



# Luzerne County Head Start, Inc.

## NHSA Family Connections

June/July 2011

### We are Partners!



We know our Early Head Start and Head Start parents are our partners. We all want to help your child grow and develop. Together we will celebrate the good days and be friends through the tough moments. The best way for us to become friends is to talk and learn to trust each other.

Families may worry they will be reported or tracked down by immigration officials. Our program is not interested in your family's legal status. We do not contact anyone about your immigration status. We only care if your child is within the ages we serve and if your earnings meets the income requirements to be eligible. We want to help you receive services if your family qualifies for Early Head Start or Head Start.

Another worry families have is that someone will visit their home and judge them. We do not visit your home to "decide" if you are a good parent. We learn

how to be "parents" from those who cared for us when we were children. Some things we learned help us be skilled parents today and other things are less helpful. Thinking about these parenting habits together can be helpful when we talk about your child's development.

Our job is not to make judgments or enforce legal status. Our goal is to help children learn social and intellectual skills to be ready for school. To meet this goal we provide early childhood education and help families get health care (medical and dental services), good nutrition, and support from social and other services. Our programs can teach your family to find local community services and resources to improve your families' condition and quality of life.



Created By **PreschoolFirst**

**Trust Us!**

We are here to help your family become active in your child's learning. You'll also make goals to help do this. We want to hear about you! We have learned ways to help many families over the years. Many face the same problems as you. We may have some information to help you—or we may know someone who does. So trust us, tell us and we'll try to help.

**Tell Us!**

- Tell us your hopes and dreams for your child.
- Tell us things your children do well or love to do. Do they love to draw? Do they love to dance or help Grandma or Dad fix things?
- Tell us when your child doesn't seem healthy or well.
- Tell us if you are worried about your child's development or behavior. All children are learning and no child is perfect! Is there something in particular that bothers you?



- Tell us if you are pregnant or have other children under 3 years old or under 5 years old. You may qualify for additional services.
- Tell us the names of any programs where you have received Early Head Start or Head Start services in the past.
- Tell us when anything big happens in your family. For instance a new family member joins you, one is deported, arrested, or leaves the household to follow a job.
- Tell us if your work schedule makes it too difficult to come to meetings or conferences. Let us know the times and days when meetings are possible.
- Tell us if you have trouble getting transportation to our center, doctor appointments or meetings.
- Tell us your biggest fear for your family.
- Tell us before you think you'll need to move. We can help your child say good bye to friends and feel ready to move on to a new place.



## Other Ways We Can Help

If you work long days or several jobs, your child may be cared for in several places each day. Did you know some Migrant and Seasonal Head Start centers provide extended-day services? Some can be open for up to 10–12 hours per day and up to seven days a week. Some may include care on holidays during the peak of the harvest season.

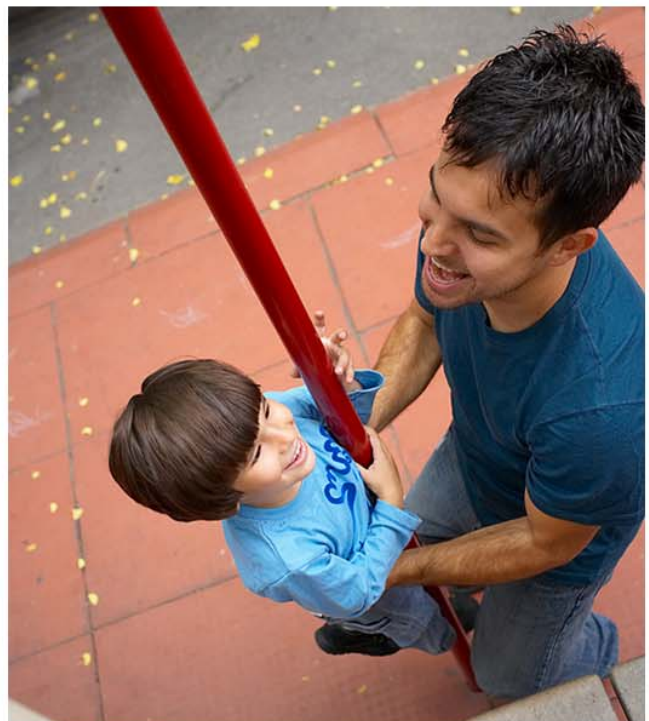
Someone in our Head Start Program may be able to help your family complete child care applications to receive additional care for your child. They may be able to help you get family and work documentation needed to qualify for more child care.

We can help you get to health services. Many children of families who move often do not see doctors and dentists regularly. It is common for children who move often to need immunizations and check ups and screenings.

Once we get your child up to date, we can help you make a portfolio of important documents. This portfolio can travel with your family when you move. The portfolio might include health records, child development reports, teacher notes, any special therapies, newborn records, and even your work documentation. This way you will have what you need to go from one Early Head Start or head Program to the next quickly each time you move.

*I'm shy and nervous when I meet with my child's teacher or family service worker. I'm not used to speaking up.*

- Breathe! These are people who want to know you. They are happy to listen.
- Remember you are the most important person in your child's life.
- Write a short list of things you wish to discuss. Write the results you want next to each.
- Smile during the meeting and make eye-contact. Shake hands and be firm and confident when you speak.
- Use a calm, friendly and direct tone of voice.
- Bring a friend who can translate if it makes you more comfortable.



- Understands

## Social & Emotional Milestones for Babies & Young Toddlers

Every child is unique. But we know that most children will develop in similar ways. These are some of the social and emotional milestones you can expect to see your baby and toddler reach during the first two years. If you don't understand one of the milestones or haven't seen it, ask your child's Early Head Start teacher if they have seen it. They can suggest ways to play at home to encourage your child's development.



### By the end of 4 Months

- Responds to a familiar voice or a pleasant sound
- Likes to look at people's faces
- Begins to develop a social smile
- Enjoys playing with others, may cry when play stops
- Imitates your movements and facial expressions

### 4- 8 Months

- Enjoys cuddling and close contact with others
- Enjoys social and physical play
- Interested in mirror images
- Responds to other people's expressions of emotion
- Prefers certain people and toys
- Responds to his/her name

### 8-12 Months

- Shows affection with hugs and kisses
- Shy or anxious with strangers
- Prefers mother & regular care-giver over all others
- Enjoys imitating people in his play
- May be fearful in some situations
- Repeats actions or sounds to make you look or laugh

### 12-18 Months

- Returns a smile
- Laughs when he/she is tickled
- Makes his/her wants known
- Points to draw your attention to something
- Recognizes self in mirror
- Shows affection to familiar people
- Explores alone but with parent nearby
- Shows happy, sad, and angry emotions

### 18-24 Months

- Shows more independence, says "NO" and "Me do"
- Allows others to cuddle and comfort him or her
- Shows pleasure after successfully completing a task
- Shows when he or she likes and dislikes something
- Shows you a toy or object to attract your attention
- Smiles or laughs at 'silly' pictures or actions
- Looks at the way other children play and imitates it
- Separates from a parent in a familiar setting
- Persists and tries to do a difficult task