



The Family Times



Head Start/Early Head Start

June 2008

Program Happenings

Montgomery County Home Base



Montgomery County Home Base serves 108 children and is staffed by nine home visitors and three management staff. We contract with Parents as Teachers and offer weekly educational home visits to our families, as well as comprehensive health, nutrition, and social services.

Montgomery County Socialization Center hosts GED classes every Tuesday and Wednesday from 9-12. May 28th is the last day for GED classes until the new school year. We had two parents earn their GED and one former student is now attending college.

Montgomery County has started a Literacy Council. The council is funded by local contributions and grants and is staffed by volunteers. The goal is to assist adult citizens who want to develop higher reading skills. The Literacy Council will offer "English as a Second Language" classes. For more information, contact 573-564-2495 or 877-564-4636.

Our last parent meeting will be held June 2, 2008 at the New Florence Center. The parents are planning a picnic and a carnival. Prizes will be presented to children and parents. We will also recognize our parent volunteers. The families voted not to have a parent meeting in July.

A Socialization was held on May 23rd. We learned about numbers and meet outdoors. Our socialization center has a new playground complete with bike track, a climber and a great fall zone. The home visitors are offering a field trip to Dominoes on June 27. The children will tour the facility and make their own pizzas. All children and parents are invited to attend socializations. Transportation and snack are provided.



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Important Dates

June 4: Policy Council Meeting. 6:30 p.m. Wentzville Center. Child care and dinner are provided. Transportation is available upon request.

June 20: Professional Development Day. Centers Closed. No Home Visits.

July 4: Independence Day. Centers closed. No Home Visits.

June: Home Safety Month, National Safety Month

June: Please see flyers and talk to your teachers, home visitor and managers about the dates and times of socializations, Parent Committee Meetings, and Male Involvement activities.

Special Needs Spotlight

Top 10 Things to Consider When Buying Toys for Children with Disabilities

1. **Multisensory appeal:** Does the toy respond with lights, sounds, or movement? Are there contrasting colors? Does it have a scent? Is there texture?
2. **Method of activation:** Will the toy provide a challenge without frustration? What is the force required to activate? What are the number and difficulty of steps needed to start?
3. **Where toy will be used:** Can the toy be used in a variety of positions such as side-lying or on a wheelchair tray? Will the toy be easy to store? Is there space in the home?
4. **Opportunities for success:** Can play be open-ended with no definite right or wrong way? Is it adaptable to your child's individual style, ability and pace?
5. **Current popularity:** Is it a toy most any child would like? Does it tie-in with other activities like T.V., movies, books, clothing, etc?
6. **Self-expression:** Does the toy allow for creativity, uniqueness, and choice-making? Will it give the child experience with a variety of media?
7. **Adjustability:** Does it have adjustable height, sound volume, speed, level of difficulty?
8. **Child's individual characteristics:** Does the toy provide activities that reflect both developmental and chronological ages? Does it reflect the child's interests and age?
9. **Safety and durability:** Consider the child's size and strength in relation to the toy's durability. Are the toy and its parts sized appropriately? Does the toy have moisture resistance? Can it be washed and cleaned?
10. **Potential for interaction:** Will the child be an active participant during use? Will the toy encourage social engagement with others?

Top 10 Things to Consider When Buying Toys for Children with Disabilities. National Lekotek Center, KidSource Online. 1997. English.

Stacie M. Kirk, Disabilities Director 636-946-0101, ext. 407



Letter from the Director

Well here we are, already nearing summer. Time truly flies.

Summer can be a special time, be it the fresh air, more time outside, a picnic, a vacation, or many other things.

But it is also a time for vigilance; many accidents and injuries occur in the hotter weather and outdoor activities. June is Home Safety Awareness Month and National Safety Month. We will be providing resources throughout the month with tips on keeping your family and household safe, and, you can learn more at [\(list website\)](#).

A reminder, all over-income families, and all Early Head Start children going into Head Start, must reapply for the program. If you haven't already, please contact your Area or Center Manager or other local program staff.

Stay safe, have a great summer, and we'll see you soon.

Daryl Rothman, HS/EHS Director
636-946-5600 x 101



Nutrition News

Handle and Prepare Food Safely

Almost everyone has experienced a food borne illness at some point in time. But do we only get sick from restaurant food? No, in fact many cases of food borne illnesses occur when food is prepared at home. If food is handled and prepared safely, most of those can be avoided. All food may contain some natural bacteria, and improper handling gives the bacteria a chance to grow. Also, food can be contaminated with bacteria from other sources that can make you ill. Contaminated or unclean food can be very dangerous, especially to young children, older adults, pregnant women and people with weakened immune systems. Each year in the United States, approximately 76 million people get sick, more than 300,000 are hospitalized, and 5,000 Americans die each from food borne illness.

There are four major tips you can use to prevent contaminating food:

1. Use caution when you buy your food.

- Buy perishable food such as meat, eggs, and milk last.
- Avoid raw or unpasteurized milk.
- Because eggs, meat, seafood, and poultry are most likely to contain bacteria, do not allow their juices to drip on other food.
- Shop for groceries when you can take food home right away so that it does not spoil in a hot car.



2. Store your food properly.

- Store eggs, raw meat, poultry, and seafood in the refrigerator.
- Use containers to prevent contaminating other foods or kitchen surfaces.
- Your refrigerator should be set at 40° F.
- Your freezer should be set at 0° F.
- Regularly clean and disinfect the refrigerator and freezer.

3. Use special precautions when preparing and cooking food.

- Wash your hands and clean and disinfect kitchen surfaces before, during and after handling, cooking, and serving food.
- Wash raw fruits and vegetables before eating them.
- Defrost frozen food on a plate either in the refrigerator or in a microwave, but not on the counter.
- Cook food immediately after defrosting.
- Use different dishes and utensils for raw foods than you use for cooked foods.

4. Cool and promptly store leftovers after food has been served.

- Because harmful bacteria grow at room temperature keep hot food hot at 140° F or higher, and keep cold food cold at 40° F or cooler. This is especially important during picnics and buffets.
- Do not leave perishable foods out for more than two hours.
- Promptly refrigerate or freeze leftovers in shallow containers or wrapped tightly in bags.

Basically use common sense and when in doubt, throw it out. It is much cheaper to throw out bad food than it is to pay expensive medical bills or miss work.

Handle and Prepare Food Safely. National Center for Infectious Diseases. DHHS/CDC/NCID. n.d. English. Web Site.

Jenni Mahon, Nutrition Manager (636) 332-0265 ext. 117

Child Development/Curriculum News

Brain-Based Parenting

Basic brain maintenance for our children, and for us, means making a specific effort, every day, to help our children's brains work normally. Dr. Ingraham of AAP, urges parents to teach their children every day, by example as well as by communication, so that they develop positive and healthy habits and lifestyles, now and for the future. Children learn best by example.



The following are ten things you can do every day for yourself and your child:

Bed on time: Sleep is brain restoration time. The brain's systems do not function very well without sleep.

Normal nutrition: The brain requires normal nutrition to develop normally and replenish the brain's chemicals.

Regular exercise: Endorphins are the brain's built-in stabilizers. Exercise and physical work stabilize the brain's systems, especially the emotion response and mood regulation systems.

Regular outdoor time: Being outdoors is therapeutic. We humans were not meant to be indoors all the time.

Regular chores and responsibility: Teach your child how to work. Work keeps a child connected to the reality of life. Teaching a child by example how to work helps the brain develop normally. The opportunity to learn to work is crucial. Children who never work never mature.

Tie all privileges to responsibilities: This keeps the child connected to the reality of life, and what life requires for success.

No exposure to violence, in any form: Violence in the family, violence in the environment, violence in TV, videos, video games and movies. Repeated and continual exposure to violence, whether in person or in the media, reprograms the child's primitive brain systems. We want to maintain the normal ecology of our children's brains.

No exposure to greed, extravagance, explicit sex: These are major problems with the media and our value systems, both of which have disconnected our children from reality.

Simplify your life and your family's life: Make your family's life more personal and less driven.

Get in tune with your real values and priorities: Get off the rollercoaster of materialism.

Source: Children's Healthcare of Atlanta, Inc. Brain-Based Parenting.

Just for Fun

Envelope Surprise

Your Child Will Develop: Fine Motor, Cognitive (Matching, Observation), and Social Emotional Skills

What you'll need: Six envelopes with pictures of different objects in each one

Best for: 1 year and up

- Give our younger toddler one envelope at a time to explore; an older toddler can glue the pictures onto a piece of paper.
- Hand over all the envelopes to your preschooler. She or He can sort the photos of like items into separate envelopes.



Male Involvement

18 Reasons Why Your Child Needs You to Be an Active Father

Fathers play a critical role in the development of their children; however, many fathers are uncertain about the responsibilities and privileges associated with this role. Children need fathers who love and care for them on a consistent basis. The latest research indicates that fathers who are actively involved in raising their children can make a positive and lasting difference in their lives. In contrast, this same research reveals a number of potentially negative outcomes for children whose fathers are not involved. Listed below are 18 reasons why your child needs you to be an active father. Being an active father:



1. **Lets your child know that you love her.** Love involves more than saying the words, "I love you." Fathers who love their children demonstrate their love by spending quality and quantity time together. Children who feel loved are more likely to develop a strong emotional bond with their father and a healthy self-esteem.
2. **Provides your child with greater financial resources.** Research clearly indicates that families with an active father are "better off" financially. This means that children with active fathers will be more likely to have access to resources that facilitate healthy development (e.g., food, clothing, shelter, quality medical care).
3. **Provides your child with a positive male role model.** Children, regardless of gender, need positive male and female role models. Children tend to model behavior (positive and negative) that they witness on a consistent basis. Active fathers can promote positive behaviors by setting a proper example for their children.
4. **Provides your child with emotional support.** In addition to financial support, children also need emotional support from their parents. Active fathers listen and support their children when they experience joy, sadness, anger, fear, and frustration. Fathers who support their children emotionally tend to raise children who are more in-tune with the needs of others.
5. **Enhances your child's self-esteem.** Self-esteem refers to how a person feels about himself. Children with high self-esteem tend to be happier and more confident than children with low self-esteem. Active fathers promote their children's self-esteem by being fully involved in their lives and letting them know that they are highly valued.
6. **Enhances your child's intellectual development.** Children who are raised with actively involved fathers tend to score higher on measures of verbal and mathematical ability, and also demonstrate greater problem-solving and social skills.
7. **Provides your child with guidance and discipline.** From infancy, children need proper guidance and discipline. Active fathers play an important role in teaching their children proper behavior by setting and enforcing healthy limits.
8. **Gives your child someone to play with.** One of the primary ways that fathers bond with their children is through play. According to researchers, there are qualitative differences in the ways fathers and mothers play with their children. Fathers tend to use a more physical style of play (e.g., wrestling) that offers a number of benefits to children, including enhanced cognitive ability.
9. **Provides your child with someone to talk to when she has questions.** Young children are full of questions. This natural curiosity helps them learn about their environment. Active fathers can be a valuable source of information for children who are seeking answers to life's important questions.
10. **Increases your child's chances for academic success.** Children whose fathers are actively involved in their lives are more likely to achieve academic success than children whose fathers are not actively involved. These academic benefits appear to extend into adulthood.
11. **Provides your child with an alternative perspective on life.** Research indicates that men and women often differ in their parenting styles; however, one style is not necessarily better than the other. Instead, it can be healthy for children to be exposed to different perspectives on life, such as a father's.
12. **Lowers your child's chances for early sexual activity.** Children with actively involved fathers are less likely to engage in early sexual activity, thus reducing their chances for teen pregnancy and sexually transmitted diseases.
13. **Lowers your child's chances for school failure.** Children with actively involved fathers are less likely to drop out of school than children with uninvolved fathers.
14. **Lowers your child's chances for youth suicide.** Children with actively involved fathers are less likely to commit suicide than children with uninvolved fathers.
15. **Lowers your child's chances for juvenile delinquency.** The benefits of having an active father throughout a child's early years extend into the teen years as well. Children with active fathers are less likely to commit juvenile crimes than children with inactive fathers.
16. **Lowers your child's chances for adult criminality.** The chances that a child will commit crimes as an adult also diminish when he grows up with an actively involved father.
17. **Provides your child with a sense of physical and emotional security.** One of the major benefits that fathers can provide to their children by being actively involved is a sense of security (physical and emotional). By being actively involved in a child's life, a father promotes a trusting relationship. The child does not have to worry about being abandoned.
18. **Facilitates your child's moral development.** Children need a moral compass to guide them when they face difficult moral choices. Fathers, like mothers, help children to develop a sense of right and wrong that serves as a foundation for establishing moral character.

Thank You

Thank you to all the parents and community members who volunteer in centers and socializations.

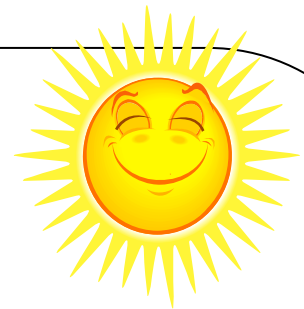
Thank you to all the parents who attend Parent Committee meetings and Policy Council meetings.

Thank you Larry Van de Riet, for the wonderful new van you were able to get us (Montgomery HB). We GREATLY appreciate it and will use it often. Thank you!

Thank you Missouri Mulch, for donating the mulch for Montgomery's playground and Landall Wessell for taking time out of your busy schedule to put the mulch down for us. We really appreciate all your hard work and dedication to making our playground safe for our children.



Community Resources



Summer Energy Saving Solutions

- **Turn off everything you're not using;** lights, TVs, computers, etc. Use dimmers, timers and motion detectors on indoor and outdoor lighting.
- **Set a programmable thermostat to your daily and weekend schedule.** Raising your thermostat from 73 to 78 degrees can save you as much as 15% in cooling costs during the summer.
- **Close blinds, shades and draperies facing the sun** to keep the sun's heat out and help fans and air conditioners cool more efficiently. If you do not have blinds, consider installing them.
- **Check the weather-stripping and caulking around doors and windows.** Eliminate air leaks between window air conditioners and windows with foam insulation or weather-stripping.
- **Close doors leading to uncooled parts of your home.** With central air, close off vents to unused rooms.
- **Use fans to draw cooler air inside during the night and circulate air during the day.** Even if you have air conditioning, ceiling and other fans provide additional cooling and better circulation so you can raise the thermostat and contain air conditioning costs.
- **Delay heat-producing tasks** such as washing and drying laundry or dishes until later in the day, and wait until loads are full.
- **Refrain from using nonessential appliances.** Unplug or use only when necessary an extra refrigerator in your garage. A refrigerator in an uncooled space such as a garage uses more energy on hot summer days than it does during the winter.
- **Replace your four most used 100-watt incandescent bulbs with four comparable 23-watt compact fluorescent bulbs.** ENERGY STAR® -labeled compact fluorescents work well almost anywhere incandescent bulbs are in use, and can save you a significant amount of money over their lifetime.
- **Plant shade trees** close to the house on the south and west sides.
- **Make laundry duty energy efficient.** Do your laundry efficiently by using the warm or cold water setting for washing your clothes. Always use cold water to rinse clothes. Line dry clothes whenever you can.
- **Do not place lamps next to thermostats.** The heat from your lamp can cause your thermostat to register higher temperatures, resulting in air conditioners running longer and more often.
- **Long Term Investments:** Increase attic insulation. Invest and install energy efficient windows, appliances, fans, and central air conditioning units.

ENERGY ASSISTANCE PROGRAMS

Throughout the year NECAC receives various grants to assist qualifying individuals with energy bills. Grants sometimes specify participants based on age, income, disability, and energy types (gas or electric). Call your local North East Community Action Corporation for more information.

St. Charles County and City- 636-272-3477
Warren County- 636-456-2933

Lincoln County- 636-528-7604
Montgomery County- 573-564-3606

For more resources on energy assistance programs and staying cool during the summer, please speak with your center manager or home visitor.

The Health Hub

Child Pedestrian Safety Rules

Children are particularly vulnerable to pedestrian death because they are exposed to traffic threats that exceed their cognitive, developmental, behavioral, physical and sensory abilities. This is worsened by the fact that parents often overestimate their children's pedestrian skills.

Children are impulsive and have difficulty judging speed, spatial relations, and distance. Auditory and visual acuity, depth perception and proper scanning ability develop gradually and do not fully mature until at least age 10. This is why the rules below are vital to keeping your child safe.

1. Cross the street at the corner or at a crosswalk if there is one, and obey all traffic signals.
2. Walk on a sidewalk; if there is no sidewalk; walk on the left side of the street, facing oncoming traffic.
3. Walk with an adult until you are at least 10 years old
4. Only cross in front of a school bus when the driver says it is safe. Do not cross behind the bus or where the driver can't see you.
5. Hold an adult's hand when you cross the street. Look left, right and left again before you cross and keep looking both ways until you reach the other side.
6. If you walk when it is dark, wear light-colored clothing or clothing with reflective material so drivers can see you. A flashlight is also a good idea.
7. If a toy or pet goes out into the street, ask an adult for help getting it back.
8. When you are outside playing, play in a backyard or playground away from the street or parking lots.



Child Pedestrian Safety Rules. Safe Kids Worldwide. 2007. English.

Child Car Seat Safety

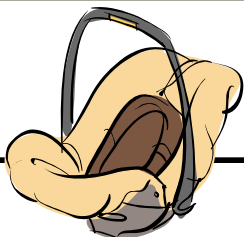
One of the most important jobs you have as a parent is keeping your child safe when riding in a vehicle. Each year thousands of young children are killed or injured in car crashes. Proper use of car safety seats helps keep children safe. But with so many different car safety seats on the market, it's no wonder many parents find this overwhelming.

The type of seat your child needs depends on several things including age, size, and type of vehicle. To be sure your child is using the most appropriate seat, read on.

Types of car safety seats at a glance:

The chart below is a quick guide to where to start your search. Once you've found your car safety seat, it's important to read more about the seat in this guide.

Age	Type of Seat	General Guidelines
Infants	Infant-only and rear-facing convertible	All infants should always ride rear-facing until they are 1 year of age and weigh at least 20 pounds.
Toddlers Preschoolers	Convertible, combination, and forward-facing	Children 1 year of age and at least 20 pounds can ride forward-facing. It is best to ride rear-facing as long as possible.
School-aged children	Booster	Booster seats are for older children who have outgrown their forward-facing car safety seats. Children should stay in a booster seat until the adult seat belts fit correctly (usually when a child reaches about 4' 9" in height and is between 8 and 12 years of age).
Older children	Seat belts	Children who have outgrown their booster seats should ride in a lap and shoulder belt; they should ride in the back seat until 13 years of age.



Car Safety Seats. American Academy of Pediatrics (AAP). 2008. <http://www.aap.org/family/carseatguide.htm>

Family Literacy

Tips for Parents: A Parent's Guide to Reading with Your Child



Reading Together is **Magical**. As you discover adventures between the covers of a book, you also discover things about each other. And with every page you turn, your child expands vocabulary, comprehension, reasoning, grammar and other skills.

Here are **10** tips to help you bring up a book lover.

1. **Create Reading Rituals.** Read together every day, starting when your child is a baby. Set aside a special time and place to read together. Let your child know that reading is important to you, and that your child can expect to enjoy this time and place with you on a regular basis.
2. **Get Close.** When you cuddle with your child while reading a story, your child begins to associate reading with a sense of security. Children learn better when they feel safe.
3. **Provide Sound Effects.** Use silly voices and sounds to keep your child interested in the story. Hearing different sounds in language also helps your child develop critical listening skills. Try singing, too!
4. **Make Connections (1).** Help your child connect the words you are reading and the words she is hearing. Follow along with your finger as you read to show how print moves from left to right. Point out the pictures in the book and talk about what you see.
5. **Make Connections (2).** We're surrounded by letters and words. Children need experience with all kinds of print- from shopping lists to the Internet to street signs. Point out letters and words around you. Connect the letter symbol to the name of the letter.
6. **Talk About It.** When reading or telling a story, pause to talk to your child about it. Ask him open-ended questions, like "What do you think will happen next?" or "What would you do?" Put things in your own words to help make the story clearer for your child.
7. **Read It Again.** Children need to hear favorite stories over and over. This helps them recognize and remember words. It also helps them learn how to predict what's coming next. Most importantly, as kids become familiar with a story, it gives them confidence about reading and improves their comprehension and background knowledge.
8. **Keep It Active.** Let your child touch and hold the book. Ask her to help you turn the pages. And you don't always have to sit when you read or listen to a story. Try clapping out a fun rhyme or dancing to a silly poem.
9. **Be Creative.** Too tired to hold a book? Tell a story that you know, or make one up together. Making up a story with your child stimulates creativity. It's also a nice change.
10. **Follow Your Child's Pace.** Don't push your child to read beyond his ability. Choose books suited to his age and development, and let him choose books that are interesting to him. Encourage your child's reading, and congratulate him when learns a new word or masters a new skill.

Written by the National Center for Family Literacy.

Parent Involvement



7 Super Things Parents Can Do...

1. Talk often with your children from the day they are born.
2. Hug them, hold them, and respond to their needs and interests.
3. Listen carefully as your children communicate with you.
4. Read aloud to your children every day, even when they are babies. Play and sing with them often.
5. Say "yes" and "I love you" as much as you say "no" and "don't."
6. Ensure a safe, orderly, and predictable environment, wherever they are.
7. Set limits on their behavior and discipline them calmly, not harshly.

Source: 7 Super Things Parents and Caregivers Can Do." Teaching Our Youngest. Early Childhood-Head Start Task Force. ED/DHHS. 2002. English.

Monthly Motivation

Our greatest natural resource is the minds of our children.

~Walt Disney

100 Trading Post Points

We want to thank you for taking the time to read "The Family Times" by rewarding you with 100 trading post points. Please detach this coupon and give it to your teacher or home visitor to obtain your **100 trading post points**. Thank you!

Expires: July 1, 2008

Social Emotional Review

Parents, Be Role Models for Your Children

Here is what we can all do to help keep our children “violence-free”

Parents and caregivers are vital to the healthy development and growth of children. We all know this, but what can we do better to enrich our children? Helping children learn more about themselves and their environment can be a key step in preventing school and youth violence. Parents want children to be safe, and children want to feel and be safe.

The following information will be both helpful to you as a parent and caregiver, as well as to your children. So take time to read and make time to share this with your children. Violence prevention begins with YOU.

Remember to make time to listen; take time to talk...these can be precious moments.

NURTURE

Show love and concern

- Every day, tell your child you love him/her.
- Show affection daily with a hug, a kiss, and/or a touch.
- Make time for special family fun activities.
- Meet your child’s friends to ensure he/she has positive influences.



EMOTIONS

Understand - don’t take a stand

Children who don’t know how to control their anger are more likely to fight. Teach children how to calm down and talk over their problems. Tips for keeping cool and solving a problem:

- Keep in mind that anger is real, but it usually goes away.
- To calm down, think about or do things you enjoy.
- Once you have calmed down, think about the problem with a clear head.
- Take steps to solve the problem.

COMMUNICATION

Is a two-way street

Children who have good communication with their parents are more likely to ask for their advice than turn to peers. When talking to your child, always remember to:

- Listen to your child.
- Find out what your child knows about violence and how to prevent it before you start talking.
- Let your child know he/she can always talk to you about anything.

RESPECT

Find out what it means to me

Many children and youth fight because they feel disregarded and, as a result, feel angry, humiliated, or embarrassed. To stay violence-free, respect means:

- Give respect so you may get respect.
- Stand up for yourself without putting yourself in danger.
- Discuss ways to solve problems without fighting.
- Respect is not gained by physical force or intimidation, but by the quality of your character.

EDUCATION

Everyone benefits

Take interest in your child’s education and development:

- Read to your child and encourage your child to read.
- Meet with your child’s teachers often and learn about your child’s progress.
- Review homework and tests.
- Set short- and long-term educational goals together and help your children reach their goals.
- Encourage your child to participate in an after-school program.
- Give your child household responsibilities/chores.



Peaceful solutions ...another way

How to get your way without fighting:

- Talk clearly and calmly. State the problem and your desire to solve it without fighting.
- Humor—Make fun of the problem.
- Compromise—Both give up something and get something.
- Avoid/ignore—Sometimes it’s not worth the bother.
- Remember, it takes more guts and self-respect to walk away from a fight than to fight.

BULLYING... NO WAY

Prevent your child from becoming a VICTIM:

- Instill self-confidence in your child.
- Help your child establish good social skills.
- Teach your child to speak out for him or herself.
- Teach your child to seek, if harassed, help from you and other caring adults.
- Try to meet with the bully to work things out. If the problem continues, call for a meeting of all those involved.

Prevent your child from becoming a BULLY:

- Present yourself as a model of nonviolent behavior.
- Clearly state that violence is not acceptable.
- Assist your child in finding nonviolent strategies for anger management and conflict resolution.
- Seek help from mental health/school counselors to help stop bullying and aggressive behavior.

SEEING VIOLENCE...Through a Child’s Eyes

Children who have seen violence are more likely to become involved in violence as victims or perpetrators. You can:

- Minimize your child’s exposure to violence.
- Tell your child that media violence is not real - it is glamorized, misleading, and fails to depict the real pain and suffering of the victims.
- Talk to your child about the violence he or she witnessed.
- If you see changes in your child, after they’ve witnessed a violent act, talk to a mental health professional.
- Some warning signs of emotional distress related to witnessing violence include sleeplessness, lack of appetite, lack of attention, anxiety, and frequent thoughts or flashbacks of the event.

"Parents be a role model for your child." DHHS/SAMHSA. 2003. English.

Stephanie Flake, Mental Health Director West, 636-946-0101 ext 312.

Family Language Development

The Advantages of Being Bilingual

Communication Advantages:

1. Wider communication (extended family, community, international links, employment).
2. Literacy in two languages.

Cultural Advantages:

3. Broader enculturation, a deeper multiculturalism and two "language worlds" of experience.
4. Greater tolerance and less racism.

Cognitive Advantages:

5. Thinking benefits (creativity, sensitivity to communication).

Character Advantages:

6. Raised self-esteem.
7. Security in identity.

Academic Advantages:

8. Increased curriculum achievement.
9. Easier to learn a third language.

Cash Advantages:

10. Economic and employment benefits.

Employment Resources

SMART Goal Setting

From Career Services, University of Missouri-St. Louis

Definitions of success vary from person to person. However, there is a common thread among achievers in all fields: goal setting. No matter what you wish to accomplish, setting goals keeps you motivated, focused, and organized.

We tend to define goals in broad terms: "I will become more organized," or "I will raise my grade point average this semester." Creating broad goal statements such as these may cause goal setting to seem overwhelming. Many life coaches and consultants recommend breaking up these vague statements into smaller, more manageable steps. One acronym used to describe this process is **SMART**...setting goals that are **Specific**, **Measurable**, **Achievable**, **Realistic**, and **Time Famed**.

To set SMART goals, you need to create a written action plan. Here we will apply the SMART model to a broad goal statement: "I will find a new job."

Specific: Finding a job involves many steps. Without breaking down this (or any) overall goal into **smaller steps**, it is easy to become lax and not do *anything!* Assess what you will need to do to find a new job. Instead of focusing on the large, looming overall goal of "finding a job," think of the smaller steps, such as self-assessment, resume development, and interview preparation. Then break each larger step into smaller, more manageable steps. For example, you might choose to begin by completing a personality assessment to determine what type of job best suits you.

Measurable: Set **concrete** short-term goals. For example, a job seeker may wish to learn more about a career of interest. By telling herself "this month I will meet with four individuals working in jobs I would like to obtain," she will be able to determine if she has met her goal.

Achievable: Be **practical**. If the average length of time for a job search is six months to a year, do not expect to find a new job within one month.

Realistic: Complete an **honest** self-evaluation. Think about your skills and qualifications. For example, there are many people who love to golf every weekend. While they might never be able to join a pro tour, they might enjoy working in a related occupation that is easier to obtain, such as designing or managing golf courses.



Time Framed: Without **deadlines**, goals are merely daydreams. Give yourself an end date. This will give you a sense of urgency, a reason to start taking action today. It will also help you monitor your progress.

You can use your Head Start and Early Head Start Family Action Plan to guide your SMART goals. Speak with your center manager or home visitor to add to your Family Action Plan!

