

Spring 2025

Parent Newsletter



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.

I would like to thank all the parents for attending our center parent meetings and Policy Council meetings. Your participation is especially important to our program. Your understanding of our Head Start Program links us to the community we serve. I would encourage you to let other parents know about our program. Our goal is to help as many families as possible.

Please enjoy our quarterly newsletter

Have a wonderful Spring.
Gordon Chatham

Executive Director

Make Parenting a Pleasure
Workshops are BACK!

Click on your location to see
dates & details:

- [Yreka | Spanish](#)
- [Mt. Shasta | Spanish](#)



Child Development Article

Greetings, parents!

We'd like to take a few moments to share the important role music can play in your child's development. Music is something young children love. They can sing their favorite song or make up their own tune and move their body to the beat. As children experience music, it's supporting their skill development in math and literacy.

Here are some fun ways you can experience music with your child. These ideas are shared from the National Association for the Education of Young Children, naeyc.org.

❖ Make and play instruments

- To make a simple shaker, put dried beans between two paper plates and staple the plates together. Find rhythm sticks outdoors. Use pan lids as cymbals, and march around the house. Try a slow march first, then a faster one.

❖ Expand vocabulary

- As you listen to music together, introduce and talk about new words like rhythm and note. Listen for new words in song lyrics and talk about what they mean.

❖ Recognize and repeat patterns

- Children can develop this math skill while listening to music. Take turns copying patterns in your favorite music, and then create your own. Start with five or fewer beats before moving on to longer patterns.

Have fun making music with your child! Happy Spring!

Source: Adapted from the Message in a Backpack for K.M. Hemple, J.J. Batey, & L.C. Hartle, 2008, "Music Play," Teaching Young Children 1 (2): 10-12.

Spring Spinach Salad with Strawberry Vinaigrette



The Salad

- 2 bunch of spinach (washed and trimmed)
- 1 cup red cabbage (shredded)
- 12oz mandarin oranges (drained)
- 12 strawberries (cleaned and sliced) save 4 for vinaigrette
- 2 kiwi (peeled and sliced)
- ¼ cup red onion (sliced thin)

- 1) Combine spinach, cabbage and onions in a large bowl.
- 2) Arrange fruit on top.
- 3) Add dressing to salad and toss before serving.

Strawberry Vinaigrette

¼ cup olive oil, 3 sliced strawberries, ½ tsp mustard, 1 Tbs red wine vinegar, salt & pepper to taste

- 1) Puree strawberries in a blender or food processor
- 2) Add vinegar, mustard and seasoning
- 3) Blend then add olive oil
- 4) Blend till creamy.

Health Services

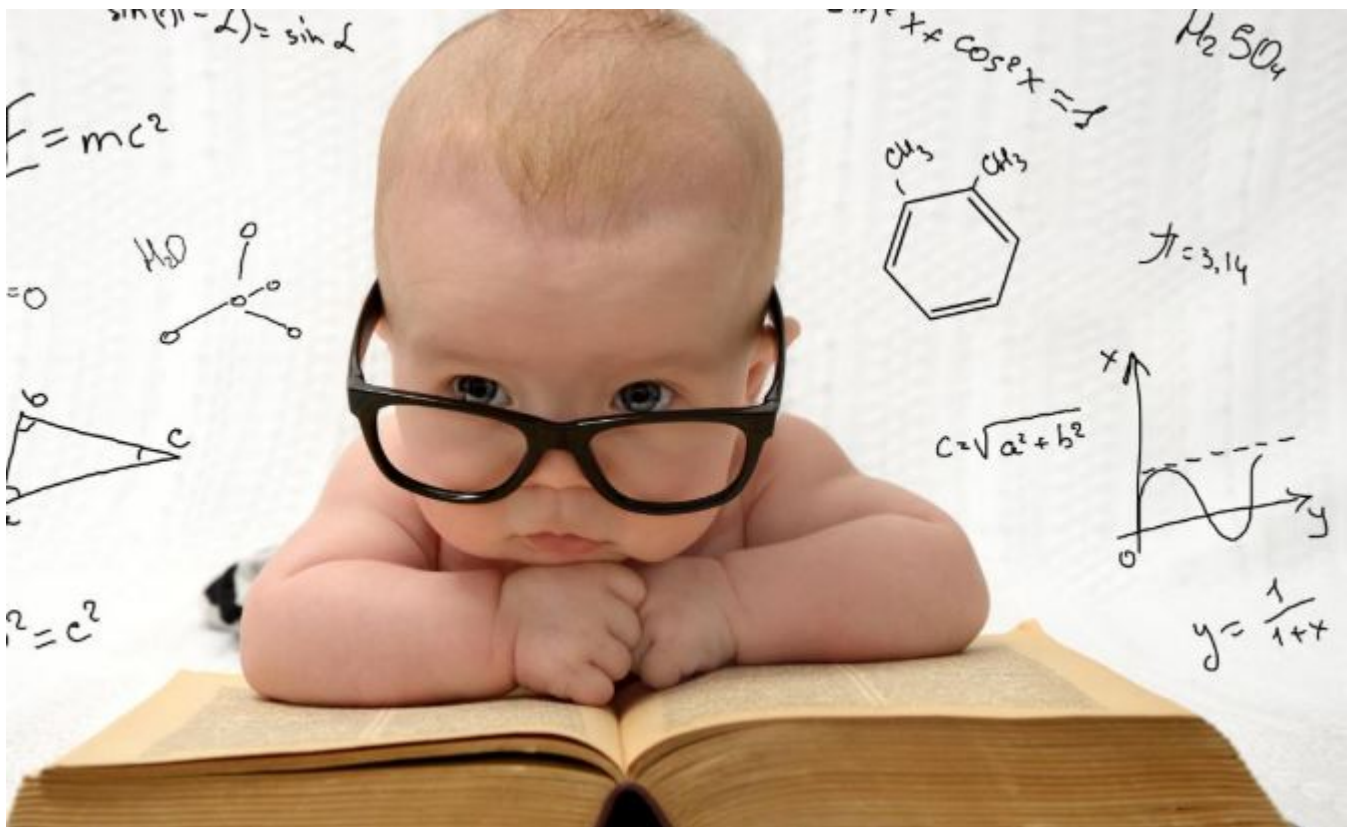
Test for lead to help brains grow healthy

Eating or breathing in lead can harm your child. Lead poisoning can make it hard for your child to learn, pay attention, and behave. Most children who have lead poisoning do not look or act sick.

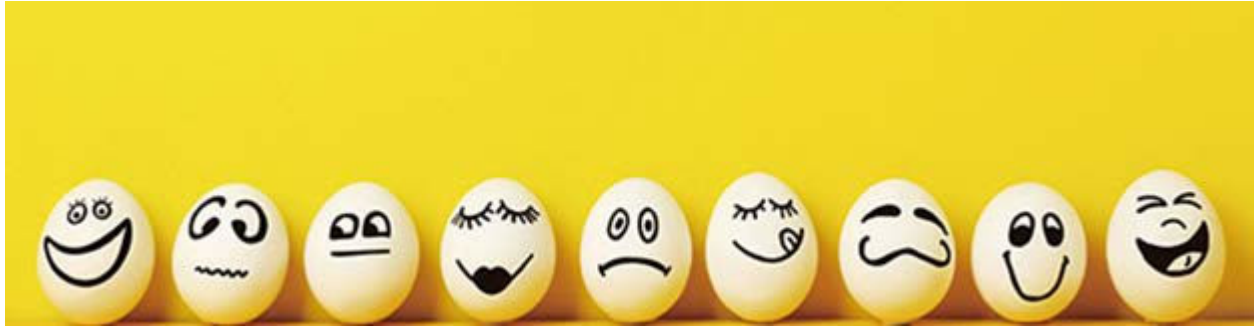
Children are at a higher risk for lead exposure if they:

- Live in a house built before 1978 or near a source of lead air emissions such as highways, airports, and industrial sites.
- Consume or come in contact with certain food, spices, traditional remedies and dishware.
- Have a sibling with an elevated blood lead level
- Have a family member who works with lead, such as construction, painting or hobbies that involve lead, such as stained glass, fishing, pottery, firearms, and antiques.

Ask your child's doctor about testing for lead poisoning at 12 and 24 months. Testing after these ages is a good idea too!



Emotional Literacy



As a parent it is important to consider how you are expanding on your child's emotional vocabulary. You can do this by teaching him/her different words for different feelings. When children know these words, they begin to recognize and label feelings they are experiencing as well as label feelings of others. For example, do you remember a time when your child refused to leave the playground when it was time and began having a meltdown? You may have tried soothing your child by saying "calm down" and your child did the complete opposite and continued with their tantrum. Next time you may consider what you can better to support your child and help them understand and deal with emotions they are experiencing by saying, "you are looking so disappointed, I can understand that feeling, I have felt disappointed before. I am curious what would help you feel better?" Taking the time to teach your child about their emotions and emotions of others can be a rewarding experience and decrease challenging behavior! Don't forget to talk to your child's teacher about how they are teaching your child to learn about emotions at school.

Things you can try at home to support emotional vocabulary:

- ❖ State how your child is feeling. "You look so mad! Your fists are clenched, and your face is red."
- ❖ State how others are feeling. "That girl is excited. She went down the slide and said woo-hoo and is smiling so big."
- ❖ State how you are feeling. "I am really frustrated because the puppy chewed on my favorite pair of shoes. I think I am going to take a break and some deep breaths to help my body calm down."
- ❖ Books can help be a great teaching tool. Visit [booklist.pdf](#) to find a list of books and activities to do with your children that will help increase emotional literacy

Resources

Shasta County

- [Redding Rec Spring 2025 Activity Guide](#)
- [Week of the Young Child](#)
- [First 5 Shasta](#)

Siskiyou County

- [Siskiyou County Resources & Services](#)
- [Parenting Education Classes & Workshops](#)
- [First 5 Siskiyou](#)

Trinity County

- [Resources for Families in Northern CA](#)
- [First 5 Trinity](#)

All Counties

- [Partnership Health Plan](#)

