



Caldwell Early Head Start Newsletter April 2017

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:

Caldwell Early Head Start

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Reminder:

Read aloud
15 minutes
every day



Early Science and Math

Children are little scientists from the time of birth. They are constantly observing and responding to their environment. They are naturally curious and love to explore and discover new things! Adults can encourage this by noticing their interests, talking to them about what they see, and helping them to discover more! Here are some simple ways to introduce science and math to infants and toddlers:

- ◆ **In the kitchen:** Allow children to use their sense of touch, taste, and smell to explore different ingredients. Talk about the different colors, shapes, and amounts of foods you are using.
- ◆ **In the bath:** Give children different sizes of cups and allow them to pour water in and out of them. Talk about which has more or less. Count how long it takes to pour water out of the container back into the tub.
- ◆ **Outside:** Take your time on your walk! Pick up a rock, leaf, or stick and look at it closely. What do you see? Talk about it with your child. Let them touch and feel the different textures in nature.



FLIP IT!®

Transforming
Challenging Behavior



Four supportive steps to help young children learn about their feelings, gain self-control, and reduce challenging behavior.

1
Feelings



FEELINGS: Gently talk with the child about his feelings. Tell him what you see and hear as a result of his emotions. Help him to identify the root feelings causing the behavior.

2

Limits



LIMITS: Remind the child of the positive limits and expectations you have for his behavior. Loving and simple limits help surround children with a sense of consistency, safety, and trust.

3

Inquiries



INQUIRIES: Encourage the child to think about solutions to his challenges. Ask questions that promote problem-solving and healthy coping skills. Inquiries invite children to think, learn, and gain self-control.

4

Prompts



PROMPTS: Provide creative cues, clues, and suggestions for the child who is having difficulty. Enthusiastic, bright ideas can lead the way to better problem-solving skills.