

# MOUNTAIN STATES EARLY HEAD START NEWS

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

May/June 2022

## Grocery Store Math

There are math ideas to talk about in every aisle. You can start here:

- Point out the signs hanging from the ceiling that show numbers for the different aisles-focus on 1, 2, 3 to start.
- Use the word **more**: *Let's buy **more** apples.*
- Compare sizes of fruits and vegetables. **Big** grape fruit, **small** blueberries. **Big** broccoli, **small** green beans.
- Notice the shape of objects in the store. Floor tiles may be **squares**, wheels on the grocery store are **circles**, and more.
- Use position words as you shop: Next to, on top, behind, in, out. *Our cereal is on the **top** shelf.*
- Point out how items are sorted by color-red apples in one bin, green in another.

For more ideas visit: [www.zerotothree.org](http://www.zerotothree.org)

## I SPY!

Dandelions aren't just in your yard or in the park; they are also hidden throughout this newsletter! See if you and your child can find 5 dandelions.



Compare sizes, colors, and shapes of fruits and vegetables while shopping.

## In This Issue

- Grocery Store Math
- Ease Teething Pain
- Policy Council News
- TBRI Corner
- Refer a Friend
- How Our Program is Making a Difference
- Photos, Birthdays, and Celebrations



Over-the-counter teething gels and liquids on babies' gums are not recommended

## Ease Baby's Teething Pain

Adapted from <https://eclkc.ohs.acf.hhs.gov/oral-health/brush-oral-health/easing-babys-teething-pain>

- **Clean it.** Many strategies for comforting a teething baby include putting something in the baby's mouth. Everything that goes in the mouth should be cleaned first to keep the baby healthy. Read the package for directions on how to clean the item. Some items are dishwasher safe, and some are not.
- **Massage it.** Gently rub the baby's gums with a clean finger for about two minutes. Many babies find the pressure soothing. For babies who already have some teeth, be careful the baby doesn't bite you!
- **Cool it.** Cold helps ease the pain of sore gums. Give the baby a cool clean wet washcloth, spoon, pacifier, or teething ring to chew on. Teething rings can be put in the refrigerator but not the freezer. Chewing frozen teething rings can make a baby's cheeks or chin become bumpy and turn reddish-purple. Note: To prevent injuries to the mouth, do not let a baby walk while holding a spoon.
- **Don't use it.** Over-the-counter teething gels and liquids on babies' gums are not recommended because they offer little to no benefit for treating oral pain. They all contain benzocaine, which if used incorrectly can cause serious health problems, including blood disorders and death. If nothing works to ease a baby's teething pain, ask the baby's doctor or dentist for directions on what pain medications can be used and how to use them safely.

# Policy Council News

Policy Council was held virtually, on Zoom from 10:00-12:00 on April 7, 2022. Meeting minutes are available at each site and on our website. Highlights from the meeting include:

- We are so excited to be back to in-person services. Playgroups are back at our centers!
- Jennifer reported that in May, we will hold a standalone class called “Addressing Challenging Behaviors with TBRI Principles” and in June we will have our “Learning Through Play” class.
- We are maintaining our enrollment but still have 70 openings to fill. We are receiving several referrals, but most are over-income.
- Policy Council elections are coming up. Elections will be in mid-May.
- Michelle reported that the quarterly Jannus Board Meeting was held in March and the new Executive Director was selected. Her name is Amy Little. She is very passionate about the work Jannus does and will be a great fit for the organization. Welcome Amy!

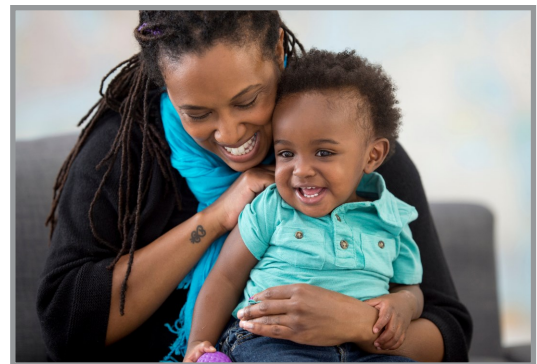
Interested in attending Policy Council?

The next Policy Council meetings will be on May 5, 2022 and June 2, 2022 from 10:00-12:00.



## TBRI Corner

Emotions can quickly take over our children's and our own bodies. It takes awareness from the child and the adult to return to a calm state. During the first year of life, caregivers regulate the physical and emotional needs of infants. During toddler and preschool years, adults still provide a lot of support, but children can start learning self-regulation skills. You can try these activities by yourself or with your child.



- ☐ Create a calming playlist of music. Keep it handy for when you or your child feels dysregulated.
- ☐ Take 5 deep breaths. Try to match the length of your inhale to your exhale.
- ☐ ‘Push down the wall!’ Stand in a lunge position with both hands planted firmly against the wall, push as hard as you can. This proprioceptive (body awareness) input is calming for children and adults.

Share with your Family Consultant about what happens when you practice self-regulation techniques. If you complete the activities above, let them know and you will receive a free book!



## Expectant Families can Enroll in EHS



Whether this is the family's first pregnancy, or they have done this before, we will be a trusted source of support they can count on. Our caring, experienced staff will work with families to share insights and information on topics like fetal development, preparing for baby and delivery, postpartum care, and other areas of interest to them during home visits.

We have even added a 4th trimester to our enrollment services to further support the parent through the first 12 weeks of having a new baby. We take this time to focus on the participant's mental health, and focus on their early attachment with their baby.



## How Our Program is Making a Difference for Families

Playgroups are back at our centers! Families, just like yours are joining playgroups to make connections with other families with young children. Playgroups are a relaxed and casual time for families with young children to get together for fun, play, and connection.

Playgroups include planned activities, free play in our indoor and outdoor environments, music, and story time. We partner with families to plan playgroups that meet the needs of all children. If your child needs room to move and dance, we have that, and if they need a quiet space to read, we've got that too. We know how to create special experiences for children to feel safe, learn, and explore.



Kim and her son, Damian explore stickers during a Coeur d'Alene Playgroup.

Expectant families are welcome at Playgroup too! All parents are invited to come to playgroup, whether the baby has arrived, or is on the way. Playgroups are a great way for pregnant parents to make new friends, grow a support system, and hear from other families what to expect when their baby arrives.

Playgroups happen multiple times each month. Your Family Consultant will have more information on how to get involved with Playgroups.



Graeson A. dyes eggs with his mom and brother.



Asher A. dyes eggs with his mom and brother.



Issac and Josiah spend time together at Sandpoint Playgroup.

### **Birthdays:**

Brandon S. turned 3 on May 30th  
Cedar turns 1 on May 1st  
Asher A. turns 3 on May 3rd  
Graeson A. turns 3 on May 3rd  
Maja turns 2 on May 4th  
Brody H. turns 3 on May 9th  
Josiah turns 3 on May 22nd  
Danny B-H. turns 1 on June 3rd  
Riverlyn S. turns 1 on June 9th  
Pyper turns 2 on June 15th

### **Congratulations!**

Jaxon Oliver P. was born on April 1, 2022.  
Congratulations to Ryan and April! See photo below.

Nathaniel Lee was born on March 30th to Brandy and Laith M. Congratulations! See photo below.



Jaxon was born on April 1, 2022.



Nathaniel Lee was born on March 30th



Iris and Daxton Q. watch their mom, Megan, blow bubbles.

## Contact Us

Visit us at  
[msehs.org](http://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/](http://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)