

## Dewey Head Start:

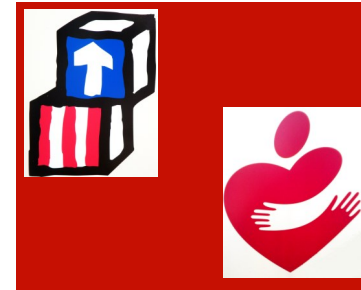
The school year for the students of Dewey Head Start has been an eventful one full of adventures and new learning experiences. We have learned about nature and some animals that are native to Oklahoma and visit us daily. Some of those animals are birds that are getting ready to travel a long distance for the winter. To help them prepare for their travels our class set up bird feeders which we check and fill with food regularly, so they have full bellies to keep them strong and warm.

We have also been exploring the different worlds of creative play through visual arts such as painting, reading and dramatic play. The students love learning about different characters and different places through the stories Miss Lyric reads to them during Story Time each day. They love it when they also get to act out the stories Miss Lyric has read while sometimes adding their own version of the story.

Our students loved being creative with pumpkins, they decorated with their father figures for their October Fatherhood Initiative Project and sharing their designs with the rest of the class.

We have had the Copan Fire Department visit our class which was so exciting to learn about fire prevention and safety. The students received certificates for learning Fire Safety along with being able to see the different equipment the fire fighters use.

We look forward to many more visitors and adventures in the coming months.



## The C.A.R.D. Chronicle



### Inside this issue:

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### Parent University

From the Directors Desk	2
Mobile App	
Baby Doll Circle Time and I Love You Rituals	3
Health and School Readiness	4
News from Education	4
Little Known Risk to Small Children	5
Dewey Head Start	6



*Don't  
Forget!*

*Christmas Break  
December 16th—  
January 2nd*

Parent University was recently held at Southside in Broken Arrow. Click the picture above to check out pictures from the event.

Pictures by: Zaria Monique



### Safety Tip

Click on the following link to get information about staying safe during cold weather season.

"Parents should always accompany their child when crossing the street"

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/cold-weather-safety.pdf>





From the Director's Desk

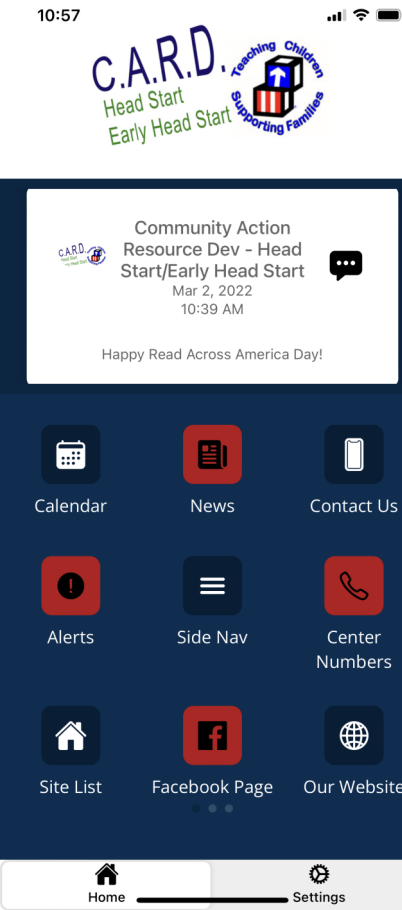
Hello Everyone, Happy Holiday Season!!!



This has been a fast but fun year so far. It's not without its challenges, but life often is. We have dealt with closures from COVID, water leaks, power outages etc., but our everyday effort is to continue to serve you and your children in the best and safest ways possible. We've had some fun events Donuts for Dads, Parent University, Holiday Parties, etc. all effort to connect and involve you and the family in your child's everyday learning, because you are their first lifelong teacher. We just want to enhance that in any way we possibly can by working with you to ensure that the children's learning needs are addressed, allowing them to be successful into the future. I hope you all have a safe and fun Holiday Season and a Happy New Year. Looking forward to working with you all next year, 2023 is looking awesome!

***"There is a fact that if you talk to your plants they will grow, Just think of what will happen if you talk to your children !"***

Barbara Hankins  
CARD HS/EHS Director

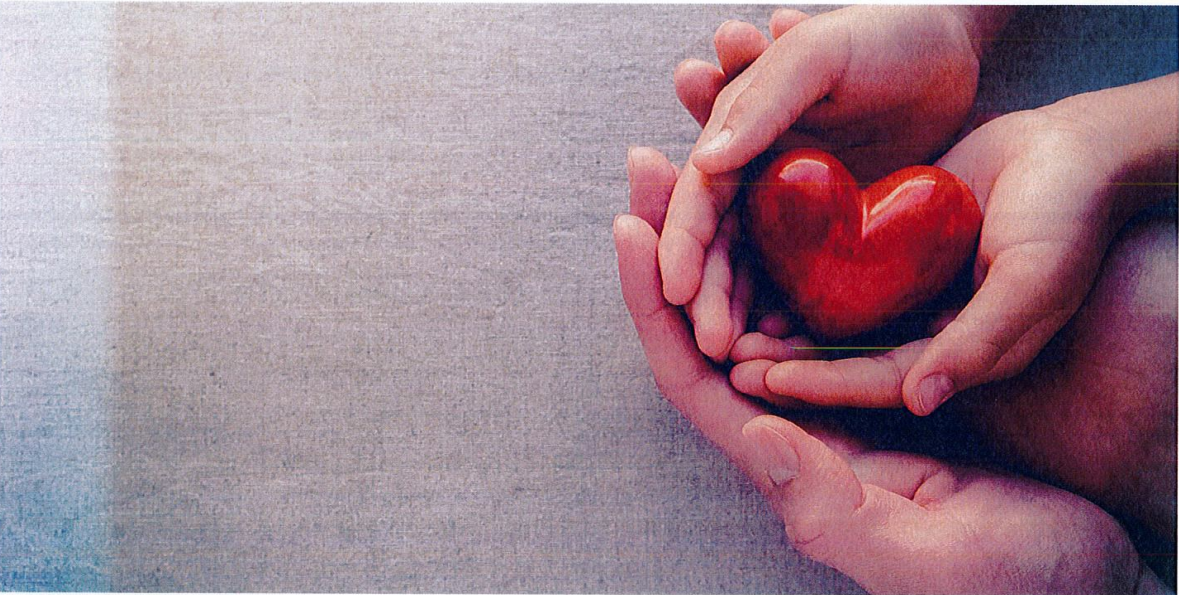


CARD Mobile App

CARD Headstart/Early Headstart now has a mobile app! Everything you need to know is now at your finger tips.. As you can see in the picture, there are many features. There are links to center phone numbers, calendar, and our website to name a few. You can also choose to have notifications sent to your phone in the event of center closings or other events at your center. There is also a list of our sites where you can tap on your child's site to see events at that site.

To get the app,, just go to your Google Play store or your Apple App store and search CARD HeadStart.!

There's a little-known risk to small children.



Inside small electronic devices may be very powerful coin-sized button batteries. When swallowed, these batteries can get stuck in the throat and cause severe burns or death.

1. Keep devices with button batteries out of reach if the battery compartments aren't secure, and lock away loose batteries.
2. If a child swallows a button battery, go to the emergency room right away. Do not let the child eat or drink and do not induce vomiting.
3. Share this information with other parents and caregivers.

Coin lithium button batteries can cause severe injuries when swallowed. Each year, there are about 3,200 calls to U.S. Poison Control Centers about a button battery being swallowed. Nearly 6 out of 10 of these cases are for children under the age of 6.

Many slim, sleek electronic devices have button battery compartments that are easy to open and most parents do not know there is a risk. If a child swallows a button battery, symptoms may be similar to other illnesses, such as coughing,

drooling, and discomfort. Kids can usually breathe with the battery in their throat, making the problem hard to spot. National Battery Ingestion Hotline: 1-800-498-8666



Our Mission

*Our mission is to facilitate learning, independence, and trust to our children and their families.*



## Health and School Readiness

- Health connects to school readiness long before a child enters school.
- Healthy development continues to support learning throughout childhood and later in life.
- Health in the earliest years, actually beginning with the future mother's health before she becomes pregnant, lays the ground work for a lifetime of well-being...
- A child must be healthy to be ready to learn.
- As part of our comprehensive services, CARD HS/EHS provide services to promote health, behavioral health, and safety for children and families.
- We collaborate with parents as partners in the health and well-being of their children to promote children's health and well-being by providing medical, and oral health education support.
- Services that focus on the whole child promote children's learning and development.
- There are specific health conditions that impact learning, which can be identified and treated early.
- If they are not addressed, children with these conditions may fall behind.
- We have several tools to support all children's healthy development. **ews** first 45 days of enrollment.
- Using screenings and ongoing assessments, staff identify issues that may impact a child's readiness for school.
- Timely referrals and evaluations help plan for each child's needs so all children can engage in learning.

## News from Education

- Teachers have complete the first set of check points and parent teachers conferences.
- The Education Team recently met and has made plans to start launching a new Brain Smart Start Each Monday Starting Jan 3-2023.
- We have recently sent 2 of our coaches to CLASS training and they have tested and are now CLASS certified to be Classroom Assessment Scoring Observers. Congratulations to Coaches Charlene Johnson and Trish Witt
- Dee Osborne , Brandie Gailey and Kim Mindt will be out in the centers completing the Fall - winter CLASS and letting staff know all the great things we observe along with tips for improving on other things observed.
- Teachers have complete the first set of check points and parent teachers conferences.
- We have welcomed many new staff of the past few months and are excited to have them come be part of the CARD Team.



## Baby Doll Circle Time and I Love You Rituals

Now, more than ever, it is important to build resiliency for our children and provide excellent support for social emotional development. Social emotional skills such as self-regulation, managing attention span or distractions, and problem-solving are rooted in the developmental tasks of attachment, connection, and trust. CARD Early Head Start and Head Start has adopted and implemented social emotional curriculum from Conscious Discipline, and we encourage our parents to learn and practice the same strategies!

You may hear us talk about Baby Doll Circle Time, and here is a quick overview:

We understand that children develop best within the context of caring relationships. Baby Doll Circle Time™ provides the opportunity for young children to experience being the nurturer by interacting with their baby dolls (or teddy bear) in the same ways that we as caring adults might interact with them. As the children play with their dolls, they relive and strengthen the attachment and connection that they have with their caregivers and parents. Baby Doll Circle Time™ is a way to ensure that children experience the attachment, attunement, and social play required for optimal brain development. The goals of Baby Doll Circle Time™ are to: ♥ Enhance attachment ♥ Increase self-regulation ♥ Promote trust ♥ Foster attunement skills

What are "I Love You Rituals?"

Dr. Bailey (founder of Conscious Discipline) also designed [I Love You Rituals](#) as a playful means to promote optimal brain development, increase attention span, reduce hyperactivity, build self-esteem, amplify cooperation and facilitate language development. These transformative rituals can be enjoyed in an adult-child setting or between children, and are appropriate from 15 months through elementary school. And YES, you can do them at home!

[I Love You Rituals](#) are structured connecting activities that include eye contact, touch, presence and playfulness. Families benefit from I Love You Rituals at bedtime, morning routine, before or after meals, when saying goodbye, while on the diapering table, and more. Classrooms benefit from I Love You Rituals in routines like the Brain Smart Start, during circle time and after transitions. Teachers and individual students benefit from scheduling regular one-on-one I Love You Rituals with children call for help through difficult behaviors like aggression, tantrums or withdrawal.

I Love You Rituals are helpful for all children, but are particularly essential to fostering healthy connection and development when enjoyed with children with challenging behaviors, who are at-risk or who experience special needs.

Your EHS teacher, FMS, or home visitor has probably asked you to use an I Love You ritual for your child, as this strategy of a "home to center" connection helps children calm their brains, sooth themselves, and be ready to learn. Our staff also ask parents to SHARE the I Love You Rituals that are YOUR family's favorites, so we can use those in our classrooms or in our planned home visits (virtual though they may be!).

We KNOW that things may be pretty hard for families right now. I Love You Rituals can actually help all of us enjoy our days just a little more, have more giggles, more laughter, greater "connection," less crying, and a calmer brain! (works for adults AND kids!)

Want to learn more?

<https://www.youtube.com/watch?v=XWsGWqvi3RA> for a quick overview of BDCT

<https://www.youtube.com/watch?v=bl7b3TespAw> for a short video on Conscious Discipline At Home.

Ask your FMS or Learning at Home teacher! We can set up sessions (in person if COVID allows, or virtually otherwise) and teach parents what we are doing, and YOU can teach us your I Love You Rituals!

(Sources Conscious Discipline and CCPR.com)