



**ASHTABULA COUNTY  
HEAD START  
EARLY HEAD START**

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This Newsletter is published during the program year, by and for the parents and staff of Ashtabula County Head Start 2010 - 2011  
Editor: Carol J. Taggart

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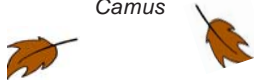
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**THOUGHTS**

Autumn is a second spring when every leaf is a flower.

*Camus*



# The Head Starter

*From The Program Health Coordinator: Debbie Budy*

**Fire Safety - How To Keep Your Home Safe by Tina Gallagher**

Across America, firefighters will visit schools and teach students about fire safety. Adhesive badges, small toys and sometimes, plastic red helmets are given to the students to encourage thinking about fire safety.



## 2010

Fire safety isn't just for the kids. Statistics listed on the U.S. Fire Administration website indicated there were 1.3 million fires, 26,500 of which were intentionally set. That leaves a staggering 1,273,500 preventable fires and over \$1,24316 billion in preventable damages. That's just too much!

**Here are 25 tips to stay safe and prevent fires:**

1. Never leave children alone with matches, lighters, candles or fireplaces.
2. If something falls under a bed or sofa, use a flashlight instead of a candle to look for it.
3. Never use an accelerant to start a fire in a fireplace or gas range.
4. Never set a propane deep fryer, used to deep-fry turkeys, near the house. The boiling oil can catch fire if the fryer tips over.
5. Only use charcoal lighter fluid in a barbeque. Never use gasoline or anything else.
6. Sit down with the family and have an escape plan with fire drills, the same as schools and workplaces. In the event of a real fire, people will follow their training.
7. Have a meeting place for the entire family if an evacuation happens.
8. Never run back into a fire for an inanimate object.
9. Make sure the proper number of smoke detectors are installed and working correctly. During the month of October, replace the batteries and test the unit to ensure it's working.
10. Keep a proper ABC fire extinguisher in the kitchen and familiarize everyone with its use. A is for wood and paper, B is for grease, oil, etc. and C is for electrical fires. Keep it properly maintained.
11. Only burn proper materials in a fireplace, such as wood, commercial fire logs, and so forth. Never burn fabrics, trash, leftover Christmas trees, etc.
12. Maintain fireplace chimneys each year by having a licensed chimney sweep clean and inspect the chimney and flue. Make all necessary repairs before starting a fire.
13. In the event of a grease fire in a cooking pan, place a lid over the pan and turn off the heat underneath. Never try to carry a pan full of burning grease to the sink.
14. Never throw water into a burning pan of grease - it will explode and injure anyone standing near. It will also spread fire to the kitchen.
15. If a fire has gotten out of control, call the fire department and leave the house. Do not try to fight it yourself.
16. If a fire is suspected in a hallway, feel the door with your hand. If the door is hot, don't touch the handle - fire is on the other side of the door. Get out.
17. If your clothing catches fire, remember the rule-STOP running. DROP to the ground. ROLL to put out the flames.
18. Take first aid courses to help someone who has been injured by burns or during an evacuation. Do not try to pull clothing off burned skin. Learn what to do.
19. If an adult in the home is elderly, take care to ensure their safety with matches, cigarettes, or in the kitchen. Sometimes an elderly person forgets these things are on.
20. If a person in the home smokes and drinks, care must be taken to ensure all cigarettes are properly extinguished.
21. During the holidays, turn off all tree lights and outdoor accent lights before going to bed.
22. If a fuse has worked loose in the fuse box, never try to use a penny or other metal to ensure the connection. Call an electrician instead.

*(continued on page 7)*



## Chatting With Children at Mealtimes

### Creating a Climate for Communication:

Almost everyone, from the young toddler to the older adult, enjoys talking and having others listen. Few activities in life are more important than communicating effectively with one another. Effective communication is the basis for developing healthy and mutually rewarding child-to-child relationships and adult-to-child relationships. You can make mealtimes even more special by encouraging a climate that fosters communication. When you pay attention to children and encourage communication, you help children create a positive view of themselves and the world they live in.

Mealtime can be an important time to encourage communication. A nutritious meal is of little value to a child if it is not eaten and enjoyed. Make it one of your goals to serve meals in a relaxed, social atmosphere. Think of mealtime as a communication time, a time when you can converse with, nurture, and obtain feedback from children. Consider removing the distractions of scattered projects, unfinished activities, and the television from the eating area.

Children need adults to eat with them. When adults eat with children they can:

- serve as role models by their food choices,
- protect children from safety hazards such as cross-contamination and choking hazards, and
- encourage conversation at mealtimes.

### How Toddlers (12 to 36 months) communicate:

Toddlers communicate with a combination of grunts and gestures. They may use one-to multiple-word sentences. Toddlers use movements and actions that are easiest or most familiar to communicate. They may point to a food they want. They may knock a food away if they do not want it. They have many positive and negative emotional expressions. The parent or caregiver should attempt to understand what the toddler is communicating. This comes with time and patience.

### Encouraging Toddler Communication About Food and During Mealtimes:

- Expand on toddlers' one- and two-word communications and build sentences around their word (*e.g., Cold, that's right, ice cream is cold. Both the tomato and the radish are red. Do you see something else that is red?*)
- Keep a word diary to record the toddler's new words. These can be shared with others.
- Give toddlers one direction at a time (*e.g., You can sit in the chair next to Mary.*)
- Make the most of daily routines and talk toddlers through routines in the sequence in which they will happen (*e.g., First I'll turn on the water. We will add the soap. Rub your hands together to get rid of all the germs.*)

- Reinforce with word labels what the toddler is doing (*e.g., You are using warm water and soap. You are washing between your fingers.*)
- Respond quickly and predictably to toddlers' communication efforts (*e.g., You are pointing at the refrigerator, do you want some milk?*)
- Label toddlers' emotions (*e.g., When your tummy is filled, you are happy.*)

### How Preschoolers (3-6) Communicate:

Preschoolers begin to talk in sentences that are grammatically correct even though the sequence may be incorrect. They like to talk about past experiences and may pretend to have imaginary experiences or friends. Preschoolers often talk to themselves when playing and working on tasks. They may understand what a written word stands for without having actual recognition such as a stop sign or the name of a fast food restaurant.

### Encouraging Preschooler Communication About Food and During Mealtimes:

- Ask questions about past events and probe for details (*e.g., Tell me about a meal you had with your family. Who was present? Where did you eat?*)
- Provide an explanation when correcting behavior or offering alternatives (*e.g., When you use the serving spoon, it is easier to scoop the mashed potatoes.*)
- Encourage talk about feelings, both positive and negative. Be there as a friend. Discuss possible causes for emotions.
- Create opportunities to engage in fantasy and pretend play about food and mealtimes, either alone or with friends (*e.g., Let's pretend you are going to plan a meal for the president. What would you serve? What foods do you think the president likes? Where would you have the meal?*)
- Think of ways you can increase the preschooler's opportunity to make choices and communicate in more advanced ways (*e.g., Be certain there are always choices to be made by the child. Remember to honor those choices.*)
- Provide consistency of communication opportunities. Try not to allow stressors in your life interfere with your willingness to be available for the child.

From the National Food Service Management Institute -  
The University of Mississippi



## MEET OUR MENTAL HEALTH PROFESSIONAL FOR HEAD START CAROL A. MURRAY

Assistant Professor, Human Development & Family Studies  
Coordinator of Human Services Program  
Kent State University Ashtabula Campus

I received my B.A. in Psychology and my M.A. in Rehabilitation Counseling from Kent State University. At Kent, I had the distinct honor of being a research assistant to my mentor, Dr. Clyde Hendricks. Subsequently, I began my career in Human Services. My primary responsibilities in the public sector were multiple. I performed in the roles of counselor, evaluator and supervisor. I was the Director of Friendship Home, a non-residential facility for persons of Ashtabula County experiencing severe emotional disorders. I was employed in private sector at Murray's Psychological Services and served as a counselor, consultant, evaluator and researcher. Within the past 30 years, I counseled, evaluated, consulted, researched, partnered and wrote grants for the Human Service populations of children, adolescents, adults, elderly, families, offenders, persons with spinal cord injuries, brain trauma, ATL, DD and M.S. I am a Licensed Professional Clinical Counselor, (LPCC) and a Qualified Mental Retardation Professional, (QMRP). In 1991, I joined Kent State University, Ashtabula Campus in the capacity of adjunct professor and in the fall of 1994, I was hired full time. For the past eleven years, I coordinated the Human Service Program and taught the various courses required for this program.



### From our Family and Community Coordinator, Tina Wright

#### Children's Mental Health?

What are your thoughts when you hear those words? At Head Start/Early Head Start, this means a child's ability to use their imagination and be able to communicate using words or gestures. Mental Health is also the child's ability to express emotions and be able to control those emotions. The child should be able to seek comfort and feel safe and secure in their environment, as well as, get along with others.

Some things we can do as parents to provide a loving and nurturing relationship with children and help strengthen their mental health include:

- Treat children with kindness and encouragement
- Hold them, hug them, praise them, talk with them, and play with them
- Smile at your child, read to them, give them a "hi-five"



Information taken from *Conscious Discipline, Ages and Stages Social/Emotional, DECA*

## *POLICY COUNCIL MEETING MINUTES Tuesday, September 14, 2010*

Quorum count - 6 voting members present.

Meeting called to order by Chairperson, Jeff Baker at 4:28 PM

Jeff welcomed everyone and announced that in October more members would be able to vote and some of the items they would be voting on. He also stressed the importance of being involved in your child's education.

### **Meeting Minutes:**

Jeff read the meeting minutes of August 11, 2010.

Motion for approval of minutes for August 11th meeting. Motion to approve made by Jennifer Patrick and seconded by Brenda Monteith. Motion passed and carried.

### **Old Business:**

Brenda Monteith gave a report on the Parent Work Session. She said the Early Head Start Open House had a good turn out and good food. She commented on the wonderful little people toilets. Also would like to see more of a definition of the Parent Work Sessions.

This session they discussed Lead Poisoning and mold concerns. Next Work Session they would like to share resources on Lead Poisoning and have someone from the Health Department do a training on Lead Poisoning. Future meeting dates will be found in the handbook calendars.

### **Fiscal:**

Barb Elliott had everyone present introduce themselves. She then gave a general update of Head Start and Early Head Start. Head Start is funded for 371 and has 366 children enrolled with 153 on a waiting list. We are waiting for health needs to be met until we can enroll a child. We should be at full enrollment soon.

Early Head Start is fully enrolled with 72 children and 10 on a waiting list. Our Early Head Start Start-Up Planner, Candace Percaskey has been a great help. The new Early Head Start contract starts September 30th.

Barb also went over the CACFP Sponsor Claim Recap. The Claim reimbursement total was \$3,043.45. She also discussed the HS Reauthorization Act and the reports Head Start will have to share with Policy Council. She passed out copies of the report on credit card expenditures.

Also went over the fiscal report. Motion to accept fiscal report made by Brenda Monteith and seconded by Jennifer Patrick. Motion passed and carried.

Steve Cervas passed out copies and went over the EHS Current year Budget Revision and EHS new year budget revision. Motion to accept current year Budget Revision made by Jeanie Cooper and seconded by Jennifer Patrick. Motion passed and carried. Motion to accept EHS new year budget revision made by Brenda Monteith and seconded by Jeanie Cooper. Motion passed and carried.

Barb announced that there will be a Early Head Start conference in Washington D.C. in October. There is approval for 5 staff and 2 parents to attend. If anyone is interested, please let her know.

### **Personnel Report:**

New hires approved were: Jessica Nelson, Melissa Peyton, Nicole Spencer, and Holly Tenney - teachers.

New hires for Early Head Start: Niki Newsome, Heather Dewey, and Eva Reynolds.

New hire driver: Christine Jarvi

For hire at a later date, drivers: Cindy Moreland, Donna Slapnicker

Separations accepted: Tara Mozzocco, Diane Flutz, Tiffany Hendrix, and Katie Cooper

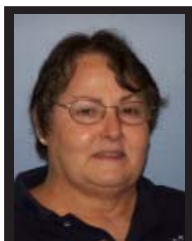
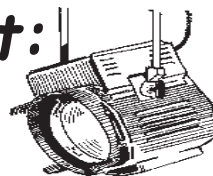
Motion to accept Personnel Report made by Abby Watts and seconded by Kim Johnson. Motion passed and carried.

Stephanie spoke on the Risk Management Meeting for September. She stated that some of our risks were in communication with administration and that we had some Policy Council issues.

A Quality Improvement Plan will need approval. We will need an emergency Policy Council meeting to be held October 5th at 4:30 P.M. Our next regular Policy Council meeting will be October 19.

Motion to adjourn meeting was made by Jeanie Cooper and seconded by Brenda Monteith. Motion passed and carried. Meeting adjourned at 5:45 P.M.

# Staff Spotlight:



Meet Teacher:

**Name:** Carol Christ

**Family:** I have been married to my husband Dale for 47 years. We have 2 sons and 2 grandchildren.

**Hobbies & Interests:** I like to read mystery stories. I also like to watch NCI when I have the time. I am active in my church. I sub for the Sunday School class. I am very active in Grange. My job is paying the bills. Being the Treasurer of the Grange is a big responsibility.

**Favorite part of job:** I like to work with the children and see their progress and see them reach their potential.

**Goals:** My goal for the children is to be prepared for kindergarten. My goal for myself is to continue my education.



Meet Teacher:

**Name:** Gina Kelly

**Family:** Fiance', Phil, 4 month old son, Nathan and my 3 dogs, Koda, Carli, and Summit.

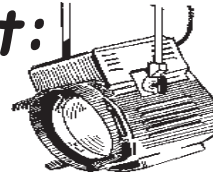
**Hobbies & Interests:** I enjoy spending my free time with my family, especially my 4 month old son and my little brother Jake. I love animals and spending time on my dad's farm. I also enjoy four wheeling, fall and bonfires.

**Favorite part of job:** Observing children while they interact with each other and seeing their faces as they discover something new!

**Goals:** To be ready for my wedding in September and, also to obtain my Bachelors Degree in Child and Family Welfare.



# Staff Spotlight:



**Meet Teacher:**

**Name:** Jaime Davis

**Family:** I have 9 year old son, Avery and a 1 year old son, Alexander. We also have 2 dogs, Max and KC.

**Hobbies & Interests:**

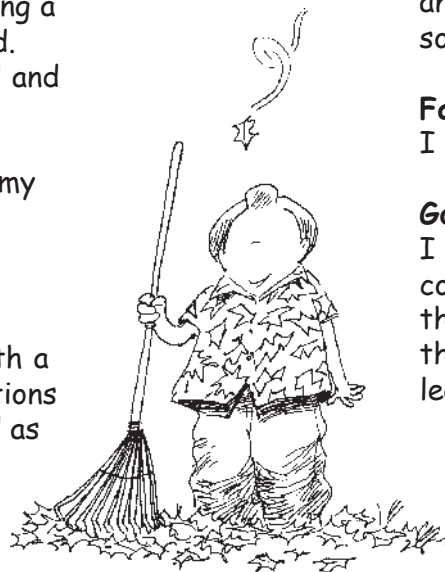
My hobbies and interests include horseback riding, four wheeler riding, spending time with my children. I enjoy going to my son's baseball games and playing board games with him.

**Favorite part of job:**

My favorite part of my job is working with children and families, to encourage child/parent activities, and getting a hug and a smile from a child. Teaching a child a new skill and having them remember it. Making lasting positive impressions on the lives of my Head Start children.

**Goals:**

My goal is to continue my education and graduate with a B.S. To encourage interactions with my children. To spend as much time with my family.



**Meet Transportation Support Specialist:**

**Name:** Lori Burford

**Family:** My family consists of my husband, Don and three children, Brittany, Sterling, and Spencer. I also have 2 granddaughters, Kyleigh and Julia. Our pets are our dog, Luke and cats, Gabby and Yeller.

**Hobbies & Interests:**

I guess work is my biggest interest. I work with children during the week and elderly on week-ends. My free time is spent reading, gardening, refinishing furniture, walking my dog Luke or spending time with my husband and 3 children and 2 granddaughters. (Wow...I sound busy)!

**Favorite part of job:**

I love to make the kids smile.

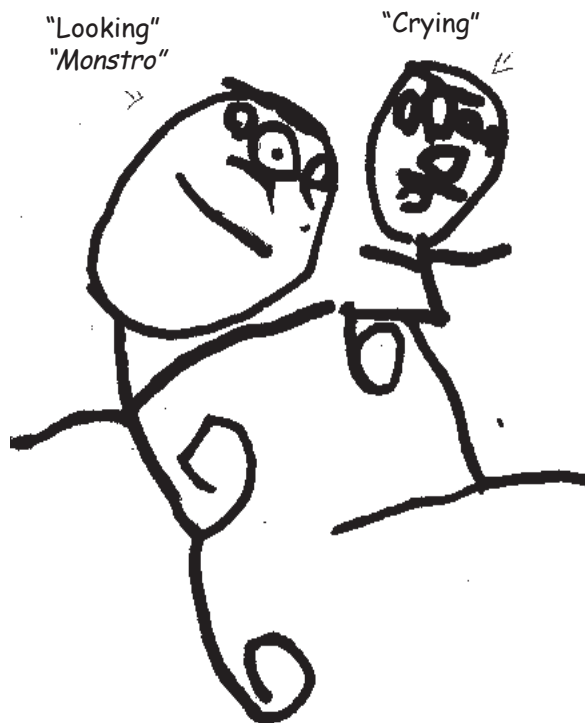
**Goals:**

I love to learn and plan to continue my education throughout my lifetime. I feel that you are never too old to learn.

**CREATIVE CHILDREN:**



**Picture by: Alize**  
Age 3  
Miss Jaime, "Ashtabula, New Hope"



**"El monstro se lo come"**  
**Picture by: Lex**  
Age, 3  
Miss Leslie, "Ashtabula, New Hope"

**Fire Safety:** (continued from page 1)

- 23. When cleaning out the fireplace, place the ashes in a metal bucket outside. Do not assume the ashes are cold even if the fireplace hasn't been used in days.
- 24. Never use any flammable product(s) near a gas water heater. A "bug bomb" inside the water heater closet will cause an explosion.
- 25. Never overload an electrical outlet. If the room does not have enough outlets to power the needed electrical devices, call an electrician and have another circuit and outlet(s) installed.

A room can become engulfed in flames within two minutes of a cigarette or match falling into a sofa or a waste can. It is imperative that safety become as important as what to watch on television.

*The author of this article is a former Firefighter and Paramedic and has several years of experience in public safety training as well as fighting fires.*



**For Information Call 993-7716**

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