

Dear Families:

I hope you have all enjoyed the fall and watching how the leaves have beautifully changed from green to those amazing reds, oranges and yellows. Just a reminder, that we will continue to take advantage of the outdoor play space. As the weather gets colder, please be sure to send hats and mittens with the children to school.

Our staff had a Self-Care Day on Monday, November 8th. We enjoyed a day at Gifford Farm and learned ways to better communicate, let go of burdens, build relationships and find gratitude. Our staff have been at the front line during this pandemic. We wanted to take a moment and recognize their hard work and dedication. We want to be sure we are recognizing their need for self-care. Thank you to the parents for their understanding on our unexpected day off from school.

Speaking of self-care.....what does your family do to partake in self-care? Is it playing in a park together, watching a movie, or playing a board game? Not only are these activities that help your family with self-care, but they are great relationships builders. As parents, you are creating memories for years to come during these family activities. I encourage you during the fall and winter breaks to focus on self-care for your families.

Sincerely,

Audra Oestreich Director Sarpy County/ESU #3 Head Start

Kindness is a Muscle By: Robin Kolumban, Assistant Director Sarpy County/ESU #3 HS

During the month of November, we will celebrate World Kindness Day. Kindness is something we should think about as parents and educators every single day. If we want our children to embody care and compassion for others, we need to intentionally convey its importance to us. In 2014, a Harvard study found that kids were three times more likely to say that their parents would be prouder of them if they got good grades than if they were caring people. That is a rather sad finding, we need to tell children with our actions and words "The most important thing to me is that you are a kind person." This value needs to be modeled, practiced and celebrated, Kindness is like a muscle...it must be used to get strong. Here are some ideas to create a culture of kindness in your own home:

\*Do a helping job...even very young children can be helpers by spraying and washing a table, feeding a pet etc.

\*Have everyone draw a family name out of a jar...everyone prepares a letter or picture for the person they drew and hides it under their pillow as a surprise.

\*Make a neighbor or relative some baked goods to share. \*Smile and say "hi" to everyone you pass today. \*Take sidewalk chalk outside and write messages and draw happy pictures to cheer

people up. There are so many ways to show kindness! So flex those kindness muscles on World Kindness Day and every day!

November is National Early Literacy Month! Here are some tips for reading with your child:

. Be consistent. Whether it's one book per day or 15, try to make reading a part of your regular routine. And while you're at it, you don't have to read different books each time you sit down. Kids love hearing the same stories over and over again – and they learn through this type of repetition.

- Take your time. Be sure to leave enough time to read versus sneaking it in or – worse – making it a chore. Of course, you won't have loads of time each day to read, so some quickies are just fine. However, your child should see reading as a dedicated activity and one that you give your full attention to.

- Make it fun. Use different voices for characters, pauses, songs, or other dramatics to make the story come to life. Reading with flair will help your child better understand the story. It also provides a good model of expressive and fluent reading for kids who have begun reading by themselves. .

Point out connections. Children love applying stories to their own lives. It not only makes the text more meaningful, but it also may help your child cope with different situations they encounter in their everyday experience. Point out those connections to your child. Note where the character was brave about that monster beneath their bed. Applaud the character who used the potty for the first time. .

Don't stop with books. Any exchange of words is beneficial to kids. So, if you're uninspired by books one night, turn to telling stories. You can also look at pictures and talk about what you see or ask your child to be the storyteller. Anything that gets language flowing between you and your child is golden.

### Why are dental visits important for Head Start Kids?

The sooner children begin getting regular dental checkups, the healthier their mouths will stay throughout their lives. Early checkups help prevent cavities and tooth decay, which can lead to pain, trouble concentrating and other medical issues. Youngsters with healthy teeth chew food easily, learn to speak clearly and smile with confidence.

The American Dental Association and the American Academy of Pediatrics say that every child should visit a dentist by age 1 - or as soon as the first tooth appears. This "well baby visit" teaches parents and caregivers how to care for their children's teeth and help them remain cavity-free.

For example, pediatric dentists see many young patients with cavities that came from falling asleep with a bottle of milk or juice. The dentist can tell the parent or caregiver:

- Why this causes decay

The importance of encouraging children to drink milk, water and juice from a cup as they approach their first birthday

- How to brush young teeth.

Dentists also encourage mothers to stop on-demand nighttime breastfeeding, after the child's first teeth come through.

Tooth decay is the most common chronic disease among children in the United States. The Centers for Disease Control and Prevention (CDC) reports that more than 40 percent of children have decay by the time they reach kindergarten.

The Center for Pediatric Dentistry provides gentle, expert care to all children through age 18. Specialty clinics offer comprehensive services for children with special needs and those who have medical problems, such as cancer.

#### Holiday Assistance Programs ~

Thanksgiving Program is called Turkey N Fixin's. Beginning November 2nd, community members can come to the Timberlake Outreach Center, or the Council Bluffs Outreach Center and receive a turkey OR a ham, along with some other traditional Thanksgiving specific foods as a part of their once a month shopping time. Please note, we can only give one turkey OR one ham PER address. This Holiday Assistance Program will run Tuesdays - Saturdays Nov 2nd through Nov 24th. You will need to have a current piece of mail with you when you come.

The Feed the Multitudes program is a partnership with Bellevue Christian Center. This will be a Drive-Thru Event with containers to go of a Traditional Turkey dinner. The pre cooked meal will contain Turkey, stuffing, mashed potatoes, green beans, and corn. We will put gravy and cranberries in its own containers. People will be able to take the full meal home and heat it up when they are ready to eat! There will be bonus food items such as bread, soda, dessert and snacks. This will be a FREE Drive-Thru event on Saturday, November 20th, from 11:30 am-2:30 pm located at the Garland Thompson Men's Center. Follow the traffic flow.

. Please come according to your LAST NAME

A-L 11:30 AM - 1:30 PM

M-Z 1:30 PM - 2:30 PM

Our Christmas Program is called Project Santa. Beginning December 1st, community members can come to the Timberlake Outreach Center, the Council Bluffs Outreach

Center or the Elkhorn Outreach Center and sign up their children that are ages newborn - 12 years old to receive toys for Christmas. This should be done during your once a month shopping time. Please note, each child can only be signed up ONCE for this program. This Holiday Assistance Program will run Tuesdays - Saturdays December 1st through December 23rd. To sign your children up for Christmas gifts, we ask that you:

- \* Bring your ID
- Bring a current piece of mail
- Bring Social Security cards for each child (ages newborn to 12 years old) that you want to sign up to receive gifts

We'd also like to remind you that the wait time may be longer than normal due to people signing up for our Holiday Assistance Programs. Oftentimes, the line is much longer in the morning than it is in the afternoon, so we'd suggest coming in the afternoon if possible. We are open Tuesdays - Saturdays. We open to shoppers at 10am and will check the last shoppers in at 3:30pm because we close at 4pm. Thank you so much for the opportunity to serve you! Have a God Blessed Day!

SALVATION ARMY: The Salvation Army Angel Tree - Nov 4th -19th 9am-4pm

Online at [saangeltree.org](http://saangeltree.org)

May you celebrate the many blessings you have in the company of those you love this Thanksgiving!