



CATG EARLY HEAD START NEWSLETTER

To our Early Head Start Families:

December, 2020



Home Visitors will continue to call each family weekly to provide needed/required support and guidance. Activity packets will continue to be prepared and delivered weekly or monthly. These packets will have activities and supplies to help your children continue to make progress in school readiness goals throughout the month and will focus on each child's strengths and challenges to continue with the best programming possible. Home Visitors will ask how your child is doing with these activities during the weekly phone visits.

We will host no socializations during this time due to the increasing numbers of positive Corona Virus cases in Alaska.

GUIDELINES FOR COVID-19

STAY HOME

leave the house only when necessary

OBSERVE SOCIAL DISTANCING

stay at least 6 feet away from others

PRACTICE GOOD HYGIENE

Wash your hands
use hand sanitizer
avoid touching your face

USE A FACE MASK AND GLOVES WHEN OUT IN PUBLIC

If you have any questions about your child's development. Or request any information, please call your family advocate (home visitor).

Fort Yukon: Tillie Cadzow, Jenece Fields,
Peggy Thomas 907-662-3266

Chalkyitsik: Pamela Joseph
907-848-8130

Venetie: Genie Grammer
907-849-8848

Arctic Village: Tara Fields.
907-587-2016

COGNITION AND GENERAL KNOWLEDGE

Cognitive development for infants and toddlers is “the process of growth and change in the intellectual/mental abilities such as thinking, reasoning, and understanding.”¹

General knowledge can be thought of as information that babies and toddlers gain from their physical environments (home, neighborhood, and community) and their social environments (interactions with important adults, experiences they have, and the culture around them). Infants and toddlers use all their senses to gain this knowledge.

Cognition and general knowledge, much like all infant and toddler learning, are closely tied to growth in other developmental domains. For example, to be successful in their developing abilities to think and learn, infants and toddlers need a strong foundation in social and emotional development.

They need nurturing adults who respond to their needs and support their interests to feel safe and secure in exploring their environment. Additionally, physical development often coincides with leaps in cognition and general knowledge. For example, think of an infant who learns to pull up to stand; suddenly, a whole new world is visible to him! He is now capable of learning new things about gravity (as he sweeps things off tables) and how his body moves in space.

As children explore and discover the world around them, they need adults to describe their experiences in order to extend the children’s vocabulary and communication ability. Nurturing adults support general knowledge, especially by reading books, narrating a child’s actions, and having interactive conversations that extend their understanding of the world. The “approaches to learning” domain is also related to cognitive development. Both cognition and general knowledge are supported by the ability to pay attention to - and remember - what you are learning; persist with something, even when frustrated; and, especially, be curious about the world around you in order to seek out knowledge and learn how to learn!

Community Assessments EHS staff are currently doing a comprehensive community assessment. If you would like to participate please contact the home visitor in your community or Shannon Hardy, EHS Director at shannon.hardy@catg.org or 907-662-5484.

Self-Assessment EHS staff are working on this also for our continuation grant that’s due March 2021

Annual Report our federal EHS Grant annual report is due by December 15, 2020. This will be posted on our website and on the Facebook page, Brought to the policy council and the governing board of CATG

