

MOUNTAIN STATES EARLY HEAD START NEWS

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

November/December 2022

Transitions

Written by Erin Ault - Child Development and Disabilities Specialist

Did you know we go through multiple transitions every single day? Transitions are change. Any time we change what we are doing, who we are, or where we are going, we are in a transition. Some transitions are immense, like moving across the country. Some are so small we do not even recognize them as transitions, like getting up to do the dishes.

So, if transitions are common, why do children struggle so much? To them, every transition is a big transition. Stopping play to eat, or being picked up to get their diaper changed, feels as big as moving across the country. Transitions are new for them, and there are so many it can feel overwhelming. We make these moments easier for them (and us) by preparing your child for the transition. When a child knows what is coming and what is next, they often move through that transition easier. Some children need more preparation or visual cues, while others use a simple five-minute warning. It may take some practice and patience to learn what your child needs. Talk to your Family Consultant about the challenges you are having with transitions, and make a plan to make this part of life a little easier.

I SPY!

It's finally sweater weather! See if you and your child can find four cozy sweaters hidden throughout this newsletter.



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Robin's expertise is in teaching people how to stay calm during high stress times.

Three Part Training Series with Robin Rose

Written by Jennifer Hepinstall - Parent Family Community Engagement Specialist



We recently held a three-part parent training series entitled "Taking Care of Ourselves in Stressful Times" in September. The training was facilitated by nationally recognized trainer, speaker, and author Robin Rose. Robin has been an important partner to MSEHS providing staff professional development trainings over the years. This was the first time Robin presented a training that included MSEHS-enrolled families. In total, thirteen families and seven staff attended. Robin's expertise is in teaching people how to stay calm during high-stress times. She can translate brain science into practical and useful information to help individuals learn how their brains work so they can think, act and communicate as their best selves.

Stay tuned - we will be offering another three-part Robin Rose training series in March of 2023. Here is

what a recent attendee at the September workshop had to say "It was absolutely amazing. I am always willing to learn more and more ways to release stress and tension." We hope you can join us for Robin's March 2023 presentation. All training participants will receive a copy of Robin's recently released book *Shifting Gears: A Brain Based Approach to Engaging Your Best Self*.

You can learn more about Robin at <https://www.robinrose.com/about>

Policy Council News

Policy Council was held from 10:00-12:00 on October 6, 2022. Meeting minutes are available at each site and on our website at msehs.org/news/policy-council. Highlights from the meeting include:

- Jana Brooks will continue in the role as Interim Director until the end of November at which time we will discuss how to go forward.
- We are coming into our new five-year grant cycle which begins July 1, 2023, but we complete the planning process very early. Strategic Planning will occur on November 7th and 8th and will help us sort through what we need to focus on as a program.
- Our parent focus groups had 12 participants with interviews done by FCs on home visits or during Playgroups. We received great feedback. Thank you to those who participated.
- Our new Health and Safety Specialist, Ariel Synder introduced herself and shared about her activities during her first two months with MSEHS.

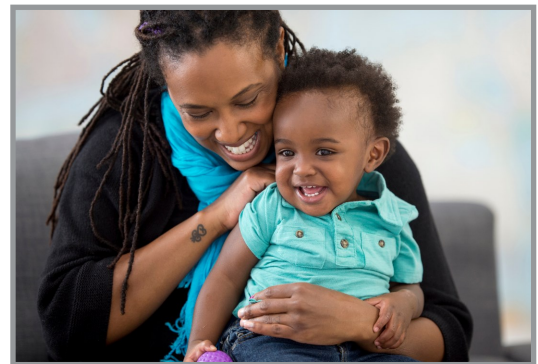
Interested in attending Policy Council?
The next Policy Council meetings will be on November 2, 2022 and December 2, 2022
from 10:00 AM-12:00 PM



Connection Corner

You can practice connecting with your child in a purposeful manner for 10 minutes a day through One-on-One time.

1. Before You Start - Take a few minutes to calm yourself and let go of any frustrations and outside demands on your attention.
2. Keep your tone of voice playful and quiet.
3. Match what your child is doing. If they create art, you create something similar. If they throw a ball in a fun way, you throw it in a fun way.
4. Use positive character praise with your child. You might say "You are so smart, you figured out how that toy worked." "You are so gentle. Thank you for that gentle hug."
5. Try not to give commands, teach, or question during One-on-One time.



The best activities for one-on-one time are activities without instructions. Here are some ideas: Play Dough, Blocks, Paper and Crayons, and Exploring Outside. What are your ideas?

Try One-On-One time for 10 minutes, every day, for one week, and you'll receive a free book from your Family Consultant. 1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____ 7. ____



Pumpkin Party Fun!



Families decorate pumpkins at the Shoshone County Pumpkin Party on October 18th.

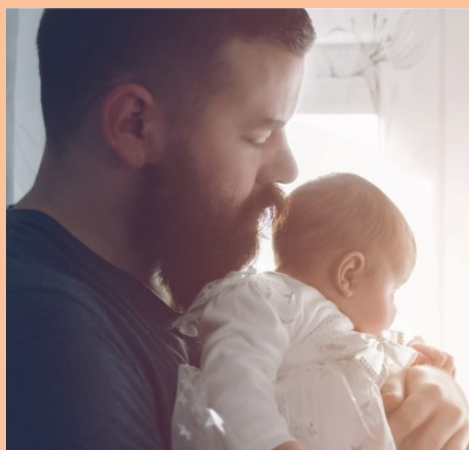
We held Pumpkin Parties on October 14th at the Harding Center Gym in Coeur d'Alene and on October 18th at Head Start in Kellogg. Lots of enrolled families and families from the community attended the parties. Participants decorated pumpkins and enjoyed yummy snacks. The Community Library Network joined us for the Coeur d'Alene event. They gave away beautiful books and had STEM activities for all to explore.

Thank you to everyone who attended the Pumpkin Parties. We are looking forward to more fun events in the upcoming months.

Stay up to date on MSEHS events by following us on Facebook:

[Facebook.com/MtnStatesEarlyHeadStart](https://www.facebook.com/MtnStatesEarlyHeadStart)

How Our Program is Making a Difference



From pregnancy to age three, we partner with families every step of the way.

Mountain States Early Head Start supports the growth of children and families through weekly home visits individualized to meet each family's needs and dreams. Working together, Family Consultants provide lots of different ideas on parenting and child development.

From pregnancy to age three, we partner with families every step of the way. We help children get their best start so they'll be ready for success in school and in life.

Sometimes families have questions or concerns about how their child is doing. We can provide lots of resources to give families the answers they need. We can also help with referrals to other specialists who can work with families and their children if they suspect they have a unique ability or need.

We serve pregnant families and families with children from birth to age three in Kootenai, Bonner, and Shoshone counties. All of our services are free.

Together, we will help you build a nest of support. We can provide community resources and connections for child development, housing, food, child care, and many other resources your family may need.



Brian L-M. eats a banana burrito, from a Sept. Food for Thought recipe



Our Community Pumpkin was decorated by so many families.



Sloane decorates a pumpkin with mom, Ariel and FCs Valerie and Lani .

Birthdays:

Damian C. turns 2 on November 8th
Daxton Q. turns 2 on November 21st
Iris Q. turns 2 on November 21st
Persephone W. turns 2 on November 29th
Nathaniel C. turns 2 on December 1st
Kaeden N. turns 3 on December 3rd
Aariah F. turns 2 on December 29th

Congratulations!

BaiLee was born on September 13th to Kallie and Jimi W. She joins brother Lukas and sisters Ainzlee and RemiLee.

Thank You!

Thank you to Lauren from Community Library Network for attending the Coeur d'Alene Pumpkin Party on October 14th. The Community Library Network gave out books and had STEM activities for families to explore.

Thank you to Liza Lee and Jessica Carter-Nolen from Eat Smart Idaho for your presentation during Coffee Connections. They presented about feeding young children with MyPlate and demonstrated how to make minestrone soup.



Paxton looks at the art supplies at the Shoshone Pumpkin Party.



Brothers, Joey and Jaxon explore pumpkins in the sensory table.



Regina looks at a book with her dad and sister, Antonella at Playgroup.



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/