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Parent Connection

You are your child's first teacher

Executive Director's Note

Last fall, fifty parents just like you traveled to Washington, DC, to tell their congressional representatives why Head Start is so essential for their children. We call it *Parents as Leaders*. But it's not just these 50 parents who are leaders; you are too. You are your children's first teacher, and you are a leader.

Your children need you to lead in your home, in your community, and in their schools, from early childhood education all the way through high school. Please spread the word about the importance of education. Inspire other parents to be just as engaged as you are. Your kids are counting on you!

Early Care & Education Resource Center Has Reopened!

The Early Care & Education Resource Center is again open to parents of enrolled students and staff! The regular business hours are Monday through Friday from 9 am to 4 pm, and the next scheduled Saturday opening will be June 2. If you are interested in setting up a class field trip or scheduling a monthly socialization, please contact Valerie Swayne at (562) 401-5332.

Healthy Eating Tips

According to a recent article in the LA Times, even though all parents want their children to eat healthy, it can be easy and tempting to give in to requests for junk food or other less healthy options. Here are some tips on how to show your children love without spending extra money and build healthy habits at the same time.

Showing love the fit and healthy way:

- Dance with your kids. Take five minutes to do an exercise video with your kids. Let them pick the video.
- Have your kids choose a dish to cook together. Take them to the store with you to pick out ingredients and then have them help with the recipe. Preschoolers can help with mixing, adding ingredients, washing vegetables, and tearing lettuce.
- Plant an indoor herb garden for your kitchen. Let your children plant the seeds, help you water the plants as they grow, and add the herbs to dishes when they're ready.

You can also ask your child's teacher or your program's family service, nutrition, or health staff member for additional ideas.

You are invited...

3rd Annual Parent University: Parent's Raising Readers to be Leaders

When: Wednesday, May 23 from 9 am – 3 pm

Where: Almansor Court, 700 S. Almansor St, Alhambra, CA 91801

If interested in attending, RSVP with your Family and Community Engagement Coordinator or Parent Involvement Coordinator.

LACOE Immigration Resources

LACOE has created a web page that provides resources regarding immigration issues that affect our school communities. Information will be updated regularly.

To access the LACOE immigration resources web page, go to: <https://www.lacoe.edu/Home/ImmigrationIssues.aspx>

Resources are also regularly shared on social media at www.facebook.com/immigrationLACOE/ and twitter.com/lacoeresources

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



<https://twitter.com/lacoeheadstart>



www.facebook.com/headstartstatepreschoollosangelescounty



the Parent Connection



Los Angeles County
Office of Education

An official newsletter of the Los Angeles County Office of Education's Head Start-State Preschool Division, 10100 Pioneer Blvd., Ste. 325, Santa Fe Springs, CA 90670 (562/940-1770). prekkid.org. **Superintendent:** Debra Duardo. **Board of Education:** Alex Johnson, President; Thomas A. Saenz, Vice President; Douglas R. Boyd, Sr., James Cross, Gregory McGinity, Candace Bond McKeever, and Monte E. Perez. **Executive Director:** Keesha Woods. Produced by the LACOE Communications Department in partnership with the Head Start-State Preschool Parent Connection Newsletter Team. **Contributing writers** for this issue: Colin Legerton, Jenifer Lipman, Sandra Marin, Valerie Swayne, and Keesha Woods. **Editors:** Colin Legerton and Stephaney Roy. **Graphics/layout:** John Paster.