

HEAD START

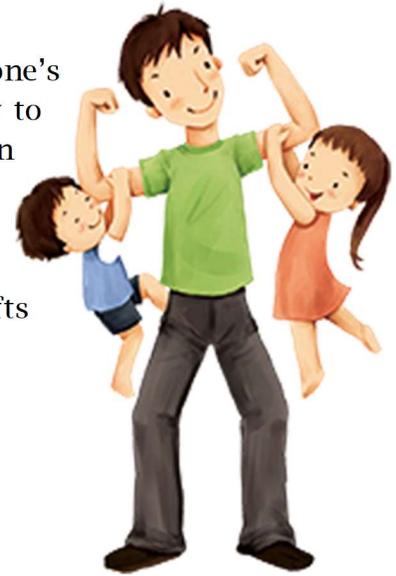
Director's Note

HAPPY HOLIDAYS TO ALL OF OUR FAMILIES, CHILDREN AND STAFF!

Continue to Count Your Blessings

I am certain everyone is ready for this winter break to start! As we roll into the new year let us all focus on new beginnings and a fresh start in 2021. Focusing on the blessings all around us as we look for the bright spots in our lives will hopefully bring some hope and joy to everyone.

Enjoy this special time with your family and friends. Everyone's holiday may look a little different, but I hope you can try to experience this special time through the eyes of the children around you. It is the simple things that often bring the most joy. Spending that extra time to sit down and read a story, to bake cookies, hold a hand, give an extra hug or take a walk with your child are meaningful. Those are the gifts that create memories and cost absolutely nothing!



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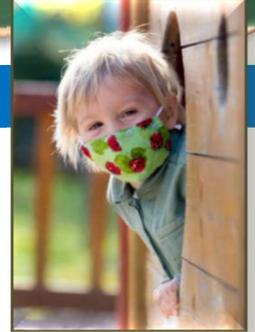
DEC 2020



South Central Iowa
Community Action Program

Health & Nutrition

Preschooler Face Mask Tips



While wearing masks is something new for all of us, toddlers and preschoolers respond well to the safety and security of daily routines.

Masks have become part of daily life for toddlers and preschoolers (aged two years and up). Looking for ideas to help your child understand the why's and when's of mask-wearing? We've put together our top tips for masking up with your little one:

EXPLAIN

the why for wearing a mask, but keep it simple and not scary: "We are wearing masks to keep our coughs and sneezes in while we are at the store."

INTRODUCE

the mask during playtime. Use pretend play to help your child get used to the mask if wearing one is new. "Let's play grocery store. We have to get ready! We have to get our bag and we need to put on our masks!"

FRAME

the mask as a big kid thing. There's nothing that littles like better than being big. Remind your child that only big kids get to wear masks out at the store. Some friends of ours took this approach and their three-year-old proudly wore a mask for a trip to the hardware store.

OFFER

choices, if possible. Toddlers and preschoolers are known for seeking independence, and sometimes this means they push back against any clothing you offer (they want the dinosaur t-shirt when you picked the stripes). You can head this off at the pass by letting them choose between two child-sized masks.

REMIND

your child about what's going to happen before you leave: "We are going to the supermarket. When we get there, we will put our masks on in the car. We will wear our masks the whole time we're shopping. When we get in the car to go home, we'll take them off again." (Or whatever your family practice is, as some families keep masks on in the car.)



REVIEW

the rules when you arrive. Since toddlers and preschoolers have a limited memory and limited self-control, you'll want to review what's going to happen when you arrive at the market. As you are putting on masks, remind your child: "We'll wear the masks the whole time we are in the store. When we are done and back in the car, we can take them off again."

PREPARE

yourself for mask fails. Toddlers and preschoolers just don't have the same self-control as adults. They will get excited and pull their masks down to tell you about the flowers in the floral department. They will dance down the aisle and their masks will fall off. They will just get bored or frustrated with having a face covering on. All of this is normal. Rather than getting upset or scaring children about the possibility of getting sick, it's best to focus on the routine: "We have to wear our mask in the store to stay healthy."

When mask fails happen (and they will happen), remind your child about your "family mask rule." Point out your own mask and gently replace the mask on your child's face. If your child shares that the mask is uncomfortable, it's okay to validate that sometimes masks do feel itchy or hot., Then re-direct your child's attention to something nearby: Can they find a box of cereal that's orange? Can they show you where the apples are? Would they like to push the cart down the aisle?



While wearing masks is something new for all of us, toddlers and preschoolers respond well to the safety and security of daily routines. If masks are consistently part of your family's "going out" routine, over time, children will adjust and go with the flow.

*Information obtained from zerotothree.org

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FYI...

Our Head Start centers
(not collaboration sites)
will be closed for
In-Service Training
on February 4th & 5th



January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1 New Year's Day*	2
3	4	5	6	7	8	9
10	11	12	13	14	15 In-Service (tentative)	16
17	18 Martin Luther King Day	19	20	21	22	23
24	25	26	27	28	29	30

Events

Jan 1st.....New Year's (Head Start Holiday Observed)
~~Jan 5th~~.....In-Service **Now Scheduled for Feb 4th-5th**
 Jan 31st.....Bus Evacuation Drill completed and sent to Transportation Specialist
 Jan 31st.....Heights and weights completed, if needed
 5 days before.....EHS Socialization lesson plan sent to Central Office

