

# HEAD START AND EARLY CHILDHOOD EDUCATION

Janet Yaros,  
Head Start/ECE  
Director  
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# FAMILY CONNECTION



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

OCTOBER

2018

## October-Head Start Awareness Month



Quinn at the Defiance Family Resource Center.

To Celebrate Head Start Awareness Month NOCAC Head Start will continue our collaboration with the area elementary schools regarding transitioning of the Head Start children to kindergarten. We have invited the area elementary principals to our classrooms. They have been invited as guest readers

and if they are able to stay for lunch with the children as well.

This is just another way to familiarize the children with their next big step on their educational journey.



Skylynn at the Defiance Family Resource Center.

## Breathing Exercises for Children

There are many benefits of deep breathing exercises for children. Not only will they help children but the adults who are leading the deep breathing exercises will also benefit.

1. Decreases stress.
2. Reduces anxiety.
3. Helps you to remain calm.
4. Strengthens sustained attention.
5. Sharpens the ability to focus and learn.
6. Slows the heart rate.
7. Lowers blood pressure.
8. Helps to control your emotions.
9. Promotes appropriate social behaviors.
10. Encourages happiness.

It is important to practice deep breathing exercises for children when the body

is in a calm state to learn the techniques properly. At first, you will want to practice every day. Breathing techniques take time to master. You will want to practice in a quiet environment so children can focus on their breathing.

Educate the children on the purpose of breathing techniques. They help our bodies to relax, to slow our heart rate and avoid "flight or fight" mode.

Children will respond differently. Be mindful that some children will respond to breathing techniques quicker than others. Allow the children to repeat each technique until the body is calm and relaxed. If children need visual or physical supports to learn deep breathing exercises, practice fun activities that

require deep breathing. Any activities where the children have to exhale are beneficial.

- Try blowing crepe paper.
- Blow bubbles.
- Inflate a balloon.
- Use a party blower horn.
- Blow feathers in the air or off of a table.
- Blow ping pong balls on the floor.
- Blow small pieces of tissue paper.
- Blow through a straw to spread out paint on paper.

Source:  
[www.yourtherapysource.com/blog1/2018/09/04/deep-breathing-exercises-for-children-2/](http://www.yourtherapysource.com/blog1/2018/09/04/deep-breathing-exercises-for-children-2/)

Submitted by:  
Kaitlin Faber  
Mental Health & Behavior Specialist

# Oatmeal Raisin Muffins

**READY IN:** 30mins

**SERVES:** 12

**INGREDIENTS:**

1 cup oats  
 1 cup skim milk  
 ½ cup all-purpose flour  
 ½ cup wheat flour  
 1 teaspoon baking powder  
 1 teaspoon baking soda  
 1 dash salt  
 1 teaspoon cinnamon (optional)  
 1 egg or 2 egg whites  
 ½ cup sugar  
 ½ cup applesauce  
 1 teaspoon vanilla extract  
 ½-¾ cup raisins

**DIRECTIONS:**

1. Preheat oven to 375 degrees Fahrenheit.
2. Spray 12 cup muffin pan.
3. Combine oats and milk in a small bowl, let stand.
4. Sift together the flours and all dry ingredients.
5. Mix together the egg, sugar, applesauce, and vanilla.
6. Mix the oats and milk mixture into the egg mixture.
7. Fold in the dry ingredients.
8. Fold in raisins.

9. Transfer into prepared pan.
10. Bake 15 to 20 minutes for muffin tin.

Take out, ENJOY!

Source: [www.geniuskitchen.com/recipe/lighter-but-scrumptious-oatmeal-raisin-muffins-162913#activity-feed](http://www.geniuskitchen.com/recipe/lighter-but-scrumptious-oatmeal-raisin-muffins-162913#activity-feed)



- Hearing-Madden OAE screening tool
  - Vision-Plus Optix screening tool
- Your child's teacher will review all screenings with you.

Source: <http://www.cdc.gov/>

Submitted by:  
 J. Nichols-Ewing  
 Disabilities/Intervention  
 Coordinator

## Developmental Screenings

### The importance of developmental screenings in early childhood

Many children with developmental delays are not being identified as early as possible. As a result, these children must wait to get the help they need to do well in social and educational settings (for example, in school).

In the United States, about 13% of children 3 to 17 years of age have a developmental or behavioral disability such as autism, intellectual, and attention-deficit/hyperactivity disorder<sup>1</sup>. In addition, many children have delays in

language or other areas that can affect school readiness. However, many children with developmental disabilities are not identified before age 10, by which time significant delays already might have occurred and opportunities for treatment might have been missed.

Head Start does several screenings at the beginning of the school year:

- Early Screening Inventory-Revised (ESI-R)
- Devereux Early Childhood Assessment (DECA)

## Getting Enough Sleep

Getting enough sleep—10-13 hours a night—will help your child grow, stay healthy, and do well in school.

Have him stick to a nightly bedtime routine. Your child might take a bath, brush his teeth, and listen to a story, for instance. Repeating the routine each night

helps him recognize it's time for sleep. Also, research shows that watching TV or playing video games close to bedtime can get kids wound up and keep them from sleeping. If he uses electronics, have him turn them off at least an hour before bedtime.

Encourage the rest of the family

to read or do other quiet activities after he says good night. Your youngster may have an easier time going to bed—and staying there—if he doesn't feel like he is missing out on the fun.

Source:  
 2017 Resources for Educators, a division of CCH Inc.

Celebrating the color green at Leggett Head Start is the Full Day class with Ms. Sam and Ms. Heather.



## Why Attendance is so Important

Even at the Preschool Age It is proven that children who have regular attendance in school thrive in school, YES even at the Preschool age. Establishing good attendance habits with your child you will be amazed on the positive progress your child makes throughout their career as a student and even as an adult. Reasons why we do not send our children to school:

- **Beliefs** – Families do not think the amount of pre-school time matters and believe it won't harm children to miss this time.
- **Illness** – The child or a family member may have chronic health problems that keep the child from attending.
- **Language difference** – When a family's English is

Jaylenna is enjoying the sunshine on a warm day at the Family Resource Center, Defiance.



limited they may feel the communication level is compromised; which may lead to misunderstandings, as a result keeping the child home.

- **Schedule conflict** – Now a days every family has a very busy home and work schedule which may interfere with getting a child to school on a regular basis. Even a simple delay of class can cause a major conflict for the family.
- **Transportation** – Due to unreliable or lack of transportation a family may not be able to get their child to school.
- **Unstable living conditions** – Families experience multiple moves for a variety of reasons. When at risk families live on the edge, a steady safe home environment may be difficult to maintain therefore causing unstable school attendance.
- **Values** – Families may feel that their child is growing up too fast and prefer to spend more time with their child before having to send them to kindergarten. Therefore, may not see the importance

of sending their child to pre-school at all.

Here are some things you can do to maintain or approve your child's attendance at pre-school.

- **Set a home routine** for you and your child. Create a morning and after school chart.
- **Volunteer** in the classroom.
- **Join your child for a meal**
- **Come read** a book to the class
- **Stay positive** about school
- **Have open communication** with the teachers and staff
- **Actively listen** to your child as they tell you about their day.

Source: [www.attendanceworks.org/wordpress/wp-content/uploads/2014/04/early-elementary-handout.pdf](http://www.attendanceworks.org/wordpress/wp-content/uploads/2014/04/early-elementary-handout.pdf)

Submitted by:  
Geri Larson  
Family & Comm. Engagement Asst.

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## 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.

### Kitchen Safety

- Put "kiddie locks" on the cabinets; to be extra safe, move unsafe cleansers and chemicals so they're completely out

of reach.

- Remove any dangling cords, such as those from the coffee-pot or toaster.
- Take extra precautions before giving your grandchild food prepared in microwave ovens. Microwaves can heat liquids and solids unevenly, and they may be mildly warm

on the outside but very hot on the inside

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

## A Preschool Hero

Four-year-old Jayse Carter is being lauded by his grandmother, Wauseon resident Brenda Carpenter, and the city's police and fire departments for taking action Sept. 5 that probably saved Carpenter's life. The boy used his grandmother's phone to report that she was lying unconscious on the floor of her apartment.

She was babysitting Jayse when her legs felt weak and she fell over and passed out.

Jayse responded by batting her, saying, "Get up, Grandma." When that didn't work, he grabbed his grandmother's phone and contacted his mother, Tiffany Carter. Carter called Shawn Smith, a friend living in rural Wauseon, and asked her to check on Carpenter while Carter left Toledo for her mother's apartment. Smith couldn't rouse Carpenter either, and called 911. When paramedics from the Wauseon Fire Department were dispatched, Jayse was calmly

waiting for them at the apartment building's entrance. He led them to the apartment.

Lead paramedic David Bowen discovered Carpenter lying on the floor in the throes of a diabetic emergency. "Her grandson realized something's not right. "The fact that he knew....where to guide us in," Bowen said. "For a four-year-old, he knew where to wait for us by the door, to direct us to the apartment. He was not shaken by the incident at all. We see it on occasion by adults, not typically by a four-year-old."

A later talk with her daughter confirmed to Carpenter just how serious her situation was. She was informed that she'd been unconscious for 15-20 minutes with a blood sugar level so low it didn't register.

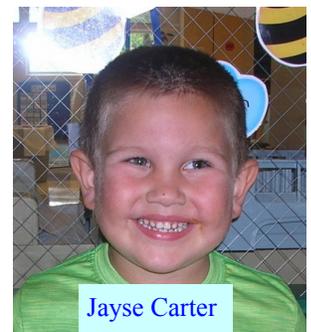
Wauseon Police Chief Keith Torbet said Jayse's contribution was obvious. "If this boy wouldn't have done what he did, there's a very good possibility his grandmother

wouldn't have survived," he said. "We applaud his actions. We were very impressed that the young man had the foresight to properly make the call and give the information needed to help his grandmother."

Carpenter is simply thankful Jayse was there and had the ability to help. "I was in awe myself. I think we're closer than we've ever been now. He saved Grandma's life, that's for sure."

Source:  
[www.fcnews.org/news/15260/four-year-old-hero-saves-grandma](http://www.fcnews.org/news/15260/four-year-old-hero-saves-grandma)

Editor's Note: Jayse is a NOCAC Head Start preschooler.



Jayse Carter