

Winter 2024

Parent Newsletter



Walking in a Winter Wonderland!

Hello Shasta Head Start Families,

I continue to see great things happening at Shasta Head Start. We have a new Policy Council, and the parents are very engaged and interested in giving input into our program. Parent participation is what sets Head Start apart from many other childcare programs. Our program becomes better by listening to parent input. Please attend parent center meetings when possible and give your input to your site's Policy Council representative. I love to hear feedback good and bad; it is what allows our Management Team to implement improvements to our program. You can contact your Family Worker for times and dates of center meetings.

Our child enrollment and attendance has been great this year. Attendance is directly related to your child's growth and development, so please try to have your child attend as much as possible. We still have some open enrollment slots available in our Mt. Shasta and Yreka 3-year-old and 4-year-old classrooms so please if you know anyone in these areas needing services refer them to our program. The Holiday Season can be a wonderful time of year which can also come with a little stress. Please find the joy in the season and leave the stress behind.

Happy Holidays

Gordon Chatham
Executive Director



Child Development Article

It's the most wonderful time of the year, right? We all know that this time of year can be full of fun, time with family and friends, and a time to make fond memories. It can also be busy and stressful. For both you and your child.

Try to take this time, amidst the fun and the flurry, to pause and spend intentional, quality time with your child. This helps to continue to build a strong parent-child bond. Nurturing your child with warmth and attention can help him or her feel secure and support your own effectiveness as a parent. Try planning a simple activity together every day, like having an afternoon snack together, taking a walk, reading a book, watching a favorite TV show, or making a meal. The important part is the consistency of your attention.

Strong parent-child bonds help to build resiliency in children, which helps them to be stronger, more apt to handle challenging situations, and more connected to others. Which in turn helps prepare them for school and beyond. So, give yourself permission to pause, plan those special, intentional moments with your child. Then, watch your bonds with each other grow and grow!



A Wintertime Favorite: Shepard's Pie



- Quick to Make
- Budget Friendly
- Easily a Kid Favorite
- Comforting & Yummy

For Full Recipe & Details, Scan the QR Code Below



Health Services

Winter is arriving, days are getting shorter and colder. Keep in mind it is still safe for children to play outside in the Winter. Contrary to common belief, exposure to cold air does not cause colds. Generally, in the winter we are at greater risk of sickness from being indoors in small spaces where germs and illness can be passed from one person to another. In the fresh outdoor air, children are breathing cleaner air and the chance for spreading illness is reduced. Please click this link for more information around [Safe Outdoor Play in the Winter](#).



"Nature is the BEST playground"

Disabilities and Mental Health Department

Repairing the Relationship with your Child after a heated moment or argument.

Repairing after an argument with your child is the process of resolving and rebuilding the relationship. This is a necessary part of conflict-management and is especially important to little ones. Children seem to get over things quickly, but the way we interact with our children can stick with them for longer than we'd like to admit. In the short term, repair helps us to mitigate any immediate emotional and behavioral issues related to us losing our cool and it puts a pause on our anger and makes room for normalcy. In the long-term, repair continues to build trust, confidence, and connection in our relationship with our kids. They learn they can express their feelings and be heard and acknowledged. That leads to healthy attachment, which is a necessary part of healthy development. Modeling these repair skills will also imprint important communication and problem-solving skills onto our kids.

Below you will find 5 ways to repair after an argument:

- 1) Calm yourself first. You can't connect with your child if you're still dysregulated. Before attempting to repair, it's important that you get a hold of your own emotions in the moment. Give yourself time to cool-down. You could take a few deep breaths or go for a walk; it will vary depending on what helps you to calm and regulate yourself. Just make sure you do it!
- 2) Apologize. Effective apologies are truly an art form. Often, we default to conditional apologies, which sound like I'm sorry if I upset you. Or we place responsibility on the other person altogether: I'm sorry you got upset.
- 3) Affirm that you love them. Without proper repair, our kids may start to believe there's something wrong with them in the relationship. That they-as a person- are the reason for the conflict. It's important to reassure your child that this isn't the case, and that you love them regardless of what's happening in the relationship. This could sound like "I got angry, and I yelled at you. I'm sorry. I love you very much. I can be mad and love you at the same time.
- 4) Ask for solutions. Kids are creative. And by bringing them into the repair process to co-create solutions with you, you're not only reconnecting with them, but also, you're building life-long problem-solving skills. Try asking them what they do when they're angry. Ask how they think you should handle the issue in the future. Their answer might surprise you!
- 5) Do some extra connecting. Make some time do something you both enjoy together. This isn't necessarily a time to "make up" for losing your temper. It's a way to show the relationship can still be strong and reliable even after a blow up.

Resources

SISKIYOU

Siskiyou Ice Rink: [Siskiyou Ice Rink Calendar - Mt. Shasta Recreation and Parks District](#)

Siskiyou County has [9 Family and Community Resource Centers](#) —

their supports and services may vary by area, so check out current programs and services at your local center.

Bunny Flat - Bunny Flat is a popular destination in Siskiyou County, California for winter recreation and hiking: Bunny Flat is on the slopes of Mount Shasta at the top of Everitt Memorial Highway.

<https://first5siskiyou.org/>

SHASTA

<https://www.reddinggardenoflights.org/> - November 22, 2024 – January 5, 2025

Eskimo Hill for Hiking, Tubing and Sledding - To get to Eskimo Hill, you can take CA-44E from Redding through Shingletown for about 19 miles. You'll see signage and parking lots on the left. If you reach Old Station, you've gone too far

<https://first5shasta.org/>

TRINITY

[Trinity County Information & Resources for Children & Families - California Alliance of Caregivers Inc.](#)

[Human Response Network \(HRN\) | Nonprofit organization](#)

<https://www.first-5-trinity.org>

ALL COUNTIES

[Partnership HealthPlan](#)