



September 2018

Healthy Living With Head Start Give the Whole Family a Head Start

Bring Head Start Meals Home

Our classrooms take every opportunity to learn, and meal time is no exception. Classroom meals are designed to encourage healthy choices, facilitate new food experiences, and help develop motor and social skills for the future. Bring these parts of Head Start meals home to encourage your children to continue to learn and grow at the table.

- * **Self Serving** - It may not be a skill many of us think about, but developing the muscles needed to help ourselves to more broccoli, passing a bowl around the table, and using a fork is a big focus during Head Start meals. Set an expectation for everyone to serve themselves at home to help build strong motor skills.
- * **Discovering New Tastes** - New tastes can be intimidating. Having an adult at the table willing to try new foods first and report their findings can take away the fear of trying something new. Working new foods into your menu at home will help children learn to be flexible and adventurous at the table.
- * **Family Mealtimes** - Building social skills is a benefit to having family style meals at Head Start. Mealtimes is an opportunity to learn about manners, how to be kind, and is also a chance to talk about the excitement of the day. Eating meals as a family at home will help your child build healthy habits and strong social skills.



Building Healthy Habits as a Team

Brushing Together

All of our classrooms take time out of the day to work on tooth brushing skills together. We focus on modeling the motor skills and technique by brushing together at tables. Brushing teeth at the same time as your child will help reinforce these skill and teach children the importance of regular oral hygiene.

Here are a few ways to make tooth brushing fun at home:

- * Play a song that is about 2 minutes long while brushing to help everyone brush their teeth for at least 2 minutes.
- * Customize tooth brushing tool cups to help organize everyone's individual supplies as they brush together.
- * Make brushing time part of your family's schedule. Setting aside the time to brush together can become a nice break in the day to enjoy some quick time together.



Tracking Growth with Head Start

Our classrooms will invite you to take part in measuring your child's height and weight twice a year. We use this information to calculate BMI (Body Mass Index) and BMI percentile for each Head Start child. These numbers will help give you a better picture of how much your child grows throughout the year. Here are some things to remember when we talk about BMI:

- * **What is BMI?** BMI is a comparison of height and weight used to show growth patterns. BMI can be a good tool to use to see how many pounds are being gained as your child grows taller.
- * **Every child grows differently.** It is important to see a nice consistent growth pattern, don't worry so much about the number as long as it shows consistent, healthy growth.
- * **Watch for big changes.** Pay attention to big drops or jumps in BMI percentile, this is reflecting a sudden change in your child's normal growth pattern.

Contact our Dental/Nutrition Specialist, Amy Losee at (607) 433.8060 or alosee@ofoinc.org with any questions or concerns about oral health in the classroom, Growth Screenings, or your child's BMI

Your Child's Healthcare Schedule

Head Start and Early Head Start work closely with families to make sure everyone has access to medical care. This is what you might expect during health exams as your child grows:

Newborn: Height/weight, head circumference, hearing screening, developmental assessment, hemoglobin screenings, immunizations (HepB)

2-4 day well-baby visit: Height/weight, head circumference, developmental assessment

1 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations

2 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (RV, DTap, HepB, Hib, PCV, IPV)

4 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (RV, DTap, Hib, PCV, IPV)

6 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (HepB, RV, Dtap, Hib, PCV, IPV, annual Influenza)

9 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment

12 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, lead screening, anemia screening, immunizations (MMR, Varicella, HepA)

15 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (DTap, HIB, IPV, PVC)

18 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment

24 month well-baby visit: Height/weight, head circumference, vision/hearing screening, developmental assessment, lead screening, immunizations (Influenza)

3 year well-child visit: Height/weight, blood pressure, vision/hearing screening, developmental assessment, immunizations (Influenza)

4 year well-child visit: Height/weight, blood pressure, vision/hearing screening, developmental assessment, immunizations (Influenza, Dtap, IPV, MMR, Varicella)

Individual Health and immunization schedules vary - ask your care provider for your child's well-care needs

Making Mealtime Memories

Bubble Pizza

This is a quick meal to throw together on any busy weeknight. Bubble pizza is a fun twist on everybody's favorite, pizza night. Keep an old classic interesting by letting children pick additional toppings. Letting them help build a customized bubble pizza can be a great way to get them interested in trying new foods.

Ingredients

- * Premade biscuit or pizza dough
- * Pizza sauce
- * Shredded mozzarella cheese

Mix it up with different toppings:

Sweet bell peppers, Onion, Pineapple, Mushrooms, Broccoli, Grilled chicken, Fresh diced tomato, Spinach, Feta cheese, Cauliflower, or Black olives.




Directions

- * Preheat oven to 375°F. Lightly grease a baking dish.
- * Arrange biscuit dough into baking dish.
- * Top with pizza sauce, cheese, and other favorite fixings.
- * Bake for 10-15 minutes.
- * Pizza will bubble and break into bite size pieces.

Newsletter created by: Amy Losee

Please contact Amy Losee, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060

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