



TAZEWELL  
WOODFORD  
HEAD  
START

2023-2024

# FAMILY CALENDAR

CREVE COEUR, EUREKA, FAMILY CENTER,  
HENSEY & ROBEIN





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.

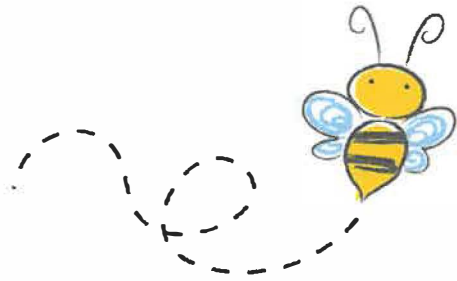




# August 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11 Health Clinic 8:00a.m.-12p.m. @ Family Center 	12
13	14	15	16  Orientation 6:00p.m.-7:00p.m.	17  Orientation 11:00a.m.-12:00p.m.	18	19
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 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>When you see this  be one of the first 5 callers to dial 309-699-6843 after 7:15 to win a prize!</p>					1	2
3	4  <u>No School</u>  Labor Day	5	6	7	8  Grandparent's Day Event 	9
10  Grandparent's Day	11 Dental Sealants 9-1 @ FC  	12 Dental Sealants 9-1 @ FC  	13	14	15	16
17	18	19  Offsite PC @ 5:30	20	21  Family Center PC @ 5:30	22  <u>No School</u> Professional Development Day	23  Autumn Begins 
24	25  Eureka PC @ 5:30	26	27  	28	29	30

# SAFE AND SPOOKY HALLOWEEN KIDS EDITION

## PARENTS GUIDE FOR CHILDREN SAFETY DURING HALLOWEEN

### STAY WELL LIT.

Apply reflective tape to your child's costume, carry a flashlight or a glow stick. Keep your path lit and ensure you're seen by drivers on the road.

### PICK YOUR MASKS CAREFULLY

Sometimes, masks only have the smallest slits for the eyes and breathing holes. Don't hesitate to cut out larger openings for your trick-or-treater's comfort.

### WEAR COMFY SHOES.

When walking a great deal, comfy shoes are a must! Any and all shoelaces should be double-knotted to ensure that nobody trips in the dark!

### PICK A PRACTICAL TREAT BAG.

A good solution is for kids to use a pillowcase that they can sling over their shoulder, or a backpack that keeps hands free to use a flashlight.

### PLAN A ROUTE IN ADVANCE

Halloween is exciting, but kids aren't as fun they're tired and cranky! Be sure to map out a route before you take off.

### WALK, DON'T RUN.

Keep everybody safe by taking your time, looking both ways before you cross the street and avoiding contact with other trick-or-treaters.

### CHECK YOUR CHILD'S CANDY.

Dispose of any candy that is not in its original wrapper, or looks as though it has been opened. Only eat treats that are still in their original, unopened wrapper.

### AVOID TOXIC PAINT

Not all face paint is non-toxic. Check before you buy an apply.

### TRACK YOUR CHILD WITH LEELOU APP

You can actually track your child with Leelou. In case of any emergency you will be able to know their location and get to help them right away.



# TOP 7

## Halloween PET SAFETY TIPS

### 1. KEEP CANDY AWAY FROM YOUR PET!

Most people know that chocolate is toxic to dogs, but many pet owners forget that other types of candy can prove dangerous as well. Instead of taking an unnecessary risk by feeding your pet candy — offer your pet a treat, such as Bonias or Kitty Kavat.

**NO**



### 2. COMFORTABLE COSTUMES

Costumes can be an unnecessary source of stress and anxiety for pets. Get your pet to love their costume by keeping them relaxed with calming treats and supplements.



### 3. DANGEROUS DECORATIONS

Jack-o'-lanterns and dry ice can make for a fantastically spooky atmosphere — but they can also put your pet in serious danger. Instead, decorate with plush toys and other pet-friendly ornaments.



### 4. STAY VISIBLE WHILE OUTSIDE

Lights and colors can help ensure that drivers see your pet at night. Use brightly colored costumes, safety vests, or visibility lights to ensure your pet can be seen.



### 5. KEEP YOUR PET RELAXED

The havoc of Halloween can be stressful on its own. Keeping pets inside can help, but if the noise proves to be too much, consider getting a calming pheromone diffuser to make your pet feel at home despite the noise.

### 6. USE ID TAGS

Whether outside or indoors, Halloween festivities may scare or startle your pet and cause them to run away. Ordering a GPS tracker or ID tag can help reunite you both if he gets lost amidst the chaos.



### 7. KEEP CATS INDOORS

With drivers distracted by the festivities and mischief made by cats and wagons, it's a good idea to keep your cat indoors to avoid potential dangers. There, you can keep your cat's attention with catnip or a fun scratching post or cat tree.



\*We hope that these tips help you keep your pet safe this holiday. How do you plan to keep your pet safe this Halloween?





EntirelyPets.com

These safety tips brought to you by EntirelyPets Halloween Central.



# October 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Drawing for Completed Health Records 	3	4	5	6	7
8	9 <u>No School</u> Indigenous People's Day	10	11 Eureka Picture Day 	12	13	14
15	16 Pyramid Model Parent Workshop National Bosses Day	17	18 FC/Offsite Picture Day 	19	20 <u>No School</u> Professional Development Day	21
22	23	24 Policy Council @5:30pm	25	26 All Treats No Tricks Community Night 6-7 	27	28
29	30 Pyramid Model Parent Workshop	31 				



# 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.

## Fruit Cornucopias

### Ingredients

- 4 waffle cones
- ½ apple sliced
- 2 mandarins peeled, segmented
- 1 cup green seedless grapes

### Instructions

Fill cones with apples, mandarins, and grapes.

Please on serving tray.

Enjoy



## 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 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>When you see this  be one of the first 5 callers to dial 309-699-6843 after 7:15 to win a prize!</b>			1	2 <u>No School</u>  Parent-Teacher Conferences	3 <u>No School</u>  Parent-Teacher Conferences	4
5  Daylight Savings End 	6	7	8	9	10 <u>No School</u>  Observing Veteran's Day	11  Veteran's Day 
12	13  Pyramid Model Parent Workshop	14	15  Picture Retake (FC/H/R/E/CC) 	16	17	18  Eat Healthy, Stay Active Parent Training 
19	20 CC Family Feast @ Pekin location 	21 FC/Hensey/Robein Family Feast @ FC Eureka Family @ Feast 	22 <u>No School</u> Fall Break	23 <u>No School</u> 	24 <u>No School</u> Fall Break	25
26	27	28	29 	30		

# 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 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Policy Council @ 5:30pm	6	7	8	9
10	11	12	13	14 Holiday Event	15	16
17	18 Holiday Wear 	19 Holiday Hats & Hair 	20 Holiday Socks 	21 Pajama Day 1st Day of Winter 	22 <u>No School</u> Professional Development Day Ugly Sweater Day 	23
24 Christmas Eve	25 <u>No School</u> Winter Break Christmas Day 	26 <u>No School</u> Winter Break	27 <u>No School</u> Winter Break	28 <u>No School</u> Winter Break	29 <u>No School</u> Winter Break	30
31 						



# 10 Healthy Habit for Kids



Be Active



Practice having a growth Mindset



Prioritize Sleep



Read Daily



- ✔ Yes to Water
- ✘ No To Soda



Eat lots of Veggies/fruits



Take daily walks



Limit highly processed food & drinks



Limit Screen Use



Practice good oral hygiene



# January 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <u>No School</u> <b>Winter Break</b> New Year's Day	2 <u>No School</u> <b>Winter Break</b>	3 <u>No School</u> <b>Winter Break</b>	4 <u>No School</u> <b>Winter Break</b>	5 <u>No School</u> <b>Winter Break</b>	6
7	8 <u>No School</u> Professional Development Day	9 School Resumes	10	11	12	13
14	15 <u>No School</u>  MARTIN LUTHER KING JR.	16	17	18	19	20
21	22	23  Policy Council @ 5:30pm	24	25	26	27
28	29	30	31 	When you see this  be one of the first 5 callers to dial 309-699-6843 after 7:15 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**

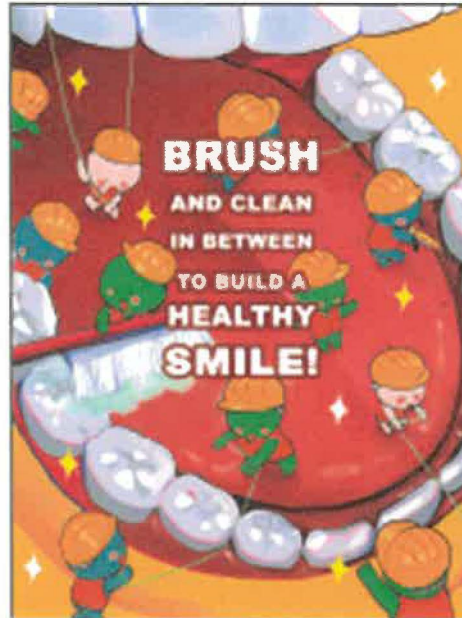
Have your child brush for 2 minutes, twice per day. While you brush turn on their favorite song to make it fun.

## **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**

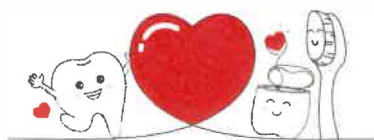
Let your child pick out his own toothbrush and toothpaste. Choosing a character toothbrush might make brushing more fun, and fluoride toothpastes come in a variety of flavors and colors.

## **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 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Groundhog Day	3
4	5	6		8	9 <u>No School</u> Professional Development Day	10
11	12	13	14 Valentine's	15 Sweetheart Dance 6-7	16	17
18	19 <u>No School</u> President's Day	20	21	22	23	24
25	26	27 Policy Council @ 5:30	28	29 <u>No School</u> Parent-Teacher Conferences		

# + First Aid

## Basic Rules:

- Do not move the patient.
- If the patient is unconscious 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 relieve 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 if 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: \_\_\_\_\_



# March 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <u>No School</u> Parent-Teacher Conferences	2
3	4 <b>READ</b>  Wear <b>Red</b> or <b>Blue</b>	5 <b>ACROSS</b>  Wear Stripes or Hat	6 <b>AMERICA</b>  Wacky Day	7 <b>WEEK</b>  Wear <b>Green</b>	8 <u>No School</u> Professional Development Day	9
10 Daylight Savings Time Begins 	11	12	13	14	15	16
17 St. Patrick's Day 	18	19 Policy Council @ 5:30pm	20 	21	22	23
24	25 <u>No School</u> <b>Spring Break</b>	26 <u>No School</u> <b>Spring Break</b>	27 <u>No School</u> <b>Spring Break</b>	28 <u>No School</u> <b>Spring Break</b>	29 <u>No School</u> <b>Good Friday</b> All sites Closed	30
31 	 <b>When you see this be one of the first 5 callers to dial 309-699-6843 after 7:15 to win a prize!</b>					



## IN THE KNOW Tobacco

*What is Tobacco?*  
Tobacco is a green leafy plant that is dried and ground up for use in tobacco products like cigarettes, cigars, snus and dip.

*What is Nicotine?*  
- Highly addictive substance in tobacco  
- More addictive than heroin  
- The brain craves more to "feel normal"

### EFFECTS OF Continued Use

- INCREASED HEART RATE
- SLOWED CIRCULATION
- HEADACHES
- BAD BREATH
- STAINED, ROTTED TEETH
- YELLOWED FINGERS
- WRINKLED SKIN

### DISEASES CAUSED By Long-Term Use

- LUNG CANCER
- HEART DISEASE
- ORAL CANCER
- EMPHYSEMA
- ARTERIOSCLEROSIS
- STROKES
- KIDNEY DISEASE
- PANCREATIC CANCER

### KILLER TOBACCO

- Leading preventable cause of death in the U.S.
- Responsible for over 440,000 deaths each year

### WHAT'S IN CIGARETTE SMOKE?

Over 7,000 chemicals

- Formaldehyde- used to preserve dead bodies
- Arsenic- Ancient method of poisoning
- Ammonia- Floor and toilet cleaner
- Cadmium- Used in rechargeable batteries
- Acetone- Abrasive nail polish remover

### THE COST OF TOBACCO

Over 20 years, 2 packs a day will cost a smoker over \$100,000.

### NON-SMOKERS AND SECOND-HAND SMOKE

- Increases risk for heart disease and lung cancer by 30%
- 300,000+ Infants and toddlers suffer pneumonia and bronchitis each year
- 48,000+ smoking related deaths each year

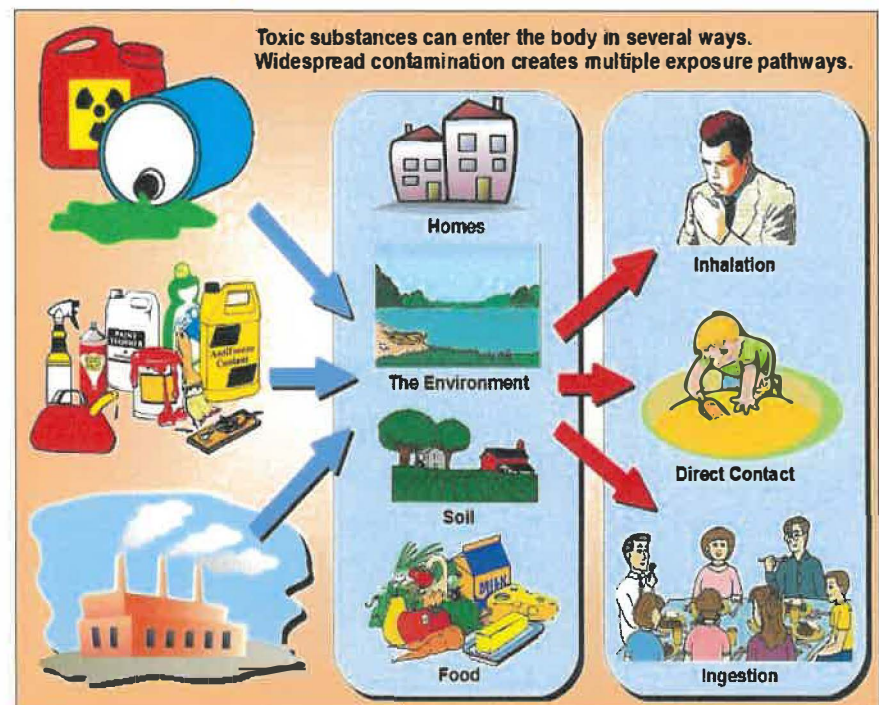
### GETTING HELP

The best thing you can do is stay away from tobacco. If you are already hooked, there are lots of resources to help you "kick the habit." Talk to a counselor or doctor to start your road to recovery.

## Quit - or Better Yet - Don't Start!

## 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 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <u>No School</u> <b>Easter Monday</b>  April Fool's Day	2 <u>No School</u> <b>*School Resumes</b>	3	4	5	6
7 	8   <b>Music Monday</b>	9   <b>Tasty Tuesday</b>	10   <b>Work Together Wednesday</b>	11  Art Walk @ FC   <b>Artsy Thursday</b>	12 <u>No School</u> Professional Development Day  <b>Family Friday</b> 	13
14	15	16	17	18	19	20
21	22   <b>Earth Day</b>	23  <b>Policy Council @ 5:30pm</b>	24  Administrative Professional's Day	25	26	27
28	29	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 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>When you see this  be one of the first 5 callers to dial 309-699-6843 after 7:15 to win a prize!</p>			1	2  Pekin Community Fair	3	4
5	6 	7 Staff Appreciation Day	8 May Day	9 Kindergarten Send Off 5:30-6:30 	10	11
12 	13	14 Policy Council@ 5:30pm	15	16	17  Last Day of School!	18
19	20 <u>No School</u> Professional Development Day	21	22	23	24	25
26	27 <u>No School</u> Memorial Day	28	29	30	31	

# Prevent Childhood Lead Poisoning

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



Damage to the brain  
and nervous system



Learning and  
behavior problems



Slowed growth and  
development



Hearing and  
speech problems

This can cause:

Decreased  
ability to pay  
attention

Lower IQ

Under-  
performance in  
school

## 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



Regularly wash children's hands and toys. Remove recalled toys and discard appropriately.



Other sources of lead exposure include imported folk medicines, food, cookware, toys and cosmetics.



Houses built before 1978 are likely to contain some lead-based paint. Chipping and peeling paint pose the highest threat.



Renovate Safely. Common renovation activities can create hazardous lead dust.



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 a source of lead poisoning for a

child.



# June 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 D-Day	7	8
9	10	11	12	13	14  FLAG DAY	15
16 	17	18	19 Juneteenth	20 Summer Begins 	21 <u>Shut Down</u>	22
23	24 <u>Shut Down</u>	25 <u>Shut Down</u>	26 <u>Shut Down</u>	27 <u>Shut Down</u>	28 <u>Shut Down</u>	29
30						



# 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.







# July 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <u>Shut Down</u>	2 <u>Shut Down</u>	3 <u>Shut Down</u>	4 <u>Shut Down</u> 	5 <u>Shut Down</u>	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			

# Summertime Fun!

Go for a walk and talk about  
thing in nature.

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

Make up rhymes with  
your child's name.

Play "Simon Says" and  
"Hide and Seek"

Sign up for Storytime at your  
local library.

Make your own book about  
your summer.

Dance!

Turn on some music  
and dance around the  
house.

Have a picnic.

Create an obstacle course in  
your backyard or house.

Make a strawberry smoothie  
with fruit and yogurt.



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!

# 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