TAZEWELL WOODFORD HEAD START

2021-2022

Family Calendar

Family Center, Creve Coeur, Robein, Hensey & eureka Sites

WELCOME BACK TO SCHOOL

The beginning of the school year is an exciting time for both you and your child!

Sometimes, children have a hard time separating from parents. Here are a few tips to make leaving a little easier.

Have a positive attitude yourself

Preschool is a big step for parents too. Although you may be anxious too, don't let your child feel your uneasiness.

Visit the school

Bring your child to visit their classroom

Create a goodbye ritual

Have a special way to tell your child goodbye. For example, a hug, kiss and high five.

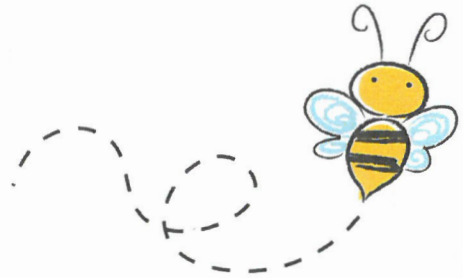
Read about it

Go to the library and check out books about going to school.

If your child is anxious about you leaving, please know we will take good care of them. Prolonging the goodbye is not usually helpful. Most often, children stop crying within a very few minutes and join their friends in all the fun. We will contact you if there is ever a problem.

August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 **Open House** FC,R & E 11-12 or 6-7	17 **Open House** H&CC 11-12 or 6-7	18	19 **First Day of School**	20	21
22	23	24	25	26	27	28
29	30	31				



Involved!

Tazewell-Woodford Head Start has many opportunities for you to be involved in our program. Parents are an important part of our program. Your involvement is impacting your child's success. A few ways to be involved are:

Parent Committee

Monthly meetings held to provide you with time to meet other parents, help improve our program, hear guest speakers and be informed on a variety of topics.

Policy Council

As a part of Head Start governance, the Policy Council is your opportunity to help us make program decisions. Each Parent Committee will select a member to join the Policy Council.

Volunteer

There are many opportunities to volunteer.

- Volunteer in the classroom
- Go on a field trip
- Complete at-home activities
- Become a member of Policy Council
- And many more!

Just ask for opportunities to involved!

September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
When you see this be one of the first 5 callers to dial 699-6843 after 7:15 and speak to Crystal to win a prize!			1	2	3	4
5	6 No School	7	8	9 Creve Coeur Parent Committee 5:30	10	11 *Patriot Day*
12 *Grandparent's Day*	13	14	15	16 Family Center Parent Committee 5:30	17	18
19	20	21 Hensey Parent Committee 5:30	22 *Autumn Begins*	23	24 No School Professional Development Day	25
26	27	28 Robein Parent Committee 5:30 Eureka Parent Committee 5:00	29	30 Grandparent's Day Event 10-11		

HALLOWEEN SAFETY TIPS

FOR TRICK-OR-TREATING:

Plan your trick-or-treating route before you leave and show the kids where you'll be going

Double-check any costumes with masks to make sure kids can see clearly

Use reflective tape on dark costumes

Carry a flashlight or glow stick

Only visit houses with porch lights on

Make sure all kids know that under NO circumstances should they enter a home

If your child has an identification card (a school ID, etc), make sure to bring it along

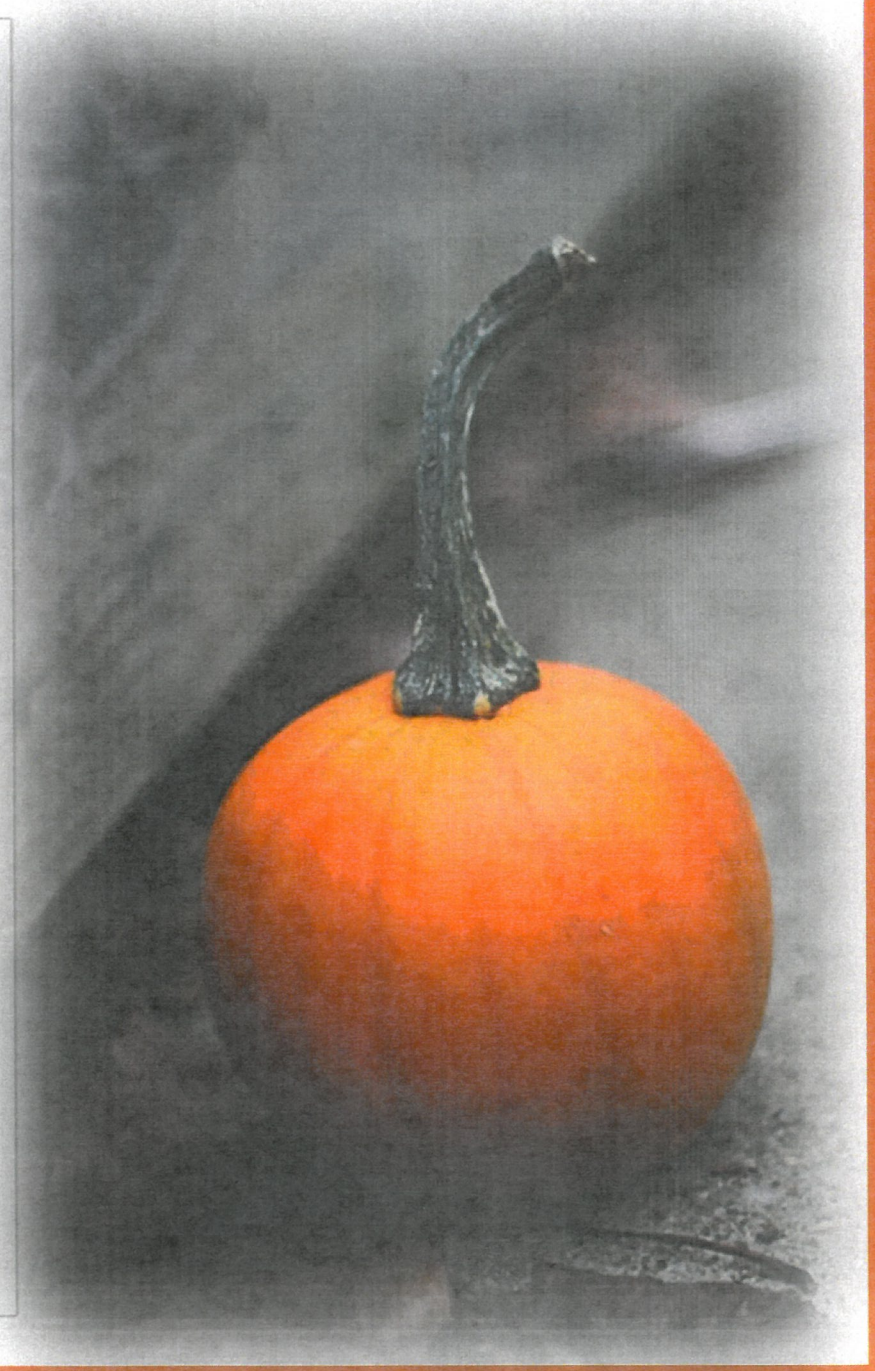
Make sure an adult is with anyone under 16 (if older kids are going in a group, set a time for them to be home, or follow them at a safe, but not embarrassing distance)

Remind your kids to stay out of the street!

Be on the lookout for cars when crossing - sometimes, it's hard for drivers to see you!

Check ALL candy and treats before eating (bring some candy from home, so the kids can snack before you inspect)

cardstore. | BLOG



October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 No School	12	13	14 **Policy Council 5:30pm**	15	16
17	18	19 Picture Day Creve Coeur	20 Picture Day Family Center, Robein, & Hensey	21	22 No School Professional Development Day	23
24	25	26	27	28 Community Fair 6-7 @ FC	29 Pajama Day	30
31 Halloween						

A Time to be Thankful

Thanksgiving is a time to celebrate the harvest. Take this opportunity to make some healthy Thanksgiving snacks with your child.

Cinnamon Apple Chips

Ingredients

- 4 Apples, cored and sliced 1/8" thick (I used McIntosh)
- 1-2 tsp ground cinnamon
- 1-2 tsp sugar
- Cooking Spray

Instructions

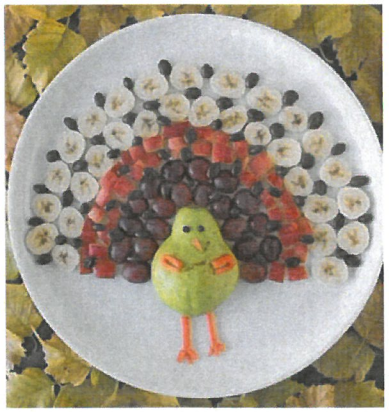
1. Preheat oven to 200 degrees.
2. Add the sliced apples to a large bowl; then coat the apples with the cinnamon and/or sugar.
3. Spray a baking sheet with cooking spray and line the apples flat on the pan.

Bake 2-3 hours until the chips are dry yet still soft. Allow to cool completely before placing them in an air tight container for up to 4 days

Do you have a picky eater?

Make mealtime fun! Use cookie cutters to cut healthy foods into shapes.

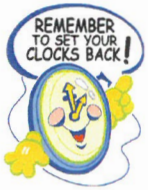
You can make a turkey from fruit or veggies too!



Don't forget to take time to remember the things you are thankful for. Try this craft!

Make a handprint turkey.
Write on each feather what your child is thankful for.

November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Eureka Picture Day	2 Family Center Picture Retake Day	3	4 No School Parent-Teacher Conferences	5 No School Parent-Teacher Conferences	6
7 	8	9	10	11 No School	12 No School Professional Development Day	13 *World Kindness Day*
14	15 Celebrate Kindness Day	16	17	18 ***Policy Council 5:30pm***	19	20
21	22	23 Family invited for Pie from 10-11	24 No School	25 No School	26 No School	27
28	29	30	**When you see this be one of the first 5 callers to dial 699-6843 after 7:15 and speak to Crystal to win a prize!**			

Want less stress this Holiday Season?

Establish Routines with your Child

Routines are important for your child. They help a child feel secure and help with their emotional, cognitive and social development. Normal routines bring comfort and consistency to a child's life. Changes in routines are inevitable, but children should be prepared for the change. Having routines throughout your child's day can help with challenging behaviors, help your child become more independent, and makes time for bonding and connection with your child.

Morning Routines

It is important to get your day off to the right start. Preparing the night before can make a big difference in the morning!

For example:

- Eating Breakfast
- Get Dressed
- Brush Hair
- Brush Teeth
- Put on shoes
- Grab backpack
- Head out the door

Does your child need some time to wake up in the morning? Build that time into your routine. Use an alarm to signal the time your routine should start.

Do You Need Help with Your Family Routines?

Please ask your Family Engagement Coordinator to help you with routines.

Picture schedules are a fun way to help your child with routines. We can help you make one!

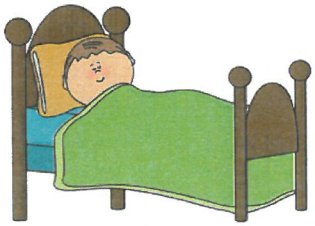
Please ask if you would like us to help!

Bedtime Routines

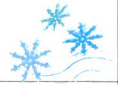
Bedtime Routines are especially important. They help your child establish good sleep habits and may help prevent further sleep problems.

Set up your bedtime routine to start at the at the same time each night. For example:

- Bath
- Pajamas
- Brush Teeth
- Read a Story
- Kiss and Hug Goodnight



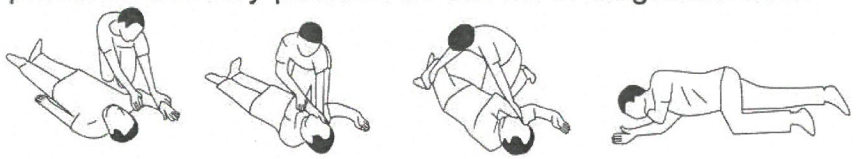
December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 *National Volunteer Day*	6 *Celebrate Volunteers*	7	8	9 Holiday Open House 	10	11
12 *Holiday Spirit Week* 	13 Wear Red or Green Day	14 Holiday Wear Day	15 Ugly Sweater Day	16 Pajama Day ***Policy Council 5:30pm***	17 No School Professional Development Day	18
19	20 No School **Winter Break**	21 No School **Winter Break** 1st Day of Winter 	22 No School **Winter Break**	23 No School **Winter Break**	24 No School **Winter Break** *Christmas Eve*	25 *Christmas Day*
26	27 No School **Winter Break**	28 No School **Winter Break**	29 No School **Winter Break**	30 No School **Winter Break**	31 No School **Winter Break** **New Year's** 	

First Aid

Basic Rules:

- Do not move the patient.
- If the patient is unconcious and not breathing follow Emergency Resuscitation Treatment. If breathing, place in recovery position as shown in diagram below.



- Keep the patient warm and covered.
- Do not give the patient food, drink or cigarettes.
- Loosen tight or restrictive clothing.
- Reassure the patient.
- If you have any doubts about the injury, call an ambulance.

Bleeding:

- Raise the wound.
- Apply pressure to the wound with your hand or a clean dry cloth until the bleeding has stopped.
- Apply a dressing.

Burns:

- Cool the skin immediately with running water and continue this treatment for at least 10 minutes.
- Remove any restrictive jewellery.
- Apply a clean dressing.

Stings & Bites

Stinging Insects: Remove the stinger as quickly as possible with the scraping motion of a fingernail. Put a cold compress on the bite to relive the pain. If trouble breathing, fainting, or extreme swelling occurs, call 911 immediately. For Hives, nausea, or vomiting, call the pediatrician. For spider bite call the pediatrician or poison center and describe the spider. Have the pediatrician examine and bites that have become infected.

Animal or Human Bites: Wash wound thoroughly with soap and water. Call the pediatrician. The child may require a tetanus or rabies shot.

Ticks: Use tweezers or your fingers to grasp as close as possible to the head of the tick and slowly pull the tick away from the point of attachment. Call the pediatrician id the child develops symptoms such as a rash or fever.

Snake Bites: Take the child to emergency department if you are concerned that the snake might be poisonous or if you are unsure of the type of snake bite. Keep the child at rest. DO NOT apply ice. Loosely splint the injured area and keep it at rest, positioned at or slightly below, the level of the heart. Try to identify the snake, if you can do so safely.

Emergency Numbers:

Emergency Rescue- 911

Doctor: _____

Poison Control: _____

Police: _____

Fire: _____

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 School Resumes	4	5	6	7	8
9	10	11	12	13	14	15
16	17 No School	18	19	20 ***Policy Council 5:30pm***	21	22
23	24	25 Opposite Day	26	27 Men That Care Day	28 No School Professional Development Day	29
30	31		**When you see this be one of the first 5 callers to dial 699-6843 after 7:15 and speak to Crystal to win a prize!**			

February is Dental Health Month

Every child needs to learn is brushing his or her teeth. Helping your child get in the habit of brushing twice a day can be difficult but is so important for their long-term dental health. Here are some tips to make dental health a priority in your family.

Have 4 Minutes of Fun

Have your child brush for 2 minutes, twice per day. While you brush turn on their favorite song to make it fun.

Start a Routine and Stick to It

You may be tempted to let your child skip brushing after a long day or during times when your normal schedule is off (like vacation) but keep at it. The more second nature brushing becomes the easier it will be to make sure your child is brushing twice a day for two minutes.

Reward Good Brushing Behavior

What motivates your child? If its stickers, make a reward chart and let him add one every time he brushes. If he's a reader, let him pick out the bedtime story. Maybe it's as simple as asking to see that healthy smile, saying "I'm so proud of you" and following up with a huge high five.

Characters Count

Who is the character your child can't get enough of? Many children's shows and books, including *Sesame Street*, have stories about brushing. Watch and read them together, so when it's time to brush you can use that character as a good example.

Make Up a Story

Haven't found a story or character to inspire your child? Make up your own. Your child just might be the only superhero who can brush away the bad guys that cause cavities.

Go Shopping

Let your child pick out his own toothbrush and toothpaste. Choosing a character toothbrush might make brushing more fun, and fluoride toothpastes come in a variety of flavors and colors.

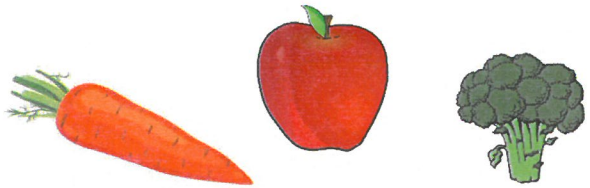
Make Brushing a Family Affair

Your children learn from you, so set a good example. The family that brushes together has even more reason to smile.

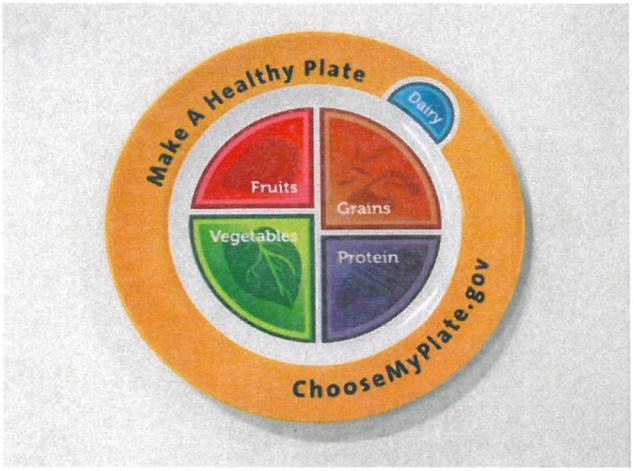
Please contact the Health Coordinator or your Family Engagement Coordinator if you need assistance finding dental care for your family.

February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Groundhog Day	3	4 **Wear Red Day**	5
6	7	8	9	10 SWEETHEART DANCE	11 No School Professional Development Day	12
13	14 Valentine's Day	15	16	17 **Policy Council 5:30pm**	18 Pet Slide Show Day	19
20	21 No School	22	23	24	25	26
27	28 Reading Takes You Everywhere Day Crazy Sock Day					



Healthy Habits



Visit www.choosemyplate.gov for activities and recipes

10 Tips: MyPlate Snack Tips for Parents

Snacks can help children get the nutrients needed to grow and maintain a healthy weight. Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger.

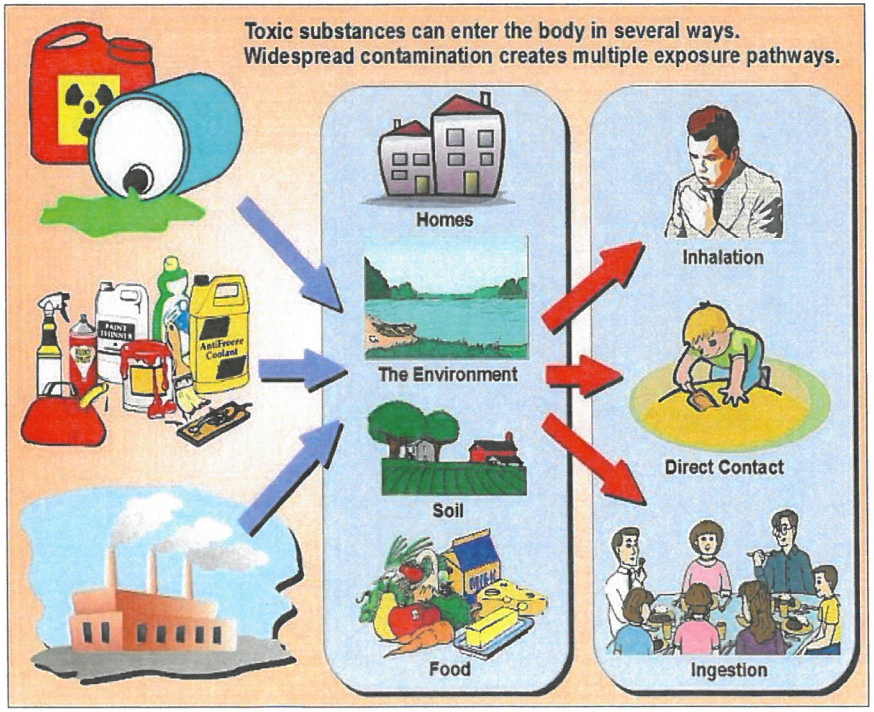
1. **Save time by slicing veggies**
   Store sliced vegetables in the refrigerator and serve with dips like hummus or low-calorie dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.
2. **Mix it up**
   For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.
3. **Grab a glass of milk**
   A cup of low-fat or fat-free milk or milk alternative (soy milk) is an easy way to drink a healthy snack.
4. **Go for great whole grains**
   Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.
5. **Nibble on lean protein**
   Choose lean protein foods such as low-sodium deli meats or unsalted nuts. Wrap sliced, low-sodium deli turkey around an apple wedge. Store hard-cooked (boiled) eggs in the refrigerator for kids to enjoy any time.
6. **Keep an eye on the size**
   Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.
7. **Fruits are quick and easy**
   Fresh, frozen, dried, or canned fruits can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served.
8. **Consider convenience**
   A single-serving container of low-fat or fat-free yogurt or individually wrapped string cheese can be just enough for an after-school snack.
9. **Swap out the sugar**
   Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.
10. **Prepare homemade goodies**
    For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce for half the amount of fat.

March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Hats Off to Reading Day Crazy Hat Day	2 Wacky Wednesday	3 No School Parent-Teacher Conferences	4 No School Parent-Teacher Conferences	5
6	7	8	9	10	11	12
13 Daylight Savings Time Begins	14	15	16	17 **Policy Council 5:30pm** St. Patrick's Day	18 No School Professional Development Day	19
20 *First Day of Spring* 	21 No School **Spring Break**	22 No School **Spring Break**	23 No School **Spring Break**	24 No School **Spring Break**	25 No School **Spring Break**	26
27	28	29	30	31 Wear your Favorite Color National Crayon Day 		

What Can You Do to Prevent Exposure to Environmental Hazards?

- Prevent asthma at home by decreasing dust, cleaning up mold, and controlling pet dander.
- If your home was built before 1978, have it tested for lead.
- Damp-mop floors, damp-wipe surfaces, wash your child's hands, pacifiers, and toys frequently.
- Avoid smoking and drinking alcohol if you are pregnant.
- Learn about safe fish eating.
- Make sure your child gets regular vaccines.
- Know when & where air pollution may be bad and avoid it.



April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2
3	4 Music Monday	5 Tasty Tuesday	6 Work Together Wednesday	7 Artsy Thursday	8 No School Professional Development Day	9
10	11	12	13	14	15 No School **Good Friday** All Sites	16
17 	18 No School **Easter Monday** All Sites	19	20	21 National High Five Day	22 Earth Day 	23
24	25	26	27	28	29 International Dance Day	30

Preparing for Kindergarten

Tazewell-Woodford Head Start will help you prepare for your child's Kindergarten Registration. We will notify you of the process at your child's school and when registration is being held.

Each school is different. Some will have you just register, and others may have your child participate in a developmental screening.

If you do not know which school your child will attend, please ask for help.

When your child transitions to kindergarten, Tazewell-Woodford Head Start will share your child's assessments with your child's teacher. This helps teachers know about your child's growth and development.

If you have any questions, please ask! We are here to help you during this exciting time for you and your child.

As your child goes to kindergarten…

Stay involved!

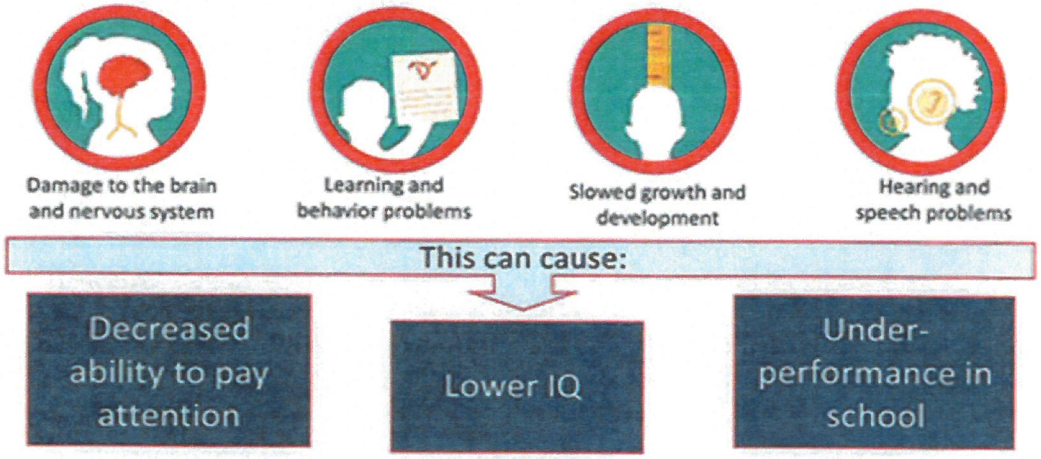
Please always remember you are your child's first and most important teacher!

May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Mother's Day Event	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18 Head Start's Birthday	19 ***Policy Council 5:30pm***	20	21
22	23	24	25	26	27	28
29	30 Memorial Day	31	**When you see this be one of the first 5 callers to dial 699-6843 after 7:15 and speak to Crystal to win a prize!**			

Prevent Childhood Lead Poisoning

Exposure to lead can seriously harm a child's health:



Reduce Your Child's Risk:

- Talk with your child's doctor about a simple blood lead test. All children should be tested twice before age two.
- Houses built before 1978 are likely to contain some lead-based pain. Chipping and peeling paint pose the highest threat.
- Regularly was children's hands and toys. Remove recalled toys and discard appropriately.
- Renovate Safely. Common renovation activities can create hazardous lead dust.
- Other sources of lead exposure include imported folk medicines, food, cookware, toys and cosmetics.
- Parents, whose jobs or hobbies involve working with lead-based products such as construction work, stained glass, battery plants, making bullets or using a firing range, can also be as source of lead poisoning for a child.

June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Flag Day	15	16	17	18
19 Happy Father's Day!	20	21 1st Day of Summer	22	23	24	25
26	27	28	29	30		

Summertime Fun!

Go for a walk and talk about thing in nature.

Find sticks, rocks, listen to the birds, etc.

Make your own book about your summer.

Dance!

Turn on some music and dance around the house.

Make up rhymes with your child's name.

Remember, play is a child's work and how they learn about the world around them.

Let your kids get messy!

Use paint, play in the mud or sand…and

HAVE FUN THIS SUMMER!

Have a picnic.

Play "Simon Says" and "Hide and Seek"

Create an obstacle course in your backyard or house.

Sign up for Storytime at your local library.

Make a strawberry smoothie with fruit and yogurt.

July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Safety on the Move

REAR-FACING SEATS
In the back seat from birth to the height or weight limit of the seat. Recommended up to 2 years old, but at a minimum age 1 and 20 pounds.

FORWARD-FACING TODDLER SEATS
In the back seat when the child has reached the height or weight limit of the rear-facing seat to about age 4 and 40-65 pounds.

BOOSTER SEATS
In the back seat from about age 4 to at least age 8.

SAFETY BELTS
At age 8 and older and taller than 4'9".

All children age 12 and under should ride in the back seat.

*Illinois Law requires a child be rear facing until the age of 2.

Never leave a child unattended in the car!

LOOK BEFORE YOUR LOCK!

- When biking, always wear a helmet.
- Ride bicycles on the sidewalk when available.
- Wear reflective clothing.
- Children should not cross the street alone.
- Teach and practice – Stop, Look and Listen before crossing the street.

Head Start Centers

Head Start Family Center
Administrative Office
233 Leadley Avenue
East Peoria IL 61611
309-699-6843

Creve Coeur Site
LaSalle School
300 North Highland Ave.
Creve Coeur, IL 61610
(309) 699-6843

Robein Site
Robein Elementary School
200 Campus Ave.
East Peoria, IL 61611
(309) 699-6843

Pekin Site
Pekin Family Education Center
1000 Koch Street
Pekin, IL 61554
(309) 347-1971

Eureka Site
Roanoke Mennonite Church
1195 County Road 1600E
Eureka, IL 61530
(309) 699-6843

Washington Site
John L. Hensey School
304 East Almond Dr.
Washington, IL 61571
(309) 699-6843