



Alexander Early Head Start October 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

Contact Information:

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Safety first!

During our parent meeting in September, several local policemen came to share important safety tips for parents. They talked to us about car seat safety, stranger danger, neighborhood safety, Halloween, and being safe outside at night. We really enjoyed having them here at the FRC.





Halloween safety tips

Walk Safely!

- ◇ Cross the street at corners, using traffic signals and crosswalks.
- ◇ Put electronic devices down and keep heads up and walk, don't run, across the street.
- ◇ Children under the age of 12 should not be alone at night without adult supervision
- ◇ Decorate costumes and bags with reflective tape or stickers and don't obstruct a child's vision.
- ◇ Have kids carry glow sticks or flashlights
- ◇ Check candy and treats before letting children eat anything



October is fire safety awareness month

Make sure you:

- * Check/change the batteries in smoke and fire detectors
- * Have a fire escape plan and review with family regularly
- * Practice, practice, practice the drill! with everyone in the family
- * Keep a fire extinguisher in your home and know how to use it
- * Teach children to crawl under smoke, go to a firefighter if you see one in the house and the stop, drop and roll technique.



Learning through your senses!

Children learn through everything in their world (most importantly YOU!). Here are some ideas you can do with them to help them experience learning in their everyday life.

Patterning: Using your hands or another object, make clapping patterns together. Take turns having the adult lead, followed by the child leading a pattern, and vice versa

Play: "I Spy": While reading a book or while taking part in everyday activities, play "I spy" with the child about things he/she sees on different pages of the book, throughout the house, or out and about.

Scratch and Sniff: Collect some flowers, spices, or herbs that have a strong smell. Glue some of these items on cardboard or index cards.

Make a Salad: As you add different vegetables or other ingredients, ask the child what he/she sees in the bowl. Pick out different ingredients and allow the child to take a bite of each

Make a Mess: Let the child play with materials like clay, water, sand, rice, playdough, and gelatin. Let the child explore the feel of these items and describe how they feel. Make sure to find an outdoor area or an indoor area where it's safe to get messy!