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Parent Connection

You are your child's first teacher

Executive Director's Note

This new year brings many changes. We were recently awarded a new grant to provide more instructional hours to our Head Start children. Research shows more hours of instruction help children get ready for school, develop social skills, and learn to manage their emotions.

The presidential transition is also on the minds of many of our families. While we don't have all the answers, we remain dedicated to preparing your children for school and life.

We encourage your family to continue with the great services that have already been started, and remember your children are always our top priority.

Screen Time Safety Tips

Too much screen time can be harmful for a growing brain, but if you do it right, a little can go a long way. Remember: keep it brief, watch together with your child, and talk about what you're watching to help them understand.

Source: American Academy of Pediatrics

A Head Start on eLearning

Visit our new Family Literacy Online Library. There are children's magazine and encyclopedia articles for different ages, and resources for grown-ups to improve their English. Now "eLearning" from home is as easy as 1-2-3:

1. Visit prekkid.org, and click "Visit the ECE Resource Center."
2. Click "Family Literacy Online Library" and type in your LACOE Resource Center card number.
3. Start exploring!

Need a computer or home internet?

EveryoneOn, a non-profit organization, offers low-cost options to qualifying families. Call (877) 947-4321 for more information. You can also visit your local public library for free internet access.

More to Explore! Visit the LACOE Resource Center online at tinyurl.com/gw2btgh and explore all of the new resources.

Questions or need a library card?

Call (562) 401-5332.



"Darkness can't drive out darkness; only light can do that. Hate can't drive out hate; only love can do that."

Dr. Martin Luther King, Jr.

Build Vocabulary: Talk, Sing, Read

Build your child's vocabulary by talking, singing, and reading together every day. Here are some ideas:

Talk. The more words a child hears, the better her chances for school success. Talk about what you see, hear, touch, taste, and smell, like seeing a bird or hearing the rain fall.

Sing. Singing builds vocabulary—and it's fun! Sing lullabies or make up silly songs with your child to go along with your daily routine, like brushing teeth or waiting for the bus.

Read. Borrow library books and read for a short time every day. Talk about the pictures, ask your child questions, and allow him to turn the pages. Read aloud at bedtime, and even when you see words outside of books—everything from street signs to menus can make great reading practice.

Source: first5LA.org



Upcoming Events

Visit LACOE's Resource Center on Spring Saturdays! Play with your child, get a library card, borrow books and music, and make bookmarks to keep. Questions? Call (562) 401-5332.

WHERE

10100 Pioneer Blvd, Room 100,
Santa Fe Springs, CA 90670

WHEN

9:30 am – 1:30 pm
on March 4 & 11 and April 8 & 22, 2017

Focus on Healthy Habits

Get 2017 off to a good start with healthy eating habits and fun exercise. Try these eating tips:

- Make half your meal fruits and vegetables
- Eat whole grains
- Avoid sweets
- Drink water or low-fat milk

Too rainy for outdoor playtime? Turn on the radio and have an indoor dance party. Or play freeze dance: when the music stops, freeze until the music begins again.

Source: choosemyplate.gov



Parenting tips, developmental milestones, and more... LACOE Head Start-State Preschool is your reliable source for early childhood education information.



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Los Angeles County
Office of Education

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