

MOUNTAIN STATES EARLY HEAD START NEWS

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

July/August 2022

Sun Safety

Warm, sunny days are wonderful. It's good for children to spend time playing outdoors, and it's important they enjoy it safely. Here are some tips on how to keep your family safe from too much exposure to the sun's harmful rays.

- Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, an umbrella, or the stroller canopy.
- When possible, dress yourself and your children in cool, comfortable clothing that covers the body, such as lightweight cotton pants, long sleeved shirts, and hats.
- Limit your sun exposure between 10:00 am and 4:00 pm when UV rays are strongest.
- Use as sunscreen that says "broad spectrum" on the label with a sun protection factor (SPF) of at least 15.

Adapted from: <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Sun-Safety.aspx?>

I SPY!

Beach balls are the perfect summer toy! Ball play provides a ton of developmental benefits for young children. See if you and your child can find five beach balls hidden throughout this newsletter.



Keep babies younger than 6 months out of direct sunlight.

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Through play, babies and toddlers try out new skill, explore their imagination, and learn about relationships.

Tips on Playing with Babies and Toddlers

Adapted from <https://www.zerotothree.org/resources/1081-tips-on-playing-with-babies-and-toddlers!>

Playtime is special. Not only is it fun, but it is critical to children's development. Play is their "work" and their way of learning about the world around them. Through play, babies and toddlers try out new skills, explore their imagination and creativity, and learn about relationships with other people.

So what can you do to make the most of your child's playtime?

- Follow your child's lead
- Go slowly
- Read your child's signals
- Look at your play space
- Play it again, Sam
- Adapt play activities to meet your child's needs

You may be a parent, relative, or caregiver of a child that has special needs. A physical, mental, or social disability can pose the occasional challenge to play time. The guidelines below can help you think about how to make playtime enjoyable and appropriate to your child's skills, preferences, and abilities:

- Think about the environment.
- How does your child respond to new things?
- How does your child react to different textures, smells, and tastes?
- Involve peers.

Policy Council News

Policy Council was held from 10:00-12:00 on June 2, 2022. Meeting minutes are available at each site and on our website at msehs.org/news/policy-council. Highlights from the meeting include:

- Jennifer recently concluded a Circle of Security parent training with four graduates. She also held an in-person parent education training on Challenging Behaviors on May 16th.
- Anna attended the national NHSA conference in April and learned that enrollment is between 10% and 20% nationwide.
- Erin shared an activity about focusing on counting.
- Thank you to our 2021/2022 Policy Council Members: Anna F, Brandy M, Karen Y, LaTanya K, Michelle B, Robyn M, and Tali N. Each PC member was recognized with a certificate, flower, and card. Tali was recognized for her dedication over the past five years. Michelle was also recognized for her nine years of service as she will be retiring from the Jannus Board/Policy Council Liaison.

Interested in attending Policy Council?

The next Policy Council meetings will be on July 7, 2022 and August 4, 2022 from 10:00-12:00.



TBRI Corner

The IDEAL Response is an acronym that represents how to respond to a challenging behavior.

Immediate: Respond within a few seconds.

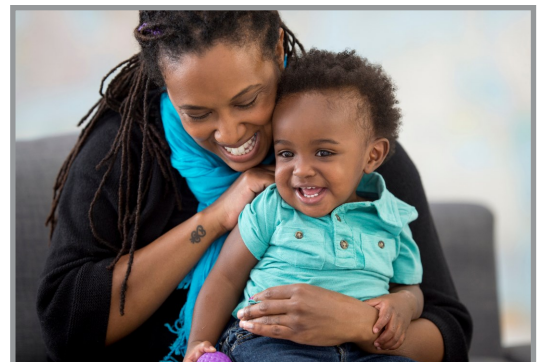
Direct: Get on your child's level, give gentle touch on shoulder or arm, make eye contact.

Efficient: Use only the amount of intervention necessary to get the behavior back on track.

Action-based: Give an opportunity to re-do. Re-dos involve helping a child go back to the beginning of a situation and recreate things as they might have happened if the child was regulated.

Leveled at the behavior, not the child. For example: "It's not ok to hit" versus "Mean people hit. Don't let me see you hit again."

Share with your Family Consultant about what happens when you use the IDEAL response to respond to a challenging behavior and you will receive a free book!





Good News for Families



Families that receive Supplemental Nutrition Assistance Program (SNAP) benefits are categorically eligible for Early Head Start services. This change will make it easier for many families to enroll in Early Head Start and Head Start. If you are interested in enrolling in Early Head Start or know somebody who is interested in enrolling, our application is available on our website at www.msehs.org.

How Our Program is Making a Difference for Families

Mountain States Early Head Start offers families many different ways to connect and build friendships with other families. We follow enrolled families' interests and needs, and offer a wide variety of opportunities that include things like parenting classes, CPR/First Aid, Coffee Connections, Policy Council, and Health Services Advisory Committee.

All of our Family Consultants are Circle of Security Parenting™ Facilitators. We are able to offer classes either individually in your home, or in a group setting, depending upon your preference.

Coffee Connections is offered multiple times per year. Child care is provided, so you can spend time enjoying the company of other families while sharing a delicious snack. Each meeting hold a variety of opportunities, like sharing parenting experiences, learning something new, or sharing resources from the community.

Families can help guide our program by participating in Policy Council. It's a unique opportunity to learn leadership skills and to directly impact our program.

There is a place for every family enrolled in MSEHS to share their ideas and help us create a program where children and families thrive.



We are able to offer Circle of Security Parenting™ classes in your home or in a group setting.



Iris turns 3 on August 5th!



Sloane is standing and getting ready to walk.



Grayson F. was born on May 17th!

Birthdays:

Amelia M. turned 3 on June 1st
 Danny B-H. turned 1 on June 3rd
 Infinity D-H. turned 2 on June 10th
 Emberlee turned 3 on June 16th
 Sloan B turned 1 on June 27th
 Ivan B-H. turns 3 on July 6th
 Brian M-L. turns 1 on July 7th
 Issac M. turns 3 on July 16th
 Jacob F. turns 3 on July 23rd
 Elaina H. turns 2 on July 28th
 Andrew B turns 3 on July 30th
 Adeline H. turns 2 on August 4th
 Iris L. turns 3 on August 5th
 Davian W. turns 2 on August 6th
 August L. turns 2 on August 8th
 Parker H. turns 3 on August 9th
 Iliza G turns 3 on August 14th
 Ava P. turns 1 on August 23rd
 RemiLee W. turns 3 on August 31st
 Ruby H. turns 3 on August 31st

Congratulations!

Congratulations to Amanda, Matthew, Ashley, and Kimberley for completing Circle of Security Parenting™.

Thank You!

Thank you to several local gardeners for donating plants to our Community Garden at our Sandpoint Center: Family of Brittany C., Emily Levine, at Red Wheelbarrow Produce, Michele Murphey, Randy Wilhelm, and students at Lake Pend Oreille High School, Roz Holland. Thanks for helping our garden grow food for our EHS families.

Events:

Join us for a Bubble Palooza Community Playgroup at Bluegrass Park in Coeur d'Alene on July 21st from 10:00-12:00 and at Rathdrum City Park on August 18th from 10:00-12:00.



Emberlee plays on the swing.



Lulu shares her toy with her furry companion, Hope.



Families explore play dough during a Coeur d'Alene Playgroup.



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