



WELCOME TO OUR Newsletter

Community with Others

BY JENNIFER HEPINSTALL, PARENT & FAMILY
COMMUNITY ENGAGEMENT SPECIALIST

One of the ways that we promote positive, enduring outcomes for children and families is through helping to facilitate connection and engagement opportunities with peers and community. What we know is that caregivers who have positive connections to social supports, such as family, friends, peers, and community are more able to meet their basic needs, achieve their goals and successfully raise children who are able to overcome obstacles. Families who have a strong social support network are better able to provide sensitive caregiving, are more responsive to their children's needs, can better manage stress, have more confidence in their parenting and have improved child outcomes.

We strive to offer families enrolled in our program a variety of engagement / connection opportunities such as through our Policy Council meetings, Coffee Connections, playgroups, events like Bubble Palooza and classes such as Circle of Security and Making Sense of your Worth. We just completed an eight-week group "Circle of Security Parenting" class on November 15th and will begin an 8 week "Making Sense of Your Worth" Class beginning January 10th. Reach out to your Family Consultant to learn more and sign up.

“A little consideration,
a little thought for
others, makes all the
difference.
-Winnie the Pooh”

🔍 Eye Spy Game: Can You Find 5 Birds x



Families have the opportunity to connect at playgroups with other families.

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Oral health is important from the beginning of a child's life.

Our Tooth “Buds”

BY SARAH HOWELL, HEALTH AND SAFETY SPECIALIST

Teeth are a big part of developing and aging. A child's teeth start to develop as “tooth buds” around the third month of pregnancy. Meals with calcium, protein, vitamins A, C, D, and other minerals can support the development of teeth while the baby is in utero.

As a child ages, teeth play an important role in learning to talk. They help us to make sounds with our tongue and lips. Teeth also help us to eat a variety of foods. Toothbrushing helps us to care for our teeth. Not only does it help to prevent tooth decay, but it can also help to establish morning and nighttime routines.

The American Dental Association recommends parents take their child to the dentist when the first tooth comes in or by the time the child is one. At home, parents can start to care for their child's teeth by wiping their infants' gums with a wet cloth after each feeding. When the first tooth erupts, parents can start to brush their child's teeth twice a day with a small smear of toothpaste. Flossing can be introduced into the toothbrushing routines when the child's teeth start to touch.

If your family needs toothbrushes or toothpaste, please reach out to your family consultant. We can provide toothbrush sizes ranging from infant to adult.



Teeth play an important role in learning to talk. They help us make sounds with our tongue and lips.





Booker plays telephone with dad.

Policy Council News

- We hired two new new FCs, as well as a Perinatal & Nutrition Specialist, next we will hire Mental Health Specialist and Center Manager.
- Shoshone center had a move-in day on Monday, October 30th.
- Region X specialists visited the center in October and trained staff on Setting Family Goals.
- MSEHS continues to focus on building community partnerships. We are continuing our efforts for recruitment through our new Instagram, and hoping to start advertising in the newspaper and on TV.
- We currently have 40 openings. We had 5 enrollments in October. We had 1 enrollment in November so far.
- Jannus held Strategic Planning meeting in November. It happens ever 2-5 years.
- Our Shoshone Open House events will be held in January 2024 with ribbon cutting on Monday, January 22nd and a Family event on Tuesday, January 30th.

**JOIN US FOR THE NEXT POLICY COUNCIL ON
JANUARY 11TH AND MARCH 7TH, 2024**

Welcome to *Connection Corner*

With Catie Kotmel, Child Developmental Specialist

A winter walk is a great way to get active with your family in the colder months. There are many places to explore and things to see. We hope these tips help you to have a fun and successful walk.

1. Dress Warmly: Choose to wear sturdy and warm walking shoes or boots with thick socks, gloves or mittens and a hat. Wear layers so that you can stay as warm as possible and so that you can remove layers if you get too warm.
2. Talk about what you see: This helps your child to learn new words. Talk about what the snow feels like or what animals you see.
3. Keep the route short: In the winter it may take longer to take a walk than in the warmer months. You may want to choose a shorter path that you are familiar with.



A family winter walk is a special time for connecting.

Birthdays + Celebrations + Thank yous

UPDATES ABOUT WHAT'S BEEN GOING ON AT MSEHS

Birthdays:

Brantley : 3 on December 14th
Penelope : born on December 29th
Icarus N : 3 on January 4th
Leela N : 3 years old on February 4th
Joshua S : 3 on February 7th
Damien B : 1 on February 8th
Angie P : 3 on February 8th
Jeremiah K : 1 on February 27th

April Patte completed in the Biggest Loser Challenge and her team scored second. She lost over 12 lbs and 5 inches in her waist! **Congratulations** April!

Congratulations to the three families who were able to complete Circle of Security! What an accomplishment



Aurora and Lukas play at playgroup at our Lakeland center.



Zavier enjoys Halloween in his mom's creative creation.



Joshua Y. with mom Melissa with their "Mistletoes" craft

A Huge Thank you to our intern, Anna Fields

"WE LEARNED FROM HER, AS SHE LEARNED FROM US."



MSEHS Parent and Intern:
Anna Fields

Anna is a parent to seven children, who runs back and forth from work at Head Start to intern at Early Head Start. She has participated in Policy Council over the years and currently leading the Parent Project. For all her hard work, Anna Fields is being awarded the Idaho Head Start Association Parent of the Year/Continuing Education Scholarship Award. We couldn't think of a more deserving person.

Some of her special skills range from making the cutest bulletin boards to creating Facebook posts that highlight our services and our community.

We wish her the very best as she begins student teaching within the local school district in January. Anna is on track to graduate with a Blended Early Childhood Education and Special Education Degree from the University of Idaho in the spring.



Staff Celebrations

CELEBRATING NEW STAFF AND ANNIVERSARIES



New Staff: Family Consultant
Mackenzie Blumenauer



New Staff :
Program Office Coordinator
Heather Woodie



New Staff: Family Consultant
Deborah Fields



Celebrating 1 year with MSEHS
Chelsea Asquith



New Position: Perinatal &
Nutrition Specialist
Irene Dreith



Celebrating 19 years with MSEHS
Jana Brooks



Celebrating 9 years with MSEHS
Laurie Klug



Celebrating 2 years with MSEHS
Mikayla Brown



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415 N. 15TH STREET
CD'A, ID 83814
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SHOSHONE CENTER
114 RIVERSIDE AVE W. STE. A,
KELLOGG, ID 83837
(208) 765-6955

LAKELAND CENTER
14790 N. KIMO CT.
RATHDRUM, ID 83858
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