



Alexander Early Head Start January 2016 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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Reflections of the past, excitement about the future...

This has been a wonderful year for the Early Head Start program. We have strengthened family partnerships, relationships, community connections and accomplished many goals. Our families and staff have worked together to make a strong, positive impact on the future of the children and families in Alexander County. Here are some of the moments we shared that families and staff enjoyed and celebrated together...





Happy New Year!

A dream becomes a goal when action is taken toward achieving it...

As we look to the New Year, many people start thinking about resolutions. We are continually working with families to identify goals for themselves, kind of like a resolution, but made easier. Goals are a little less intimidating because you can break them down into small steps and when the unexpected happens, you can change or add to a goal. As you think about the future for yourself and family, take time to set manageable goals and timeframes that are reasonable. Your success depends on it!



Here are some tips on Goal setting:

1. Make a firm decision
2. Prioritize
3. Make an Action Plan
4. Write it down
5. Persist
6. Involve others
7. Track progress
8. Keep your eyes on the Prize
9. Celebrate Success



It's winter time...Right?

When the weather does actually resemble winter, some important things to keep in mind about staying warm inside are:

1. Remember the three feet rule- If you are using a space heater, place it on a level, hard surface and keep anything flammable at least three feet away – things such as paper, clothing, bedding, curtains or rugs.
2. Requires supervision – Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed
3. Don't catch fire! If you are using a fireplace, use a glass or metal fire screen large enough to catch sparks and rolling logs. 
4. Protect your pipes. Run water, even at a trickle, to help prevent your pipes from freezing. Open the kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals out of the reach of children
5. The kitchen is for cooking. Never use a stove or oven to heat your home 



And to stay safe and warm in the event your car breaks down on the road in winter, be sure to keep some essential items in your car:

A flash light, warm blanket, gloves and a hat, some non-perishable snacks and jumper cables. These few safety steps can make a big difference in keeping your family safe this winter!