



Burke Early Head Start July 2015 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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www.enolagroup.org

Facebook: Early Head Start of Burke, The Enola Group



- Watch for your babies' signals: is he getting tired; do you need to help him change positions?
- Talk to your baby about what he/she is doing
- Stay close by in case your baby needs support

Babies love playtime!

- Place a soft blanket on the floor
- Provide toys, plastic spoons, reused/cleaned plastic bottles for your baby to hold and shake



Celebration time!

Children who are leaving the EHS program and preparing for pre-school will celebrate with their family on August 6th at Mountain View Recreation Center from 6:00-7:30 pm. Congratulations to those families and their individual accomplishments!

Reminder!

Parent Committee

Meeting
July 15th
10:30 am—12:00 pm



Burke Early Head Start Child Development Center, a five star licensed childcare program, is now enrolling children birth to five!

Contact Crystal Mckinney for details at (828) 475-0107

How can I protect my children from the sun?



Seek shade. UV rays are strongest and most harmful during midday, so it's best to plan indoor activities during that time. If this is not possible, seek shade under a tree, umbrella, or a pop-up tent...



Cover up. When possible, long-sleeved shirts, long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one and darker colors may offer more protection than lighter colors...



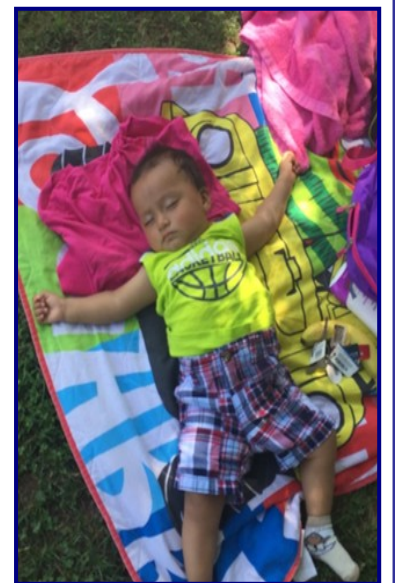
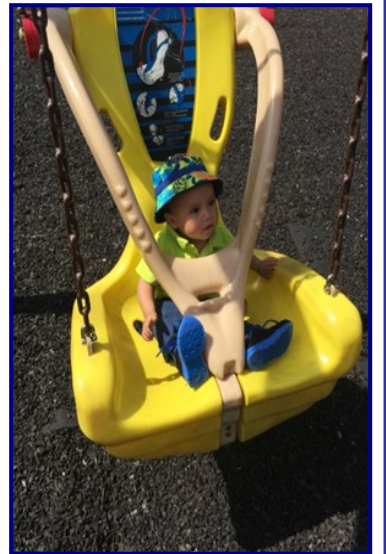
Get a hat. Hats that shade the face, scalp, ears and neck are easy to use and give great protection...



Wear sunglasses. They protect your child's eyes from UV rays, which can lead to cataracts later in life...



Apply sunscreen. Use sunscreen with at least **SPF 15** and **UVB** protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors...



You can also find more information on the website of the Center for Disease Control and Prevention at http://www.cdc.gov/cancer/skin/basic_info/children.htm

Remember, prevention is better than a cure!