

October 2017



Healthy Living With Head Start



A Helping Hand in Health

A Healthy Head Start

As most families have come to realize, Head Start and Early Head Start are different from other early education programs. Our program is more than just a classroom; it is a full support system for families. Head Start and Early Head Start are designed to work with you and your family as a team to make sure your children are able to put their best foot forward in anything they do in life. Take a quick look some ways Head Start and Early Head Start can be a helping hand in maintaining your family's health:

Nutrition: From family style meals in our classrooms to offering one-on-one nutrition education to families, our staff works hard to provide opportunities to learn about the importance of healthy choices.

Oral Health: We love seeing a lot of smiles in our program so we will do just about anything to keep them healthy. Our program works with many local dentists to make oral health care as easy as possible for your family.

Health & Development: Children will use all of their senses to investigate their environment to discover the world around them. At Head Start, our job is to support your family as you manage your child's healthcare, screenings, and development to ensure they are in tip-top shape for learning.

Social & Emotional/Mental Wellness: A tremendous amount of social and emotional development takes place during your child's infant, toddler and pre-school years. As Children experience mood changes and an expanding social world, Head Start and Early Head Start staff will help them manage and understand their emotions as well as those of other people.

Growing Up with Head Start

BMI: The Basics

Growth screenings in Head Start are used to help you track your child's growth. Three times a year our classrooms will measure height and weight to calculate BMI (Body Mass Index). Let's take a closer look at what BMI means:

- * **BMI** is based on a person's height and weight. It is used by health professionals to assess weight status. At Head Start, we measure each child's BMI to determine their growth pattern to help your child have the healthiest "Head Start" possible.
- * Because BMI changes as children's bodies grow and develop, BMI results are compared to national percentiles by age groups to determine a **BMI Percentile**. A child is considered underweight if their BMI falls below the 5th percentile and a child is considered overweight if their BMI falls above the 85th percentile.
- * While BMI is a useful tool for assessing weight status in large groups, it is only a small part of the picture when it comes to your child's health. Each child is an individual and has a different growth pattern which can affect their BMI. Sometimes, consistency in BMI values is more important than a high or low percentile.
- * BMI can be a hard topic to talk about, but it is very important that we have the hard conversations to help you keep your family healthy. Always ask our staff and your family doctor questions when you are unsure what BMI means for your child.

Oral Health Q&A

Q: When should my child see a dentist for the first time?

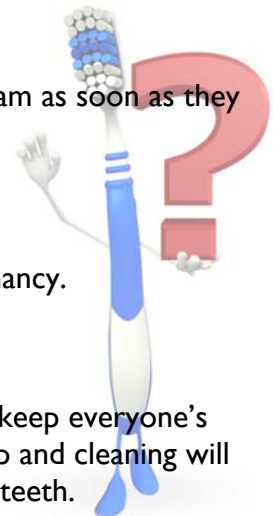
A: The best way to introduce your child to the dentist is as a quick exam as soon as they get their first tooth (or by age one).

Q: Should I see my dentist if I am pregnant?

A: Yes, Regular oral health care is an important part of a healthy pregnancy.

Q: What can I do at home to keep my family's teeth healthy?

A: A routine of brushing and flossing twice a day will go a long way to keep everyone's smile healthy. Seeing your dentist every 6-12 months for a check up and cleaning will help keep everyone on track to maintain healthy habits and healthy teeth.



Your Child's Healthcare Schedule

Head Start and Early Head Start help you stay on top of your child's medical exams and screenings. We 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 visits: Height/weight, head circumference, vision/hearing screening, developmental assessment, immunizations (RV, DTap, HepB, Hib, PCV, IPV)

4 month well-baby visits: 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

10 minute Vegetable Chili

Warm up this month with a quick and simple chili recipe. This recipe is so easy to make and has the perfect combination of flavors. It's a great option to have for lunch or dinner on a busy night the whole family can help make and enjoy!

Ingredients

- * 1 can of low sodium black beans
- * 1 can of kidney beans
- * 1 can of yellow corn
- * 1 green pepper, diced
- * 1 red pepper, diced
- * 1 can stewed tomatoes
- * 1 cup chopped white onion
- * 1 packet taco seasoning
- * 6 tablespoons of fat free plain Greek yogurt (in place of sour cream)


Directions

- Cook the chopped onion, peppers, and half of taco seasoning packet until onion and peppers are softened.
- Drain corn, black beans and kidney beans and add to onion and pepper mixture. Add entire can of stewed tomatoes (including juices) and the rest of taco seasoning packet.
- Let simmer on low for a minute until all ingredients are mixed together.
- Add Greek yogurt for topping if desired and enjoy!



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

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The leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities.