



PARENT CONNECTIONS

PARENTS AS FIRST TEACHERS

At Shasta Head Start we believe parents and caregivers are their child's first and most important teacher. You know your child best and have the opportunity to teach them and support their learning both at school and at home.

Guiding your child through their natural curiosity about the world around them expands their knowledge in important ways.



SUPPORTING YOUR CHILD'S LEARNING

Fun ideas to incorporate learning in your everyday activities!

- Math:** bake and cook together to teach measuring, estimating, and fractions.
- Science:** plant seeds with your child and talk about how flowers, fruits, and vegetables grow.
- Language and Reading:** read books and nursery rhymes, sing songs, and talk to your child from the moment they are born.



DIRECTOR'S CORNER

Dear Parents,

The year is off to a good start, and we have loved getting to know your children. I hope they are flourishing in our program. The preschool years are the foundation of your child's education, and you have the opportunity to form good habits now that will benefit your child and family all the way through school.

Good attendance, open communication with your child's teacher, and a stable at-home routine are the crucial building blocks for your child's success.

I encourage you to be an active and engaged parent, and I look forward to meeting many of you as the year progresses. Thank you for entrusting your precious children to us and partnering with Shasta Head Start to help your child prepare for school and beyond.

Best wishes to you,

Carla Clark

Executive Director



: facebook.com/shastahheadstart



Check out our website: shastahheadstart.org

STAY CONNECTED

FAMILY FUN IN THE COMMUNITY!

(FOR AGES 0-5 WITH PARENT/CAREGIVER)

LIBRARY STORY TIMES

Redding, Read & Sing Storytime, every Tuesday @ 10:30am & Wednesday @ 3:30pm

Anderson, Storytime, every Thursday @ 3:30pm

Cottonwood, Storytime, every Wednesday @ 11:30am

Mt. Shasta, Songs & Stories, every Wednesday @ 10:30am

Burney, Preschool Storytime, every Wednesday @ 11:00am

Weaverville, Storytime, every Thursday @ 10:30am

CHILDREN'S CREATIVITY HOUR

Redding Public Library, every Saturday @ 11:00am

WEEK OF THE YOUNG CHILD

April 22nd – 29th Check with First5Shasta for a calendar of events and activities going on in your community during this annual celebration!

There are many great opportunities for you to stay connected with Shasta Head Start and your child's education.

Parent Meetings: Connect with staff and other parents in a fun, learning environment as you gain information and do activities specific to your family's interests.



Policy Council and Parent Committees: Extend your involvement by engaging with Policy Council or being a part of different committees that help shape Shasta Head Start.

Facebook: Head over to Facebook and "like" Shasta Head Start to see what fun activities are going on in the classroom and stay up-to-date on Parent Cafés and other community events.

HEALTHY HABITS

It's the little things you do and the small changes you make each day that will enhance the quality of life for you, your child, and your family!

HEALTHY FOOD CHOICES & PICKY EATERS

For Your Infant: Once your baby reaches 8 or 9 months, try offering small amounts of healthy finger foods like grilled chicken, cooked carrots, and cut up strawberries. This will help your baby learn to eat healthily.

For Your Preschooler: Having your preschooler participate in making healthy meals will encourage them to try different types of food.

For Your Toddler: Patience is key. Sometimes toddlers need to try a food 10 to 15 times over several months before they will eat it. Giving your toddler a choice between two healthy options is a great idea, as they will be more likely to eat healthy food if they pick it out themselves.

For Yourself and Family:

Remember, you are your child's first and most important teacher! When they see you eating healthily, they will develop healthy eating habits as well.



: facebook.com/shastaheadstart



Check out our website: shastaheadstart.org