



# Sequatchie Valley Head Start Newsletter

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October/ November 2011    A Parent Newsletter

*It's all about children and families*

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The mission of Sequatchie Valley Head Start is to create a nurturing place where children, families, and staff can work through community partnerships to exceed Head Start's national goals.

## **Policy Council Meeting**

**The next Policy Council meeting will be October 27<sup>th</sup> at 10:00 central time. The location of the meeting will be announced.**

## **Lead Poisoning**

**Lead is a toxic metal that was used in products such as paints, gasoline and water pipes. Although lead isn't used in these products any longer, it's still found in the environment. Lead can be found in the shipping paint of old homes, mini-blinds made in other countries before 1996, lead pipes and old toys. A newly discovered source is Mexican candy.**

**Lead builds up in bones, brain tissue and kidneys of children when they breathe or eat anything that contains lead. High levels of lead in children may cause learning and behavior problems, as well as brain damage. Because children may not show symptoms, all children should be tested. Contact a health care provider if your child has not been tested.**

**To prevent lead poisoning:**

- **Keep children away from peeling paint on windowsills and woodwork of homes built before 1978.**
- **Don't let children play near bridges, streets or highways—lead from old gasoline can still be found in the dirt.**
- **Run cold water from old lead water pipes for 30 seconds before using.**

## **Low Cost Internet**

**Comcast is now offering \$9.95 a-month cable Internet service for some low income families. The program, called Internet Essentials, offers the low-cost plan that's normally around \$30 a month to those who have at least one child who receives free school lunches through the National School Lunch Program. Other criteria include being**

**located where Comcast offers Internet service, not having subscribed to Comcast Internet service within the last 90 days and not having an overdue Comcast bill or unreturned equipment.**

**Other features will include not having to pay any activation or equipment rental fees, “never” having any price increases as long as participants qualify for the program, and being able to buy a computer at “initial enrollment” for \$150.00 plus tax. To learn more about Internet Essentials, visit Comcast's site or call 1-855-846-8376 to request an application.**

### **Common mistakes parents make when feeding kids**

**One of the biggest problems that parents do to get kids to eat certain things is resorting to bribery. If kids know they can eat three peas to have dessert, they're going to figure out that dessert is a whole lot more enticing than the peas. The other thing is offering huge portions without realizing it. Parents need to watch how much food they are offering to children especially high calorie foods. Another common mistake parents make is letting kids eat whatever, whenever they want. There are no regularly scheduled meals or planned snacks.**

### **Help your child understand when he or she is physically hungry and when he or she is satisfied.**

- **Don't overly restrict food. This can lead to preoccupation with food or make your child feel punished or rejected. Any restrictive diet should be under the guidance of a health care professional.**
- **Don't use food to reward, comfort or punish your child.**
- **Don't make your child eat everything on his or her plate.**
- **Encourage your child to eat slowly. It's true for all of us: When we eat too quickly, our body thinks it needs more food to be satisfied. How can speedy eaters slow down? Here are some tips:**
  - Put the fork down between bites.**
  - Swallow one bite before taking another.**
  - If your child wants seconds, have him wait five minutes to see if he's still hungry. Make second helpings half the size of the first.**