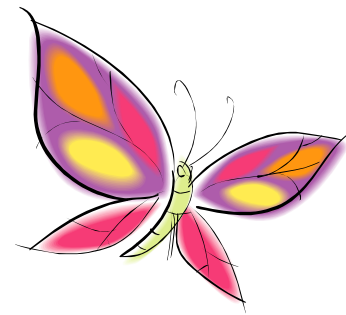


April 2010



Diaper Daze

If your child is walking and talking you are probably starting to think about toilet learning time. While that excitement of doing away with those diapers sounds so heavenly, one has to remember that the toilet learning time takes awhile and is based not only off the need to save a few on those diapers but on the need of the child and their readiness. Parents need to be patient and supportive during this time and know it just does not happen overnight but is a process that needs to be built into the family routine.



First if the child be exposed to some of the language like pee or poop, this can happen between 18 months and 2-years of age. Then as they start to show readiness demonstrating the process is important and can be beneficial to child. This is all part of the learning process and takes time. So just take a deep breath and know each child is ready at a different age and time so learn your child's cues and signals to readiness and it will be a much more satisfying journey for each of you.

Diane
Trujillo

Policy Council Update

On March 12 & 13, six of our Policy Council members attended the 2010 Head Start Annual Conference in Denver. The theme for this year's conference was "Together We Thrive." Parents were able to choose from many different topics such as: Reaching Fathers and Families, Tools for Challenging Behaviors, Dual Language Learning and many more interesting topics were offered. This was also a great opportunity for parents to get to know one another and do things together outside the Policy Council setting. During meal times we all ate together and had wonderful conversations about our families and the many different workshops that they had attended. I feel we all had a great time. We have a great Policy Council. Thanks for all your hard work.

Have A Happy Easter!
Sherrie



The Early Head Start program is brought to you by...



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Early Relationships: 12-24 months

Loving relationships give young children a sense of comfort, safety, confidence and encouragement. Nurturing connections teach toddlers how to form friendships, how to communicate emotions, and how to deal with challenges. Supportive relationships with parents, adults and friends also help children develop trust, empathy, compassion, and a sense of right and wrong.

Young toddlers are starting to develop a sense of self-awareness-that they are separate and independent from others. This new knowledge helps them understand that other people have thoughts and feelings that may be different from their own; this helps children begin to develop empathy.

What YOU can do:

- Help you toddler become a confident problem-solver. Give your child some time to try to figure a problem out on his own- like to get his rain boots on.
- Praise the process, not just the result. The goal is to help children feel good about their efforts, not just the outcome.
- Help children learn to resolve conflict in healthy, appropriate ways. Provide lots of support to young toddlers playing in a group. Play turn-taking games. Distract you child or redirect their attention.
- Help your child feel safe and secure. Be a safe "home base" for your toddler. Establish routines and transitions.

Look for ways to make your home culture part of your child's everyday routines.

Information from Zero to Three

Please understand that all that YOU do with your child molds them for the future.

Happy Easter!
BRENDA



Join local Fremont County women
in celebrating...

"National Women's Health Week"

Come and bring the women you know in your life for a fun filled morning of exercise and info. on Mother's Day-Sunday, May 9th.

Registration begins at 7:30 a.m.

The 5K (3 miles) Walk/Run starts at 8:00 a.m. at the Canon City River Walk Reynolds Street parking lot.

For further information call

**Fremont County Public Health
at 275-1626.**

It's Your Time: Get Inspired. Get Healthy.



NATIONAL IMMUNIZATION WEEK is April 24—May 1, 2010

Is your child up to date with all of their immunizations? Please check your immunization records to make sure. You can also ask your child's Doctor or Home Visitor.



We vaccinate to protect our future:

We don't vaccinate just to protect our children. We also vaccinate to protect our grandchildren and their grandchildren. With one disease, smallpox, we "stopped the leak" in the boat by eradicating the disease. Our children don't have to get smallpox shots any more because the disease no longer exists. If we keep vaccinating now, parents in the future may be able to trust that diseases like polio and meningitis won't infect, cripple, or kill children. Vaccinations are one of the best ways to put an end to the serious effects of certain diseases.

Fremont County Public Health will be hosting an immunization clinic on Monday, April 26. Shots cost \$3.00 each or you can use your child's Medicaid insurance to pay for them. Call 275-1626 to make an appointment! **DIANA**

APRIL WORKSHOP

EHS parents are personally invited to attend a workshop presented by Jeff Madone of the Fremont County Dads. Come and learn of all the exciting activities happening in our community!!!



Wednesday April 14, 2010

5:15-7:00 p.m.

Meals and Childcare are provided

Please RSVP by April 12, 2010

Call 269-1523

to RSVP or you have any questions