



# HEAD START PARENT NEWSLETTER

ISSUE 8

APRIL 2010

## WHAT'S HAPPENING?

**RECRUITMENT:** We are still accepting applications for EHS and HS children. Please visit our website at [www.communityaction.com](http://www.communityaction.com) or any center.

**HEALTH:** Make sure your child has received their second dental visit!

**POLICY COUNCIL:** We are currently looking for parents to become PC Reps for Luling EHS and Phoenix. Please let us know ASAP if you are interested.

**ADULT EDUCATION:** Remember ESL and GED classes are always available to our EHS and HS parents. See your Family Advocate for details!

## APRIL IS CHILD ABUSE PREVENTION MONTH YOU CAN MAKE A DIFFERENCE!

### 10 Things you can do to Help.....

1. **Be a nurturing parent.** Children need to know that they are special, loved and capable of following their dreams.
2. **Help a friend, neighbor or relative.** Being a parent isn't easy. Offer a helping hand take care of the children, so the parent(s) can rest or spend time together.
3. **Help yourself.** When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control – take time out. Don't take it out on your kid.

4. **If your baby cries...** It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby – shaking a child may result in severe injury or death.
5. **Get involved.** Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.
6. **Help to develop parenting resources at your local library.**
7. **Promote programs in school.** Teaching children, parents and teachers preven-

tion strategies can help to keep children safe.

8. **Monitor your child's television and video viewing.** Watching violent films and TV programs can harm young children.
9. **Volunteer at a local child abuse prevention program.** For information about volunteer opportunities in the state of Texas, contact GTCP at 214- 824-4928, or [gtcp@sbcglobal.net](mailto:gtcp@sbcglobal.net)
10. **Report suspected abuse or neglect.** If you have reason to believe a child has been or may be harmed, call 1-800-252-5400 or your local police department.

*Source: Prevent Child Abuse America*



### FAMILY SPOTLIGHT— SANDRA SALAZAR

Sandra Salazar has been attending classes with Bob, the adult education instructor with CAI., and with Mrs. Shueller at the high school in Luling. We want to congratulate her on getting her GED certification this past week! Sandra is currently working as a home health provider and she will be starting CNA

classes through Career Pathways with CAI in May. She has a daughter in high school and a son who will be starting with the Luling EHS program. Congratulations to you Sandra and good luck with your new job training with CAI.

**ADULT EDUCATION  
NEWS AT  
COMMUNITY ACTION INC.**

Francesca Ramirez, our career counselor for CAI, has been working with Head Start family advocates and the Hays County community for the past several months for our Career Pathways program. She has assisted many people in gaining new job skills, finding a job, offering FAFSA workshops, teaching computer skills among other things.

Currently, she is recruiting for the Certified Nursing Assistant Training Program which begins June 9th-July 17th. These classes will be held Mondays, Wednesdays from 4:30pm-8:30pm and Saturdays from 8am-4pm.

Francesca is also looking for people who are interested in attending ACC classes in the summer and fall semesters. Anyone interested in these opportunities should speak to

their family advocate as soon as possible.

In some cases, childcare and gas cards are provided for those who need it. Please take advantage of these opportunities while they are offered.



**COMMUNITY EVENTS:**

**San Marcos:** Aquarena Earth Day on Saturday April 24th at San Marcos Springs. This event is free to the public and will include live music, art and educational activities

**Luling:** Zedler Mill Classic Canoe Race on Saturday April 24th at the Zedler Mill on the San Marcos river. This is free for spectators and includes canoe races, food and music.

**Kyle:** Free Small Business Counseling offered on April 13th from 9am-4pm. Please call 512-268-4220 to make an appointment.

**SUCCESS STORIES**

We would like to congratulate all our EHS and HS parents on their accomplishments!

**Luling:** Alicia Vela just accepted a position as a Teacher II in the infant classroom and she is attending summer classes at ACC.

Margarita Rodriguez was a recipient of a car through Seasons for Caring, took her GED reading exam and passed. She also was hired as our Cook Aide for EHS!

**Lockhart CDC:** Crystal Gonzalez is attending ESL classes and she is getting

ready to move into GED classes.

Victoria Chavez was accepted into the Career Pathways program with CAI.

**Carver:** Inger Peyton is now a disability aide until May.

**AWashington CDC:** Yvette Richardson has enrolled in Career Pathways and she will begin CNA classes in April.

Agapito Alvarez has enrolled in the career pathways program.

Paula Delgado will be starting Pharmacy Technician classes.

**Hernandez:** Tammy Dale is taking

her GED exam.

George Sosa will possibly be accepted into our Career Pathways program.

**Hemphill:** Kuan-Yin Harris was accepted to Southern Careers for medical billing/coding.

Lesley Torres has graduated and received her CAN, she is also being nominated for the car donation.

Keep up the great work!

### Family Activity for Toddlers

Sit with your child and help them finish connecting the dots. Say the numbers out loud as you connect them. Ask the child what they see in the picture.



## Family Activity for Infants

Read the article and explore the world of funny faces with your infant

### Making Funny Faces with Baby

Offer your baby his favorite thing to look at (you!) in all kinds of silly ways.

Here's what to do: Did you know your baby started scanning (and memorizing) your face minutes after he was born? That's because faces are completely fascinating to infants. Choose a time when your baby isn't hungry or tired (or has a loaded diaper), and positioning him/her so they are looking directly at you. Then make some faces! Try a smile, a big, open mouth, raised eyebrows, or a stuck-out tongue. Don't be surprised if your baby tries to do the same thing — even tiny infants can imitate facial expressions. Make some quiet *ahhhh* noises to hold his/her attention, but if they keep turning away, they may have had enough of your face for the moment (newborns can easily get over-stimulated, so be careful not to overdo it).

**Here's why it's good for babies:** This simple game stimulates your baby's social, visual, and emotional development — not to mention their listening skills. Plus, the intimacy between the two of you promotes bonding and teaches them social cues for seeking (and receiving!) affection.

[www.whattoexpect.com](http://www.whattoexpect.com) (reference)

