



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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Facebook: Early Head Start of Alexander, The Enola Group

Men's Zone

Keep an Eye out for upcoming events

Alexander Early Head Start January 2017 Newsletter

'Tis the season!



In early December families and staff got to share fun, food and fellowship during our annual Seasonal Celebration here at the FRC. We had lots of fun activities



including decorating "tree's", making pinecone decorations, "snowball" toss and the Piñata game. Everyone truly enjoyed being together and participating in all the activities.



And OH MY GOODNESS, We can't forget all the food prepared and shared. It was delicious!



New Year, New U!

Try to add these **U's** into your routine with your child each day:



Uninterrupted time together every day, even a 5 minute story with no distractions (phone, TV, computer etc.) will benefit you both with bonding, quality time and joy.

Unique ideas! Try to do something different with your child and family once a day or week. Trying something as simple as drawing together or taking a walk will help to keep those winter blues at bay and build relationships and memories to treasure for years to come.



Unplug your electronics. Technology is great, but too much can be bad for you and your child. Limit screen time and interact with each other instead.

Undulate (move in a wave-like manner) or for an easier option, dance like no one is watching!



Unite! Get together and have fun! Go to the park, play a game, cook together, or just sit and talk together.



Enjoy your child and family, they grow up so fast.

January is National Bath Safety Month

This time of year people often think about how they might do things differently for the upcoming year. Below are some simple tips to childproof your bathroom and prevent injuries. If you are not already following these tips, you might consider making some changes to your routine.

Always Supervise: Never leave a child alone in the bath—even for a moment—a child can drown in only a few inches of water. If your phone or doorbell is ringing, wrap your child up and take him/her with you to answer it. If you need to grab something from another room...take your child with you. It's best to gather everything you'll need and put it within arm's reach before beginning the bath so you'll be prepared and can enjoy this time playing with your child.

Avoid Slips and Falls: Install no-slip strips on the bottom of the bathtub and put a cushioned cover over the water faucet to protect a child who may bump against it. Some babies and toddlers love to play in water and an open toilet may be a temptation! Close the toilet lid and consider getting a toilet lid lock to protect your child from falling in.

Lower the Temperature:

The temperature of water heaters can be adjusted. To avoid scalding, set the temperature to 120 degrees or lower. Teach your child to turn on the cold water first before turning on the hot.

Put Medicines and Toiletries Out of Reach: Keep all medicines in child-resistant containers. Remember the containers aren't child-proof so keep them out of reach in a locked cabinet. Keep toothpaste, soaps, shampoos, and other often-used items in a different hard-to-reach cabinet with a safety latch on it. If you are concerned that your child has ingested anything potentially dangerous, call Poison Control immediately at 800-222-1222. They are available 24 hours a day.

Unplug Electric Appliances: If you use hairdryers, razors, or other electric appliances in the bathroom, be sure to unplug them and store them in a container with a safety lock when they aren't in use. It is best to use them in another room where there is no water.



Source: <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Bathroom-Safety.aspx>