an endorsement by, ACF/HHS or the U.S. government. This resource may be duplicated for noncommercial uses without permission.

National Center on Health, Behavioral Health, and Safety. 2022. *Healthy Habits for Happy Smiles: Visiting the Dentist by Age 1*. Washington, DC: National Center on Health, Behavioral Health, and Safety.



ADMINISTRATION FOR
CHILDREN & FAMILIES



National Center on
Health, Behavioral Health, and Safety



National Centers for Learning Excellence



Carta de Noticias Mayo 2024

UN RECURSO DE INFORMACIÓN PARA SU FAMILIA!

Calendario de Head Start

Mayo

8.....Entre Amigas (En Español)

13.....Último Día de Clases para Head Start:

Orange Class Ms. Barbara

Ms. Laura Ms. Suzie

Ms. Hind Ms. Sammi

Ms. Bonnie Ms. Christi

Ms. Thia Ms. Holly

Ms. Terra (Half day kids)

**27.....No Hay Clases en Head Start & 4K
Memorial Day**

Junio

3.....Último Día de Clases para Head Start & 4K:

Ms. Mary Ms. Kathy

Ms. Terra Ms. Sonia



Celebración de Fin de Clases

*La maestra le
avisará la fecha*



Familias que Regresan

Por favor recuerde llamarnos si a cambiado su número de teléfono o su dirección durante el verano. Necesitaremos esta información para contactarla cuando estemos listos para el regreso en el otoño.

*Que Tenga un Verano
Divertido*



Graduación de Head Start para los que van 5K

*La maestra le
avisará la fecha*



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Visitas al dentista al año de edad

Las caries dentales se pueden prevenir o controlar si los niños visitan al dentista temprano (idealmente antes de su primer cumpleaños) y si los padres cuidan bien los dientes de sus hijos entre las visitas al dentista. La visita al dentista al año de edad es clave para desarrollar una vida de buena salud bucal. Las visitas al dentista para niños pueden ser sencillas y el personal puede adaptarlas para que sean "aptas para los niños".

El objetivo de la primera visita al dentista es hacer que la experiencia sea acogedora y placentera. El personal de la clínica dental puede pedirle que se siente en el sillón dental y sostenga a su hijo en su regazo. O el personal puede usar la posición rodilla con rodilla para mirar dentro de la boca de su hijo..



Durante la visita, el personal de la clínica dental podrá:

- Describe lo que harán y pregunta si tienes alguna pregunta.
- Utilice un espejo pequeño para observar la boca de su hijo en busca de cualquier problema, como caries.
- Controle la mordida y el crecimiento de la mandíbula de su hijo para asegurarse de que se esté desarrollando correctamente.
- Limpie los dientes de su hijo y aplíquelo barniz de flúor para prevenir las caries.
- Ofrezca consejos sobre cómo cepillar los dientes de su hijo y cuánta pasta dental con fluoruro debe utilizar.
- Analice formas de alimentar a su hijo para prevenir las caries.
- Ofrezca consejos para prevenir lesiones en la cabeza, la cara y la boca de su hijo, y qué hacer si se produce una lesión.

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Consejo del Mes para el Cuidado Personal de los Padres

Reduzca la velocidad y descanse.

Cuando llega el clima cálido, siempre nos inspira a levantarnos y ¡ir, ir, ir! Los padres, en particular, reciben el mensaje de que siempre deben ofrecer actividades y experiencias a los niños o que siempre deben ser productivos. Sin embargo, encontrar un equilibrio entre hacer y simplemente ser es esencial para su bienestar (¡y es importante servir de ejemplo para sus hijos!). Es importante sentirse cómodo reduciendo el ritmo y descansando, incluso cuando sólo tenemos unos pocos meses de "buen" tiempo. Puede desarrollar esta práctica tomando descansos reparadores a lo largo del día y sintiéndose cómodo con el aburrimiento. ¡Estas prácticas pueden revitalizarlo y desarrollar resiliencia contra el agotamiento de los padres! Este mes concéntrese en lo que puedes hacer para sentirte cómodo reduciendo el ritmo y descansando. Pruebe los mantras relajantes para recordar que está bien y es necesario descansar.

- El descanso es uno de nuestros valores familiares.
- El descanso me ayuda a sentirme saludable física y emocionalmente.
- NO es necesario ganarse el descanso.

gracias!

National Center for Learning Excellence le da las gracias por permitirnos estar en la vida de su niño. Esperamos que su familia tenga muchos recuerdos felices de los eventos familiares que se ofrecen durante el año escolar. Si podemos ser de más ayuda, no dude en llamarnos. Usted podrá ya no estar en nuestro edificio, pero todavía está en nuestros pensamientos y deseos para un futuro maravilloso.

