

Connecting Families

September 2016



Family Engagement



"Welcome to Wild Plum"



Dear parents and guardians,

At Wild Plum we know that you are the most important teacher your child has! On the bottom of the first page of every Connecting Families newsletter you will see a list of the 4 Life Practices. (see below*)

We practice all 4 of these every day at Wild Plum.

When families also make a strong commitment to practice all 4 of these it results in a child ready to be successful in Kindergarten and beyond.

Please take a look at these - which ones do you feel are going well?

Are there any you want to work on?

For the next 4 months, each newsletter will address one of these practices.

Look for more on [Read Every Day](#) in October's newsletter.

Together, we can form a partnership that will give your child a great start toward being completely school ready by Kindergarten.

Four Life Practices To Prepare Your Child for School



Positive interactions

Offer your child choices, limits, boundaries, rewards

Conversations with your child

Talk to your child, listen and respond

Routines

Follow the same schedule every day

Read Every day



PARENTS, did you know you can find exciting information about activities, jobs, school closures and much more by liking us on our Facebook page?

Let's get healthy!

**WILD PLUM IS LOOKING FOR
PARENT
VOLUNTEERS!**

We are looking for parents who:

- ⇒ **Work in the health or dental field**
- ⇒ **Are interested in the health of the children in our program**
- ⇒ **Want to learn more about "what's happening" around health in the Longmont community**

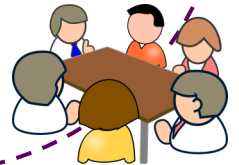


Join our health team during the lunch hour (12-1pm) three times during the school year at the FUMC.

Together we will participate with local health professionals to discuss program, dental, mental health, and disability services.

If you are interested please contact Mireya or Martie for more information.

303-776-8523



Healthy Habits Start Early

Play Time Can Be Active Time!

Good activity habits begin early in your child's life. As early as infancy, you can help your child grow lifelong healthy play habits. Your child learns from you, so while you help him be active, try to do the same activities!

For Your Infant:

Keep your baby active with tummy time and time spent out of the swing or bouncy chair. This will give him plenty of chances to stretch, reach, and kick so he can reach important milestones like crawling and sitting up. Avoid putting a TV in your baby's room. The more **YOU** talk to and play with your baby, the more likely he is to be healthy as he grows.

For Your Toddler:

Even very active toddlers need physical activity. Keep moving by dancing, jumping, and walking together. Try to limit TV watching to 2 hours or less a day. Children who have lots of active play time outside and indoors are more likely to stay healthy and active as they grow up.

For Your Preschooler:

Help your child to stay active and learn at the same time by spending time outdoors. Try to limit TV, video games, and computer time to 2 hours or less a day. Children who watch more than 2 hours of TV a day are more likely to be overweight as they get older.

Tips for Families from the Head Start National Center on Health

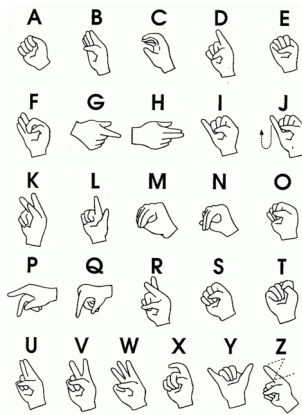
School Readiness

Sign Language at Wild Plum

The Hublers, founders of **Time to Sign Solutions for Early Childhood**, spent a day with our program, teaching, training, and demonstrating sign-language techniques to our staff. They also provided social/emotional training, and then did one day of coaching in each EHS classroom.

The feedback from the teachers has been very positive.

Family Educators are incorporating signing in the home-based program as well.



Thoughts from Educators about the benefits of Sign Language

- Children understand language before they can speak. One of the ways we know this happens is they are able to sign before they speak.
- Children can learn at an earlier age using sign language
- Sign language will be more common in the future
- Sign language is fun and a great way to teach/learn
- Sign language is a fun and positive way to start the day
- Sign language is also good for engaging and teaching children, helps with attention
- Using sign language in everyday activities - emotions/self-regulation encourages communication and reduces frustration
- Start with the sign language - from the average to the genius child, they all benefit

<http://www.timetosign.com/>

Volunteers Make a Difference!

The family volunteers last year took the program to the next level with their passion and dedication, supporting the classrooms and education program as well as earning more than \$130,000 in in-kind service hours! Let's keep the momentum going with continued special attention to volunteering in your child's classroom, outside the classroom, and at home with the "Let's Learn Together" home activities.

Volunteers—that means YOU!—make a difference to the children and the Wild Plum Center. Whether you can give one hour per month or an hour per day, any and all participation is welcome. We have volunteer jobs for every skill and desire. Sign up for a volunteer job today! See your child's teacher, Family Educator, or Program Specialist for more information, or call Executive Assistant, Leah Herrera, at 303-848-8013 or Support Specialist Sally Wertzbaugher at 720-652-4779.

What's Happening at Wild Plum?

Head Start (CF) Connecting Families

Activities once a month for the entire family!

Join the fun!



Early Head Start Home-Based Connecting Families

Activities 2x's a month for the entire family!

Thursday Folders

- 1) Every Thursday, folders will go home in your HS child's back.
- 2) They will be filled with monthly calendars, menus, flyers and weekly activities for your child to complete.
- 3) Please review the items in the folder and return it in your child's backpack every Monday.

Coming up this month

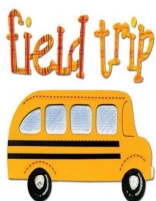
September 7th CF EHS 9am-10:30am First Lutheran Church
September 21st CF EHS 9am-10:30am First Lutheran Church
September 20, 21, 22- Voter Registration for parents and WPC Staff
September 26, 27, 28- School Portraits

REAL MEN *Respect, Educate, Active Leaders*

Men Are Welcome At Wild Plum!



- Visit the classroom.
- Eat lunch or breakfast with your child.
- Help keep our playgrounds safe and clean.
- Participate in the monthly Men's Group activities with your child.
- Go on a field trip with your child.
- Be on call as a "handy man" for small projects needed at the centers.



Each month there is a male involvement activity for you and your child to do together with other men.
*Dads, grandpas, uncles, older brothers are encouraged to participate