



## Burke 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:**

**Burke Early Head Start**  
501 E. Concord St.  
Morganton, NC 28655  
Phone: 828-475-0107

[www.enolagroup.org](http://www.enolagroup.org)

**Facebook:** Early Head Start of Burke, The Enola Group



**Where: Burke County Public Library front lawn**

**When : Friday, October 21st**

**Time: 1:00-5:00 pm**

**Join others in the community as we welcome Fall, play games, enjoy story time and take a train ride!**

### **Welcome Nancy !**

Burke Early Head Start invites you to welcome Nancy Wood to the program. She has a Masters in Social Work, and recently served as coordinator of Big Brothers, Big Sisters of Western North Carolina. She is familiar with many resources in Burke County. Nancy is a EHS home visitor. Keep your eye out for her at playgroups and other EHS events.



### **Reminder!**

Men Zone Meeting  
October 20th  
6:00 pm-7:30 pm

Parent Meeting  
October 19th  
11:30 am-12:30 pm

### **Did you know.....**

**That we have added a new classroom to provide early care and education for children who are 3– 5 years old. The Early Learning and Child Development program has immediate openings for children birth to five years of age.**

**Contact Crystal McKinney Martin at 828-475-0107 to enroll!**

## Social Emotional Development

Children develop healthy social emotional patterns from the very beginning of life, like adults children have different personalities, temperaments and preferences. As children grow and participate in daily Routines, caregivers can make simple adjustments that support self control, a positive self image and harmony in the home.

Check out the simple tips below to support your child as they learn to participate as a member of the family, community and world.



### Strategies to Support Daily Routines

- Let your child know what is coming next. Example: After we clean up the toys, we are going to take a bath.
- Schedule activities after your child has had an opportunity to rest. Example: Plan errands or outings after breakfast or an afternoon nap.
- Remove items that are tempting to your child before he or she sees them. Example : Place items they are not allowed to play with out of sight.
- Stay close as children play with each other, provide guidance and support.

### Legacy for Children

Mrs. Kathy has started a new group for mother's and their infants at Burke Early Head Start. The group meets weekly at the Family Resource Center to discuss infant development and create new friendships while they play with their babies. The group is open to women and infants from 0-3 months old.

Activities include:

**Mother to Mother Sessions**

**Mother Baby sessions**

**Lunch**

**Fun Club!**

**Contact Kathy Childs at 828-475-0107 to enroll!**

