

MOUNTAIN STATES EARLY HEAD START NEWS

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

March/April 2022

Rainy Day Fun

Try these fun activities to explore the rainy weather:

- Sing songs like Rain, Rain, Go Away and Itsy Bitsy Spider. Try using hand gestures. Talk about different rainy day words like: puddles, umbrella, rain boots, pouring, sprinkling, mist, wind, and cloud.
- Play with “rain” inside, in the bathtub. You can pour water out of a pitcher to make rain.
- Make a weather chart by drawing a sun, clouds, or raindrops on a piece of paper with the appropriate word underneath. Every morning, look outside with your toddler and ask them what they see.
- Go for a rain walk. Bundle up and talk about what you see. Are there some puddles outside to explore? Have dry clothes ready inside, so you and your child can warm up.

I SPY!

You might see a rainbow this spring!
See if you and your child can find
four rainbows hidden throughout
the newsletter.



For more ideas visit: www.zerotothree.org



Go for a rain walk! Bundle up and talk about what you see.

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Cerebral Palsy is the most common motor disability in childhood.

Cerebral Palsy Awareness Month

Written by Erin Ault – Child Development and Disabilities Specialist

Did you know March is Cerebral Palsy Awareness month? But what is Cerebral Palsy, and how common is it? According to the CDC, Cerebral Palsy, also known as CP, is “a group of disorders that affect a person’s ability to move and maintain balance and posture.” It is caused by abnormal brain development or damage to the developing brain, which affects the person’s ability to control their muscles. Cerebral Palsy is the most common motor disability in childhood. According to CDC data, an estimated 1-4 in 1,000 children worldwide, and 1 in 345 children in the United States, have been diagnosed with Cerebral Palsy.

As with many disabilities, there are different types of CP, and the severity varies from child to child and is mild to severe. Children with mild CP may walk awkwardly or struggle with fine motor activities. Children with severe CP may need a wheelchair and lifelong care. The earlier we catch CP and intervention begins, the better. Talk to your Family Consultant or your child’s doctor for more information on CP or are worried about their motor development. Help us celebrate Cerebral Palsy Awareness month by sharing your journeys with CP and pictures of your CP hero!



Policy Council News

Policy Council was held virtually, on Zoom from 10:00-12:00 on January 6, 2022. Meeting minutes are available at each site and on our website. Highlights from the meeting include:

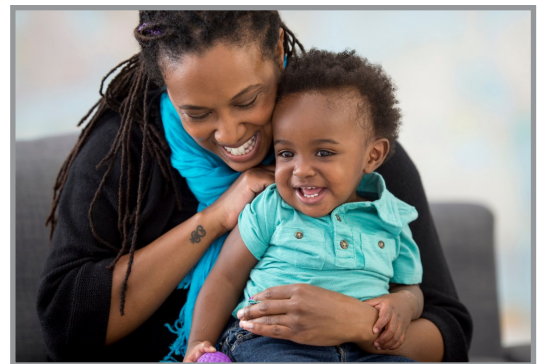
- We are looking for parents to sit in on upcoming interviews. Please let us know if you are interested.
- Becca Cloud joined from the Jannus Fiscal office in Boise. She reviewed the EHS audit process from preparing for the audit, conducting the audit with auditors, and completing the finalization process. Thank you Becca for keeping us well organized and running smoothly.
- We currently have 93 enrolled children, with 60 openings that we are working on filling. We received 8 new applications.
- Anna F, Robyn M, Brandy M, and Tali N. attended the Idaho Head Start Association conference on February 8-10. Thank you for representing our program!

Interested in attending Policy Council?
The next Policy Council meetings will be on March 3rd and April 7th, 2022
from 10:00-12:00.



TBRI Corner

Healthy touch is a wonderful way to connect with your child. It also supports brain function and positive feelings. Try these ways to weave healthy touch into your daily interactions and routines with your child. You can start teaching your child about consent by asking for your child's permission before touching them, and look for cues on whether the touch is wanted or unwanted.



- ☐ Give your baby or toddler a gentle massage on their hands or feet
- ☐ Help your child wash their hands
- ☐ Give your child a hug and ask if they would prefer a tight or gentle squeeze.
- ☐ Explore finger paint together

Share with your Family Consultant about what happens when you connect with your child with healthy touch. If you complete the activities above, let them know and you will receive a free book!

Refer a Friend to MSEHS



Did you know that when you refer a family to our program, that you will be entered into a drawing to receive a wonderful prize? Drawings occur quarterly, in March, June, October, and December.

Let your Family Consultant know if you would like rack cards, posters, paper applications, stickers, or other recruitment materials. Our application is also available on our website: msehs.org.

How Our Program is Making a Difference for Families

Written by Jennifer Hepinstall - Family Consultant/Parent Educator

Part of our Parent Education Plan for this program year was to intentionally focus on offering support and connection opportunities to our pregnant and post-partum families. As part of that focus, we were excited to create a series of three virtual perinatal support groups. We invited community partners to collaborate with us and to present in their specialty areas.

Our first perinatal group on “Self-Care” was offered in December and Shelley Philips from Compassionate Counseling shared tips on the importance of self-care. In January, we offered the second perinatal group on “Infant Massage.” Dr. Bonita

Hazel of Soul Movement presented on positive touch and shared useful tips on providing infant massage. Our third and final perinatal group will be offered in February. Lenna Ahlers Kamps RDN, of Practical Nutrition will be presenting on “Pregnancy, Postpartum and Breastfeeding Nutrition.” We have had such great participation in these groups and have received excellent feedback from the families who attended. We are grateful to our community partners for their willingness to collaborate with us in providing families opportunities for education, support and connection. Stay tuned for information on upcoming groups happening in May and June that will be open to all enrolled families.



In January, we offered the second perinatal group on “Infant Massage.”



Brian M. plays his piano



Grayson explores his books



August mixes salt dough with his mom during a home visit

Birthdays:

Kinsley S. turns 2 on March 10th
 Hayden G. turns 1 on March 23rd
 Jose R. turns 2 on March 24th
 Reylan P. turns 2 on March 26th
 Connor M. turns 3 on April 12th
 Zealand R. turns 1 on April 19th

Congratulations!

Ryder S. was born on February 7th, 2022. He joins big sister, Journey, and his parents, Lizzie and Chris. Congratulations!



Ryder S. was born on February 7th!



Journey S. turned 1 year old on January 8th!



Leela N. turned 1 year old on February 4th!

Contact Us

Visit us at
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/, tweet us [@Mtn_States_EHS](https://twitter.com/Mtn_States_EHS), and follow us on Instagram [@msehs](https://www.instagram.com/msehs)