



Burke Early Head Start October 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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501 E. Concord St.
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www.enolagroup.org

Facebook: Early Head Start of Burke, The Enola Group

October is Fire Safety Month!

- Have a fire escape plan with two ways out of the house and a meeting place once out of the house. Practice the fire escape plan.
- **Have a smoke alarm** on every level of your home and in each bedroom. Test smoke alarms monthly and remember to change the batteries twice a year. Replace smoke alarms that are 10 year old.
- Install a fire extinguisher in the kitchen and know how to use it.
- Keep coffee and other hot drinks out of children's reach
- Turn pot handles away from children, so they can not reach and pull them off the stove.
- Unplug coffee pots when not in use.
- Use propane cooking devices outside of the home.
- Keep space and kerosene heaters away from furniture, curtains, children and pets.



Reminder!

Parent Committee
meeting:
October 21st
11:30 am
Lunch provided
Parents who attend will
be eligible to enter a
drawing for a free gift
at the meeting!

Fall has arrived in Burke County!

Families took a trip to Cottage Gardens in Carbon City to look at fall plants.

Children planted pansies to take home. Afterward they went to the park for a picnic and some playtime!



Family Style Dining

Children in the classroom learn how to care for themselves during meal time routines.

Family Style dining provides children with chances to practice language and self help skills.

Toddlers become independent as they pour milk into a cup, scoop food from the bowl and use a spoon and fork. Eating at the table with children allows them practice sharing as they pass serving bowls and enjoy back and forth conversations with others.

- ◆ Enjoy meal time with the family at the table at least once a day.



EHS Snapshot



Families enrolled in EHS met for a parent meeting on September 9th. They shared information about cooking classes, The Men Zone male involvement program and other Early Head Start activities. Join parents in October as they share ways to support their toddlers with everyday routines and social emotional development.



Congratulations to Sarah, raffle prize winner for September!

Did you know.....Burke County has a Diaper Ministry!

Dry Bottoms Ministry
916 Berry Ave SE
Valdese, NC

