

Play,
Learn and Grow...
Together!



Head Start Family News

October, 2019

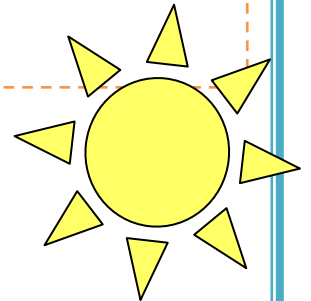
Welcome students and families to our Head Start School Family !
Our school year is off to a great start !

Thank you for helping keep our parking lots safe by driving slowly, keeping a watchful eye for young children, and walking safely with your child into and out of our school building. Thank you for helping keep our hallways safe by encouraging walking feet and providing direct supervision of your child. Thank you for helping keep our classrooms safe by bringing your child into their classroom and getting them ready to start their day. Your child will be familiar with hearing about how it is our job (our job as teachers, parents and other adult caregivers) to keep them safe, and their job to help us keep them safe. We are looking forward to a school year full of **Playing, Learning and Growing . . . Together!**

There are some great parent education opportunities being offered in our community! Life is certainly busy, but it is important and rewarding to take time for ourselves to recharge as parents and caregivers !



The parent education opportunities offered through NDSU Extension are FREE. Childcare is often provided - check it out when your register.



NDSU Extension has been offering Active Parenting, a program to support and prepare families through every stage and every step of their child's development, from early childhood through the teen years. In September, NDSU Extension began a four week series of Active Parenting: First Five Years, a fun and interactive class for parents and caregivers of infants, toddlers, and preschoolers. This series is being held at Head Start with sessions continuing on October 2, 9, & 16. Keep an eye out, as this will be offered again during the school year. Check out pages 2 & 5

for additional parent classes being offered in October and November.

. . . Reminder . . .

There is **NO SCHOOL** on:
Thursday, October 17th

Make sure to like our Grand Forks Head Start page to keep up to date about school and community happenings !

 Like us on
Facebook





Active Parenting: 5 to 12 Years

A fun and interactive class for parents and caregivers of children ages 5 to 12 years of age. This 6-week video and discussion class will help parents learn more about:



- ~ Styles of Parenting
- ~ Brain Development
- ~ Generating Cooperation and Communication
- ~ Responsibility and Discipline
- ~ Building Courage and Self-Esteem
- ~ Understanding and Redirecting Misbehavior
- ~ Parenting for School Success

Tuesdays from 6:30 - 8:00 PM at Valley Middle School -
2100 5th Ave. N. (use door #4 off of 6th Ave. N., down the stairs to room #6)
October 22 & 29, and November 5, 12, 19 & 26

Preregistration is required by calling 701-780-8229 OR email: laura.m.knox@ndsu.edu



Active Parenting: Teens

This video and discussion-based class is designed to provide parents and caregivers with information and support for improving relationships with teens, guiding them in positive directions, and helping them to become independent, responsible adults. The Active Parenting Model includes:

- ~ Understanding parenting styles
- ~ Understanding brain research on teen development
- ~ Emphasis on character development (courage, cooperation, respect, responsibility, self-esteem)
- ~ Development of skills for communication, discipline, problem solving and encouragement
- ~ Applying this model to the goal of prevention in the areas of drug and alcohol use, sexuality, internet safety, and violence

Mondays from 6:30 - 8:00 PM at Red River High School Library - 2211 17th Ave. S.
October 7, 14, 21 & 28, and November 4



Preregistration is required by calling 701-780-8229 OR email: laura.m.knox@ndsu.edu

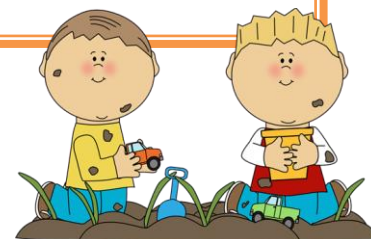
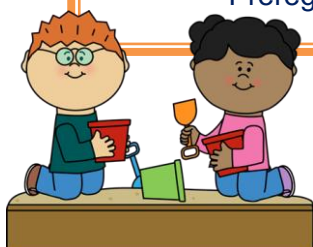
The Nurtured Heart Approach

The Nurtured Heart Approach has been proven to create greatness in even the most intense children - - quickly and in inspiring ways. Children learn to believe in themselves and have confidence in successes that flow from investing intensity, intelligence and life force into positive action. After attending this class, you will leave with a powerful set of skills you can use immediately to help children live life in positive ways - - and flourish!



Tuesdays from 6:30 - 8:30 PM at Viking Elementary School - 809 22nd Ave. S.
October 8, 15, 22 & 29, and November 5 & 12

Preregistration is required by calling 701-780-8229 OR email: laura.m.knox@ndsu.edu



All learning begins with connection! Connections with other people create and strengthen neuron connections within the brain. Eye contact, presence, touch and a playful setting are the four core components required to truly connect with others.



... find moments to connect with your child each and every day ...

Get down on the child's level to achieve **eye contact** for a brief moment. When eyes meet, a connection is created within our brain, building structures for empathy and matching emotions.

Being present in the moment means your mind and body are in the same place. Your mind is free from chatter. You are still enough to see the beauty in the child. Presence is about acceptance as we join together to share the same moment.

Touch is the only sense we cannot live without. Touch creates a hormone that is essential to neural functioning and learning. If we want smart, happy kids, then we must provide more appropriate, caring touch.



Playfulness helps build bonds and creates a biochemistry in the brain for dopamine. Dopamine says, "Pay attention, stay focused." Playful situations increase attention spans and boost social development.



● TIME SPENT
----> PLAYING
with
children
is NEVER WASTED

~ Dawn Lantero



Research shows that **READING ALOUD** to your child is the single most important thing you can do to help a child prepare for reading and learning. Time spent reading aloud to your child is also a great opportunity to **CONNECT** with your child. . . !

LANGUAGE DEVELOPMENT:

The number of words a child knows when entering Kindergarten is a key predictor of his or her future success.

INSTILL A LOVE OF READING:

Reading every day helps your child discover the joy of reading and develop a lifelong habit of reading.

KNOWLEDGE GAINED & SHARED:

Reading helps your child learn about the world. You and your child can learn something as you read together.

WHY READ ALOUD?



LITERACY SKILL BUILDING

Vocabulary. Phonics. Familiarity with the printed word. Storytelling. Comprehension. Reading aloud builds literacy skills.

BRAIN DEVELOPMENT:

Birth to age 3 years are critical years in the development of language skills. Read every day to help your child succeed.

CONNECTION:

Is anything better than spending time with your child and sharing the enjoyment of a good book?

RED Days (Read Every Day) at Head Start !

Plan to come **read** with your Head Start child in his or her classroom !

~ Keep an eye out for upcoming dates and times for RED Day in your child's classroom. . .



Just a friendly reminder !

If your child will be absent from school, please call our attendance line:
701-746-2280



SMART SITTER

Babysitting Class for youth ages 11 - 15 years

SMART SITTER is a babysitting class designed by Safe Kids Grand Forks to teach 11-15 year olds about the responsibilities of caring for other children. Attendees also receive an introduction to First Aid procedures and CPR. A certificate of completion and a course manual will be provided. The cost for the class is \$50 (lunch is included). Registration is required and class size is limited. To register, please call Safe Kids at 701-780-1400.

Class Location: Altru Clinic in East Grand Forks, MN - 607 DeMers Avenue

Upcoming Class Dates: **October 26** and **November 9**

Class time: 9:30 AM to 2:30 PM

North Dakota Supervision Guidelines state children 12 years and older may be permitted to act as a babysitter but it is recommended they successfully complete an approved childcare training course. Caution is advised on the number of children left in care, length of time for care giving responsibility, factors regarding special needs of children left in care, and resources available to the child providing care.

FREE Community Events and Activities

October 19 at 2:00 PM: FREE movie (rated G or PG) at the Grand Forks Public Library (2110 Library Circle, Grand Forks). Popcorn is provided; just bring your own beverage. All ages welcome but children under the age of 13 must be accompanied by an adult 18 years of age or older.

October 26 from 10 AM to NOON: Family Day at the ND Museum of Art (261 Centennial Drive, Grand Forks), where children of all ages and adults come together to work on projects that help all understand the Museum exhibit or learn about techniques and materials. There is no admission or parking fee, although donations to cover materials are always welcome.

October 27 from 1:00 - 3:00 PM: Family Voices of North Dakota invites you to participate in their annual "Trunk or Treat" event in the parking lot at Lincoln Park Drive. *The purpose of Trunk or Treat is to provide a trick-or-treating experience without barriers for children with special needs, their siblings and friends - no steps or doorbells; just fun, games and treats!* Kids will trick or treat up and down from the line of car trunks.

October 29 from 5:30 - 7:30 PM: "Black Cat Bash Halloween Event for Kids" at First Season Community Center (Purpur Arena - 1122 7th Avenue South). Children 10 years and under are invited to come dressed in their favorite costume for an evening of spooky stories, crafts and games. Admission: 1 non-perishable food shelf item donation per person.

Circle of Security Parenting Class Series

This 6-week series gives parents and caregivers an opportunity to reflect on connecting with children when they need us most. Being with children through their big emotions helps them learn to manage these emotions on their own when needed. Objectives include: ~ Understand your child's emotional world by learning to read needs for emotional support. ~ Increase your child's ability to successfully manage emotions. ~ Enhance the development of your child's self esteem.



Thursdays from 5:00 - 6:15 PM at NDSU Extension, GF County Building - 151 S. 4th St.
October 10, 17 & 24, and November 7, 14 & 21

Preregistration is required by calling 701-780-8229 OR email: laura.m.knox@ndsu.edu

PARENT CAFÉ

CONVERSATIONS TO KEEP YOUR FAMILY STRONG



GRAND FORKS

Sept. 17 | Oct. 15 | Nov. 19 | Jan. 21 | Feb. 18 | Mar. 17 | Apr. 21 | May 19
 5:30 - Free meal - Anne Carlsen Center - 2016 S. Washington St, Grand Forks, ND 58201
 6:15-7:15 - Parent Café

Free child care provided during Parent Cafe

What Are Parent Cafés?

Parent Cafés are conversations where you can:

- Meet new people & friends
- Share your hopes and dreams for your family
- Get new ideas
- Engage in positive conversation
- Share ideas
- Learn about community resources



Are Parent Cafés For Me?

Are you a parent, grandparent, or other person who is actively involved in raising a child? If so, the answer is "yes"!

***Parent Cafés are FREE to all participants

Contact Issy Storkson at 701-368-4396 or estorkson@lssnd.org with any questions



EXTENSION
GRAND FORKS COUNTY



Check out this family and community engagement opportunity !

