

MOUNTAIN STATES EARLY HEAD START NEWS

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

September/October 2022

Pumpkins, Pumpkins, Pumpkins!

Try these fun activities to help your child learn more about fall:

- Look at pumpkins at a pumpkin patch or at a grocery store. Let your baby touch the pumpkins. Talk about how they feel—they're big, and round, and orange. Are they smooth or bumpy? Use new words to describe the pumpkin.
- Read stories about pumpkins.
- Paint a pumpkin with washable tempura paints.
- After you cut the top off of a pumpkin, let your child reach inside and take out all of the seeds.
- Cook or bake something with pumpkins in it like pumpkin muffins or pumpkin bread.

For more ideas visit: zerotothree.org/resources/1090-a-year-of-play#chapter-459

I SPY!

Leaves are going to start to change colors. See if you and your child can find a red leaf, orange leaf, yellow leaf, and brown leaf hidden throughout this newsletter.



Let your baby touch pumpkins. Use new words to describe how they feel.

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Aleta, Lani, and Sarah before the Rathdrum Bubble Palooza on August 18th.

MSEHS Enrollment

Written by Sandra Menegas-ERSE Consultant

It has been such an exciting change to be serving families and our community in person again. Our Early Head Start Team has been busy attending community outreach events and are working hard to reach our goal of full enrollment, 153 participants. We are also offering playgroups at our centers and love seeing those little smiles coming to play and socialize. Thank you families for welcoming EHS back into your homes for visits. It is such a joy to see all of you in person again!

Our Family Consultants partner with families by building trusting relationships, supporting family well-being, and using a child development evidence based curriculum. Each enrolled child is unique, and all of our staff honor the parents or care providers role as being their child's first and best teacher. The curriculum provides activities that parents can try with their children to support the next stages of development while promoting school readiness.

Early Head Start is currently enrolling families and welcomes anyone expecting a child or with a child up to 36 months. If you know of any interested families, encourage them to visit our website at msehs.org where they can fill out an application online. I am also available and welcome calls and texts on my direct cell phone, 208-651-0426. Each of our centers in CDA, Rathdrum, and Sandpoint are open Monday-Friday, 8-5, for direct inquiries.

Thank you to our community partners who continue to refer families to our program. All of us at Mountain States Early Head Start look forward to meeting many new families this year.

Policy Council News

Policy Council was held from 10:00-12:30 on August 4, 2022. Meeting minutes are available at each site and on our website at msehs.org/news/policy-council. Highlights from the meeting include:

- The Community Assessment was completed by Arrowleaf Consulting. Teresa shared a brief overview of the findings.
- Health & Safety Specialist, Ariel Snyder, joined us on August 1st. Our Child and Family Services Team is now fully staffed.
- Kimberley Seitz announced that she will be resigning from MSEHS. Jana Brooks will be serving as Interim Director, while our Executive Director and board decide on the path forward.
- Our 2022-2023 Policy Council Members include: Anna F-Chairperson, Brandy M, Brittany C-IHSA Representative, Brittany T-IHSA Representative Alternate, Erica I-Vice Chairperson, Robyn M- Parent Representative, Karen Yother, LaTanya Keough, and Shaura Larson.

Interested in attending Policy Council?

The next Policy Council meeting will be on October 6th, 2022 from 10:00-12:00.



TBRI Corner

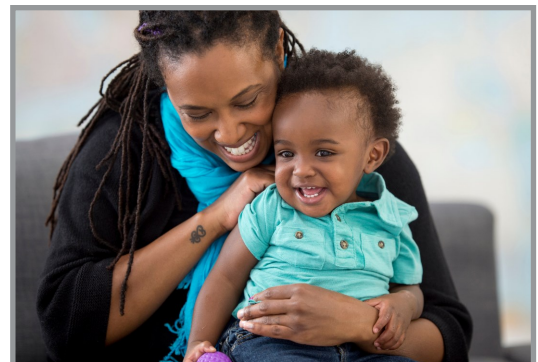
When we meet our child's physical needs, we help their brains and bodies operate at an optimal level.

1. Brainstorm ideas on how you can be active or exercise with your child.

2. How can you and your child stay hydrated?

3. What are some ideas on how you can help you and your child eat healthy foods?

4. What are some ways you can help your child receive healthy touch? (hugs, high fives, massage)



Share your ideas with your Family Consultant and you will receive a free book!

Coming Soon!



Coming Soon! 3-part *Virtual Parent Education Series: Taking Care of Ourselves During Stressful Times*

Presented by Robin Rose, renowned trainer, speaker, and consultant, on how to stay calm, professional, and effective during stressful times. Parents/Caregivers will identify how *stress* appears for them, and learn effective actions that can provide immediate and positive shifts.

Offered Thursdays, 10:30 – Noon; delicious snacks, materials, and connection with other EHS parents and caregivers included!

Session 1 – Sept. 15

Session 2 – Sept. 22

Session 3 – Sept. 29

Talk with your Family Consultant for more details and to register for this AMAZING opportunity.



How Our Program is Making a Difference

Mountain States Early Head Start provides a safe, supportive place to build friendships and share experiences with other families with young children. We have lots of opportunities for families to connect with each other.

Come to Coffee Connections to make friends and meet other families. We plan Coffee Connections with families, so each meeting holds a variety of opportunities, like sharing parenting experiences or learning about resources in the community. Our next Coffee Connections meetings will be in October.



Jennifer Hepinstall, PFCE Specialist

Do you have suggestions of things you would like to do in our next Coffee Connections meeting? Jennifer, our Parent, Family, and Community Engagement Specialist wants to hear from you. You can email her at jhepininstall@jannus.org or call/text at 208-597-2739.



Hunter was born on July 18th.



Kai and Sloane get to know each other at the Rathdrum Bubble Palooza



Aariah and mom, Anna sing during circle time at a CDA Playgroup

Birthdays:

Jormund L. turns 3 on September 27th
 Roman W. turns 2 on September 29th
 Avery H. turns 3 on October 25th

Congratulations!

Hunter was born on July 18th. He joins mom Kate M. and siblings River and Ridge. Congratulations! See photo above.

Thank You!

Thank you to Katie from the Post Falls Library for attending the Rathdrum Bubble Palooza on August 18th. The Community Library Network gave out books, egg shakers, and kazoos!

Events:

Visit our booth at Ponderay Days on Saturday, September 10th from 12:30-6:30.



Brantley plays at a playground.



Kaeden and Lyla explore colored water with mom, Tali at a Playgroup.



Jeanette splashes water with Andrew during Playgroup.

Contact Us

Visit us at
msehs.org

Coeur d'Alene Center
415 N. 15th Street
Cd'A, ID 83814
(208) 765-6955

Shoshone Center
(208) 765-6955

Lakeland Center
14790 N. Kimo Ct
Rathdrum, ID 83858
(208) 712-3152

Sandpoint Center
137 McGhee Rd
Sandpoint, ID 83864
(208) 263-2569



For program updates, photos, videos, and parenting resources, be sure to like us on Facebook! www.facebook.com/MtnStatesEarlyHeadStart/