



Mississippi County, Arkansas, E.O.C.
Head Start and Early Head Start Education Department

Parent Newsletter

August 2023



1. How to enroll in MCAEOC Head Start Program
2. Kindergarten Readiness Indicator Checklist
3. Focus on Kindergarten Readiness Indicators -
Make "going to Kindergarten Plans with your child"
4. Early Years-Success in school: A parent's role
5. USDA August Menu
6. **August National Health Observances:**
 - Breastfeeding
 - Immunizations
 - Children's Eye Health and Safety



ATTENDANCE
Matters

Condado de Mississippi, Arkansas, E.O.C.
Departamento de Educación de Head Start y Early Head Start

Boletín para padres

Agosto 2023

1. Cómo inscribirse en el Programa Head Start de MCAEOC
2. Lista de verificación del indicador de preparación para el kindergarten
3. Enfoque en los indicadores de preparación para el kindergarten -
Haga "Ir a los planes de kindergarten con su hijo"
4. Primeros años: éxito en la escuela: el papel de los padres
5. Menú de agosto del USDA
6. **Observancias Nacionales de Salud de Agosto:**
 - Lactancia
 - Vacunas
 - Salud ocular infantil y seguridad

Carolyn Barnes
Parent Engagement Coordinator

MISSISSIPPI COUNTY, ARKANSAS, ECONOMIC OPPORTUNITY COMMISSION, Inc
Early Childhood Education Department

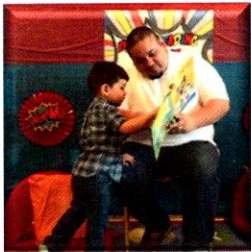
Head Start • Early Head Start • Arkansas Better Chance for School Success
• School of 21st Century of Yale University • HIPPI USA • MIECHV HIPPI

ENSURE THE FUTURE OF YOUR CHILD NOW - ONE OF THE BEST THINGS YOU CAN DO!

Enroll your child/children in MCAEOC Early Childhood Education Department

The following services are provided to children from 6 weeks to 5 years old including Children with Disabilities and Severe Disabilities:

**Comprehensive Child Care for Children
Nutritious Meals & Health Services
Quality Individualized Education
Family Involvement**



To apply, all applicants must have:

**Child's Immunization Record
Birth Certificate/proof of birth
Verification of Family Income
Medicaid Card (if applicable)**



REGISTER TODAY

**For non-contact preapplication use:
GOENGAGE.COM - A follow-up telephone
interview will be conducted.**

Or at one of the following locations:

MCAEOC Richard B Harrison Multipurpose Complex: 870-763-0882 (Blytheville)

Family Resource Center: 870-563-5912 (Osceola)

MCAEOC V Head Start: 870- 520-6218 (Jonesboro)

Leachville Head Start: 870-539-6554 (Leachville)

Buffalo Island Child Development Center: 870-561-4204 (Manila)

MCAEOC does not discriminate, on the basis of race, creed, color, sex, national origin, age, marital status, and political affiliation or physical and mental disability. The Agency does not discriminate on the basis of a disability in violation of Section 504 of the Rehabilitation Act and the Americans with Disabilities Act, public Law 101-336. The MCAEOC Head Start and Child Development Program's Disability Specialist is the designated person responsible for assurance of compliance with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act, Public Law 101-336.

CONDADO DE MISSISSIPPI, ARKANSAS, COMISIÓN DE OPORTUNIDADES ECONÓMICAS, Inc.

Departamento de Educación Infantil

Head Start • Early Head Start • Arkansas Mejor oportunidad para el éxito escolar

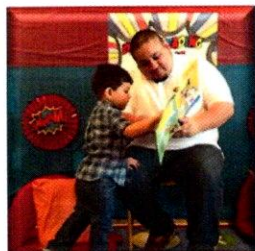
• Escuela del Siglo XXI de la Universidad de Yale • HIPPI USA • MIECHV HIPPI

ASEGURE EL FUTURO DE SU HIJO AHORA - ¡UNA DE LAS MEJORES COSAS QUE PUEDE HACER!

Inscriba a su hijo/hijos en el Departamento de Educación de la Primera Infancia de MCAEOC

Los siguientes servicios se brindan a niños de 6 semanas a 5 años incluyendo Niños con Discapacidades y Discapacidades Severas:

- Cuidado Infantil Integral para Niños
- Comidas nutritivas y servicios de salud
- Educación Individualizada de Calidad
- Participación familiar



Para aplicar, todos los solicitantes deben tener:

- Registro de vacunas del niño
- Acta de nacimiento/prueba de nacimiento
- Verificación de Ingresos Familiares
- Tarjeta de Medicaid (si corresponde)

REGÍSTRESE HOY

Para uso de solicitud previa sin contacto:

GOENGAGE.COM - Se realizará una entrevista telefónica de seguimiento.



O en uno de los siguientes lugares:

Complejo multipropósito MCAEOC Richard B Harrison: 870-763-0882 (Blytheville)

Centro de recursos familiares: 870-563-5912 (Osceola)

MCAEOC V Head Start: 870-520-6218 (Jonesboro)

Head Start de Leachville: 870-539-6554 (Leachville)

Centro de desarrollo infantil de la isla de Buffalo: 870-561-4204 (Manila)

MCAEOC no discrimina por motivos de raza, credo, color, sexo, origen nacional, edad, estado civil y afiliación política o discapacidad física y mental. La Agencia no discrimina en base a una discapacidad en violación de la Sección 504 de la Ley de Rehabilitación y los Americanos

Ley de Personas con Discapacidades, Ley pública 101-336. El Especialista en Discapacidades del Programa Head Start y Desarrollo Infantil de MCAEOC es la persona designada responsable de garantizar el cumplimiento de la Sección 504 de la Ley de Rehabilitación y la Ley de Estadounidenses con Discapacidades, Ley Pública 101-336.

Welcome!

One of the most exciting days for you and your child is that day when he or she goes to kindergarten. The family calendar of kindergarten readiness activities is designed to help you and your child get ready for that special day.

The family calendar is filled with kindergarten readiness activities and ideas that

- Focus on spending special time with your child
- You and your child can do together at home and in your community
- Often use materials found in your home and that cost little or no money
- Give your child a foundation for experiences he or she will have in kindergarten
- Are based on the Arkansas Department of Education Kindergarten Readiness Indicators

Kindergarten Readiness Indicators

Below is a list of the Kindergarten Readiness Indicators developed by the Arkansas Department of Education. Notice that a month is listed to the right of each indicator. By referring to the list you can know in advance in which calendar month an indicator will be presented. You may also use the list as a guide should you decide to work with your child on certain indicators at a different time than is suggested.

Calendar

The Family Calendar runs from September through August. For each month there is a theme that focuses on specific kindergarten readiness indicators. Each month is divided into four weeks with suggested activities that you and your child can do together each week. Be flexible. If your child is not interested in a suggested activity, move on to something else. Allow your child to repeat activities. Children learn through repetition.

Each month includes additional and special activities, a list of children's books and web sites. Add your own creative ideas to those presented in the family calendar.

Memories of Our Year

A "Memories of Our Year" section follows the calendar pages. Use this space to make notes about special activities you and your child do together each month. Make this memories section of the calendar a keepsake to be shared with your child.

Kindergarten Registration Information

Information needed to register your child for public school kindergarten can be found on the back of the calendar.

Have a wonderful year together as you and your child get ready for the Big Day – Going To Kindergarten!

Kindergarten Readiness Indicator Checklist

	FOCUS MONTH
1. Speaks in complete sentences	February
2. Follows directions with at least two steps	February
3. Understands words such as "top" and "bottom" and "big" and "little".....	February
4. Makes simple predictions and comments about a story being read	September
5. Matches two pictures that are alike	May
6. Looks at groups of objects and says which are the same shape, color or size	May
7. Tells things that go together; for example a spoon and fork are for eating and a fish and a boat go in the water	June
8. Repeats a pattern you start; for example, step, step, jump – step, step, jump.....	June
9. Puts 3 pictures in order; for example 1. Planting flower seeds 2. Flowers growing 3. Picking flowers	June
10. Says or sings familiar songs and nursery rhymes	March
11. Retells a simple story such as <i>The Three Little Pigs</i> after listening to it while looking at the pictures in the book	September
12. Works puzzles	June
13. Recognizes and names at least 5 colors	May
14. Recognizes his or her own first name in print	December
15. Recognizes letters in his or her own first name	December
16. Begins to write some of the letters in his or her own first name.....	October
17. Recognizes words or signs he or she sees often; for example, McDonald's, Wal-Mart, the name of the local grocery store where the family shops, or stop signs and exit signs.....	December
18. Holds and looks at books correctly; for example holds the book right side up and turns the pages one at a time from front to back	September

	FOCUS MONTH
19. Recognizes rhyming words such as cat and hat	March
20. Recognizes and names at least 10 letters of the alphabet	December
21. Matches a letter with the beginning sound of a word; for example matches the letter "b" with a picture of a banana	March
22. Expresses ideas through pictures he or she draws; for example a child draws a picture of 3 family members and says who each one is	October
23. Counts at least 5 objects such as 3 bananas and 5 forks	January
24. Sees the written numeral "3" and understands this means 3 objects such as 3 bears.....	January
25. Adds and subtracts familiar objects such as cookies.....	April
26. Puts written numerals in order from 1 to 5: 1, 2, 3, 4, 5	January
27. Recognizes and names 3 shapes: circle, square and triangle	May
28. Counts from 1 to 10 in correct order	January
29. Uses the words "more" and "less" correctly.....	April
30. Tells if he or she is a boy or girl	July
31. Tells first and last name	July
32. Tells first and last name of parent(s)	July
33. Tells how old he or she is	July
34. Takes care of own needs such as toileting, washing hands and dressing	August
35. Adjusts to new situations without parents being there.....	August
36. Uses pencils, crayons and markers for drawing and writing and cuts with scissors.....	October
37. Draws a line, circle, X and +.....	October
38. Runs, jumps, hops, throws, catches, and bounces a ball	November



Make “going to kindergarten” plans with your child.

Focus on Kindergarten Readiness Indicators

Takes care of own needs, such as toileting, washing hands, and dressing

Adjusts to a new situation without parents being there

WEEK 1

Support your child’s independence.

- ✦ Make an “I Did It Myself” poster for your refrigerator or your child’s room. Celebrate all of the things that your child has learned to do on his or her own by writing those things on the chart. Here are some examples.
 - Put on my shoes
 - Brush my teeth
 - Button my shirt
 - Zip my backpack
 - Ride my tricycle

WEEK 2

Practice going to kindergarten.

- ✦ Begin to gather school supplies for your child.
- ✦ Play school with your child. Take turns being the teacher. Ride in the bus or car, read stories, sing songs, draw pictures, play outdoors, eat lunch, and play a game.
- ✦ Eat a meal on trays with your child. Encourage your child to carry his or her own tray to the table and return the tray to the kitchen after the meal. Or eat a meal from lunch boxes and bags. Show your child what can be thrown away after eating and what should be brought back home.
- ✦ Pretend to take your child to school. With your child, think of lots of ways to say good-bye. Decide how you will say good-bye to each other on the first day of kindergarten.

Additional Ideas

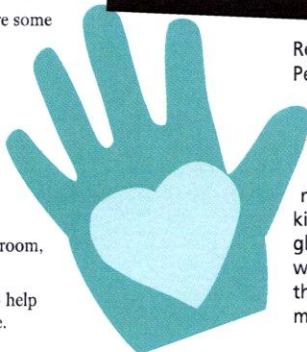
Create a school prop box. Gather items that can be used to play school and put them in a special box, such as a shoebox or clean laundry detergent box. Items for your school prop box might include paper, pencils, crayons, books, watercolor paints, glue, scissors, a ball, a lunch bag, or index cards with the names of family members and friends written on them. Use the school prop box when you and your child play school together.

WEEK 3

Visit your child’s school and preview school activities.

- ✦ Attend your school’s family open house or “meet the teacher day”. Here are some things to do when you visit.
 - Talk with the teacher. Try to find out something interesting that you or your child have in common with him or her.
 - Explore the classroom. Look at the books and materials, find out where the children store backpacks and hang coats.
 - Find out about the daily schedule for your child’s class. For example, when do they have story time, lunch, outdoor play and rest time?
 - Locate the restrooms and water fountains.
 - Look for the cafeteria, the playground, the principal’s office, the nurse’s room, media center and other special features of your school.
- ✦ After your visit, talk about what you saw. Draw pictures or write stories to help you think about your visit. Answer any questions that your child may have.

SPECIAL ACTIVITY



Read *The Kissing Hand* by Audrey Penn. Make a kissing hand. Help your child trace his or her hand on paper. Help your child decide how to make the “kissing hand” special. You might give the paper hand a kiss, draw a heart on the hand, glue a family photo to the hand, write the words “I love you” on the hand, or have each family member “autograph” the hand.

WEEK 4

Maintain predictable family routines.

- ✦ Establish a regular bedtime for your child. We are healthier when we go to bed and wake up at about the same time every day.
- ✦ Be prepared for your morning “before school” time. Getting everyone up and off to school can be hectic. Planning can eliminate some of those morning hassles.
 - Designate a place to collect things that need to go to school tomorrow. For example, put everything in your child’s backpack and keep the backpack beside the door.
 - Before bedtime, talk with your child about what clothes he or she will wear tomorrow. Be sure that everything is ready.
 - Give yourself enough time. Setting the alarm 10 minutes earlier can make a big difference in your morning.
- ✦ Have pleasant conversations with your child on the way to school or as you wait for the bus.

Suggested Books to Read With Your Child

- The Kissing Hand* by Audrey Penn, Child Welfare League of America (1993)
- Franklin Goes to School* by Paulette Bourgeois, Scholastic (1995)
- Off to School, Little Duck* by Amy Hest, Scholastic (1999)
- Timothy Goes to School* by Rosemary Wells, Viking (Reissue edition, 2000)
- Will I Have a Friend?* by Miriam Cohen, Aladdin Library (Reprint edition, 1989)

Web Sites

- <http://www.howtobehave.com/kindergarten.html>
- <http://www.misterrogers.org/families/>
- <http://www.naeyc.org/resources/eyly/1997/27/asp>



Haga planes con su hijo sobre “ir al jardín de infancia”.

Enfoque en los indicadores de preparación para el jardín de infancia

Es autónomo, es decir, se asea, se lava las manos y se viste solo.

Se adapta a una situación nueva sin los padres.

SEMANA 1

Motive la independencia de su hijo.

✦ Elabore un póster “Lo he hecho yo solo” y péguelo en la nevera o en el cuarto de su hijo. Elogie todas las cosas que su hijo ha aprendido a hacer por su cuenta escribiéndolas en el póster. Aquí tiene algunos ejemplos:

- Ponerme los zapatos
- Cepillarme los dientes
- Abrocharme la camisa
- Cerrar la mochila
- Ir en triciclo

SEMANA 2

Practique como si fueran al jardín de infancia.

- ✦ Empiece a reunir todo el material escolar para su hijo.
- ✦ Juegue con su hijo imitando la escuela. Que cada vez le toque a uno ser el profesor. Anden en el autobús o el coche, lean cuentos, canten canciones, dibujen, jueguen al aire libre, coman la comida y jueguen un juego.
- ✦ Coma la comida en bandejas con su hijo. Anímele a que él solo lleve la bandeja a la mesa y la devuelva a la cocina después de comer. O coma la comida de fiambreras preparadas para la hora de comer. Enseñe a su hijo lo que se puede tirar una vez que ha comido y lo que hay que traer de vuelta a casa.
- ✦ Haga como si llevara a su hijo a la escuela. Piense con él muchas formas de decir adiós. Decida cómo se despedirán el uno del otro el primer día del jardín de infancia.

Ideas Adicionales

Haga una caja para la escuela. Junte cosas que pueden utilizarse para jugar a estar en la escuela y póngalas en una caja especial, como por ejemplo una caja de zapatos o una caja de detergente limpia.

Entre los objetos de la caja para la escuela debe haber papel, lápices, crayolas, libros, acuarelas, pegamento, tijeras, una pelota, una fiambra para la comida o fichas con los nombres de los miembros de la familia y amigos escritos en ellas. Utilice esta caja cuando juegue con su hijo a ir a la escuela juntos.

SEMANA 3

Visite la escuela de su hijo y asista al preestreno de las actividades de la escuela.

- ✦ Asista a la “jornada de puertas abiertas” que la escuela organiza para las familias o al “día para conocer al profesor”. Estas son algunas de las cosas que puede hacer durante la visita:
 - Hable con el profesor. Intente encontrar puntos en común interesantes entre el profesor y usted o su hijo.
 - Explore la clase. Eche un vistazo a los libros y al material, mire dónde guardan las mochilas los niños y dónde cuelgan los abrigos.
 - Conozca el horario diario de la clase a la que asistirá su hijo. Por ejemplo, a que hora leen el cuento, a que hora comen, cuando tienen el recreo o cuando es la hora de la siesta.
 - Localice los baños y la fuente para tomar agua.
 - Busque la cafetería, el patio de recreo, la oficina del director, la enfermería, el centro de medios de comunicación, y otras atracciones especiales de su escuela.
- ✦ Después de su visita, hablen de lo que vieron. Hagan dibujos o escriban cuentos para ayudarles a recordar la visita. Conteste cualquier pregunta que su hijo tenga.

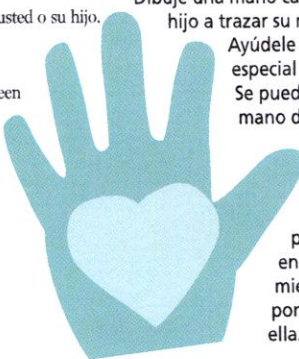
ACTIVIDAD ESPECIAL

Lea *The Kissing Hand* de Audrey Penn.

Dibuje una mano cariñosa. Ayude a su hijo a trazar su mano sobre un papel.

Ayúdele a decidir cómo hacer especial la “mano cariñosa”.

Se puede dar un beso a la mano de papel o dibujar un corazón en la mano, enganchar en ella una foto de la familia, escribir las palabras “te quiero” en la mano o que cada miembro de la familia ponga su autógrafa en ella.



SEMANA 4

Mantenga rutinas familiares previsibles.

- ✦ Establezca una hora regular para acostar al niño. Gozamos de mejor salud si vamos a la cama y nos levantamos cada día a la misma hora.
- ✦ Prepárese cada mañana para el tiempo “previo a ir a la escuela”. Levantar a toda la familia y salir hacia la escuela puede resultar caótico. La planificación puede eliminar algunas de estos momentos de nerviosismo matinal.
 - Designe un lugar donde recoger las cosas que necesitan para ir a la escuela al día siguiente. Por ejemplo, póngalo todo dentro de la mochila de su hijo y ponga la mochila al lado de la puerta.
 - Antes de acostarse, acuerde con su hijo la ropa que llevará al día siguiente. Asegúrese de tenerlo todo preparado.
 - Prevea tiempo de sobras. Poner el despertador 10 minutos antes puede hacer una gran diferencia en su mañana.
 - Durante el trayecto a la escuela o mientras esperan el autobús, hable con su hijo sobre temas agradables.

Libros Recomendados Para Leer Con Su Hijo

The Kissing Hand, de Audrey Penn, Child Welfare League of America (1993)
Franklin Goes to School, de Paulette Bourgeois, Scholastic (1995)
Off to School, Little Duck, de Amy Hest, Scholastic (1999)
Timothy Goes to School, de Rosemary Wells, Viking (Reeditado 2000)
Will I Have a Friend? de Miriam Cohen, Aladdin Library (reedición 1989)

Sitios Web

<http://www.howtobehave.com/kindergarten.html>
<http://www.misterrogers.org/families>
<http://www.naeyc.org/resources/eyly/1997/27/asp>

Early Years

WORKING TOGETHER FOR A GREAT START

KID BITS



Comfy school clothes

Your children will be able to concentrate better in school if they're wearing comfortable clothes. For example, it's a good idea to dress in layers that are easy to take off if they get hot. If they're still learning to fasten buttons or snaps, elastic-waist pants may be best. *Tip:* Have them wear sneakers so they can run and play safely at recess.

Plan ahead for patience

When you head out with your youngster to run errands, let her carry a notebook and crayons. Then if you have to wait, encourage her to draw pictures of things she'd like to do when she gets home (ride her bike, play with action figures). She'll learn to keep herself occupied when she needs to be patient.

Wash up!

How can you motivate your child to wash his hands for the 20 seconds needed to kill germs? Have him sing the alphabet song while he scrubs. Or boost his creativity and independence by suggesting that he come up with his own 20-second idea. He might recite a tongue twister or nursery rhyme, or even make up a song to sing.

Worth quoting

"Hugs can do great amounts of good, especially for children."
Diana, Princess of Wales

Just for fun

Q: What are you guaranteed to get for your birthday?

A: A whole year older!



Success in school: A parent's role

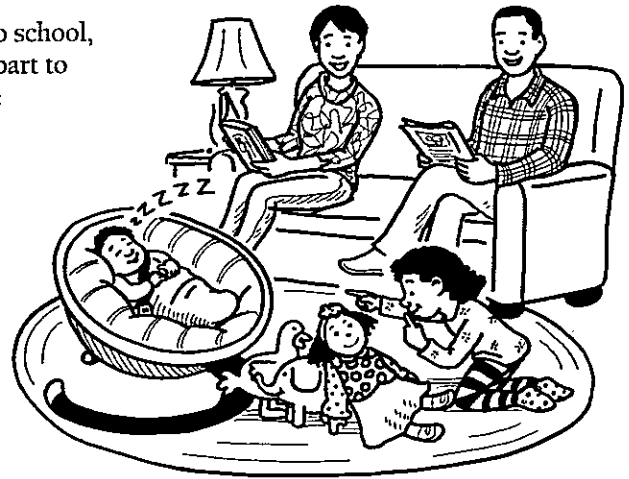
Your little one is headed to school, and you have an important part to play in her success. Here are ways to support her as she grows and learns.

Share enthusiasm

The more excited you are about school, the more excited your child will be. Each day, invite her to "teach" you something she learned. She might show you how to make "ants on a log" for a snack or name colors around the house. Whatever the lesson, be an enthusiastic "student." Your positive attitude will be contagious!

Encourage problem solving

Help your youngster think through and solve problems for herself. For instance, she may want to play a noisy game, but the baby is sleeping. Ask, "What could you do instead?" *Examples:* Play a quieter game, wait for the baby to wake up. She'll become more self-reliant and need less help at home and in class.



Be a listener

Your child gets her first lessons in listening by talking with you. During conversations, show that she has your full attention. ("Let's put away my phone so I can listen to you.") Acknowledge what she says, and ask questions to show interest. ("I love mac and cheese, too. Which vegetable goes best with it?") She'll see firsthand what a good listener does.♥

Bedtime routines that work

A peaceful bedtime routine can help your youngster fall asleep faster and get the 10–13 hours of sleep he needs to be ready to learn. Consider these tips.

● **Allow plenty of time.** Rushing through your child's routine may wind him up and make it harder for him to settle down. *Idea:* To avoid protests and delays, give him a 5- or 10-minute heads-up before starting the routine.

● **Set rituals.** Doing bedtime tasks in the same order creates a predictable routine that signals sleepy time. *Example:* Take a bath, put on pajamas, brush teeth, tuck in stuffed animals, listen to a bedtime story. *Idea:* Together, create a bedtime poster where you list the steps and he illustrates them.♥



Early Years

TRABAJANDO JUNTOS PARA UN GRAN COMIENZO

NOTAS BREVES



Ropa cómoda para el cole

Sus hijos se concentrarán mejor en el colegio si se ponen ropa cómoda. Por ejemplo, es buena idea vestirse con varias prendas superpuestas que se pueden quitar si sienten calor. Si aún están aprendiendo a abrochar botones o broches de presión, quizá sean preferibles los pantalones con cintura elástica. *Consejo:* Cálcelos con zapatillas de deportes para que corran y jueguen de forma segura durante el recreo.

Planeen la paciencia

Cuando salga a hacer mandados con su hija, dígame que se lleve un cuaderno y crayones. Luego, si tienen que esperar, animela a que dibuje lo que le gustaría hacer cuando vuelva a casa (montar en bici, jugar con muñecos de acción). Aprenderá a entretenerse sola cuando tenga que ser paciente.

¡Lávate!

¿Cómo puede motivar a su hijo a que se lave las manos los 20 segundos necesarios para matar los gérmenes? Dígame que cante la canción del abecedario mientras se las frota. O bien estimule su creatividad y su independencia sugiriéndole que piense en una idea propia para 20 segundos. Podría recitar un trabalenguas o un poema infantil, e incluso inventarse una canción.

Vale la pena citar

“Los abrazos pueden hacer mucho bien, en especial a los niños”.

Diana, Princess of Wales

Simplemente cómico

P: ¿Qué recibirás con toda seguridad en tu cumpleaños?

R: ¡Un año más de edad!



Éxito en la escuela: El papel de los padres

Su pequeña va a la escuela y el papel que ustedes desempeñan es importante para su éxito en los estudios. He aquí formas de apoyarla mientras crece y aprende.

Compartan el entusiasmo

Cuando más se ilusionen por el colegio, más se ilusionará su hija. Invítenla cada día a que les “enseñe” algo que ha aprendido. Podría enseñarles a hacer “hormigas en un tronco” para la merienda o decir el nombre de los colores que vea en casa. Sea cual sea la lección, sean “estudiantes” entusiastas. ¡Su actitud positiva se le contagiará a ella!

Estimulen la resolución de problemas

Ayuden a su hija a que reflexione sobre los problemas y los resuelva sola. Por ejemplo, quiere jugar a un juego ruidoso pero el bebé está durmiendo. Pregúntenle: “¿Qué otra cosa podrías hacer?” *Ejemplos:* Jugar a un juego más silencioso, esperar a que el bebé se despierte. Ella aprenderá a



ser más resuelta y necesitará menos ayuda en casa y en clase.

Escuchen

Su hija aprende a escuchar hablando con ustedes. Demuéstrele que recibe toda su atención durante las conversaciones. (“Voy a guardar el teléfono para poder escucharte bien.”) Respondan a lo que diga y háganle preguntas para mostrar interés. (“A mí también me encantan los macarrones con queso. ¿Qué verduras van bien con ellos?”) Verá con sus propios ojos lo que hacen las personas que escuchan bien.♥

Hábitos eficaces a la hora de dormir

Unos hábitos tranquilos a la hora de acostarse pueden contribuir a que su hijo se duerma más rápidamente y duerma las 10–13 horas de sueño que necesita para estar listo para aprender. Tenga en cuenta estos consejos.

● **Reserven abundante tiempo.** Acelerar la rutina de su hijo puede excitarlo y dificultar que se tranquilice. *Idea:* Para evitar quejas y retrasos, avísele 5–10 minutos antes de que tenga que empezar su rutina.

● **Establezcan rituales.** Hacer las tareas en el mismo orden crea hábitos previsible que anuncian la hora de dormir. *Ejemplo:* Bañarse, ponerse el pijama, lavarse los dientes, arropar a los animales de peluche, escuchar un cuento. *Idea:* Diseñen un cartel para la hora de dormir en el que usted escriba los pasos y su hijo los ilustre.♥



**Mississippi County Arkansas, E.O.C.
Head Start & Child Development Program
Menu for AUGUST 2023**

MENU IS SUBJECT TO CHANGE DUE TO FOOD AVAILABILITY

	BREAKFAST	LUNCH	SNACK	LATE SNACK
<p align="center">USDA REQUIREMENTS</p>	<p>Milk, fluid Juice or fruit or vegetable Bread, bread alternate**** and/or cereal enriched or whole grain Bread or Cereal: Cold dry or Hot cooked USDA/Component Requirements</p>	<p>Milk, fluid Meat or meat alternate (lean meat or poultry or fish) Cheese Egg Cooked dry beans or peas Peanut butter Yogurt (plain or flavored) (Or an equivalent quantity of any combination of the above meat/meat alternates) Vegetable and/or fruit (total of two or more) Bread or bread alternate**** enriched or whole grain USDA/ Component Requirements</p>	<p>(select 2 of these 4 components) Milk, fluid Meat or meat alternate Juice or fruit or vegetable Bread, bread alternate**** and/or cereal enriched or whole grain Bread or Cereal: Cold dry or Hot cooked USDA/ Component Requirements</p>	<p>N/A</p>
	<p>TODDLERS (1-2 YEARS) WG Cheese Toast 1 sl Canned Apricots 1/4 c Whole Milk 1/2 pt</p>	<p>BBQ Sandwich 1 1/2 oz Baked French Fries 1/4 c Canned Diced Peaches 1/4 c Ketchup 1 pk Whole Milk 1/2 pt</p>	<p>WG Blueberry Muffin (1) Whole Milk 1/2 pt</p>	
<p>MON 28</p>	<p>PRE-SCHOOL (3-5 YEARS) WG Cheese Toast 1 sl Canned Apricots 1/2 c 1 % Milk 1/2 pt</p>	<p>BBQ Sandwich 2 oz Baked French Fries 1/4 c Canned Diced Peaches 1/4 c Ketchup 1 pk 1 % Milk 1/2 pt</p>	<p>WG Blueberry Muffin (1) 1% Milk 1/2 pt</p>	

TUES 29	TODDLERS (1-2 YEARS)		CN Label WG Burrito (1) Shredded Cheese 1 oz /Picante Sauce 1 pk Canned Applesauce ¼ c Canned Corn ¼ c Whole Milk ½ pt	WG Cheez-Its (1) Whole Milk ½ pt
	WG Cereal 1 bowl 100% Assorted Fruit Juice 4 oz Whole Milk ½ pt			
WED 30	PRE-SCHOOL (3-5 YEARS)		CN Label WG Burrito (1) Shredded Cheese 1 oz /Picante Sauce 1 pk Canned Applesauce ¼ c Canned Corn ¼ c 1% Milk ½ pt	WG Cheez-Its (1) 1% Milk ½ pt
	WG Cereal 1 bowl 100% Assorted Fruit Juice 4 oz 1% Milk ½ pt			
THURS 31	TODDLERS (1-2 YEARS)		WG CN Label Fish Sandwich 2 oz Papaya Fruit Cup ¼ c Baked Potato Wedges 1/4 c Tartar Sauce/Ketchup 1 pk Whole Milk ½ pt	WG Chex 1 pk Sidekick 4 oz
	Sausage Biscuits ½ (2pk) Canned Mandarin Oranges 1/4 c Whole Milk ½ pt			
THURS 31	PRE-SCHOOL (3-5 YEARS)		WG CN Label Fish Sandwich 2 oz Papaya Fruit Cup ¼ c Baked Potato Wedges 1/4 c Tartar Sauce/Ketchup 1 pk 1% Milk ½ pt	WG Chex 1 pk Sidekick 4 oz
	Sausage Biscuits 1 (2pk) Canned Mandarin Oranges 1/4 c 1% Milk ½ pt			
THURS 31	TODDLERS (1-2 YEARS)		Chicken Spaghetti ¼ c Canned Green Beans ¼ c Fresh Diced Honey Dew 1/4 c WG Garlic Bread Stick (1) Whole Milk ½ pt	WG Ritz Crackers (4) Cheese Cubes 1 oz Water
	WG Cereal 1 bowl 100% Assorted Fruit Juice 4 oz Whole Milk ½ pt			
THURS 31	PRE-SCHOOL (3-5 YEARS)		Chicken Spaghetti ½ c Canned Green Beans ¼ c Fresh Diced Honey Dew 1/4 c WG Garlic Bread Stick (1) 1% Milk ½ pt	WG Ritz Crackers (8) Cheese Cubes 1 oz Water
	WG Cereal 1 bowl 100% Assorted Fruit Juice 4 oz 1% Milk ½ pt			

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August National Health Observances: Breastfeeding, Immunizations, and Children's Eye Health and Safety

Posted on July 31, 2023 by ODPHP

Each month we highlight select National Health Observances (NHOs) that align with our mission to improve health in the United States. In August, we are raising awareness about breastfeeding, immunizations, and children's eye health and safety.

We've listed some resources below that you can use to promote these NHOs with your networks.

- **National Breastfeeding Month**

In the month of August, the U.S. Breastfeeding Committee sponsors [National Breastfeeding Month](#) to support babies and families. This year's theme is *This is Our Why* – a time to celebrate lactating parents and the work to support breastfeeding. Share our MyHealthfinder resources on [breastfeeding](#) and quick tips for [eating healthy while breastfeeding](#). You can also share these Dietary Guidelines fact sheets on [building a healthy eating routine when breastfeeding](#) and [building a healthy eating routine for your baby](#). Finally, be sure to check out these Healthy People 2030 [evidence-based resources related to breastfeeding and infant health](#).

- **Black Breastfeeding Week (August 25 - 31)**

Black Breastfeeding Week is recognized on August 25 - 31 to bring awareness to the racial disparity in breastfeeding rates among Black mothers. This year's theme is *Celebrating Connection & Our Communities*. Be sure to check out information from the Office on Women's Health (OWH) about the [health benefits of breastfeeding](#). You can also share OWH's [guide to breastfeeding](#). And check out OWH's [partner resources](#) to find prewritten social media messages you can use to spread the word.

- **National Immunization Awareness Month**

The Centers for Disease Control and Prevention (CDC) recognizes [National Immunization Awareness Month](#) in August to highlight the importance of routine vaccination for all people. Share our list of MyHealthfinder [vaccine resources](#) to help people protect their health and stay up to date on their vaccines. And explore the Healthy People 2030 [vaccination objective](#) and evidence-based resources on [vaccination programs](#) that can be implemented in various settings.

- **Children's Eye Health and Safety Month**

The American Academy of Ophthalmology sponsors [Children's Eye Health and Safety Month](#) each August to highlight the importance of protecting children's vision and eye health. The National Eye Institute (NEI) has [kid-friendly resources](#) you can share to help kids and parents learn about eye health. You can also share our MyHealthfinder resource on [getting your child's vision checked](#). And don't forget to take a look at the Healthy People 2030 objectives related to [sensory and communication disorders](#).

Together, we can take steps to improve health within our nation.