Hello, families! The focus for this month is safe sleep practices. Below is a link for an Interactive Safe Sleep Environment Tool. Click on the link and then click on ‘Enter the room.’ You can learn many ways to make your baby’s sleep area safe.

[Link](https://safetosleep.nichd.nih.gov/resources/caregivers/environment/room)

One way to protect your baby and reduce the risk of Sudden Infant Death Syndrome (SIDS) is to breastfeed. Use the link below to access a video about the benefits of breastfeeding and keeping your baby safe during feeding times, especially when you are tired.

[Link](https://safetosleep.nichd.nih.gov/resources/caregivers/environment/room)

Keep your baby safe using the guidelines from Iowa State Extension Infant Safe Sleep – Essentials Child Care. ‘Back to sleep’ guidelines are for baby’s sleep time and ‘tummy time’ guidelines are for baby’s awake time.

**Source:** [https://store.extension.iastate.edu/product/Infant-Safe-Sleep-Essentials-Child-Care](https://store.extension.iastate.edu/product/Infant-Safe-Sleep-Essentials-Child-Care)
In addition to infant safe sleep practices, it is important to consider sleep when it comes to preschool age children, too. According to Rachel Dawkins, M.D., “Studies have shown that kids who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health. Not getting enough sleep can lead to high blood
pressure, obesity and even depression.” Adequate sleep is essential for your child to grow and learn each day! Dawkins offers families the following suggestions for helping your child get the necessary amount of sleep:

- Dim the lights
- Stop use of electronics/screens at least an hour before bed
- Limit caffeine
- Take a warm bath
- Do a quiet family activity such as reading a short book
- If your child wakes up during the night, walk them back to their room with as little commotion as possible
- Set a wake up time for when the child is allowed to leave his or her room. The child can play quietly until that time if desired.

Source: https://www.hopkinsallchildrens.org/ACH-News/General-News/The-importance-of-sleep-for-kids

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Tri-County Important Dates

- **Closed for Winter Break: December 23rd through December 31st.**
  Please note: There will be more information sent out as we approach those dates about consolidated care for those that qualify.
In the Minnies classroom (HS-5), the students are active and moving.

Here the Minnies (HS-5) are practicing writing their names.
Reminders

Winter is closing in. With colder weather, we need to be ready. Make sure to dress in layers and bring coats, hats and mittens/gloves. If you need cold weather coats, hats, or mittens/gloves, please speak with your Family Service Worker or child's teachers so we can look into getting what you need.

Accidents happen and sometimes learning and having fun is messy! Please make sure your child has a change of clothes (or two) at school for these situations.

The EMA teachers have been working very hard to keep the learning environment safe. They disinfect often in an effort to protect you, your children, and their own families from illness. 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 December, we focus on safe sleep. Here are some ways to ensure your baby sleeps safely:

- Place babies on their back for every sleep.
- Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of the baby's sleep area.
- Room share but do not put the baby in bed with you.
- Follow the latest recommendations from the American Academy of Pediatrics for safe sleep.

Recently, we had to make some tough adjustments to accommodate the number of staff we currently have at Maywood. We want to say thank you for being so flexible as we moved children around to different classrooms! It is much appreciated.

This past month our dietician, Tracey, came and got our garden carts ready by helping classrooms N1 and S3 plant micro-greens, lettuce, broccoli and chives. Check out the garden cart in the front entry hallway to see how they are growing!
Reminders

As snowy weather approaches, please watch for Tri-County HEAD START (not Tri-County Schools) on your local news station for closures/delays. Please check to make sure your child has spare clothing that is weather appropriate.

New Staff

Hsae is the new Family Service Worker for the WRAP classrooms! We also want to say welcome back full-time to our S1 teacher, April. She also moved from working with our Early Head Start children to our Head Start children! Finally, welcome back to Heather, a Head Start Assistant teacher! Glad to have you all here!

At Home Opportunities

“The Safe to Sleep® campaign offers the following videos explaining ways to reduce the risk of SIDS and other sleep-related causes of infant death.” Click here to watch the videos.

Here are some helpful tips to keep your baby sleeping safe from the U.S. Department of Health and Human Services:
- Check whether the crib has been recalled by the U.S. Consumer Product Safety Commission.
- Make sure the baby is on their back.
- Double-check that baby’s sleep space has no blankets, pillows, crib bumpers, pets, other children, or stuffed animals/toys. The crib should have only a fitted sheet on a firm, flat mattress.
- Remove any sleep position products, especially those that claim to reduce the risk of SIDS.
- Take off any loose items, such as a hat or bow, that baby is wearing.
- If the baby has a pacifier, make sure it is not clipped to the baby's clothing or attached to anything, such as a string or toy.

For families with older children, remember it is important for them to get a good rest each night. Children that get enough sleep show improved attention, behavior, memory, learning, and overall mental and physical health. Lack of sleep can cause high blood pressure, obesity and even depression. How much sleep is recommended? The American Academy of Pediatrics recommends the following:

- **Infants under 1 year:** 12-16 hours
- **Children 1-2 years old:** 11-14 hours
- **Children 3-5 years old:** 10-13 hours
- **Children 6-12 years old:** 9-12 hours
- **Teenagers 13-18 years old:** 8-10 hours

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**Waterloo Schools**

by Ashley Caldwell, Program Manager

November was a busy month for our students! Their learning focused on nocturnal animals, letter sounds, and retelling a story with multiple characters.
Here are photos of children from Orange Elementary learning and playing together!

**Reminders**

As the winter approaches, be sure to let your Family Service Worker know if you need assistance with winter coats, hats, and gloves for your child. In addition, please remember to update your phone number and address if it has changed.

**New Staff**

Please welcome Ms. Neisha to our agency! She is the Head Start Assistant Teacher at our Fred Becker Elementary School location.

**Important Dates**

Due to winter break, there is no school December 22 - December 31, 2021.

**At Home Opportunities**

In December we focus on safe sleep, and for our preschoolers we want to stress the importance of nighttime routines for children. Getting an adequate amount of sleep helps children to focus at school and allows them to feel rested and prepared to learn.
The Maywood children have been able to explore Light and Shadow with some of our new STEM materials. They had fun seeing what happens to color when light passes through it and figuring out how to make shadows.

You can explore light and shadow at home with any light source. Flashlights are an easy tool for children to use on their own to explore. If you try any explorations at home be sure to send us your photos so we can see how much fun you are having. Trust me, it’s fun for the adults too!
Disabilities Services Coordinator

by Melissa Edwards

What if a 7-year-old told you that a game of peek-a-boo could change the world? Would you believe her? A young 7-year-old girl named Molly Wright is inspiring parents and early childhood educators around the world with her TED Talk. Check out the link below to watch her insightful video on how every child can thrive by five! She discusses the powerful things that adults can do to help shape children and the adults they become.

https://www.ted.com/talks/molly_wright_how_every_child_can_thrive_by_five?language=en
Health

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

Safe Sleep

Few things make you value sleep more than when you have a new baby. (We're parents, too. We understand.) We can't promise you more sleep, but we can offer you this—less worry and deeper sleep because you know your baby is sleeping safely.

When babies sleep with pillows, blankets, or on soft surfaces, they are at a greater risk for sudden infant death syndrome (SIDS). When they sleep in bed with us, there's the added risk of suffocation from soft bedding or getting trapped under or rolled over by an adult. The good news? Parents have been using tried-and-true strategies to keep their babies' sleep spaces safe every day.

Message from the American Academy of Pediatrics

Here are four ways to keep your baby's sleep space safe.

1. Put the baby to bed on their back. When they're too young to turn themselves over, this is the safest way to sleep.
2. Put them to sleep in their own space.
3. Use a firm and flat mattress.
4. Keep the sleep surface clutter-free (skip the pillows, bumpers, blankets and toys).

These techniques can:

Keep baby safe: This reduces the risk of SIDS and the chances of you or your partner mistakenly rolling over your baby.
Help you sleep more soundly: We all sleep more deeply when we know our babies are as safe as can be.

Set good habits: As parents, we want to cherish all the snuggles while they're small, but most of us also want to avoid them sleeping in bed with us forever. Getting babies used to sleeping in their own space now sets the habit for later.

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**Nutrition**

by **Tracey Sauke**, Dietitian

This past month we had fun learning about potatoes. Potatoes are a healthy food to include in your diet. Eat the skin on the potato for extra fiber.
Children played a hot potato game and tasted red potatoes, yellow potatoes and sweet potatoes. Every classroom seemed to have a different favorite, but all children gave potatoes a thumbs up!

Our mission is to inspire every child and support every family.

Our vision is changing the world one mind at a time.