



# Kindergarten Transitioning

If your child is Kindergarten eligible for the fall please remember to register them for Kindergarten!

**Here is a list of items you may need to bring with you to Kindergarten registration:**

- Child's birth certificate
- Child's immunization record
- Child's vision & hearing screening results
- Child's physical form
- Child's social security number



You may ask your Family Services Advocate or Center Director if you need copies of any of the forms that they have on file for your child.

If you are unsure of the Kindergarten registration dates at the school your child will attend you may call that school directly, or ask your Family Services Advocate.



## Reminder:

Policy Council is scheduled to meet the 3rd Thursday of the month, 5:30 p.m. at the Child Development Services Administrative Staff Office. The

February meeting is scheduled for February 21, 2008. Thank you to all parents who serve on Policy Council!



Secondhand Smoke	
Nutrition	
Valentine Treats	
Action Steps...	
Tips for Including	
Circle of Parents	
Bus Safety	

# Dental Health Month

## Young Children and Dental Pain

Young children may have a hard time verbalizing their dental pain.

Here are some signs that are possible indicators of oral health problems in children:

- Difficulties concentrating on tasks
- Being easily distracted
- Anxiousness
- Changes in appetite or avoidance of certain foods
- Irritability
- Fatigue

*From: Children & Families Fall 2007*



## Secondhand smoke reduces IQ in children

Exposure to secondhand smoke reduces children's scores on math, reading and spatial skills by the equivalent of 2 to 15 IQ points, depending on how much smoke a child takes in, a study by the national institute of Environmental Health Sciences has found.

The study involved 4,399 children and for the first time, used the level of cotinine in the blood as a biological marker for smoke exposure.

Cotinine is a break down of product

of nicotine. The research not only found a general correlation levels and low test scores, but also that the group of children with the highest levels had the lowest test scores. This kind of "dose response" is seen by researchers as strong evidence of a cause-and-effect relationship.

"We estimated that over 32.9 million children are at risk for (secondhand smoke) related

reading deficits," the study concluded. Although calling for more research, the authors said that "this analysis along with other studies provides adequate evidence to support policy to further reduce childhood exposure."

This study was taken from Environmental Health Perspective Perspectives.



Secondhand smoke is bad

## Children's Nutrition

### Super Sizes, Big Bites

When preschoolers were served large portions (double the age-appropriate amount) of a macaroni and cheese entrée, they took bigger bites and ate 25% more compared to when they

The study suggests that large portions served to preschoolers may lead to overeating.

were served on age-appropriate amount, says a recent study. But when children were allowed to serve themselves, they ate less of the entrée than when they were served large portions.

### Low-Sugar Breakfast

Low-sugar foods like peanut butter eaten in the morning can affect how much a child eats later in the day. Children felt full and were less likely to snack on healthy foods after eating a low sugar breakfast.

Low in carbs, peanut butter is high in protein and unsaturated fat. What's more, it has vitamin E, niacin, folate, copper and zinc!

Try peanut butter and bananas!

## Sweet Hearts—A Valentine Treat

### What you need:

- Cooking spray
- 2 tablespoons margarine
- 6 cups mini marshmallows
- Red food coloring
- 9 cups Rice Krispies
- Heart shaped cookie cutter
- Plastic bags and yarn

To begin, lightly coat a 10" by 15" baking sheet with cooking spray and set aside.

Melt margarine in a large pot over low heat. Add the marshmallows, stirring them continuously until they melt. Remove the pan from the heat. Stir in the drops of red coloring until the color receives a thumbs up from the chef. Add the Rice Krispies, stirring until they are evenly coated. Spoon onto baking sheet.

With waxed paper (or buttered hands), smooth out the mixture, spreading it to an even thickness. Cut out hearts with the cookie cutter. Place each heart in a clear plastic bag, tie on a yarn bow, and they're ready for giving! Makes 7-5 inch hearts.





## Action Steps Parents Can Take to Support Early Learning

### At Home:

- Be aggressive about getting the skills and tools you need to be the best parent you can be.
- Join a parent support organization.
- Share special skills or knowledge with young children.

### In Your Network (Neighborhood, Faith Community, Circle of Friends, etc.):

- Support and mentor other families and caregivers.
- Take care of a young child for a neighbor or friend.
- Share special skills or knowledge with young children.
- Teach and/or read books at church.
- Help a young family with a new baby.

### In the Community:

- Participate in food and clothing drives for young children.
- Volunteer at an early childhood program.

-Help repair or maintain playgroups, parks, and other facilities used by young children and families.

-Serve on an early childhood board of directors or parent group.

-Speak out for children's issues- write letters to the editor or to your elected officials urging them to support young children and their families.

-Join with others to protect good early childhood programs that are threatened with budget cuts.

-Join with others to address early childhood issues on a neighborhood or community-wide level. You can join an existing early childhood coalition or band together informally around specific issues.

-Ask candidates for office at all levels what they plan to do to help young children.

-Vote for candidates or ballot initiatives that support early childhood resources.

-Contribute to or raise money for early

childhood causes.

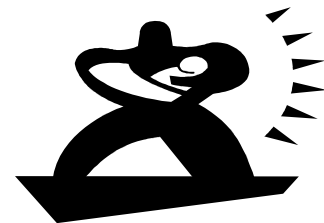
*From bornlearning*



## Tips for Including Dads in the Community

1. Respect fatherhood
2. Understand that father interaction is vital to each child's optimal development
3. Support father/child activities
4. Affirm community and business practices supportive of healthy father/child relationships
5. Uphold positive male influences to children
6. Encourage men to be role models and mentors for children in the community as well as in their family
7. Help kids without fathers spend time with positive men

*From CAUSE- a partner of the Michigan Fatherhood Coalition*



Child Development Services

100 S. Pine St., Ste 220  
Zeeland, MI 49464

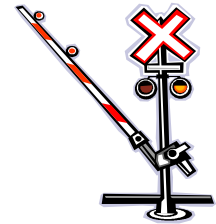
Phone: 616-786-0736  
Fax: 616-796-3284

**Helping families grow  
together!**

**CIRCLE OF PARENTS SUPPORT GROUP**

**Want a place to come and share with  
and receive support from other parents  
in your very important job as a parent?**

Join us the first and third Thursday of  
the month from 5:30 p.m.- 7:00 p.m. at  
Macatawa Resource Center, 665 136th  
Ave., Holland, large conference room.  
Dinner and child care are provided. A  
Meijer gift card is given as a door prize  
at each meeting. Please RSVP to Melanie  
at 786-0736, ext. 2302 if interested by  
the Monday prior to each meeting.



# Bus Safety News

Railroad tracks are on private property owned by the railroad company. This means that you can not play, walk, skate ride a bike or snowmobile on railroad property. In addition to it being illegal to trespass on railroad property, it is also unsafe.

Use caution when crossing railroad tracks:

- Railroad tracks are uneven.
- Trains are very large and heavy and take a long time to stop.
- Sometimes when a train has just passed from one direction, another train may be coming from the opposite direction. You might not notice the second train because of the noise from the first.
- Watch for places where the railroad tracks cross roads or streets.

## Head Start Staff Feedback

Dear Parents,

Child Development Services is devoted to caring for your children. Our staff are concerned about each individual child. We would like to encourage the staff who make special efforts to help you and your child. If there is a staff member who does a little "extra," please let us know by filling out this form and returning it to a staff member at your child's center. Thank you for taking the time to show your appreciation for staff!

Name of staff member: \_\_\_\_\_

Center: \_\_\_\_\_

Please describe the way in which this staff person went above and beyond in order to help you and your child: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_