

MOUNTAIN STATES EARLY HEAD START NEWS

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

March/April 2023

Explore the Weather

Adapted from zerotothree.org/resource/a-year-of-play/

Try some of these fun activities to explore the weather both inside and outside.

- Sing songs like Rain, Rain, go Away and Itsy Bitsy Spider with your child. If you have a baby, watch to see if they try to copy your gestures. If you have a toddler, teach them the gestures and talk about different rain words: puddles, pouring, sprinkling, wind, clouds, rain boots, etc.
- Play with “rain” in the bathtub. Pour water out of a pitcher to make rain. Does your baby prefer it comes out slowly or quickly? Do they try to grab the stream of water?
- Bundle up and go on a rain walk with your toddler. What do you see? Explore some puddles! Have some dry clothes and a towel ready by the door so they can warm up when you get home.

I SPY!

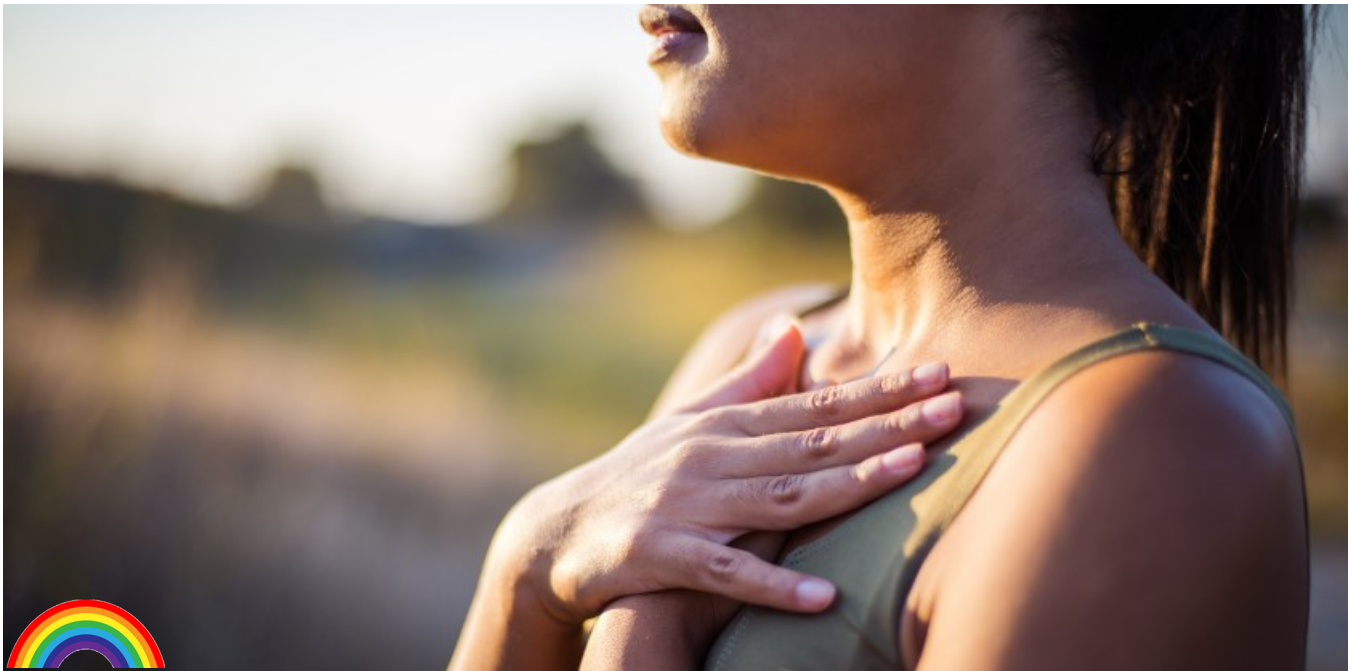
Can you spot a rainbow on a rainy day? See if you and your child can find five rainbows hidden throughout the newsletter.



Bundle up and go on a rain walk with your toddler.

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

Taking Care of Ourselves During Stressful Times

Written by Jennifer Hepinstall-Parent/Family Community Engagement Specialist

Stay tuned; we are preparing for our second parent training series on self care on Thursdays in March, the 9th, 16th and 23rd from 11:00 – 12:00. We provided the first three-part series in September entitled “Taking Care of Ourselves in Stressful Times.” These trainings are 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. Robin's expertise is in teaching people how to stay calm during high stress times. She is able to 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. Some of what Robin will be going over are tips on becoming and staying calm, what foods to eat to help with stress levels and the ways in which love and play can help reduce stress. 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. You do not have to have attended the September trainings to attend the March training. All training participants will receive a copy of Robin's 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 virtually from 10:00-12:00 on January 5, 2023. Meeting minutes are available at each site and on our website at msehs.org/news/policy-council. Highlights from the meeting include:

- We welcomed to Policy Council, Kendra B. She was also nominated to the IHSA alternate and attend the IHSA Conference in Boise on February 21-23. Anna F. also attended the conference.
- Our Sandpoint team is moving to the Syringa Building on Division in Sandpoint. The remodeling is on schedule, which includes electrical, plumbing, carpeting, and painting.
- 2023-2028 baseline grant is our first year grant for our new five year grant cycle. We have three program goals 1) MSEHS will provide solid and equitable services 2) MSEHS will build a healthy work culture 3) MSEHS will be fully enrolled and maintain a healthy waitlist.

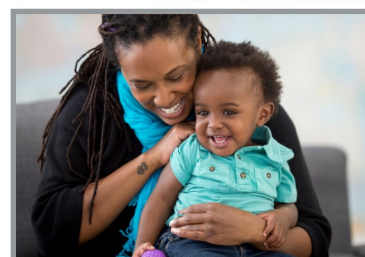
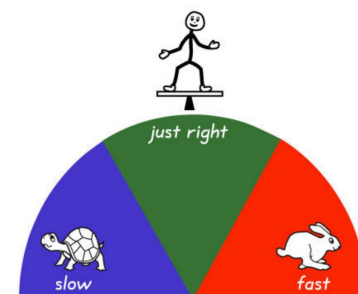
Interested in attending Policy Council?
The next Policy Council meetings will be on March 2, 2023 and April 6, 2023
from 10:00 AM-12:00 PM

Connection Corner

Our bodies run like engines. Sometimes they run too fast and sometimes they run too slow, and sometimes they run just right. Once we identify how our engines are running, we can do something to change it (if we need to!)

In order for our engines to run “just right”, we always need water, healthy food, and sleep. In addition to needing water, healthy food, and sleep, our engines may run too fast or too slow because we are having an over response or under response to our environment or emotions.

What are some items we can offer to ourselves or our children to help us feel calm?



What skills can you practice ahead of time to help you and your children feel calm?

Want some ideas about how to change our engine speeds? Look on Page 4!

Concepts from Parenting for Positive Self-Worth and Trust-Based Relational Intervention (TBRI)

Cont. from Page 3 Connection Corner



<u>Category</u>	Examples of ways we can change our engine speeds				
Look	Watch a fish tank	Put on sunglasses	Dim the lights	Watch the clouds	Look at a glitter or sensory bottle
Move	Rock in rocking chair	Swing	Dance	Practice yoga	Carry something heavy
Mouth	Blow bubbles	Hum a song	Eat something sour	Take deep belly breaths	Drink warm tea or milk
Smell	Speed Up:	Orange, peppermint	Slow Down:	Lavender, chamomile, vanilla	
Touch	Wrap snugly in blanket	Massage	Explore a sensory bin	Wear a tight fitting hat	Walk in grass barefoot
Listen	Listen to relaxing music	Listen to upbeat music	Turn off TV or music	Noise reducing ear plugs	Listen to nature sounds
Distract	Watch a favorite show	Play a game	Color, paint or doodle	Read about your favorite subject	Connect with one-on-one time

How Our Program is Making a Difference



We offer developmental screenings and assessments at MSEHS so that families can learn about their child's developmental milestones, strengths, and identify next steps. The Ages and Stages Questionnaire, Social-Emotional 2nd Edition looks at the social emotional development of your child. It is completed by families with support from their Family Consultant.

The Ages and Stages Questionnaire, 3rd Edition looks at how your child is developing in important areas such as speech, physical ability, social skills, and problem solving. It is also completed by families with support from their Family Consultant.

Our ongoing assessment is the HELP 0-3 Curriculum-Based Child Assessment. Observations during daily routines and planned learning activities are used to complete the assessment. After each assessment period, families receive a developmental report that gives them information about their child's current skills and next steps.



Families and staff enjoy snacks at the Sandpoint Winter Celebration



Alani and Lucas practice tummy time at Shoshone Playgroup



Daxton enjoys his blanket from the Lakeland Cabin Fever event

Birthdays:

Kinsely S. turns 3 on March 10th
 Hayden G. turns 2 on March 23rd
 Luciana H. turns 1 on March 24th
 Reylan P. turns 3 on March 26th
 Jaxon P. turns 1 on April 1st
 Zealand R. turns 2 on April 19th

Thank you:

Thank you to Nancy Schilling for donating the cute and cozy fleece lap blankets, Rhett's Closet for pajamas, Rathdrum Library for attending and donating books, and Melody Wight and St Maries TOPS group for donating books, hats, and mittens for our Lakeland Cabin Fever event.

Thank you to Suzanne Davis from the Sandpoint Library for attending and donating books, and to the Life Choices Pregnancy Center for donating knitted hats to the Sandpoint Winter Celebration.

Events:

Coffee Connections will be on March 1st from 10:00-11:00, on Zoom.

Our second parent training series on self care with Robin Rose will be on Thursdays in March, the 9th, 16th and 23rd from 11:00 – 12:00.



Lucas B. and Elianna F. visited the Idaho Capitol during IHSA



Anna F. and Kendra B. attended the IHSA Conference in February



Families gathered at the Lakeland Center for the Cabin Fever event

Contact Us

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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/