



### 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

## Alexander Early Head Start September 2016 Newsletter

### Policy council-

Have you heard about our policy council? Would you like to be involved in a group of parents and community members that discuss what is going on in EHS and help to make important decisions about our program? If you answered yes to these questions,



contact your home visitor or anyone at EHS to get more information about attending an upcoming meeting to see first-hand what it is all about and how you can get involved too!



### Take a hike!

What a great time to enjoy learning and growing with your child. The fall is a perfect time to get outside and have fun. There are so many things you can do with your child outside to help them learn and have fun while doing them. Taking a hike helps to explore every domain that children need experience in. Here are just a few examples of things to do on a hike that support learning:

**Gross motor-** walk, run, climb, and jump over, around and through things like rocks, fallen limbs, and trees. **Fine motor-** pick flowers, leaves, find rocks, draw in the dirt, collect insects and touch things in nature. **Language-** label everything you see, play "I SPY", describe flowers, clouds, trees, views and bugs. **Social/emotional** – take turns being the leader in follow the leader, ask questions, work together to build a fort, decide which path to take and help each other over obstacles. **Science/ Math** -collect leaves/flowers/rocks and sort them by color and size, count things, compare likes and differences of trees and plants, measure how tall you are to different objects, and most importantly, spend quality time together. **ENJOY!**



### EXTRA, EXTRA READ ALL ABOUT IT!

**Alexander Early Head Start has openings in our program! If you are pregnant or have children ages 0-3 years old or know a family that may be interested in an exciting program, give us a call! Now is the time to give your family an EARLY HEAD START!**

