HEAD START AND EARLY CHILDHOOD EDUCATION

Janet Yaros,
Head Start/ECE Director
www.nocac.org
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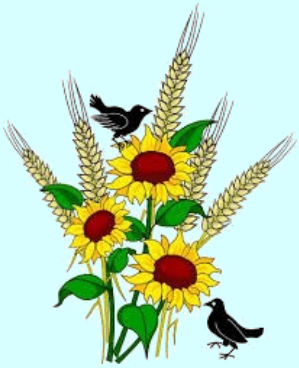


FAMILY CONNECTION

NORTHWESTERN OHIO COMMUNITY ACTION COMMISSION
1933 E. SECOND ST., DEFIANCE, OH 43512
419-784-2150

NOVEMBER
2018

2019 Winter Crisis Program (Starts November 1)

The Northwestern Ohio Community Action Commission of Defiance, Williams, Fulton, Henry, Paulding, and Van Wert Counties is announcing the 2019 WINTER CRISIS PROGRAM. The Winter Crisis Program is a heating assistance program that may provide a one-time payment toward a utility and/ or bulk service for those who meet the program eligibility requirements. The Program begins November 1, 2018 and runs through March 31, 2019

Services Available:

- A payment towards utility service that is currently off or in disconnection status;
- A payment to establish new service;
- Possible furnace repair up to $500.00
- Bulk fuel delivery (propane, fuel oil, wood, coal). Must have 25% or less fuel in tank.

Eligibility Requirements:

- Eligible applicant's total household income must be at or below 175% of the Federal Poverty Guidelines: See chart below.

All applicants also MUST provide the following documentation when coming to the appointment:

- Proof of all income for the previous 30 days. (Includes Wages, Self-employment, Odd Jobs, Social Security, SSI, Unemployment, Seasonal, Wages, etc.)
- **BOTH** electric and gas bills.
- Proof of disability (if applicable)
- Social Security cards and birthdates of **ALL** members in the household
- Health Insurance Premiums paid or Child Support paid

To Schedule an appointment,: please contact 1-844-493-1193
You will need social security number and utility account information when scheduling an appointment

Size of Household	Yearly Income Limit	Monthly Income Limit
1	$21,245	$1770.42
2	$28,805	$2400.42
3	$36,365	$3030.42
4	$43,925	$3660.42
5	$51,485	$4290.42
6	$59,045	$4920.42

Submitted by:
Amber Simmons
Family & Comm. Engagement Manager

National Peanut Butter Month

Peanut Butter, Banana, and Chia Seed Bagelwich

A perfect grab-and-go breakfast, this peanut butter bagelwich only requires four ingredients and comes together in a flash!

Ingredients: *serves 1*
1 bagel thin, toasted
2 tbsp. peanut butter
1 banana, sliced
½ tbsp. chia seeds

Directions:
Spread each slice of toasted bagel thin with 1 tbsp. peanut butter. Top peanut butter-topped bagel thin with banana slices. Sprinkle with chia seeds.

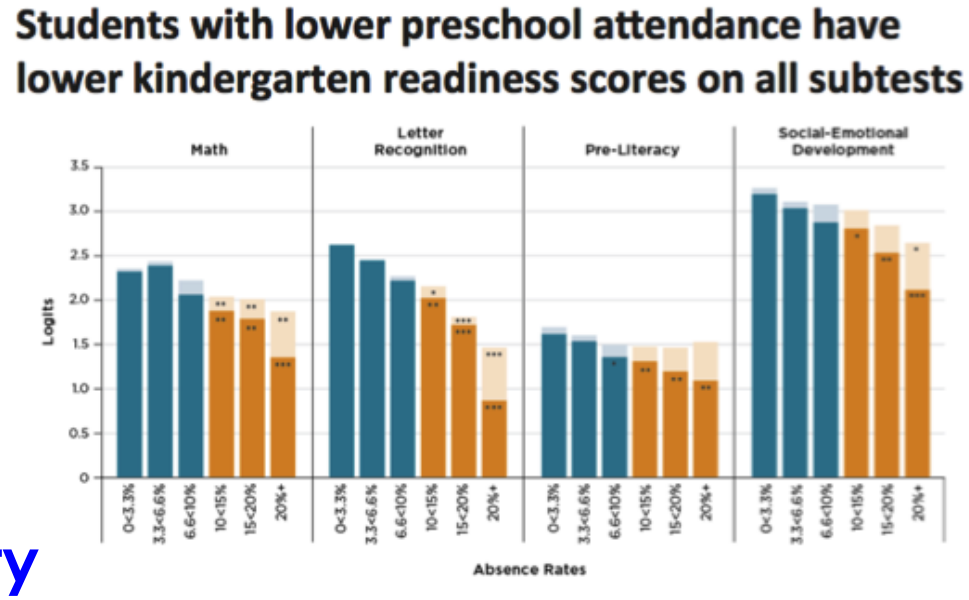
Source: www.shape.com/healthy-eating/healthy-recipes/10-healthy-peanut-butter-recipes

Attendance Matters! Even in Preschool!

Reminder to Parents/Caregivers: Head Start preschool requires that when your child will be absent you notify the school within 1 hour of the class start time. We also need you to let us know the reason for the absence. If you are having issues with attendance you can contact your Family Service Specialist to discuss any possible solutions:

Edon: Amber 419-784-5326 ext. 1105
Defiance/FRC: Megan 419-980-3618
Fulton County: Isaac 419-438-0683
Hicksville & Paulding: Breanna 419-956-1835
Napoleon & Archbold (Northwest State Center): Kris 419-438-8285
Pulaski & Montpelier: Shawna 419-980-3261

Submitted by:
Amber Simmons
Family & Comm.



Global Diversity

Earlier on than most people realize, children become aware of the difference in the way people look and behave. Their questions are attempts to make sense of those observations so they can make sense of their own world.

Children ask questions at the most inconvenient times. Rather than trying to quiet your child (which implies there is something wrong with the other person) take these opportunities to help your child understand and respect differences. Provide brief responses. If your child comments about the difference in a person's skin color tell her, "His skin color is white because his biological parents had white skin." If your child asks you why a person is in a wheelchair tell him, "There is a medical reason why she is unable to walk by herself, so she uses the wheelchair to get from one place to another."

Use these tips to spark your children's curiosity about who they (and others) are in their world:

Teaching your children words in the native language(s) of your family is a way to introduce them to different cultures, as well as family history. What better words to start with than, "I love you".

Children's books are wonderful resources for helping your child's understanding of those who are different. Visit your library for books such as:

It's Okay to be Different (diversity)
The Skin You Live In (acceptance)
Over the Moon (adoption)
Don't Call Me Special (disabilities)

Actual experiences have the most profound influence on what children think and believe. Here are hands-on activities you can try:

- Encourage cross-racial/ethnic/ability friendships.
- Expose your children to foods from different cultures, like classic pork and cabbage dumplings or kimchi.
- Attend different events that celebrate a particular ethnic group, holiday or personal accomplishment, like the Special Olympics or the Chinese New Year.
- Museums house an abundance of artifacts from different cultures.
- Watch movies set in other cultures like *My Neighbor Totoro* and *Kirikou and the Sorceress*

Children become culturally sensitive and respectful when they see adults who are culturally sensitive and respectful. It is important for adults to take a "strengths based" perspective when talking with children about those who are different. This perspective focuses on the positive characteristics of a person, what that person is able to do and how differences make our world a better place.

By helping your child understand and respect differences, you will help him realize he is a wonderfully unique person among many other wonderfully unique people on this earth.

Source: pbs.org/parents/expert-tips-advice/2015/08/teach-children-cultural-awareness-diversity/

HAND SANITIZER

We are taking precautions to avoid the spread of germs in your child's classroom. Hand hygiene, including hand washing and the use of hand sanitizer, is essential in preventing infectious disease. When hands are **NOT** visibly soiled, the use of hand sanitizers may be used until handwashing can take place. The hand sanitizer will be dispensed by adults only.

Thank you,
Sheana Behringer, LPN
Child Health &
Safety Manager

"NO" VEMBER

NO self-hate
NO being lazy
NO excuses
No pain, no gain
NO to unhealthy food (in large quantities)
NO soda, drink water instead
NO regrets
No quitting

Behealthybehappybefit.tumblr.com

Pictured, on the right, is Giselle enjoying a game of golf during the Leggett Fall Fest.

Domestic Violence Awareness

Here are ways you can make a difference:

Volunteer! Plug in your zip code at domesticshelters.org to find shelters and domestic violence agencies in your area.

Donate goods. Domestic violence survivors who leave an abuser often have little more than the clothes on their backs. Donations of household goods, uniforms, toys and small appliances can make a big difference.

Wear purple clothing or ribbons in support of domestic violence awareness.

Ask the editor of a high school or college newspaper in your community to run a story on teen dating violence.

Publicly thank community members who are working to end domestic violence with a letter to the editor of your local paper or a statement in social media.

Educate yourself. Would you know if a friend was being abused? By the time bruises appear, abuse may have been going on for years. Know the warning signs.

Know what to do. If a friend or loved one is being abused support them even if they make choices you don't agree with. Don't insist that they leave their partner, but help them develop a safety plan.

Donate cell phones, batteries and accessories to Hopeline, which provides phones to domestic violence survivors and funds to agencies that help them.

Watch and share the 1-minute Shatter the Silence video that can help you evaluate whether someone is being abused.

Organize a silent witness exhibit to raise awareness of domestic violence in your community.

Start a supply drive. Enlist your community and collect clothing, personal care items, diapers and toys to donate to your local shelter.

Source: www.domesticshelters.org/domestic-violence-articles-information/october-is-domestic-violence-awareness-month#.WqFeJWrwbcc

DOMESTIC VIOLENCE STATISTICS

- 20,000 phone calls placed to domestic violence hotlines daily
- 20 people per minute are physically abused by an intimate partner
- Intimate partner violence accounts for 15% of all violent crime
- 1 in 3 women & 1 in 4 men have been victims
- Women between the ages of 18-24 are most commonly abused
- 19% of domestic violence involves a weapon

Source: StatisticsfromNCADV.org

THE FAMILY CONNECTION

HEAD START

Northwestern Ohio Community Action Commission

Fax 419-782-5648
www.nocac.org
Visit us on facebook

Amy Dominique, Principal of Bryan City Schools, recently visited the Pulaski Head Start Center and read a story to the children.

National Literacy Month

November 1st, National Family Literacy Day, is meant to bring awareness to the importance of family literacy through the encouragement and education of parents and focuses on the powerful lifelong learning ripple effect they can ignite simply by participating in their children's literacy practices.

The earlier parents get involved in a child's literacy the better, and the longer lasting the effects. Parental literacy involvement continues to be a top predictor of achievement into the teen and adult years.

Here are some innovative ideas for celebrating National Literacy Day today and every day.

1. **Get Older Siblings Reading to Their Younger Siblings.** It's great practice for big bro or big sis to explain big words or summarize the story, and it's also an opportunity to demonstrate a love of reading to little bro or sis.
2. **Plan Themed Reading Nights.** Pitch a tent in the living room and "camp out" while you read, or build a "bear cave" fort and read books about bears. Let your imagination take your themes to the next level.
3. **Involve Distant Family and Friends.** Books can be read aloud over FaceTime or Skype. Record your child reading their favorite book and send the video to loved ones.
4. **Read and Watch.** Choose a book that has been turned into a movie. Read the book first and then schedule a family movie night to see the book come to life on the screen.
5. **Dinner Talk.** Books can be a topic of discussion at family dinner. Ask family members to share about the latest books they've enjoyed, or how the plot is twisting in their latest chapter book.

Here are a few interesting books to try.

A GreyHound, A Groundhog. It's never too early to start teaching kids to value differences between themselves and others.

Not Quite Narwhal. A fun new take on the classic ugly duckling story.

Lighter Than Air: Sophie Blanchard, the First Woman Pilot. A tale that, thanks to its illustration, becomes a larger-than-life inspiration based on the first woman hot air balloon pilot.

Source: www.gettingsmart.com/2017/08/35-must-read-childrens-books-for-back-to-school/

Childproofing Tips for Grandparents

Before you have your grandchild visit or stay at your home, make certain that you have reviewed and adopted the safety recommendations you will find below.

Bathroom Safety

- Store pills, inhalers, and other prescription or nonprescription medications, as well as medical equipment, locked and out of the reach of your grandchild. Be especially vigilant that all medications of any kind are kept up and away form a child's reach and sight.
- Put nonslip material in the bathtub to avoid dangerous falls.
- If there are handles and bars in the bathtub for your own use, cover them with soft material.
- Never leave a child unattended in a tub filled with water.

Source: www.healthychildren.org/English/safety-prevention/at-home/Pages/A-Message-For-Grandparents-Keeping-Your-Granchild

Submitted by:
Sheana Behringer, LPN
Child Health & Safety Manager