



Alexander Early Head Start February 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:

Alexander Early Head Start
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www.enolagroup.org

Facebook: Early Head Start of Alexander, The Enola Group



Last month, parents had the opportunity to participate in a budgeting workshop through CVCC facilitated by Lora Melott. She shared great tips and strategies to help families use their money better, do research when looking for loans and credit and ways to cut costs from your budget. She shared websites and resources available to anyone that is trying to save or find in-expensive ways to get what they want and need for their family and home. Everyone learned something and she had lots of materials for families to take home and read on their own.



Meet the Policy Council Members!



The Policy Council is a group made up of families enrolled in the Early Head Start program and community members who believe in the importance of quality early education. Each year new members and returning members work together to help guide and discuss things that are happening in the program. Glenn and Jenny Locklin and Paulina Wilson are all members on the policy council that represent Alexander County. If you have questions or would like to get in touch with them about our program, check with Dawn Curtin, Program Coordinator at 828-635-1479 for contact information.

**Family Math
Night
February 28th
6:00—7:30 pm**



Healthy Smiles

The American Dental Association recommends cleaning your child's teeth early — as soon as the first tooth appears. Begin cleaning by wiping with a clean, damp cloth every day as part of a daily routine.

To keep a healthy smile, here are some tips:

- Supervise your children's brushings
- Use the right amount of fluoride toothpaste (the size of a pea for children age 6 or younger)
- Choose water or milk instead of drinks with added sugar
- Visit the dentist for a cleaning every 6 months
- Talk to your child's dentist if you have any concerns
- Avoid giving your child candy, sodas, or sugary drinks to prevent cavities
- Brush your child's teeth at least twice a day

