Make Great Attendance Your New Year’s Resolution!

by Sharon Millner, HS/EHS Family Services Manager

The beginning of 2019 is a great time to start out with a fresh slate for your child’s attendance. We miss your child when he/she is not at school and we want your child to succeed. The important lessons at Head Start begin with making friends, learning the routine, participating in a group, developing independence and resiliency. Throughout the year your child will learn to write his/her name, identify numbers and letters, develop creativity and pre-reading skills. Showing up on time every day is important to your child’s success and learning from preschool forward! Students are considered “chronically absent” when missing only 10% of preschool, which is only one or two days per month. Missing school can:

- make it harder to develop early reading skills
- make it harder to be ready for kindergarten. Too many absent students can affect the whole classroom, slowing down instruction as teachers must re-teach lessons.
- develop a poor attendance pattern that is hard to break. It doesn’t matter if these absences are excused or unexcused. They all represent lost time in the classroom and a lost opportunity to learn.

Families should avoid extended vacations that require children to miss school. Try to line up vacations with your child’s Head Start schedule. The same goes for doctor and dental appointments.

Our Mission

Northwest Head Start/Early Head Start seeks to assist children in achieving appropriate physical and developmental growth, increase self-confidence, and to improve and expand each child’s ability to think, reason, and communicate with others.

Northwest Head Start/Early Head Start also seeks to assist parents and families to improving their parenting skills, Self-sufficiency, and the conditions in which they live, learn, and work.
**Five-Minute Decluttering Tips to Conquer a Mess**

_by Sylvia Christianson, Michelle Knochenmus and Sara Ziegler, Roseau EHS teachers_

- **Designate a spot for incoming papers.** Designate an in-box tray and don’t put down papers anywhere but that spot.
- **Clear a starting zone.** What you want to do is clear one area. This is your no-clutter zone. It can be a counter or a kitchen table. Wherever you start, make a rule: nothing can be placed there that’s not actually in use. Everything must be put away. Once you have that clutter-free zone, keep it that way.
- **Clear off a counter.** Start with one counter. Clear off everything possible, except maybe one or two essential things.
- **Pick a shelf.** Clear all non-essential things and leave it looking neat and clutter-free.
- **Schedule a decluttering weekend.** Maybe you don’t feel like doing a huge decluttering session right now. But if you take the time to schedule it for later this month, you can clear your schedule, and if you have a family, get them involved too.
- **Pick up 5 things, and find places for them.** These should be things that you actually use, but that you just seem to put anywhere, because they don’t have good places.
- **Spend a few minutes visualizing the room.** When decluttering, take a moment to look at a room, and think about how you want it to look. What are the most essential pieces of furniture? What doesn’t belong in the room but has just gravitated there? What is on the floor and what is on the other flat surfaces? Once you’ve visualized how the room will look uncluttered, and figured out what is essential, get rid of the rest.
- **Create a 30-day list.** The problem with decluttering is that we can declutter our butts off but it just comes back because we buy more stuff. Take a minute to create a 30-day list, and every time you want to buy something put it on the list with the date it was added to the list. Make a rule never to buy anything unless it’s been on the list for 30 days. Often you’ll lose the urge to buy the stuff and you’ll save yourself a lot of money and clutter.
- **Teach your kids where things belong.** If you teach your kids where things go, and start teaching them the habit of putting them there, you’ll go a long way to keeping your house uncluttered.
- **Set up some simple folders.** Create some simple folders with labels for your major bills and similar paperwork. Put them in one spot.
- **Learn to file quickly.** Once you’ve created your simple filing system, you just need to learn to use it regularly. Take a handful of papers from your pile, or your inbox, and go through them one at a time, starting from the top paper and working down. Make quick decisions: trash them, file them immediately, or make a note of the action required and put them in an “action” file. Don’t put anything back on the pile, and don’t put them anywhere but in a folder or in the trash/recycling bin.
- **Clear out your medicine cabinet.** If you don’t have one spot for medicines, create one now. Simplify to the essential.
- **Pull everything out of a drawer.** Just take the drawer out and empty it on a table. Clean the drawer out nice.
- **Learn to love the uncluttered look.** Once you’ve gotten an area decluttered, you should take the time to enjoy that look. Notice how it makes you feel!!!
Men Are Important

submitted by Mark Carlson, Head Start Director

Men are an important, vital, special part of a child’s life, a part that can greatly influence a youngster’s well-being, development, and happiness. What’s really special is that it works the other way as well. Kids can and should be a vital, exciting, part of a Dad’s life, or a boyfriend’s or a Grandfather’s.

Children need to know that they are loved, that adults really do care about them. Here are some ways that guys can show how they love and care about a child.

* Tell them. Sometimes it may be hard for a guy to tell a child he loves them, but when you hear in return from a child that you are loved, it gets EASY.

* Show them. A pat, a smile, a squeeze, a wink, a hug, a kiss are great.

* Respond to their needs with care and concern.

* Treat their Mother with respect.

* Be sincerely interested in what they are doing.

* Help them when they need help, guide they need guidance.
February is Dental Health Month

by Monica Byre & Jo Christian, Health Services

Good dental hygiene, regular checkups and good nutrition are essential to your child's overall health. Having your child brush his/her teeth is an important part of their daily health care routine.

Remember, your child imitates the things you do. By taking good care of your teeth and gums, you are setting a good example for your child to follow.

Developing Fine Motor Skills

by Linda Blackburde, Roseau Head Start Teacher

An area to be encouraged this year is fine motor skills - or the use of hands. Just as gross motor enables your child to perform everyday tasks, such as getting out of bed and going downstairs for breakfast, fine motor abilities allow for increasing independence in smaller but equally significant matters: opening doors, zipping zippers, brushing teeth, washing hands, and so on. These skills lay the foundation for academic learning in later years.

To encourage fine motor skills. Teach the pincer grasp with things like picking up Cheerios as well as using toys with dials, witches or knobs.

Embrace the filling and dumping skills. Your child will likely load every toy possible into a plastic bucket - only to spill it out and start over.

Let the stacking begin. Your child needs hand and wrist stability to place blocks with control. Use big ones at first, then switch to smaller ones.

Facilitate creativity. Use big crayons or large pieces of chalk.

Be patient with utensils. Have your child start using a fork and a spoon at every meal. Resist jumping in to help - let them try to figure it out on their own. Remember, spills are okay!

Build basic skills. As your child’s dexterity improves, encourage them to use both hands to do new tasks. Try putting big beads on a pipe cleaner or rigatoni noodles on a string.
10 Tips for Improving Your Self-Esteem
by Michelle Knochenmus, Sylvia Christianson, and Sara Ziegler, Roseau EHS teachers

In a nutshell, self-esteem is your opinion of yourself and your abilities. It can be high, low or somewhere in-between. While everyone occasionally has doubts about themselves, low self-esteem can leave you feeling insecure and unmotivated. You might be able to identify a few things that are affecting your opinion of yourself (maybe you’re being bullied, or you might be feeling lonely), or it could be a mystery. Either way, there are heaps of things you can do to improve your self-esteem.

1. **Be nice to yourself.** That little voice that tells you you’re killin’ it (or not) is way more powerful than you might think. Make an effort to be kind to yourself and, if you do slip up, try to challenge any negative thoughts. A good rule of thumb is to speak to yourself in the same way that you’d speak to your mates. This can be really hard at first, but practice makes perfect.

2. **You do you.** Comparing yourself to other people is a sure-fire way to start feeling crummy. Try to focus on your own goals and achievements, rather than measuring them against someone else’s. Nobody needs that kind of pressure!

3. **Get movin’**. Exercise is a great way to increase motivation, practice setting goals and build confidence. Breaking a sweat also cues the body to release endorphins, the feel-good hormones.

4. **Nobody’s perfect.** Always strive to be the best version of yourself, but it’s also important to accept that perfection is an unrealistic goal. Work every day to be a better person than you were yesterday.

5. **Remember that everyone makes mistakes.** You’ve got to make mistakes in order to learn and grow, so try not to beat yourself up when you do make a mistake. Everyone’s been there.

6. **Focus on what you can change.** It’s easy to get hung up on all the things that are out of your control, but it won’t achieve much. Instead, try to focus your energy on identifying the things that are within your control and seeing what you can do about them.

7. **Find a healthy outlet that increases your HAPPINESS**
   If you spend time doing the things you enjoy, you’re more likely to think positively. Try to schedule in a little you-time every day. Whether that’s time spent reading, cooking, exercising, getting outside, or going to community events, if it makes you happy and moves you in a positive direction, make time for it.

8. **Celebrate the small stuff.** You got up on time this morning. Tick. You poached your eggs to perfection. Winning. Celebrating the small victories is a great way to build confidence and start feeling better about yourself.

9. **Be a pal.** Being helpful and considerate to other people will certainly boost their mood, but it’ll also make you feel pretty good about yourself.

10. **Surround yourself with a supportive squad.** Find people who encourage/support you to be a better person. Avoid those who tend to trigger your negative thinking and negative actions.

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It’s Recruitment Time!

If you know families who are expecting a new baby or have kids age birth to four, tell them about Head Start and Early Head Start. Tell your teacher or have families contact us at the Badger office to complete an application. 1-800-568-5319.
Gross Motor
by Tiffany Otto, Roseau Head Start Teacher

What are gross motor skills?
Gross motor (physical) skills are those which require whole body movement and which involve the large (core stabilizing) muscles of the body to perform everyday functions, such as standing and walking, running and jumping, and sitting upright at the table. They also include eye-hand coordination skills such as ball skills (throwing, catching, kicking) as well as riding a bike or a scooter and swimming.

Why are gross motor skills important?
Gross motor skills are important to enable children to perform everyday functions, such as walking and running, playground skills (e.g., climbing) and sporting skills (e.g., catching, throwing and hitting a ball with a bat). However, these are crucial for everyday self-care skills like dressing (where you need to be able to stand on one leg to put your leg into a pant leg without falling over) and climbing into and out of a car or even getting into and out of bed.

Yucky weather got you and your kids stuck inside?
Try some of these fun, easy to do, low cost gross motor activities with your family.

- Pillow Run- line up pillows and cushions on the floor, run, jump, and roll!!
- Indoor skating- use two pieces of wax paper (the size of your feet) stand and slide “skate” around the carpet.
- Balloon Tennis- blow up a balloon and use fly swatters to keep the balloon in the air!
- Walk the Line- use masking tape and make zig-zag, curvy, and straight lines on the floor. Encourage your child to stay on the line like a balance beam.
- Roll and Do-Cut out action dice, fold and tape. Let your child roll the action and the number dice to see what action & how many times to do the action.

Roseau 1 enjoys yoga, find it on youtube.com and search for Cosmic Kids Yoga