

# Institute of Community Services, Inc. Parent Engagement Newsletter



**Our Executive Director, Mrs. Eloise McClinton welcomes our parents. She fully supports our children parents & families.**

## EARLY CHILDHOOD LEARNING & SCHOOL READINESS

**WEBSITES** are a good way to help children learn and prepare for kindergarten. You will find alphabet, handwriting, reading, music, arts, crafts, games, flash cards, coloring pages, language, math, science, and so much more on websites.

|                                    |   |
|------------------------------------|---|
| Some good websites are as follows: |   |
| ➤ PBS Parents                      | ➤ Prekinders.com  |
| ➤ ABC Mouse                        | ➤ themeasuredmom.com  |
| ➤ Starfall                         | ➤ lakeshorelearning.com (under Resources, then click on FREE) |
| ➤ A, B, C's                        | ➤ Khan.com (Khan Academy for Kids)                            |

If you read a book or do an activity from one of these sites, be sure to write it on your weekly Volunteer/Parent/Child Interaction form.

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## CHILD BEHAVIOR & PARENTS AS ROLE MODELS

**No Matter Where They Are, Children's Eyes, Ears, & Minds Are Always Working.** Everywhere children look, there's a story unfolding, whether it's a real-life story or a made-up story. These daily stories teach children how people do things and how the world works. They hear, see, and think. They often mimic what they see and hear. If you curse, they curse. If you fight, they fight. If you hit, they hit. If you use poor grammar, they use poor grammar. If you have a negative attitude (roll eyes or neck, point fingers, or bully others), they will do the same. Children need caring adults to help them to make sense of all these behaviors. Relatives, neighbors, friends and others must be made aware of their influence on your child. Make choices about who they spend time with. Always listen to your children talk about what they see, hear, and think.

**Catch your children doing GOOD & compliment good behavior.**



It can be hard to do but IGNORE those behaviors you want to go away.

# ICS PARENT PATH PROGRAM



## FAMILY LITERACY

As you know, reading is a skill all children need. Here are some skills you can work on at home. Remember to enter the activity and time spent on your weekly **Volunteer/Parent/Child Interaction form.**

| Skills   | At-Home Activities   |
|--|--|
| For early reading skills   | Read and reread stories to your child.   |
| Recognize and name all upper and lowercase letters of the alphabet   | Find the letters in his or her name in other print; sing the alphabet song.  |
| Recognize rhyming words<br> | Share a book with repeated rhyming phrases (e.g., Brown Bear) aloud with your child. Stress the rhyming words and encourage your child to find words which rhyme. (e.g., "Brown bear, brown bear what do you see? I see a green frog looking at me.") Which word rhymes with see?  |
| Pick out the letter that is the same or different  | Play games with letter shapes: Match uppercase letters with their lowercase forms; tell which letter is different in a set of 3; pick out a number that is in a set of letters; pick out letters that have tails.  |
| Recognize numbers 0-20<br>  | Play this game while shopping together in the grocery store. For starters, find a number in clear view. For example, you might say, "I spy with my little eye the number 3." Invite your child to look around and figure out where you saw the number 3. Once your child spies the number you've chosen, switch roles and invite your child to spy a number for you to look for. |

The Institute of Community Services, Inc. is an equal opportunity employer/provider.

**WHEN YOUR CHILD HAS SPECIAL NEEDS**  
**or LEARNING CHALLENGES**

**PREPARING for the IEP or IFSP**  
*(Individualized Learning Plan/Program or an Individualized Family Service Plan)*

**“HELPFUL HINTS FOR A SUCCESSFUL MEETING”**

|   |   |   |
|---|---|---|
| <b>BEFORE THE MEETING</b>   |   |   |
| <p><b>Review your child’s IEP or IFSP if your child is in Early Head Start.</b> What goals have been reached? Are new goals needed?</p>   | <p><b>Talk to your child about school.</b> What subjects and activities are liked or disliked? What motivates and interests the child?</p>                                |   |
| <p><b>Make a list of your child’s strengths and needs.</b> Consider academic, social, behavioral, and self-help skills. Example: Knows three colors, can unzip jacket.</p>              | <p><b>Make a list of goals you would like your child to achieve.</b> What concerns, hopes, expectations, and dreams do you have for your child now and in the future?</p> |   |
| <p><b>Make a list of questions you have for the Multi-Disciplinary team. Know your rights and responsibilities regarding the special education process.</b> Attend parent training.</p> | <p><b>Be prepared to advocate for your child.</b> You may need to speak up. Organize your thoughts and material. Maintain a positive attitude.</p>                        |   |
| <b>DURING THE MEETING</b>   |   |   |
| <p>You and the professionals need to work cooperatively together to meet your child’s needs.</p>  | <p>Each member has valuable information to share. Be an active listener, ask questions and calmly make your views known.</p>  | <p>No member should come to the meeting ready with a solution or plan that cannot be discussed or revised because parent input is so important.</p> |
| <b>AFTER THE MEETING</b>  |   |   |
| <p>Review the current IEP/IFSP periodically and monitor progress.</p>   |   |   |

Source unknown. Edited by Parent Engagement.

**If changes are needed or for more information, contact Dr. Shannon Buford at (662) 252-1582 ext. 146.** Head Start programs use Family Services staff as advocates for the family or the Disabilities section at Central Office may be contacted directly.





## Help Your Child Succeed in Head Start:

### Build the Habit of Good Attendance

**Early School Success goes hand in hand with good attendance!**

**DID YOU KNOW?** Showing up on time every day is important to your child's success and learning from preschool forward. Missing 10 percent of preschool (one or two days every few weeks) can:

- Make it harder to develop early reading skills.
- Make it harder to get ready for kindergarten and first grade.
- Develop a poor attendance pattern that's hard to break.

High quality preschool programs have many benefits for your child. The routines your child develops in preschool will continue throughout school. You can make the most of preschool by encouraging your child to attend every day!

### WHAT YOU CAN DO?

Work with your child and his/her teacher to help your child develop strong attendance. Your enthusiasm is a big boost to success.

Talk about it – sing about it – make it an adventure!

- Set a regular bed time and morning routine.
- Lay out clothes the night before.
- Share ideas with other parents for getting out the door on time.



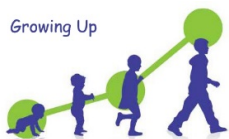
Before the school year starts:

- Find out what day it starts and start the exciting count down!
- Make sure your child has the required shots and paperwork.
- Attend Meet & Greet with your child to meet the teachers and classmates.

Ready – Set GO!

- Develop back-up plans for getting to preschool if something comes up
- Ask family members, neighbors or other parents to lend a hand if you need help dropping off or picking up your child. Be sure these people are on the pick-up and/or drop-off list.
- Schedule medical appointments late afternoons when preschool is not in session, if possible.
- If your child seems anxious about going to preschool, talk to the center director, teacher, your doctor or other parents for advice. If the problem persists, make sure the preschool is a good fit for your child.
- Be sure to attend your center's Parent Orientation and other parent activities.

Source: Attendance Works Modified by: ICS Head Start



**PARENT, FAMILY & COMMUNITY ENGAGEMENT (PFCE)**  
**ICS PARENT PATH PROGRAM INFORMATION**  
S.T.E.P. (Systematic Training for Effective Parenting)

Encouraging yourself is just as important as encouraging your child. When you feel encouraged you lose your fear of failure. You see your abilities more clearly. One way to encourage yourself is to think, write, and believe ideas such as:

- I am a positive person. I will not curse or fight in the presence of my child.
- I am a capable person. I will use good grammar in the presence of my child.
- I am capable of change. I will not roll my eyes or neck, point fingers, or bully. I love myself. I will listen. I will not allow anyone to mistreat me or my child.

Think about these encouraging ideas. What do they mean to you? What else can you say to yourself that boosts you up? Think of other encouraging ideas that apply to you. Remind yourself of these beliefs. Write them down and post them on a mirror or keep them in your wallet or purse. *Edited by Parent Engagement.*

ICS Head Start Centers offer STEP sessions to help educate and support parents. Be an active, ongoing parent learner. Lifelong learning helps us grow. It helps us be **First & Lifelong Teachers** for our children.

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**Advocacy: What is Parent Advocacy?**

An advocate is a person who speaks or writes in support or defense of a person or a cause. The primary goal of parent advocacy is to empower parents to speak out on behalf of their child's needs in the school setting and to build respectful and equal partnerships between schools and parents.

**Why is there a Need for Parent Advocacy?**

- Parents need to know what their rights are under the law so that they are involved fully in important decisions made on their child's behalf.
- It encourages accountability in the education system.
- Parent Vulnerability: A parent may need a parent advocate to help them speak up, help convey the parent's viewpoint and be sure the communication is two-way and respectful and with the parent, not at the parent.

*Leahbergstrom.com/advocacyservices/why-advocate.html Edited by Parent Engagement.*

