



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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Alexander Early Head Start July 2016 Newsletter

We're in the Zone...

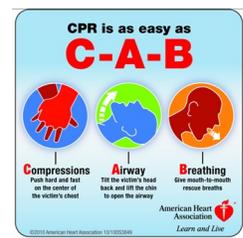
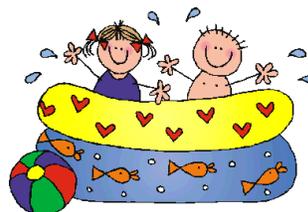
The Men's zone was filled with fun, water, sun, friends and food last month. The Dad's and Children that came got wet and wild while playing in different ways in the water and with paint. The weather cooperated and everyone had a blast. There are lots of fun plans in the works for the Men's Zone for the next few months including a trip to the Alexander YMCA for an evening of fun and exercise.



When you are in the Zone....

Make sure you keep safety in mind as the sun and water can be dangerous in the summer months. Some tips for keeping yourself and your family safe outside this summer are:

- * Never leave children unattended around water.
- * When using inflatable or portable pools, remember to empty them immediately after use. Store them upside down and out of children's reach
- * Parents can be prepared for emergencies by participating in a cardiopulmonary resuscitation (CPR) course.





Safety matters

Some tips to keep in mind this summer to help your family stay safe and healthy are:

- ◇ **Slip!** - Slip on a shirt to protect your skin with clothing.
- ◇ **Slap!** - Wear a hat with a wide brim to protect your ears, neck, and face. 
- ◇ **Slop!** - Apply sunscreen with a sun protection factor (SPF) of 30 or higher
- ◇ **Wrap!** - Wrap on a pair of sunglasses to protect your eyes and the skin around them. 

Summer Car Seat Safety

- ◇ Make it a habit to look before you lock
- ◇ Never leave children alone in a car
- ◇ Check metal buckles before buckling children into car seats

Warning Signs for heat stroke include:

- ◇ Red, hot skin
- ◇ No sweating
- ◇ Strong Rapid pulse or slow weak pulse
- ◇ Nausea
- ◇ Confusion or strange behavior



As we head into the last half of summer

We will be saying goodbye to our 3 year olds as they prepare for their next journey into preparing for school. We will truly miss them but are excited to see what the future holds for them.

As part of the celebration of their accomplishments, we will be having our annual **Summer Celebration**. Children and families enrolled in the program as well as community members with young children are invited to join in our summer fun.

We will have food, fun, and fellowship on **Tuesday, July 19th** from **5:30-7:00**. Hope to see you there!

