



Alexander Early Head Start July 2015 Newsletter

Early Head Start Program Mission:

- To enhance the growth and development of young children
- To support and strengthen healthy family development and well-being
- To promote healthy prenatal outcomes for women who are pregnant
- To serve children with disabilities and their families

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Pool time fun!

We started our swimming field trips last week. The weather was perfect for swimming (really hot!) so it was a great way to cool off for all of us. Families enjoyed time together, new milestones happened for several of the children that went and new friends were made. We are excited to have this opportunity this summer and hope everyone that attends has a wonderful time and learns lots of new ways to enjoy the water and each other. Please make sure to check with your In-Home Educator to sign up for a trip to the pool.



Announcing.....

Stephanie Marshall is changing roles. She is moving from the classroom Teaching position into an In-Home Educator position. Stephanie has her AA degree in Early Childhood Education and has been working towards this move for some time and will be fantastic! We are excited to have her take on this role. This is a bitter sweet change for us, as Stephane is a wonderful classroom teacher and will be greatly missed by EVERYONE in the classroom.





Traveling with children

As summer arrives, many of us want to get away, even for a day. Traveling with children is wonderful, but can be challenging. Attitude is everything: expect problems, go with the flow and everything will work out great. Travel is hard and traveling with kids is even harder. But if you treat your trip like an adventure, annoyances, missteps and mishaps simply become small obstacles for your hearty band of explorers to overcome. Here are some tips for traveling with small children:

- ◆ The greatest thing you can take – whether at the airport, sightseeing or getting from A to B – is **extra time**. Toddlers love to explore and don't care for the time pressures of travel, so you're more likely to all retain your cool if you factor the dawdling, investigating, stalling, toilet stops and tantrums into your timeframe.



- ◆ Don't forget the Tylenol! It's always a good idea to travel with some children's Tylenol (or whatever you prefer) so that you don't have to worry about tracking down a drug store in a strange area.
- ◆ Leave at the right time. If you kids nap, use their schedules to your advantage. For example, if you've got a long car ride, see if you can't leave an hour or so before their nap time.



- ◆ Choose your toys and books wisely. Things like a good set of portable art supplies with crayons, markers and some paper can transform into hours of amusement (or at least distraction).
- ◆ Resist the temptation to keep them going on a long journey by feeding them sweets. Pack a mixture of savory snacks like cheese cubes, breadsticks, fruit and bagels – anything to avoid arriving with children in the middle of a sugar rush.



Summer brings lots of opportunities to make memories for your family. With the economy the way it is, it can be hard to get away for even a day. One way to make the summer fun and memorable is to take advantage of local fun spots. Some fun, free, or in-expensive day trips around our area are: The splash pad in Conover; The Zhara Baker playground in Hickory; Sun Quest water park; Kool Park in Hickory; Statesville Recreation leisure park; free movies at several nearby theaters; Zootastic in Troutman; Hiddenite Gem mining; and Bo's in Lenoir. Pack a picnic lunch, some toys to occupy when there is down-

