

SIU Carbondale Head Start Family Connections Newsletter November 2023

Welcome from the FCP Staff

We want to take this time to thank all of the parents and families for being involved in our program. Your participation is very important.



Celebrating Literacy Month

This month we are inviting our community partners and friends to read stories at all of our centers during the month of November! We have had such an overwhelming response, we are extending the reading celebration through December and the remainder of the program year. Thank you for all of your support.



2023 Annual Family Fall Fest

The event was a huge success. Over 200 adults and children attended. Thank you families, staff, and community partners for your help and support. There are more events planned throughout the program year. We look forward to seeing you soon!

Joyce Guy
Family Community
Partnerships Coordinator

From the Director's Desk—Dr. Lea Maue

Happy November to all of our Head Start families! It is the time of year to focus on gratitude, and I'm truly grateful for the many gifts and talents of our families, children, and staff. I hope you were able to attend the fall festival at the end of October. What a great day for a fun outdoor activity! We had over 200 families, staff, and community partners attend. Parent and community participation is an important part of the Head Start philosophy. Please consider spending some time at the center with your child. Your involvement can help improve your child's educational outcomes and ultimate success in kindergarten.

A reminder. . . as the seasons change here in Southern Illinois, please make sure your child has warm clothes for playing outside such as a hat, coat, and gloves. Head Start children will play outside when temperatures are above 25 degrees (with wind chill). Thanks for your continued dedication to your child's success, and I wish everyone a happy and healthy holiday!



Get to Know. . .Alison Horton

My name is Alison Horton. I am 47 years old and married with five children. I have three boys and two girls and eight grandchildren —four boys and four girls. I have 26 years as a Certified Nurses Assistant and am also employed with Centerstone as a Direct Support Professional in a group home. I like taking clients on outings, shopping trips, and to the park. I have been employed with SIU Carbondale Head Start for three years as a Child Care Assistant. This year, I transitioned to a Child Care Development Associate at the Murphysboro Head Start center and am currently pursuing my associate's degree in Early Childhood Education. My future plan is to receive a Bachelor's Degree and to one day have my own day care center.

I enjoy reading to the children, and I learn when they are learning. What I like most about our program is that I have a chance to learn so much about the different families and how they share information about their culture and their family traditions. I have a great time doing the nutrition activities each month because I learn how much the children enjoy cooking and how independent they can be. My hobbies are crocheting, babysitting my grandbabies when I have time, baking desserts, and spending time with family and friends.

Thank you, Alison for your work with the children and families at the Murphysboro Head Start Center.



Simple Self-Care Tools for Parents

Many parents are overworked and exhausted. In fact, a recent study showed that single parents work an average of 98 hours per week! Parents also survive with minimal free time. The average single parent only gets 17 minutes of free time each day. It is essential that parents care for themselves and their own well-being because any effort put into self-care also has huge payoffs for the child. When parents “fill their own cups,” they have more patience, energy and passion to spread to their families. Here are a few self-care strategies to help parents strengthen relationships, be compassionate toward themselves, and renew their energy:

- Listen to uplifting music
- Schedule an uninterrupted hour with a close friend- go for coffee, dinner, or a walk
- Color a picture from a coloring book by yourself or with your child
- On a piece of paper, write down 3 things that are weighing on you. Then write down ideas of how to relieve your stress.
- Each day, write down one thing you are thankful for
- Make a list of three things you are looking forward to in the near future
- Write down a goal for the week and break it into small steps in order to achieve it
- Look at your schedule for each day and see if there is an activity that can be put off to a later date or someone can help you complete

If you are in need of more mental health resources or would like to talk to our mental health consultants, please contact your community worker.

Source: <https://www.psychologytoday.com/us/blog/joyful-parenting/201708/25-simple-self-care-tools-parents>

Community Resource of the Month

Centerstone of Illinois

Centerstone is one of the largest behavioral health care providers in Illinois, with more than 50 years of experience serving children, youth, adults, and families. They offer skilled counseling, psychiatric and medical services, substance abuse treatment, and services for adults with developmental disabilities.

Services Include: Crisis Services for Adults and Children, Community Support Services for Children and Adults, Counseling Services for Children, Adults, Couples, and Families, Early Head Start, Integrated Primary and Behavioral Health Services, Life Skills Enrichment, Psychiatric and Medical Services, Residential and Housing Services for Adults, and Senior and Caregiver Services.

Locations where Open Access assessments are available: (855) 608-3560

For Initial Appointments call: (877) 467-3123

Carbondale: 2311 South Illinois Ave & Emerald Plaza—200 North Emerald Lane. Carbondale, IL 62901

Cartersville: 402 East Plaza Drive. Ste 4/5. Cartersville, IL 62918

Marion: 1307 West Main St. Marion, IL 62959

West Frankfort, 902 W Main St. West Frankfort, IL 62896

Website: <https://centerstone.org/>



Promoting Resilience for Children and Families

In our monthly newsletters, you will find resources and strategies that are useful in providing support and guidance on how to promote social emotional competence, ways to strengthen resilience, and support for children and families. Being resilient and healthy adults are the link to building a child's social and emotional wellness.

In this newsletter, The Backpack Connection Series article entitled, "How to Help Your Child Stop Hitting and Pushing" is included (See page 5). The article highlights useful tips to use at home, and ways to help your children in the classroom. The book, "Hands Are Not For Hitting", can help children find positive ways to express their emotions rather than hitting. For more information about the book and activities (See page 4).

Five ways to help children to identify emotions:

1. **Name the feeling appropriately.** Show children how to recognize, label, and understand feelings in one's self and others.
2. **Talk about feelings.** Feelings can be expressed by setting a good example. Begin by talking about your own feelings. Opportunities can be created for your child to come to you with solutions for various situations to discuss with each other.
3. **Offer a deep nurturing connection.** Children need to be soothed and given the opportunity to bond and connect. When you notice your child is getting upset or overwhelmed, try to reconnect to understand the reason behind their meltdowns to allow you to respond appropriately.
4. **Resist the urge to punish.** Discipline methods such as spankings, time outs, giving consequences and shaming are often used to correct children's misbehaviors. These do nothing to help them deal with their emotions. By resorting to these methods, children get the message that their "bad" emotions are to be blamed for their misbehaviors. As a result, they try to bottle their emotions until they get to a point where it "overflows" one day through a meltdown episode.
5. **Praise and practice often.** Give praises to your child whenever he/she talks about his/her feelings. This brings across the message that he/she did the right thing and that you are proud of him/her for reaching out to you and talk about feelings.

Find more information visit: <https://www.mindchamps.org/blog/help-children-identify-express-emotions/>

Power-Up with Parents!

Calling All Family Recipes! Join us for the November "Seeds to Success/PACT/Power-Up with Parents" meetings. We are talking about the "Power of Family Traditions and Family-Style Meals." Bring one of your favorite family recipes to share during the meeting. All recipes will be collected at each meeting to create our Head Start Family Recipe Book. Only parents that attend meetings will receive a recipe book once printed (one per family). *See the flyer on ClassTag for more information!*



Each month in this section of the newsletter we will feature tips, strategies, activities, and information from Your Journey Together, Building Your Bounce, and the Pyramid Model.



Important Dates



November is Literacy Month

Nov 16: P/T Conferences

Nov 16: Health Advisory
Committee Meeting
11:30—1pm

Nov 16: Nutrition Activity
Fruits & Veggies

Nov 20: Daytime
P/T Conferences

Nov 20: Policy Council, 6pm

Nov 21: No Children
Staff Training Day

Nov 22: No Children
Staff Training Day

Nov 23-24: No school,
Holiday Closure

Power-Up with Parents
PACT/Parent Meetings



Nov 13 Carbondale —5:30

Nov 14: Marion—5:30

Nov 15: John A Logan—5:30

Nov 30: Murphysboro—5:30



Tuesday, Nov 28th

Male Advisory Panel Meeting
for Fathers & Father Figures
Carbondale Head Start Center
Dinner Provided!

No Childcare Available!

Recipe: Nutrition Activity

Hello Parents! Please enjoy trying this recipe with your family for the Nutrition Activity of the Month. The children and teachers will be practicing cutting skills in the classroom. Here is the recipe:

MINI CUCUMBERS W/RANCH DIP AND BANANAS

Prep items Needed:

- Child plate, child knife, and napkins

Ingredients:

- Mini cucumber and ranch dip
- Banana

DIRECTIONS:

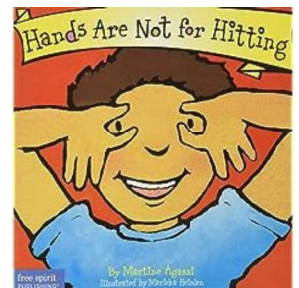
This nutrition activity will focus on cutting and chopping skills for children. Each child should have a plate, child knife, mini cucumber and banana. Instruct children to practice appropriate cutting skills with their cucumber and banana. Once each child has cut up their fruit and vegetable, then they may eat the fruits of their labor!

Book of the Month: Hands Are Not For Hitting

Activity: Read the book aloud or watch the book being read on

YouTube: <https://www.youtube.com/watch?v=KmvAGhqzXLQ>

Children can learn to manage their anger and other strong feelings. Hands are capable of positive, loving actions such as playing, making music, learning, counting, helping, and much more! Try this activity at home: Both you and your child can trace each other's hands on a piece of paper and place them on a wall at the child's level. Discuss the different ways that your hands can be used in more positive way than hitting.



School Readiness Goals Connected To This Activity:

- Children will demonstrate fine motor strength and coordination by tracing hands.
- Children will use language to express their thoughts and needs and engage in conversations by discussing how there are more positive ways hands can be used.

Questions to ask once you have read or listened to the story online:

- What are some feelings that the children in the book feel?
- Can you think of other ways to let your feelings out?



How to Help Your Child Stop Hitting and Pushing

Brooke Bogle, Alyson Jago, & Jill Giacomini

Like many parents and caregivers, you may have found yourself in a situation where, despite your best efforts, your child continues to hit and push you or other children. To begin to address this behavior, it is important to understand that your child has his own opinions and probably wants to do more things for himself, yet he may not have the language skills or impulse control to make those things happen. This experience can be frustrating for him and his first reaction might be to hit or push. Young children often express difficult emotions such as frustration, anger or embarrassment by acting out physically. Many children do not know a different way to handle difficult emotions.



Parents often feel embarrassed by this behavior and frustrated when it continues. When parents spank, laugh or ignore the hitting and pushing, they are telling their child that it is acceptable to hit and push. New behaviors that the child can use instead of hitting need to be taught and modeled by parents and caregivers. With patience and time, you can teach your child appropriate ways to handle disappointment and frustration that will allow him to feel confident and successful when playing with friends and siblings.

Backpack Connection Series

About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

The Pyramid Model

The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit ChallengingBehavior.org.

More Information

More information and resources on this and other topics are available on our website, ChallengingBehavior.org.

Try This at Home

- Read the book *Hands Are Not for Hitting* by Martine Agassi. This story helps children understand why they feel like hitting and teaches things they can do instead. Go to http://challengingbehavior.fmhi.usf.edu/docs/booknook/BookNook_hands_new.pdf where you will find many ideas you can use when reading this story with your child to help her understand how to use her hands in an appropriate way.
- Teach your child about her emotions. Notice and label a variety of feelings. "I see that you are getting angry. Your hands are in fists and your face is scrunched up! You can tell me that you are mad, but you can't hit me." To learn more about teaching emotions, go to challengingbehavior.org and read the Backpack Connection series handout titled *How to Help Your Child Understand and Label Emotions*.
- Trace your child's hands on a piece of paper and place them on the wall. Teach her to push on the paper on the wall when she is frustrated or disappointed. With enthusiasm, tell her, "You are getting out the frustration in your body! What a great way to deal with your feelings!"
- Tell your child what she can do! You can say to her, "When you are frustrated, you can scream into a pillow, push on the wall or say 'help please.'"

Practice at School

Children learn safe and healthy ways to express their emotions at school through stories, puppets or role playing. Teachers also post class rules showing children that we keep our friends, selves and toys safe. If a child hits or pushes another child at school, teachers first give attention to the child who is injured and have the other child help her feel better. This could include getting an ice pack, offering her a hug or bringing her a stuffed animal to hold. Once the injured child has been helped and everyone is calm, teachers talk to the child who hit. Together, they talk about how he was feeling and think of a different way he could have handled the situation.

The Bottom Line

Aggressive behavior, like hitting or pushing, happens when a child does not know how to handle strong emotions. While parents must tell their child that hitting and pushing are not ok, it is also important for parents to teach a new behavior that he can use instead when he feels angry, frustrated or embarrassed. Parents can help children learn new, positive ways to solve problems or express feelings before aggressive behavior is likely to occur. With practice and encouragement, children can feel confident managing their body and emotions.



ChallengingBehavior.org



Reproduction of this document is encouraged. Permission to copy is not required.

This publication was produced by the Technical Assistance Center on Social Emotional Interventions (TACSEI) for Young Children funded by the Office of Special Education Programs (OSEP), U.S. Department of Education (H26627002) as a supplement to the National Center for Pyramid Model Innovations also funded by OSEP (H26617002). The views expressed do not necessarily represent the position or policies of the Department of Education, July 2012/January, 2013.

