



# Caldwell Early Head Start Newsletter October 2016

## 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

609 Harper Avenue  
Lenoir, NC 28645  
Phone: 828-757-8632

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

Facebook: Caldwell Early Head Start



## Reminder:

**Read aloud  
15 minutes  
every day**

**THE PERFECT TIME IS... NOW**

Learn more at [ReadAloud.org](http://ReadAloud.org)

**Read Aloud 15 MINUTES**  
Every child. Every parent. Every day.

*When should I begin reading aloud to my child?*

*Where is the best place to read aloud?*

*When is the best time?*

**THE PERFECT TIME IS... NOW**

Many great accomplishments.  
One simple task:  
**Read Aloud 15 MINUTES.**  
Every child. Every parent.  
Every day.

[ReadAloud.org](http://ReadAloud.org)

- Bonding
- Vocabulary
- Curiosity
- Routine
- Empathy
- Knowledge
- Love of learning
- Pre-literacy skills
- Comprehension
- Creativity
- Imagination
- Connection

# Early Head Start Family



Amiyah and Amia are sisters in Lori and Estela's classroom. Amiyah will be two in November and Aria is 6 months old. This is the first time Lori and Estela has had siblings in their classroom. The girl's mom, Krista, is attending classes at Caldwell Community College and Technical Institute. Krista is a devoted mother to both girls and spends time volunteering in the Early Head Start Classroom helping Amiyah and Aria adjust to their new environment. Her spare time is spent studying and going to classes. Alex, Amiyah and Aria's father is also very devoted to his family. He works a full-time job to support and care for his family. Alex has also been to the classroom and participates in the monthly home visits when he is able. We really enjoy working with the Eby/Audrey family.

Lori & Estela

## Nutrition

### Free Cooking Classes

*Do you want to learn more about nutrition ?  
Cooking Matters will be starting again in October.*

*Cooking Matters® is a cooking-based nutrition education program that empowers kids, adults, and families with skills, knowledge, and confidence to plan and create nutritious meals on a limited budget.*

*Courses are taught by Early Head Start Staff*

*For more information contact Shebala Norwood @ 757-8632*

