

Spring 2024

Shasta Head Start
CHILD DEVELOPMENT, INC.

Parent Newsletter



Springtime is here!

Hello SHS families, welcome to our Spring 2024 Parent Newsletter. This newsletter is created with you in mind. Parent Engagement is so important to us at Shasta Head Start. It is our desire to connect you with useful information, fun community activities, resources to support your family and child development education.

Scholarship for SHS Parents!

Christina Madrigal Scholarship for Shasta Head Start Parents- Due April 12, 2024

Shasta Head Start is excited to bring back the \$1000 scholarship for parents of our program!

The purpose of the Christina Madrigal Memorial Scholarship Program is to recognize a current or past parent of Shasta Head Start who attends or plans to attend a college, university or technical school. Our goal is to encourage Shasta Head Start parents to pursue postsecondary education. This is a competitive scholarship sponsored by Columbia Bank. Applications are due April 12, 2024 by 5pm.

Click here for scholarship eligibility and instructions: [Madrigal Scholarship Instructions 2024](#)

Click here for fillable scholarship application: [Madrigal Scholarship Application 2024](#)



Health Info : Dental Care

Spring is a good time to think about your child's dental health. Is your child up-to-date on a schedule of dental care? Did you know that children can start seeing a dentist after the eruption of their first tooth? For children that will be moving on to kindergarten next school year, now is a good time to consider a dental examination as most schools have a kindergarten dental requirement. Talk to your family worker or home visitor if you need help finding a dental provider.

Parents can promote good oral health at home by role modeling good toothbrushing and assisting children with toothbrushing. Shasta Head Start can provide a dental bag (toothbrush, toothpaste, floss, etc.) for your child, please inquire with your family worker or home visitor if interested.



Disabilities and Mental Health Department:

Quality time with your child is a crucial part of healthy social and emotional development. Of course, many of you play with your children, but did you realize how “powerful” that time can be for your child? There are some ways to play with your child that will capture their engagement and be enjoyable for both of you. If you can increase the positive times you have with your child, you can continue to strengthen your relationship, which will make it easier to teach your child new skills and behaviors. Play provides multiple opportunities for children to learn social, communication, and academic skills. We may think that play is something that all children do instinctively and that we really don't need to spend time playing with our children. But... it is so important for you to find time to play with your children.

Play helps build a positive relationship with your child. Through play, you can help your children learn to solve problems, try new ideas, and explore their creativity. In addition, play time with adults can build a child's vocabulary so that children can learn to communicate more effectively, which may reduce challenging behaviors. Children also learn social skills, such as taking turns, sharing and being empathetic.

You may be thinking, where am I going to find time to “play” with my child. Schedules may be tight, or there may be an endless number of chores and tasks you need to complete. If you think about play as the “quality” of the time spent and not the “quantity” of time, you WILL be able to find some time in your day.

Here are some play ideas to consider that are simple and will mean so much to your child!

- Read a book together and act out the story. You can use silly voices; stuffed animals and even encourage siblings to join in the on the fun.
- Play *eye spy with my little eye*
- Trace each other's hands and write examples of why you love each other on each finger. Let your child pick a place to hang it up in the house.
- Invite your child to participate in your “chores” you can pretend to be the child and your child can pretend to be the adults.

Parenting can be challenging, give yourself grace. There will be days that you felt you weren't able to engage with your child to your liking. Remember that it's not about the amount of time you spent playing, it's about the quality. Even if you spent some time acknowledging your child, looking them in the eyes and discussing your days together, that too is so powerful!

Announcing our 2024 Policy Council Officers!

Chairperson: Tyson Casper // Secretary: Ashley Isiderio

Congratulations PC officers!



Community Happenings:

Shasta County

- ◆ Turtle Bay discount days – First Thursday of Each Month (\$5.00 child, \$10.00 adult, children 3 and under are FREE). Glowing Wild begins Mar 29th.

Redding Library (1100 Parkview Ave. Redding, CA 96001) <https://www.shastalibraries.org>

- ◆ Kids activities each week! Redding, Anderson & Burney.
- ◆ Tiny Tots, Grasshopper Sports, Music & Movement
- ◆ Rev, Rumble, & Roar – Saturday April 13th (10am-Noon)
- ◆ Family Storytime – 2nd Sunday of each month @ 2pm
- ◆ Kids Lego Time (ages 6-12) – Every Last Wednesday of the month from 3:00-4:00 pm

Airports for Autism (Saturday, April 20th)

Benton Airport: 2600 Gold St. Redding, CA 96001

AirportsForAutism.com *Registration Encouraged*

WEEK OF THE YOUNG CHILD APRIL 6-13

A celebration focused on young children, ages 0-to-5, their families, and caregivers.

Join us! Shasta Head Start sponsored events:

- ◆ April 10: [Oakview Olympics \(Spanish\)](#)
- ◆ April 12: [Going Buggy with Burney](#)

Full Calendar here:

<https://linktr.ee/first5shasta>

Help Me Grow Shasta

<https://www.helpmegrowshasta.com/>

Stay Connected:

Text HMGShasta to 898211

Call [530-605-2645](tel:530-605-2645) or 2-1-1 and ask for Help Me Grow

Email HelpMeGrow@shastacoe.org

Trinity County

- ◆ Human Response Network: Human Response Network (HRN) is a non-profit, community-based organization that serves all of Trinity County. HRN provides advocacy, education and programs that promote personal empowerment, support vulnerable populations and create connections to local resources. hrntrinity.org
- ◆ First 5 Trinity County - <https://first5trinity.org/>
- ◆ [Trinity County Resource Guide](#)

Siskiyou County

- ◆ Dolly Parton's Imagination Library - Our goal is to ensure all of the children in Siskiyou, from birth to age five, have access to books, are inspired to love to read. [Imagination Library | First 5 Siskiyou](#)
- ◆ Parenting Classes and Activities: [Parenting Education Classes/Activities | First 5 Siskiyou](#)
- ◆ Siskiyou Community Resource Collaborative: Resources centers in Yreka, Scott Valley, Montague, Weed, Mt Shasta, McCloud, and Dunsmuir. Siskiyou Community Resource Collaborative (siskiyoucrc.org)
- ◆ First 5 Siskiyou - <https://first5siskiyou.org/>

