

Huron County Early Childhood Newsletter

March - April 2011



Head Start and
Early Head Start



5th Annual Star Power

Thursday, May 19, 2011

★ Lansing, Michigan ★

Parents, teachers, advocates, and community members devoted to supporting Michigan infants and young children will gather in the state's Capitol to meet with lawmakers, encourage support of early childhood investment, celebrate early childhood initiatives, and enjoy activities for the entire family including a picnic on the Capitol lawn and more!

The Huron County Parent Coalition invites you to join them as they travel to Lansing on May 19. They charter a bus and need to fill it up with parents, community members, and children... let's represent Huron County at the Capitol!

To register go to www.greatstartforkids.org/star-power. If you'd like to ride with the parent coalition, please reserve a seat on the bus by calling at 989-269-3489.



Our new website
greatstarthuron.com

The Huron County Great Start Collaborative and Parent Coalition have created a new website. Please check it out today!

You will find that the site is divided into specific sections which will help parents and community members find the information they are searching for easier.

You can find electronic copies of the newsletters on the website as well.

Head Start is hosting their
Annual Application Days!

Bad Axe: April 11 and 12
George Green School
8:30 a.m.-3:00 p.m.

North Huron: April 13 and 14
North Huron Elementary
8:30 a.m.-3:00 p.m.
Contact Lucy @ 866-851-1672

Lakers: April 26 and 27
Laker Elementary School
9:00 a.m.-3:30 p.m.
Contact Char @ 866-851-1673

Pediatric and Family Health

WHAT IS THE BEST WAY TO TAKE CARE OF A YOUNG CHILD'S TEETH?

BIRTH TO 12 MONTHS

Good dental habits should begin before the first tooth appears. After feedings, gently brush your baby's gums using water on a baby toothbrush that has soft bristles. Or wipe them with a clean washcloth.

Ask about fluoride. After the first tooth appears, ask your child's doctor if your baby is getting enough fluoride. Many experts recommend using fluoride-free toothpaste before the age of 2, but check with your child's doctor or dentist first.



Schedule your baby's well-child visits. During these visits your child's doctor will check your baby's mouth. Schedule a dental checkup. If your baby is at high risk for tooth decay, your child's doctor will recommend that your baby see a dentist.

12 TO 24 MONTHS

Brush! Brush your child's teeth 2 times a day using water on a baby toothbrush that has soft bristles. The best times are after breakfast and before bed.

Limit juice. Make sure your child doesn't drink more than 1 small cup of juice each day and only at meal-times.

Consult with your child's dentist or doctor about sucking habits. Sucking too strongly on a pacifier, a thumb, or fingers can affect the shape of the mouth and how the top and bottom teeth line up. This is called your child's "bite." Ask your child's dentist or doctor to help you look for changes in your child's bite and how to help your child ease out of his sucking habit.

Schedule a dental checkup. Take your child for a dental checkup if he has not had one.



First Steps to a Healthy Smile
(Copyright © 2008 American Academy of Pediatrics)

24 MONTHS

Brush! Help your child brush her teeth 2 times a day with a child-sized toothbrush that has soft bristles. There are brushes designed to address the different needs of children at all ages, ensuring that you can select a toothbrush that is appropriate for your child.

Encourage her to brush her teeth on her own. However, to make sure your child's teeth are clean, you should brush them again. If your child doesn't want her teeth brushed, it may help to turn it into a game. For example, the toothbrush can look upstairs and downstairs in the mouth for missing treasure in the teeth.

Use fluoride toothpaste. You can start using fluoride toothpaste, which helps prevent cavities. Teach your child not to swallow it. Use a pea-sized amount or less and smear the paste into the bristles. Swallowing too much fluoride toothpaste can make white or brown spots on your child's adult teeth. If your child doesn't like the taste of the toothpaste, try another flavor or use plain water.

Floss. You can begin flossing your child's teeth as soon as 2 teeth touch each other. But not all children need their teeth flossed at this age, so check with your dentist first.

Schedule a dental checkup. Take your child for a dental checkup at least once a year.



Local phone
989-269-3484

Concerned about your child's well-being?

If you are concerned about your child's development please call your local Early On office for a free developmental assessment. Most parents wonder at times if their child is growing and developing like other children. If you question how your child is developing, "Don't worry. But don't wait." *Early On* assists families with infants and toddlers, from birth until they turn 36 months or 3 years of age, who may be experiencing delays in their development or if they have a diagnosed disability.

Social and Emotional Health

Dealing with Stress in Today's Economy



With the county unemployment rate hovering around 15 percent, it is understandable for people to have a sense of uneasiness. A recent poll conducted by the American Psychological Association found that almost half of all adults said they are increasingly stressed about their ability to provide for their family's basic needs. In fact, about eight out of 10 adults said that the economy is a significant cause of stress, up from 66 percent last year.

It is important to be aware of signs that financial issues may be adversely affecting your emotional or mental well being. These signs can include persistent sadness, excessive anxiety, lack of sleep/constant fatigue,

excessive irritability/anger difficulty staying focused, and not being able to function well at work, school or home. If you or someone you know is experiencing these symptoms - you are not alone! These signs are very common reactions to increased stress.

Learning to cope is a constructive way to deal with stressful symptoms. Coping techniques include:

- ✦ Trying to keep things in perspective - recognizing the positive aspects in life can help retain hope for the future.
- ✦ Strengthening connections with family members and friends who can provide support.
- ✦ Engaging in activities that relieve stress and anxiety - such as physical exercise, hobbies and sports.
- ✦ Developing new skills for employment that can provide a means of coping and directly addressing financial difficulties.
- ✦ Take charge of your environment - if you're bothered by media coverage or conversations about the current economy, change channels, turn the page or excuse yourself from the conversation.

These tips are brought to by: Huron Behavioral Health...Helping People...Making Life Work

Suicide Prevention - What Do I say?

Presented by Barb Smith, Saginaw County Survivors of Suicide

Tuesday, March 22, 2011

Two sessions - 10 a.m.-12 noon OR
2:30 p.m. - 4:30 p.m.



Provided by the Huron County Suicide Prevention Coalition
with support from The Harbor Beach Community Fund

Please call Kathie Harrison at (989) 269-0373 to register
or for more information.

Parenting Leadership

Say Yes to No!

A parenting program designed to assist parents in raising happy, self-reliant kids presented by Parent Educator, June Schweitzer.

This training is five, two-hour sessions that will be taking place on April 5, 12, 19, 26, and May 3, 2011 from 6-8 p.m. at Scheurer Hospital in the Pine Room.

Come and Learn:

- How a culture of “more, fast, easy, and fun” is creating Discipline Deficit Disorder.
- Why self-discipline is the key to kids’ success and happiness.
- How to prepare our kids for success in the 21st century.

Free book and Parent Workbook:
No - Why Kids of All Ages Need to Hear it and Ways Parents Can Say It
by Dr. David Walsh, PhD.

Door prizes!

To register please call 989-269-6406.

Caring Adults Receiving Education For Kids

The Human Development Commission’s Early Head Start program is hosting a mini-workshop on March 15, 2011 titled:

Warm Fuzzies - Cold Pricklies Identifying Feelings

The training class will be held at the Early Head Start Office, 40 Cook Drive, Bad Axe from 6:30 - 8:30 p.m.

Open to any adult - Free of charge
Contact Erinn to register 989-269-0011.

Parenting education

Huron County has three home-based Parent Education programs to assist all parents in increasing their parenting skills. Call Becky at 989-269-3485 to find out which program is best for your family’s individual needs.

MICHIGAN STATE
UNIVERSITY

Extension



Upcoming Parent Coalition Meetings

March 23
from 5:30-7:30 p.m.

April 14
from 5:30-7:30 p.m.

Dinner and Childcare
Provided!

The Huron County Parent Coalition has been meeting for the last two years and this group has grown considerably. Over the course of the past two years the Parent Coalition has talked with parents about what they feel has been going well in the county and what is not going well. The Parent Coalition wants to assist in making this a county where children grow up happy, healthy, eager, and prepared for success in school.

Parent Coalition members say they enjoy their time discussing the trials and tribulations of parenting. The parents like that their children are cared for during the meetings by Tech Center students who are in the Early Childhood Development class. The parents and children enjoy dinner together and then separate for the meeting.

Parents from all walks of life are represented at the table. They talk about their experiences and what can be done to change things in Huron County.

The parents also enjoy getting involved in projects so they feel like they are giving back to the community. Recently parents participated in the CA/N Council’s Roof Sit fundraiser and helped to raise over \$12,000 to be used locally for child abuse and neglect prevention programs. The parents feel it’s important to get involved.

If you would like to join the Parent Coalition please call Melissa at 989-269-3489 to register for an upcoming meeting.

Family Support

Please visit greatstarthuron.com for more information

Area Mental Health resources

ACES (Advantage Counseling and Education Service)- call 810-679-0200

Cross Lutheran Christian Based Counseling Services- call 989-453-3330

Huron Behavioral Health (HBH) – call 800-356-5568
Case Management
Child and Family Therapy
Emergency Services
Infant Mental Health
Outpatient Mental Health Services

Dr. Ceus- call 989-269-6649
Provides psychiatric services, individual and family therapy

Pathways Counseling Services – call 989-453-2106
Individual, family, and couples counseling

Professional Counseling Service PLLC – call 989-269-5180
Individual, couple, and family counseling

Postpartum Support

A certain amount of insomnia, irritability, tears, overwhelmed feelings, and mood swings are normal during the first days after childbirth. These "baby blues" usually peak around the fourth postpartum day and subside in less than 2 weeks, when hormonal changes have settled down. Symptoms of postpartum depression can follow postpartum blues. They can feel like more of the same, or worse than before. Postpartum depression can also happen months after childbirth or pregnancy loss. In some cases, symptoms peak after slowly building for 3 or 4 months. Possible PPD symptoms require evaluation by a doctor.

Some women have found postpartum support groups to be an excellent way to help manage their day-to-day struggles. Women find support from other mothers who have suffered in the past and are on their way to a healthy recovery.

Currently in Huron County there is a website available for more information and on-line support at www.huronpostpartum.com.

The next two support group meetings will be held on March 22 from 6-7pm and April 19 from 6-7pm, Please call Melissa at 989-269-3489.



There can be no keener revelation of a society's soul than the way in which it treats its children. - Nelson Mandela

Huron county baby pantry

The Huron County Baby Pantry is open on the second and fourth Thursday of each month from 10am-3pm. Our last newsletter was incorrect and we apologize for any inconvenience this may have caused.

The Baby Pantry is located at 111 N. Hanselman St. in Bad Axe. They offer clothes, diapers, formula, food, and other baby supplies free of charge.

The baby pantry is always accepting donations of diapers, wipes, formula, and baby supplies. Please call Peggy at 551-2561 for more information.



Early Care and Education



Have you heard about the Great Start Regional Child Care Resource Center? It is up and running in the Eastern Region! With a satellite office located at the Kids' Connection in Sandusky, the region covers Sanilac, Saint Clair, Lapeer, Huron, and Tuscola counties. The Regional Resource Center (RRC) was put into place in order to improve the quality of child care offered in Michigan for infants, toddlers, and preschoolers. By providing the needed supports and services that child care providers need, such as professional development and training opportunities, child development materials and information, and individual support, improvement can occur. The RRC can also be utilized by families. We can provide assistance for those who are looking for child care. Feel free to check out the Great Start CONNECT website at www.greatstartconnect.org. Stay tuned... a lending library will be coming soon! For additional information or for help with the website, don't hesitate to call Jennica or Eileen at 877-614-7328.



Childcare provider training

Classes are free and open to child care providers and parents!

Working with Children with Special Needs

March 24, 2011 from 6:30-9:30 p.m.

Huron Area Technical Center, Bad Axe

Learn what you as a provider need to know when a child with special needs is in your care. This training will give the basic understanding of many childhood disorders, such as Autism, Aspergers, ADHD, ADD, among others, but focuses primarily on ADD/ADHD. Are you seeing signs? Are you caring for these children appropriately? Who can you talk to?

Physical and Motor Development

April 13, 2011 from 6:30-9:00 p.m.

Huron Area Technical Center, Bad Axe

Newborn infants are born with reflexes that enable them to make connections. As infants grow into toddlers, their developing motor skills allow them to further explore their environment and learn how the world works. Competence, self-

esteem and social skills grow as their motor skills increase. Also included in this training will be a discussion of toilet training readiness and strategies.

To register for these classes please go to greatstartconnect.org or call Eileen at 877-614-7328.



Huron County playgroups

March

7 -	Bad Axe	6-7 p.m.
10 -	Port Austin	10-11 a.m.
14 -	Harbor Beach	10-11 a.m.
21 -	Pigeon	10-11 a.m.

April

4 -	Bad Axe	6-7 p.m.
14 -	Port Austin	10-11 a.m.
11 -	Harbor Beach	10-11 a.m.
18 -	Pigeon	10-11 a.m.

For more information please call Melissa 989-269-3489 or see www.greatstarthuron.com.

Community Resources

Spring family fitness



The weather is still chilly and as spring approaches and sometimes it's just too wet and muddy to play outside. The Parent Coalition has gathered a list of physical activities that you

and your children can enjoy together this spring.

Bowling can be a fun way to exercise. You and your children will get a chance to work on flexibility, muscle endurance, coordination, and strength training when you bowl. Try Longshot Lanes in Bad Axe, Biff's Bowling in Kinde, or Blue Water Lanes in Harbor Beach for a fun time!

Swimming is always fun for all ages. According to fitness-facts.com swimming is an excellent all-around activity that exercises most of the major muscle groups and the cardio-respiratory system. Swimming is a sport which is suitable for people of many different ages and fitness levels. Swimming places very little stress on the joints compared to many activities. Try the Econo Lodge or Holiday Inn in Bad Axe, Camper's Haven in Bad Axe, or Sandy Shores in Pigeon.

For more physical fitness ideas see www.greatstarthuron.com and look for the Physical Health tab.

Family Nutrition Program

Does your family eat a balanced diet? Are you looking for ways to improve your mealtime menus? Interested in learning tips to help you raise healthy kids? The Family Nutrition Program (FNP) can help. FNP is a free program designed to provide nutrition education to families in a fun and interactive way. Join us for a series of classes or we can come to you and provide home visits at your convenience!

For more information, contact 989.269.9949.

Smoking cessation



Recent statistics say that 30% of pregnant mothers in Huron County report that they smoke while they are pregnant.

When you smoke during pregnancy, your baby is exposed to dangerous chemicals like nicotine, carbon monoxide and tar. These chemicals can lessen the amount of oxygen that your baby gets. Oxygen is very important for helping your baby grow healthy. Smoking can also damage your baby's lungs.

Women who smoke during pregnancy are more likely to have; an ectopic pregnancy, vaginal bleeding, placental abruption (placenta peels away, partially or almost completely, from the uterine wall before delivery), Placenta previa (a low-lying placenta that covers part or all of the opening of the uterus), and/or a stillbirth.

Babies born to women who smoke during pregnancy are more likely to be born with birth defects such as cleft lip or palate, born prematurely, having low birth weight, underweight for the number of weeks of pregnancy. These babies are often born prematurely and at low birth weight and are at risk of other serious health problems, including lifelong disabilities (such as cerebral palsy, mental retardation and learning problems), and in some cases, death.

Get help today to quit, your baby is counting on it! Visit www.smokefree.gov or call 1-800-Quit-Now.

Thumb Breadbasket

Bi-monthly Food Distribution to Thumb Area families in need.

March 12

At Laker Elementary School

8:30—10:30 a.m.

Please bring bags or boxes to collect and carry food.

“NO! WHY KIDS NEED IT AND HOW WE CAN SAY IT”

Presented by Dr. David Walsh

Best-selling author, psychologist, and nationally known parenting expert Dr. David Walsh tackles a tough subject in his book on how parents can say “no” to their kids and why they should. No is just not a one-word answer, it’s a parenting strategy.

Thursday, March 31, 2011

Registration from 11:30 a.m.-12:00 noon

Conference begins promptly at 12:00 noon and concludes at 4:15 p.m.

Location - Huron Intermediate School District Office

1299 S. Thomas Road, Bad Axe, MI 48413

There are scholarships available for parents. Please call 989-269-3485. All others register by calling Kathie Harrison at 989-269-0373.

The CA/N Council is always looking for members of the community to get involved in their local efforts to prevent child abuse and neglect. The next meeting for the CA/N Council is April 25, 2011, at the HISD building, 1299 S. Thomas Road, Bad Axe at 12:00 noon. Please call Kelli Braun at 989-453-3223 for more information on joining.



ADDRESS SERVICE REQUESTED

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Bad Axe, MI 48413-9800

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