EDUCATION

The Need to Plan

By: Robin Kolumban, M.Ed.

Have you, like me, struggled since the onset of the pandemic with not knowing how to plan? Questions such as will school be opened or closed? Can I schedule a vacation? Will I be able to complete that job? have been a constant over the last months.

I have found that the inability to look ahead with any certainty, leaves me feeling unsettled and stressed. I like to write dates on my calendar that I can count on and to know that I can achieve the goals I set for my day. It is a very human need to want to create order when things feel chaotic.

Children, too, feel unsettled when there is a lack of routine. During this pandemic, one of the best things we can do for them is establish routines and rituals for their day and then stick with them. Dr. Laura Markham states “Children, like the rest of us, handle change best if it is expected and发生 is
rest of us, handle change best if it is expected and occurs in the context of familiar routine.” In our classrooms, you will see visual schedules on the wall and referred to with children. Our days follow a typical pattern that we can remind children of when they are upset or need reassurance. You might hear us say, “Look, we are eating a snack now (while we point to the picture) and then mom is coming.” You can create a picture schedule to follow for times at home too. Things like getting ready for school or bedtime are often helpful. There are great benefits for taking the time to establish these routines. Some of these include:

1. They build a foundation of security to navigate if there are changes...we can prepare a child for a change in advance...“Look usually mom comes but today uncle is coming and that will be okay.”

2. They help children begin to look beyond things that are not their favorite to times they enjoy. They begin to understand that naptime is not forever...and they will get to outside time soon because they can anticipate it coming next on their picture schedule.

3. These routines and rituals also offer great times for connection (build in special times to your bedtime routine...maybe it is to read a story, put on pjs and cuddle time). These times are memory makers and are also what children take refuge in when times are hard or unstable. With routines and schedules, we can help children acquire the tools they will need to feel secure in the midst of change and to navigate change in healthy ways.

HEALTH & NUTRITION

Oral Health

Children with healthy teeth are better able to eat, speak, and focus on learning. Children need ongoing oral health care from a partnership between families and oral health professionals (a dental home). 1304.20(a)

Good oral health starts in infancy even when no teeth are present. Begin cleaning your baby’s mouth during the first few days after birth by wiping the gums with a clean, moist gauze pad or washcloth.

As soon as your child’s first tooth appears, it’s time to schedule a dental visit. The ADA recommends that the first dental visit take place within six months after the first tooth appears, but no later than a child’s first birthday. Don’t wait for them to start school or until there’s an emergency. Get your child comfortable today with good mouth healthy habits. Mouthhealthy.org

How Does Health Affect School Readiness?

Children Who Are Physically Healthy Can Fully Participate In Learning

When children have ongoing care and immunizations (a medical home) needed to keep them
healthy, they are more prepared for school. When children are sick, they can access immediate care and return to program activities. Time spent learning leads to academic success.

1304.20(a)

*If you are having difficulty obtaining health or dental care for your child, please contact your Family Support Worker.*

**Proper hand washing** is important to keeping your children and family healthy while at school and home.

- Wash your hands in warm water.
- Use soap and lather (make bubbles) for about 20 seconds with soap.
- Rinse and dry well with a clean towel.
- Sing songs while washing hands. Make it fun!

Wash wash wash your hands, Wash them nice and clean. Scrub the fronts and scrub the backs and scrub the in betweens.

Please keep your child at home if any of these are present:
- Fever above 100.4°
- Excessive coughing, uncontrollable coughing, excessive nasal drainage, difficulty breathing, wheezing, extreme irritability
- Diarrhea more than three times in the last 24 hours
- Vomiting more than once in the last 24 hours
- Mouth sores with drooling
- Rash

**What Is Ringworm?**

Ringworm, which isn't a worm at all, can affect not only the skin, but also the nails and scalp. Ringworm of the skin starts as a red, scaly patch or bump. Ringworm tends to be very itchy and uncomfortable. Over time, it may begin to look like a ring or a series of rings with raised, bumpy, scaly borders (the center is often clear). This ring pattern gave ringworm its name, but not every person who's infected develops the rings.

When ringworm affects the feet it's known as athlete's foot, and the rash, which is usually between a person's toes, appears patchy. In fact, the rashes a person gets with athlete's foot and jock itch may not look like rings at all — they may be red, scaly patches.

Ringworm of the scalp may start as a small sore that resembles a pimple before becoming patchy, flaky, or scaly. It may cause some hair to fall out or break into stubbles. It can also cause the place where the infection is to become swollen, tender, and red.

Ringworm of the nails may affect one or more nails on a person's hands or feet. The nails may become thick, white or yellowish, and brittle. Ringworm of the nails is not too common before puberty, though.

**How is Ringworm Treated?**

Fortunately, ringworm is fairly easy to diagnose and treat. Doctors usually can diagnose ringworm based on how it looks, but sometimes will scrape off a small sample of the flaky infected skin to test for fungus.

If you do have ringworm, your doctor will recommend an antifungal medication. A topical ointment or cream usually takes care of skin infections, but ringworm of the scalp or nails requires oral antifungal medication. Your doctor will decide which treatment is best for you.
It is important to follow the entire treatment plan recommended by your doctor and keep the infected area covered while at school to prevent re-infection.

**NUTRITION**
Children who eat nutritious food during every meal stay healthy and have energy to learn. 1304.23(b)
Incorporate family style eating in your household to help promote healthy eating habits and attitudes toward food. Family style eating allows children to serve themselves from plates or bowls set on the table. Due to COVID-19, we are unable to eat family style in our classrooms. We encourage you to do so at home!

If you have any questions regarding Health and Nutrition, please contact Cindy Shad, Health and Nutrition Specialist at cshad@esu3.org or 402-339-6592 ext 4997

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**COVID-19:**
What you should do if you are a...

**Positive Case:**
- Isolate for at least 10 days *
- Identify and notify all of your close contacts to quarantine

**Close Contact of a Positive Case:**
- Quarantine for 14 days following your last contact with the positive case
or
- Quarantine for 14 days following the positive case's release from isolation (for household members who cannot completely isolate from the positive case)
- Monitor yourself for signs and symptoms
- Identify all of your close contacts; notify if you become symptomatic

**Contact of a Contact:**
- Do not need to quarantine at this time
- Monitor yourself for signs and symptoms
- Quarantine if your close contact becomes symptomatic or test positive

*More information about these recommendations can be found at sarpycasshealthdepartment.org

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**SPECIAL EDUCATION INFORMATION**
Routines help children cope with transitions.
Depending on your child’s temperament, transitions between activities may be easy or more difficult. Going from play to lunch, lunch to the store, the store to home...and especially transitioning to bed time, can be challenging. Routines (like bedtime routines) can help make transitions easier. Some parents use a timer or a “5-minute warning” to prepare their toddlers for a change in activity. Others use a book, song, or special game. Special rituals can also help...
Each day, Leke and his mother count the steps as they walk up to the child care center. They leave his coat and lunch in his cubby. Then they go to the toy area where the other children are playing. Leke picks out a toy. He and his mother exchange “butterfly kisses” and mom waves good-bye.

Not only do routines and rituals make transitions easier for children—they also help ease adults into parenthood. The early stages of becoming a parent can be overwhelming and sometimes put a strain on marriage. Continuing a ritual from your early marriage years (like an evening out or a special vacation spot) can help. In addition, taking a special ritual from your own childhood (such as a book that was read to you, a special breakfast made for you on Saturdays) can bridge your transition from a couple to a family.
Parents! It is time to vote your Policy Council members at your Child School. Contact your Family Advocate for more information.

Policy Council is the parents’ voice in major program decisions, including such things as recruitment, and selection of children, personnel policies, budgets, and funding proposals. Head Start Performance Standards require that every Head Start program has an active Policy Council.

Parent representatives on Policy Council are elected at the beginning of the program year at their Parent Classroom Connection meetings. Each classroom elects parent representatives. Community representatives are people who are interested in the program, such as friends, past Head Start parents, and other community members. They are chosen and approved by Policy Council and the Governing Board. Once approved, they become voting members of Policy Council.

- Free Therapy Sessions

Sarpy County/ESU #3 Head Start will be providing up to five therapy sessions (one in-take and four 50 minute sessions) for families enrolled in our program. If your family (can be an individual or family session) is interested, please contact your Family Advocate or Home Visitor. Sessions can be in person at Jewish Family Service or through a telehealth virtual program. This program is valid through January 31st, 2021. All services must occur on or prior to January 31, 2021.