



Alexander Early Head Start

June 2017

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

Contact Information:

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Positive Guidance

Parenting is a rewarding job that comes with success and challenges. Below are helpful parenting strategies to use as you guide your young children with love and consistency.



Plan ahead. Be predictable - Children feel safer and happier when they know what to expect. When preparing to go out try, "It's almost time to go. We'll put away our toys in five minutes."

Change it up— A rough day can improve with a simple change in scenery, go for a walk, put on some music, or go outside and play on the porch or in the yard.

Think about the cause -Try to find and address the cause of the behavior. Challenging behavior is often caused by:

- ↳ Lack of knowledge/experience
- ↳ Physical triggers (hungry, tired, wet)
- ↳ Need for attention
- ↳ Emotional triggers (bored, scared)

Tell your child what they can do - Instead of "Stop running!" try, "Let's walk!" or "Feet on the floor"

Point out the positive - Use clear, simple encouragement rather than praise. This helps your child understand your expectations and builds confidence:
"You hung up your coat and put your shoes away. You're a hard worker!"

Offer 2 choices you're okay with - If you're going to the store, offer, "You can walk next to me or I can hold your hand. Which would you like to do?" If your child tries running off, you make the choice. "Okay, I'll help you. I'm going to hold your hand."

Use age-appropriate, natural or logical consequences- For example, a child who scribbles on the wall can help to clean it off.

Take care of yourself -Above all give yourself the time and attention that you deserve. Go to bed early and make time for a walk.
Parenting is hard and you need to care for yourself so you can care for your child.

Men's Zone
June 20th
6:00– 7:00 pm
See your
Home visitor
for details

We have had lots of fun things going on! Check out some pictures from our recent Men's Zone activity at Rocky Face park... We were "flying high" with fun, food and friends! Play group has been on a roll too, cooking, creating and communicating! Check out what is going on in June.

