



# MOUNTAIN STATES EARLY HEAD START NEWS

Mountain States Early Head Start, a program of Jannus, Inc.

September/October 2021

## Early Head Start Enrollment

Written by Ioana Siegler-ERSEA Specialist

Did you know that 4 out of 5 families continue enrollment in Early Head Start for 2 or more years? Our Family Consultants have the opportunity to get to know their families and develop a trusting partnership with them, helping to tailor support and services to the unique needs of the family. Enrolled families gain additional skills and knowledge that promote family well-being and school readiness.

If you know other families who can benefit from our program, encourage them to apply: online – [www.msehs.org](http://www.msehs.org) or call (208) 763-8630 to complete an application over the phone with our Eligibility and Enrollment Specialist.

We look forward to the opportunity to support many new families this year!

### I SPY!

It's apple season! See if you and your child can find 5 juicy, red apples hidden in the newsletter.



**Our Family Consultants help tailor support and services to the unique needs of each family.**

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Playing with play dough is a fun and calming activity that develops fine motor skills and creativity.

## Homemade Play Dough

### Equipment:

Large pot

Spoon

Gallon size bag or wax paper for cooling

### Ingredients

2 cups all-purpose flour

3/4 cup salt

4 teaspoons cream of tartar

2 cups lukewarm water

2 tablespoons vegetable oil

Optional: food coloring

Recipe source: [iheartnaptime.net/play-dough-recipe/](http://iheartnaptime.net/play-dough-recipe/)

### Instructions:

1. Stir together the flour, salt, and cream of tartar in a large pot. Next, add the water and oil. If you're only making one color, stir in the color now.
2. Cook over medium-heat, stirring constantly. Continue stirring until the dough has thickened and begins to form into a ball. Remove from heat and then place inside the bowl, gallon sized bag or onto wax paper.
3. Allow to cool slightly and then knead until smooth. If you're adding colors after, divide the dough into balls and add the dough into quart sized bags. Start with five drops of color, and add more to brighten it. Knead the dough while it's in the bag.
4. Store the play dough inside the bags to keep it soft. If stored properly, it will stay soft for up to three months!

# Policy Council News

Policy Council was held virtually, on Zoom from 10:00-12:30 on August 5, 2021. Meeting minutes are available at each site and on our website. Highlights from the meeting include:

- Jana Brooks provided an update on the community assessment (CA). We are evaluating favors such as houselessness and the impact of COVID-19 on our community.
- Jana Brooks shared the *Self-Assessment Plan* PowerPoint, which outlines the process Policy Council will approve for this year's plan. She shared how we used last year's data to make decisions and develop program activities.
- Kristin reviewed the ERSEA infographic around enrollment, actual enrollment vs funding, applications received, referrals, our disability percentage, and eligibility based on categorical factors.

Interested in attending Policy Council?

The next Policy Council meeting will be on October 7, 2021 from 10:00-12:00.



## TBRI Corner

When you connect with your child it helps them feel seen, heard, and valued. Try out some of these activities that you can incorporate into your daily routine.

- ☐ Incorporate healthy, gentle touch into your routine. Give your child high fives, hugs, and back rubs.
- ☐ Set aside 10 minutes in your day, to give your child your full and undivided attention when you play with them. Get on their level and respond to their actions and words.
- ☐ Connect with your child through eye contact and behavior matching. Sit on the floor in the same position as them, or purposely choose the same flavor of snack.

Let your Family Consultant know when you complete the above activities, so you can receive a free book!



## Center Closures in the Fall



**Our Kootenai County Centers will be closed for 6-8 weeks in the Fall.**

Our Coeur d'Alene and Lakeland Centers will be receiving extensive HVAC work in the Fall. Because of this, the buildings will be closed for 4-6 weeks. Our new HVAC equipment will promote the health and safety of those visiting the centers.

Ventilation is a key risk reduction strategy to reduce the airborne transmission of COVID-19. Our new HVAC systems will increase air flow levels and clean the air, using improved air filtration such as HEPA filters. Our temperature and

humidity controls will also be improved. Thank you for your patience while we work on these important updates.

## How Our Program is Making a Difference for Families

Just as each child is unique, so is a family's experience in Early Head Start. Many of our families participate in the program for multiple years and with more than one child. Our program has been around long enough, 23 years to be exact, that our alumni are now starting families of their own and are reaching out to enroll their babies! One alumni family commented that they remember coming to our center and playing in the classroom. When they

found out they were expecting their first baby, they reached out and enrolled in the program. Another family reached out to enroll with their newest pregnancy. This will be their second enrolled pregnancy and the third baby to enroll when they are born.

When a family continues their enrollment from year to year, they gain many skills and resources that support their children's growth and development. We look forward to the opportunity every time!



**Many families participate in MSEHS for more multiple years and with more than one child.**





Amelia talks to her new baby brother, Brian, who was born on July 7th.



Elaina has started walking!



Ruth M. feeds herself farm-fresh eggs.

### **Birthdays:**

Arya S. turns 2 on September 10th  
 Hazel R. turns 3 on September 23rd  
 Alygasia B. turns 3 on September 24th  
 Lucean G. turns 3 on September 25th  
 Skeigh C. turns 3 on September 25th  
 Aurora K. turns 2 on September 25th  
 Jormund L. turns 2 on September 27th  
 Ariayah P. turns 1 on October 13th  
 Masie S. turns 3 on October 16th  
 Miracle C. turns 2 on October 28th

### **Celebrations:**

Congratulations to Ashley S. for winning the Change for Change recipe contest at the end of July!

Brian M. was born to Brian M. and Robyn P. on July 7, 2021. He joins siblings Jason, John, Joanne, Luke, Ben, and Amelia. Congratulations! See photo above.



Jarvis is gently pushed on the swing by his sister, Tori at Playgroup in Sandpoint.



Twins, Asher and Graeson build a block tower together.



C.J. and his mom, Shannon read a book together at Playgroup in CDA.

## Contact Us

Visit us at  
[msehs.org](http://msehs.org)

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For program updates, photos, videos, and parenting resources, be sure to like us on Facebook! [www.facebook.com/MtnStatesEarlyHeadStart/](http://www.facebook.com/MtnStatesEarlyHeadStart/), tweet us [@Mtn\\_States\\_EHS](https://twitter.com/Mtn_States_EHS), and follow us on Instagram [@msehs](https://www.instagram.com/msehs)

