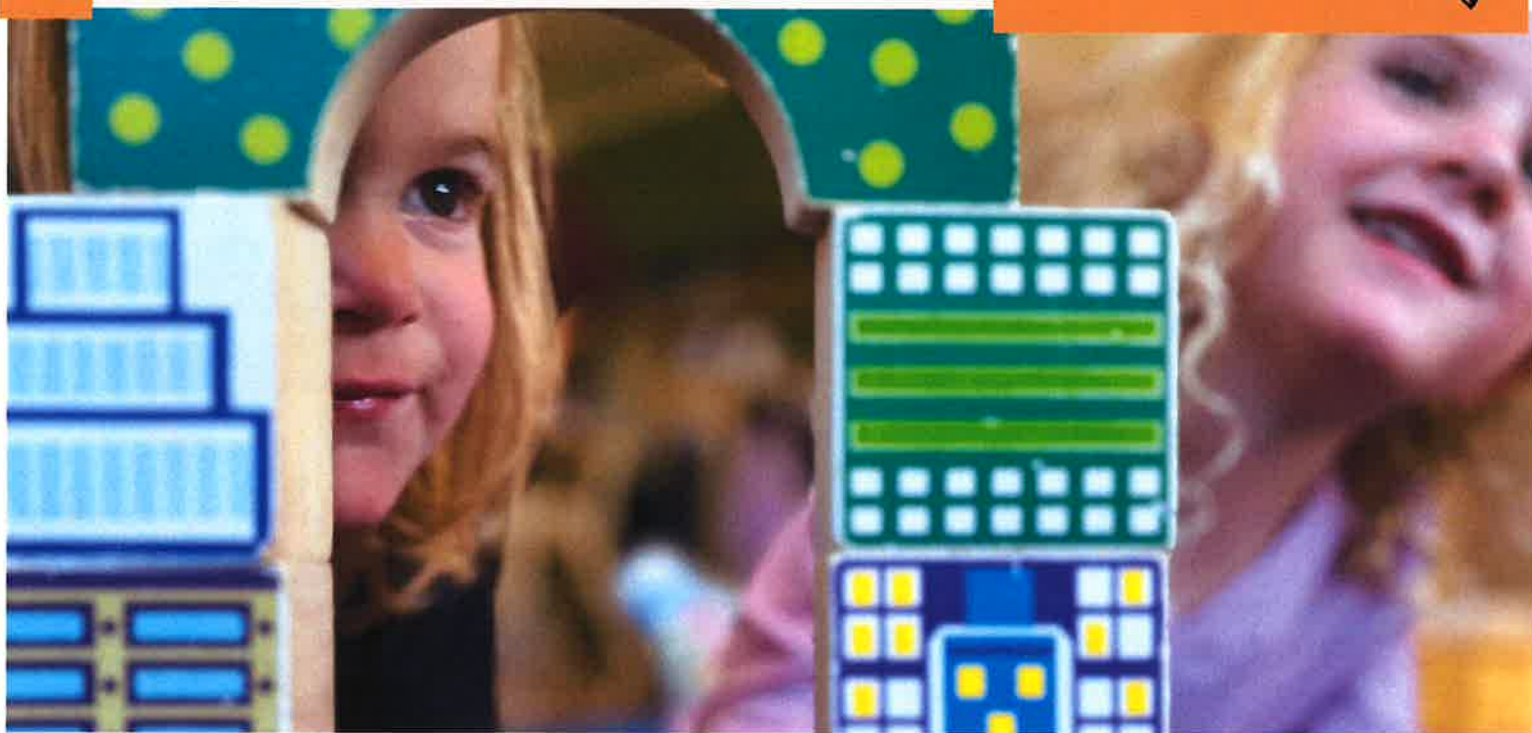


SALIDA EARLY CHILDHOOD CENTER

November 2023 Newsletter

"BE KIND TO YOURSELF, THE WAY YOU
WOULD BE TO SOMEONE YOU LOVE."

~ COURTNEY PEPPERMILL



NOVEMBER IS LITERACY MONTH!!

Research shows that reading aloud is the single most important thing you can do to help a child prepare for reading and learning! This month, we challenge you to read aloud to your child for **FIFTEEN MINUTES EVERY DAY!** The number of words a child knows upon entering Kindergarten is a key predictor in his or her future success. Not only will reading to your child prepare them for school, it will also strengthen your bond and provide meaningful one on one time.

Don't forget story time with Miss Becky, every Wednesday at the Salida Public Library at 10 am!



EVENTS AND REMINDERS!

- **THANKSGIVING BREAK** is November 22-26th!
- **Parent/Teacher Conferences** will be held on November 1st and 2nd. Please schedule a conference with your child's teacher. Please note that group childcare will not be offered this year. If you need to attend with your child, please bring him/her to the classroom with you.
- November 1st is Pajama Day!!!
- **If your child is sick, please keep them home! This helps keep our school open and running!**



MEET OUR NEW EARLY CHILDHOOD MENTAL HEALTH CONSULTANT!!

Casey Daniels is our new Sol Vista ECMHC. She is here to offer support to your child's social-emotional well being. If you feel like your child could benefit from a referral, talk to Sheri or Heather!





WINTER/HOLIDAY SUPPORTS

Thanksgiving Food Boxes

Where? The Grainery, 1348 E St. Salida

When? Friday, Nov. 3rd, 10th and 17th

Monday, Nov. 6th, 13th and 20th

10am-3:30pm

What? Turkey and Thanksgiving food in addition to normal food pantry

Winter Jackets and Boots

If your family is in need of Winter coats/boots, please see Heather or Sheri at the front desk!

Holiday Gift Support

Do you need support in providing holiday gifts for your children? See Sheri or Heather for an application. Please keep in mind, many of these applications are **DUE IN EARLY NOVEMBER**. If you need assistance, come chat with us soon!



PRINCIPAL'S CORNER

Wow, it is November already, and there are several wonderful things happening at SECC this month! Family-led conferences are November 1st and 2nd. This is another opportunity to connect with your child's teacher, to hear how your child is doing in the classroom, and to access any information, support, or resources you may need as a parent. One of our primary focuses at the SECC is social and emotional wellbeing for children, families, and staff. To foster growth in this area, our staff have been busy working to implement the Conscious Discipline curriculum. Your child's teacher will share some strategies they have been using to help your child feel safe, calm, and loved. During conferences, our team will have these resources available in the lobby, so that you can use some of the same language at home. Following conferences, we will be celebrating Literacy Month. Please watch for additional information on the importance of reading to your child and easy ways to make it a habit. Lastly, I want to thank the many parents who have joined our Policy Council! Policy Council is a great way to share family input and to be involved as a parent. Our next meeting will be Tuesday, November 7th, following drop-off, and it is not too late to join!

~Principal Theresa Gilson



ON YOUR MARK, GET SET...

READ!



ON YOUR MARK! Limber up at the library!

- 1 JOIN!** Get a library card. It's free!
- 2 GO!** Let everyone in the family pick out books.
- 3 REPEAT!** Sign up for free programs and enjoy storytimes, crafts, and more.

GET SET! You are your child's first teacher.

- 1 TALK!** Your child will learn lots of new words and ideas from your conversations.
- 2 SING!** Grow young minds through song, anytime.
- 3 PLAY!** Children learn best through play and imagination. How about playing library? Or museum? Or restaurant?



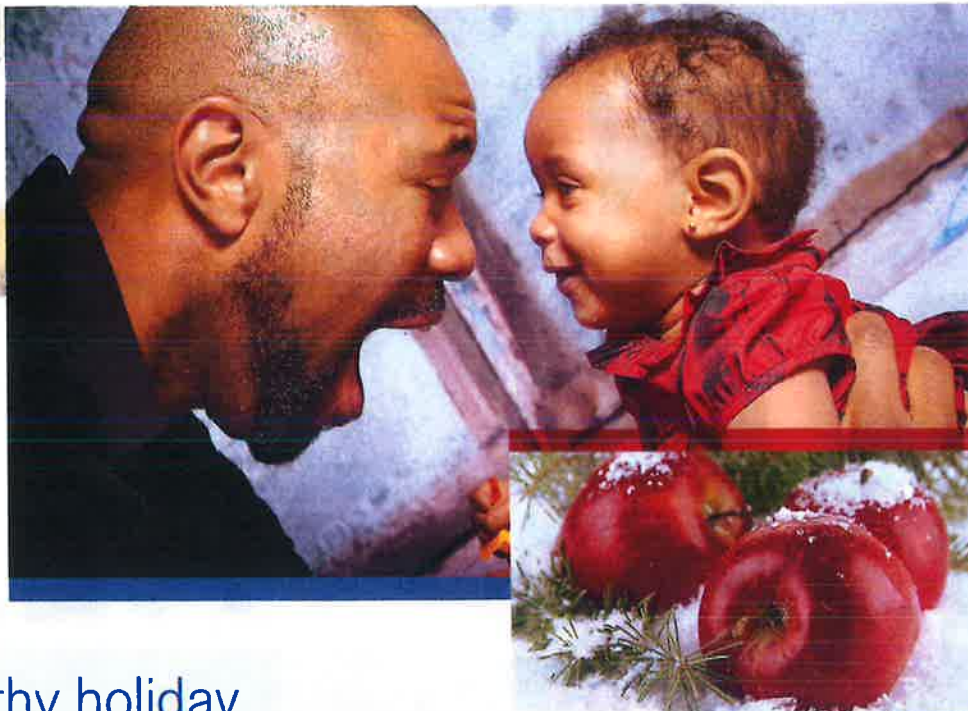
READ! At least 15 minutes, every day, from birth.

- 1 15 MINUTES!** Read aloud for healthy brain development.
- 2 EVERY DAY!** Bedtime is a great time to read aloud, but you can bring books anywhere – even outside in summer!
- 3 ENJOY!** Pick great books that you love, too, and read them with enthusiasm.



CONGRATS! Run this race, and raise a reader. We're rooting for you!





Have a happy, healthy holiday

Keep these tips in mind as you progress through the holiday season!

Eat well

- **Watch your portions!** Whether you're eating at home or a holiday party, follow this simple rule: make half your plate fruits and vegetables, one quarter protein, and one quarter grains.
- **Prevent overindulging** by allowing yourself to eat unhealthy some of the time. Adopt an 80/20 rule or 90/10 rule. Eat healthy 80 or 90 percent of the time and unhealthy 20 or 10 percent.
- **Take the focus off food.** Holidays often center on meals, but the true meaning and intention behind them is togetherness. Avoid filling up on food by indulging in conversation and spending quality time with loved ones.

Stay active

- **Be prepared to exercise** outside of your routine. You may not be able to stick to your normal workout regimen with the chaos of the holiday season.
- **Aim to do at least one activity.** Even if you only have a few minutes to spare, exercising for a short amount of time is better than not exercising at all.
- **Find opportunities for exercise** in everyday activities. For example, take the stairs rather than the elevator, park farther away from buildings, or take a lap or two around the store before you start shopping.

Reduce stress

- **Plan ahead.** Create a thoughtful plan to tackle your holiday preparations so you're still able to enjoy the season.
- **Find some "me time."** Chances are you're running around trying to ensure that everyone else has the perfect holiday, but what about you? Take time to relax and do something you enjoy doing for yourself. You'll feel refreshed, recharged and ready to conquer the holiday season.
- **Let go of perfection** and enjoy the holiday season for what it is. If something doesn't get done, let it go; everyone will still enjoy themselves.

Be healthy

- **Get a good night's sleep.** Sleeping is both a relaxing and restorative activity. It will help you better ward off winter colds and increase your energy.
- **Wash your hands.** The holiday season also marks cold and flu season. Avoid getting sick by washing your hands for at least 20 seconds with soap and water.
- **Travel safely.** If you're hitting the road for holiday celebrations, be sure to wear your seatbelt, avoid drinking and driving or getting a ride from someone who may have been drinking, and watch the weather to ensure safe travels.



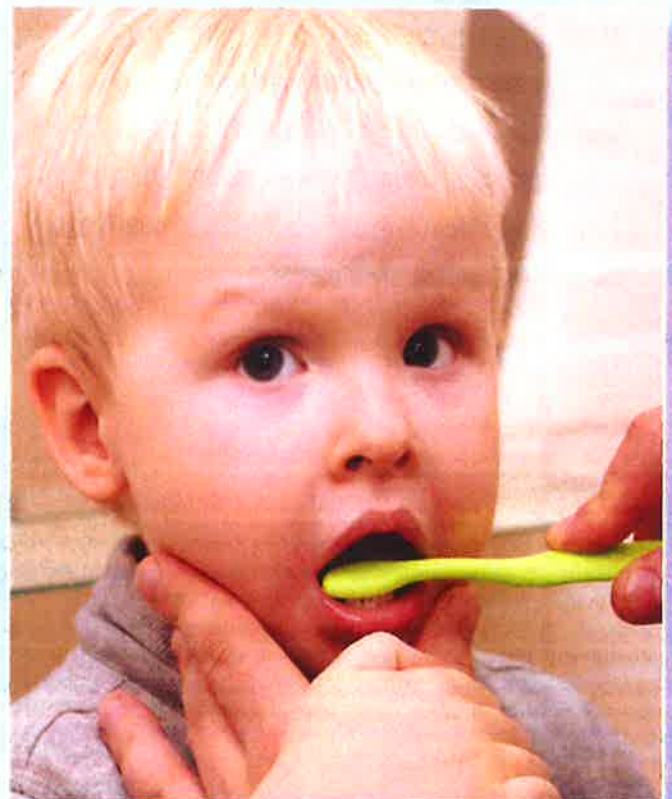
Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

Healthy Habits for Happy Smiles



Establishing a Bedtime Routine for Your Child

A regular bedtime routine helps your child know what to expect at the end of the day. Brushing your child's teeth with fluoride toothpaste as soon as the first tooth appears in the mouth is an important part of the routine.



Why is setting up a bedtime routine important?

- Brushing your child's teeth with fluoride toothpaste before bed removes bacteria from their teeth and prevents tooth decay (cavities). It also helps to set a toothbrushing routine that lasts a lifetime.
- Spending 15 minutes reading to your child every day can improve their language development. It can also help strengthen the bond between you and your child.
- Sleep is important for your child's health and well-being.

A bedtime routine for your child can include these simple steps:

1. **Tell your child it's time to get ready for bed.** Letting your child know it's bedtime begins the process for preparing them to relax and sleep.
2. **Brush your child's teeth.** For children under age 3, use a rice-size amount of fluoride toothpaste to brush teeth. For children ages 3 to 6, use a pea-size amount of fluoride toothpaste. After brushing, don't give your child anything to eat or drink before bed.

3. **Read a book with your child.** After brushing, read a book aloud to your child in a comfortable spot. As your child gets older, let them pick out a book or two to read.

4. **Put your child to bed.** After reading, put your child to sleep in their own bed.

Be consistent and patient. It may take time for your child to get used to the bedtime routine. Once the routine is set, bedtime will be calmer, quieter, and more fun for you and your child.



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National Center on Health, Behavioral Health, and Safety. 2022. *Healthy Habits for Happy Smiles: Establishing a Bedtime Routine for Your Child*. Washington, DC: National Center on Health, Behavioral Health, and Safety.



ADMINISTRATION FOR
CHILDREN & FAMILIES



National Center on
Health, Behavioral Health, and Safety



Early Childhood Mental Health Consultant Services

Casey Daniels, LSW

Through a partnership with Solvista Health, Casey offers mental health consultation to your school. Casey can help with:

- Individual Child Support in the Classroom
- Parenting Support
- Staff Trainings
- Supporting Teachers in the Classroom
- Resources and Referrals
- Help foster environments that support everyone's mental health - children and adults

When Should I Call?

- Child needs help with "big" feelings at home or school that lead to challenging behaviors
- Child is having difficulty coping with scary events, adjusting to changes or trauma
- Child could use support making friends and getting along with others
- You're feeling overwhelmed by the demands of teaching or parenting
- You're having difficulty managing routines, structures, or classroom expectations
- You're looking for more connection with a child in your life
- You're seeking new information, supports and/or strategies to implement with your child at home or school

I'm here to support center staff, children, and families with social-emotional wellbeing! I'm available to meet confidentially with teachers, staff, or parents to discuss any questions and concerns. I also offer support and training for teachers and parents, as well as resources and referrals depending on your family's needs. I look forward to connecting with you!

Casey Daniels

Phone:

719-371-6374 (Cell)

719-275-2351 (Office)

E-Mail:

casey.daniels@solvistahealth.org

Supporting Marriages in Our Community



DATE NIGHT

from Poncha Springs Church Of Christ

First Friday of each month
This month on November 4th.

5:00-7:00pm

Free Childcare

We provide the childcare, you go on a date.

Find out more at ponchaspringschurchofchrist.org/date-night

