

Spring 2026

Parent Newsletter



Making a positive difference in the lives of young children

Hello Head Start Parents,

It has been a wonderful year so far and I hope you are enjoying our program and collaborating with staff to assist you in your child's and family's growth. We have seen an increase in child attendance as the year progresses. Consistent attendance is important for a child's development, and I am so happy to see our classrooms full.

I would like to thank all of the parents for attending our center parent meetings and policy council. Your participation is especially important to our program. Your participation and understanding of the Head Start Program links our agency to the community we serve. I would encourage you to spread the word in your local communities of the great services we provide and let other parents know about our program.

Gordon Chatham
Executive Director

[Shasta Head Start Presents Make Parenting A Pleasure](#) - Register for FREE

[Next Stop Kindergarten](#) - Free guide to help families prepare their age 3-4 child for a successful start in kindergarten.

[Dolly Parton's Imagination Library](#) - Enroll your child for FREE books! Your child will receive a free book monthly until their 5th birthday.



Child Development Article

Greetings SHS parents!

Shasta Head Start is in the midst of a screen time campaign. Each year, more research comes out regarding how screen time can negatively impact the development of children, especially children under the age of 5. In our research we have found a great website that promotes healthy, fun alternatives to screen time. It also offers parents and educators more information about screen time. Please check out the website, <https://50thingstodo.org/> for more information. Do note, 50things.org is a UK website, so some verbiage may be different than we would use in the states. Here's also a great handout, on fun alternatives to screen time, [Top Tips for Parents! screentime sheet.](#)

Have a great Spring and have fun finding fun ways to incorporate less screen time!

Less screen time

Too much sitting and not enough activity can harm children's health and mood.

More play time

Active play, especially outdoors, improves wellbeing and physical health.

50 things to do with kids #27
Little People Park Keeper >>>>

Let's Talk Dental Exams

Now is a great time to make sure your child is up to date with their dental exam and cleaning, it's especially important if they will be moving on to kindergarten next school year. If you need help finding a dentist, please contact your family worker or home visitor for help.

Did you know it's never too early to start dental care?

- Clean gums early: Before a baby's first tooth appears, gently wipe the gums with a clean damp washcloth after feedings.
- Brush with fluoride: Once teeth begin to emerge, brush twice a day using a soft toothbrush and a smear of toothpaste about the size of a grain of rice.
- Start dental visits early: Schedule dental visits every six months beginning at age one or when the first tooth appears.
- Ask about sealants: When a child's permanent molars come in, talk with a dentist about sealants to help protect from cavities.

Click the link for more information: [ENGLISH](#) | [SPANISH](#)



Disabilities & Mental Health Corner

Young children are still learning how to manage big feelings, follow rules, and interact with others. During this learning process, mistakes will happen; tantrums, hurt feelings, or challenging behaviors are all part of normal development. Repair work is what happens after those moments. It helps children feel safe, understood, and ready to learn again.

Repair work can be simple and meaningful. It might look like getting down to your child's level, acknowledging feelings, and talking about what happened: "You were really upset when it was time to clean up. That was hard." When adults stay calm and supportive, children learn that emotions are okay and relationships can be repaired, even after tough moments.

Repair also includes helping children make things right. Encouraging a child to check on a friend, help rebuild a knocked-over block tower, or practice using words instead of actions teaches empathy and responsibility. These moments help children understand that their actions matter and that they can fix mistakes with support.

When adults consistently practice repair, children learn valuable lifelong skills, trust, emotional regulation, and problem-solving. By modeling patience, kindness, and forgiveness, we show children that relationships are strong and can grow through challenges. Thank you for partnering with us to support your child's social and emotional development at home and at school.

If you have any questions about Shasta Head Start's social emotional curriculum, talk to your child's Teacher or Family Worker. They have wonderful resources that they would be happy to share!



Resources

Shasta County

- [First 5 Shasta](#)
- [Redding Recreation's Spring 2026 Activity Guide](#)
- [Summer Safety & Swim Lesson Resources](#)
- [Week of the Young Child- April 11-18, 2026- Check event details for upcoming Calendar of Events](#)
- [Project Homeless Connect](#)

Siskiyou County

- [Community Resource Center](#)
- [First 5 Siskiyou](#)

Trinity County

- [Human Response Network](#)
- [First 5 Trinity](#)

