by Dr. Latisha Smith, Educational Services Director

As November begins, we ask all families to update your child’s emergency and release information. Please share updates with your child’s teacher or your family worker. We are excited to begin using automatic emails and text messages to communicate with families and keep you informed about what is happening at Tri-County! If you prefer not to receive automatic emails and text messages, please contact your child’s teacher or your family worker.

As we begin to think about celebrating the Thanksgiving holiday, it is an ideal time to focus on gratitude. The dictionary defines gratitude as a feeling of appreciation or thanks. Due to the developmental level of young children, understanding gratitude can be difficult. However, it is a very important concept to teach in the early years. Even as infants, children learn the foundation of gratitude as others care for them and meet their needs. As children get older they can begin to talk about and show gratitude. Think of a time when your child said thank you, gave someone a hug when they were crying, said they were thankful for a toy they got as a gift, showed love to a sibling, or showed kindness to an animal. With a little help, children can learn a lot about gratitude! Here are some ways you can help your child.

- **Model your own gratitude. Tell your child what you are thankful for.**
“I am so glad we get to spend time together.”
“I am thankful for the yummy food we have to eat.”
“Thank you for putting your toy away.”

- **Ask your child to name things he or she is thankful for.**
  - Help your child to recognize these things on a daily basis.
  - Try this during meals or at bedtime.

- **Participate in an activity that allows children to help others.**
  - Volunteer at the local humane society.
  - Donate a toy the child no longer needs.
  - Help a neighbor pick up leaves.

- **Help your child write a note to say thank you for a gift or something someone did for them.**
  - If too young, have the child “write” and include a parent note. Your child can also draw a picture.

- **Say no to your child.** It is okay to not give in to every request (such as toys and treats) made by your child. When you do say yes they learn to appreciate those times.

- **Read books about gratitude.** Here are some suggestions and links to the books being read on YouTube. Enjoy some time listening with your child!

<table>
<thead>
<tr>
<th>The Thankful Book</th>
<th><a href="https://www.youtube.com/watch?v=Adxn-f-kkUQ">https://www.youtube.com/watch?v=Adxn-f-kkUQ</a></th>
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<tr>
<th>Bear Says Thanks</th>
<th><a href="https://www.youtube.com/watch?v=LUcpp8k2Lh0">https://www.youtube.com/watch?v=LUcpp8k2Lh0</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Jane Chapman &amp; Karma Wilson</td>
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<tr>
<td>The Thank You Book</td>
<td><a href="https://www.youtube.com/watch?v=apOpeggU914">https://www.youtube.com/watch?v=apOpeggU914</a></td>
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<tr>
<td>Mo Willems</td>
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<tr>
<td>Gracia/Thanks</td>
<td><a href="https://www.youtube.com/watch?v=lEghdUmWUuQ">https://www.youtube.com/watch?v=lEghdUmWUuQ</a></td>
</tr>
<tr>
<td>Pat Mora</td>
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</tbody>
</table>

**Sources:**

https://theeverymom.com/7-ways-to-teach-your-kids-to-be-grateful/


https://fivebooks.com/best-books/gratitude-dana-sheridan/

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**Tri-County Important Dates**

November 25th and 26th: Closed for the Thanksgiving Holiday
EMA

by Dusty Olson, Program Manager

Fall has begun and the weather has already started to change. Colder weather is here and we need to be ready! Make sure to dress your child in layers and bring coats, hats, and mittens/gloves. If you are in need of winter gear, please speak with your Family Service Worker or child’s teachers so we can look into getting what you need.

KamDyn is excited about his pumpkin in the Pandas classroom (EHS-C).

In the Bees classroom (EHS-A), Lucas and Ti’anna are learning to sleep on their cots.
Reminders

- Accidents happen! Please bring a change of clothes (or two) for when they do happen.
- The EMA teachers have been working very hard at keeping the environment safe and disinfecting much more to ensure we keep illness away as much as we can for you, your children and their families as well. Please make sure you wear your masks at drop-off and pick-up and wash your hands regularly as we do to keep yourselves and everyone healthy and safe.

At Home Opportunities

In November, we focus on medical information. November tends to be the season in Iowa for respiratory illnesses (such as RSV) and influenza (flu). With the added challenges of COVID-19, we may have a difficult season ahead of us. It is vital to the health and safety of our children, families and staff to stay home if we are sick, wash our hands regularly, and take precautions such as social distancing and wearing a mask.

Should you be asked to take your child to the doctor due to illness, please ask for a copy of the doctor’s excuse in hand. Doctor’s offices and clinics can get very backed up, so having them fax an excuse to our offices can get delayed or simply forgotten. If a child is out of school for three days or more due to illness, you will be required to bring in an excuse per agency policy. Finally, please understand we often ask for doctor’s excuses due to our setting and close interactions between students and staff. We want to ensure we reduce the spread of illness as much as possible.

Further, vaccines for COVID-19 and the flu are available to mitigate the risks. Check with your doctor or clinic to receive further information, although most pharmacies are offering flu shots, as well as COVID-19 shots (by appointment). Depending on your insurance situation and availability, these can be free or reduced in cost, though they are relatively inexpensive and well worth avoiding complications and loss of work time if you do get sick.
Here are websites with COVID-19 information from Black Hawk County Public Health and the CDC.

https://www.bhcpublichealth.org/covid-19

![Image of a classroom]

**Waterloo Schools**

by Ashley Caldwell, Program Manager

October was a busy month! Teachers completed screens and assessments, and also conducted fall parent/teacher conferences.

Many classrooms had a visit from our local fire department and discussed fire safety and prevention.

![Image of a classroom]

**Reminders**

Just a reminder as the weather gets colder, please send warm jackets, gloves, and hats. If you need assistance with these items, please talk to your family support worker.

**New Staff**
We would like to welcome Ms. Madison to our team. She will be an assistant teacher/floater in our partnership sites.

**Important Dates**

No school for our Waterloo partner sites on Wednesday, November 24, 2021, due to the Thanksgiving Holiday.

**At Home Opportunities**

There are many learning opportunities as the seasons are changing.

- Discuss and collect various leaves and compare their size and shape.
- Practice a family fire drill and evacuation. Discuss with your children how to evacuate your home in case of a fire and create a safety map for your household.

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**Education Specialist**

by Angela Shylman

At Tri-County your child learns many things! Teachers model and teach social emotional skills to help your child within the classroom. These skills include using words to express emotions, sharing toys, and getting along with peers. Below are some ways you can continue this learning at home!

- **Think out loud**
  - Model how you deal with everyday problems. “I forgot my lunch at home. It’s okay. I can go out for lunch today and bring my lunch tomorrow.”
- **Read stories**
  - Share books with your child and talk about the characters actions and feelings. Ask your child how the characters might feel.
- **Work together**
  - Show your child the importance of accomplishing a task together. Ask your child to help you with tasks around home such as cleaning up after supper and picking up toys.
- **Have fun with games**
  - Play games with your child to encourage turn taking, patience, and winning/losing.

**Source:**
[https://www.naeyc.org/our-work/families/building-social-emotional-skills-at-home](https://www.naeyc.org/our-work/families/building-social-emotional-skills-at-home)
Disabilities Services Coordinator

by Melissa Edwards

Today, many young children are spending more and more time in front of a screen playing on a tablet, smartphone or watching TV. During screen time, children can learn certain concepts like letters, numbers, shapes and colors, but during this time, they are missing out on relationship-based learning. It is important for children to learn about the world and people around them by interacting with others and by exploring using ALL of their senses. When children are able to play and interact with others as well as explore their environment, they are able to learn about the world around them.

Here are some tips for enhancing relationship-based learning!

**Be Engaged:**

➔ Talk about what your child is doing, seeing or hearing.
➔ Respond when your child tries to get your attention.
➔ Get down to your child’s eye level.

**Be Playful:**

➔ Laugh with your child and enjoy making your child laugh.
➔ Be animated and make silly sound effects.
➔ Focus on having positive interactions with your child rather than trying to teach specific skills; there’s more to learn in life than letters, numbers, shapes and colors!
Be Intentional:

➔ Look for learning opportunities during everyday activities and routines.
➔ Teach matching skills when folding the laundry (two red socks).
➔ Teach vocabulary when grocery shopping (label items as you put them in the cart).

Be Sensitive:

➔ Avoid instructing your child to say words ("say ball"). Instead, be a good language model and say the words you wish your child to say ("Ball, that’s a blue ball").
➔ Limit the number of test-like questions you ask ("What color is it? How many are there? What shape is it?). Life is not a quiz!

Source:
Coaching the Caregiver in Early Intervention by Cari Ebert, MS, CCC-SLP
www.cariebertseminars.com
Health

by Pauline Jones, Head Start/Early Head Start Health Coordinator; Shana and Darcie, UnityPoint Contracted Nurses

Early Childhood Health Services News

Head Start is a school readiness program. The health-related activities required by the Head Start Program Performance Standards (HSPPS) are designed to ensure that every child who enters the program achieves his or her optimal development. Healthy children are ready to learn.

(http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/link-between/docs/link-health-and-school-readiness.pdf)

Immunizations

Did you know that our centers are licensed by the Department of Human Services? There are two rules for children getting shots including child care rules and elementary and secondary school rules. Head Start must follow the child care rules.

When you take your child to the doctor for shots, please let your doctor know your child needs to follow the “licensed child care rules.”

Licensed Child Care Shot Requirements

| 2-5 Months | 1 dose Diphtheria/Tetanus/Pertussis  
|           | 1 dose Polio  
|           | 1 dose Hib  
| 6-14 months | 2 doses Diphtheria/Tetanus/Pertussis  
|           | 2 doses Polio  
|           | 2 doses Hib  

| 15-18 months | 3 doses Diphtheria/Tetanus/Pertussis  
|              | 3 doses Polio  
|              | 3 doses HIB with the final dose ≥12 months of age, or 1 dose ≥ 15 months  
|              | 1 dose Measles/Rubella ≥ 12 months of age  |
| 19 months & older | 3 doses Diphtheria/Tetanus/Pertussis  
|                  | 3 doses Polio  
|                  | 3 doses HIB with the final dose ≥12 months of age, or 1 dose ≥ 15 months  
|                  | 1 dose Measles/Rubella ≥ 12 months of age  
|                  | 1 dose Varicella ≥ 12 months of age if born on or after 9/15/97, or history of chickenpox |

**Physicals**

Having an updated physical exam also called well-child or EPSDT Care for Kids exam is required for all children in our center base program. Head Start would like all children to be up-to-date with the EPSDT Care for Kids schedule of preventative health care. Your home visitor or family worker will ask you to turn in an up-to-date exam based on the schedule below.

<table>
<thead>
<tr>
<th>Babies need exams at:</th>
<th>Toddlers need exams at:</th>
</tr>
</thead>
<tbody>
<tr>
<td>● 1 month</td>
<td>● 15 months</td>
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<tr>
<td>● 2 months</td>
<td>● 18 months</td>
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<tr>
<td>● 4 months</td>
<td>● 24 months</td>
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<td>● 6 months</td>
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<tr>
<td>● 9 months</td>
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<tr>
<td>● 12 months</td>
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</tbody>
</table>

After 24 months, children need an EPSDT Care for Kids exam at ages 3, 4, 5, 6 and then every two years up to age 21.

**Dentals**

If your child is 12 months or older and has not been to the dentist in the last 6 months, please make an appointment now. Up-to-date dental exams should be turned in 90 days from your child's start date.
Nutrition

by Tracey Sauke, Dietitian

During October we learned about pumpkins. One recipe we enjoyed in the classroom that you can try at home is Pumpkin Pie Smoothie. See the recipe below! In November, we learn about potatoes. Check out our November Nutrition Newsletter for additional information!

<table>
<thead>
<tr>
<th>Pumpkin Pie Smoothie (Yield: 2 servings)</th>
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<tbody>
<tr>
<td><strong>Ingredients:</strong></td>
</tr>
<tr>
<td>1 cup Pumpkin Puree</td>
</tr>
<tr>
<td>1/2 cup Vanilla Yogurt</td>
</tr>
<tr>
<td>1/2 cup Milk</td>
</tr>
<tr>
<td>1 Frozen Banana</td>
</tr>
<tr>
<td><strong>Directions:</strong></td>
</tr>
<tr>
<td>1. Place ingredients in a blender and blend until smooth. You may need to make smoothies in batches.</td>
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<tr>
<td>2. Evenly divide into cups.</td>
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<tr>
<td>*Optional: Serve with one graham cracker.</td>
</tr>
</tbody>
</table>

Omari enjoyed his tasty smoothie!