Snohomish County Human Services

ECEAP AND EHS

NEWSLETTER
FALL 2011

Thank you

COVER
Page 2
- Upper Skagit Fishing Day

Page 3
- Arlington Car Show
- Sultan Shindig

Page 4
- Meet Jennifer Cox, ECEAP PAC Chair

Page 5
- Advocacy Day

Page 6
- Lake Stevens Gardens
- Literacy Grant

Page 7
- Message From Joe Varano
- Parenting Class Graduates

Page 8
- Taking Care of Our Bodies
- How Much Sleep?
- Health Care Institute

Page 9
- APPLE Parents Advocate

Page 9 continued
- Celebrate Successes Dinner

Page 10
- Reading the Newsletter with Your Child
- Helping Your Child with Feelings

Page 11
- How I Feel Today!

Page 12
- Program & Contact Info
In May, the Upper Skagit Child Development Center ECEA Program participates in the annual Upper Skagit fishing day. This day has always been a huge family involvement activity. The children and families truly enjoy the cultural education provided by the Upper Skagit Tribe.

Some of the activities are:

- viewing of sea life (salmon, starfish and Dungeness Crabs) in the tanks,
- making a necklace out of the beads that represent the life of a salmon,
- peeling cedar branches,
- getting a salmon tattoo,
- listening to an interactive presentation on items from the Upper Skagit Tribe,
- catching fish, which is the children’s favorite part of the day.
Imagine walking into the Early Head Start (EHS) classroom and it has been transformed into an EHS parking lot. Wait, I do not think you understand. This is not an ordinary parking lot where you MUST hold your parents hands and remember not to run, jump or play. THIS indoor parking lot was made especially for us, the EHS infants and toddlers. On June 23rd, we experienced what our parents called a custom car show. Our families had been working for weeks building cars for our big Car Show Family Night. We had a blast!

Imagine if your dad took a bunch of old boxes and recyclables and helped you build a truck that you and your friends could ride in! Or if your mom made you a school bus, a Hummer, and even a puppy out of just boxes, lids and toilet paper tubes!

Use your imagination as I try to paint a picture of the Arlington EHS classroom. As you walk through the door you look to your left to see a Hot Wheels car. And, to your right there is a Marine Corps’ Jeep with a 3-month old behind the wheel. Please do not ask me how he got his driver’s license. Watch out right behind you. There is Thomas the Train, which actually made a “choo-choo” noise.

All of these vehicles were made by our families out of old boxes and recyclables. Some of the greatest toys are the things we already have at home. We just need to use our imagination.

To top the night off, each family went home with the book “Not a Box,” written by Antoinette Portis. We just love this book. It is fun to read over and over. We are excited about what our parents will help us build next!

SULTAN SHINDIG

By Debbie Sztain, Early Head Start Infant Toddler Specialist

The Sultan Early Head Start group joined the Jr. Parade for Kids at the July 28th Annual Sultan Shindig. The Friday before we had our group socialization to get ready. The children (directed by some of the older siblings) painted a two-sided banner to walk behind. In total we had eight families attend, consisting of 29 babies, toddlers, moms, dads, sisters, brothers and friends.

Parents were asked to make sure that their children wore bike helmets if they brought bikes/wagons/scooters. It was fun to see the 2-year olds on their bikes wearing their helmets. Strollers, bikes and people were colorfully decorated with tassels, ribbons and scarves.

When we were done parading, our group watched the Grand Parade together. The children were awed and amazed by the horses, cheerleaders and fire trucks going down the street. For many parents, this was their first time at a parade and said that they really enjoyed it.

After the parade, many families stayed to enjoy the carnival. Rides and activities were available for children of all ages. Everyone had big smiles on their faces and seemed to enjoy their experiences.
How are you involved in your children’s education? What have you learned most about being involved? What have you been surprised most with?

I’ve been involved in ECEAP for four years. I started getting involved by volunteering in the classroom and on the Policy Board. I was a little shy at first. It took a year to learn how to advocate. However, I learned by watching others. I thought to myself, “I can do it.” I also liked being involved in class field trips.

You have attended several statewide parent meetings and trainings. What are some of the highlights of these experiences?

When I first became involved, I learned about how to advocate for education, how to present myself and I learned more about parenting. I enjoyed learning about different aspects of education and parent training. For example, I learned about how to listen, take notes and learn about different ideas and opinions from other people.

You have been the leader of the ECEAP Policy Advisory Council for the past year. What has this experience been like?

I started as Vice Chair and I learned a lot. Then, last year, I became Chair. I became more involved with the staff.

Our relationships are wonderful. The staff are very caring and provide many opportunities for training. Last year, I had the opportunity to go to the sites to help with advocacy training. Another benefit is that I get to take home what I learn and teach it to my children.

Tell us about your experiences with Advocacy Days with ECEAP and your discussions about the importance of early learning with legislators. How did you grow as a parent? As a leader?

Advocacy Days are really great! The most important thing I have learned is how to communicate. For example, I learned about the importance of eye contact, sharing stories and respecting the time of others. I learned that the legislators want to be educated on the issues. They want to know more about ECEAP. Communication is key.

What advice do you have for parents and their involvement in their child’s education at ECEAP and beyond?

We need to find a better way to communicate with families. We need to help families get to know the schools and connect with the community. I believe in helping others with information, and resources can make a difference in the lives of the whole family.

I wish more parents would be involved. I don’t think enough people know what ECEAP is. It’s important for parents to understand the value of early education and the family’s role. We can open it up more if we had more effective communication and transportation to help families with these barriers.

What do you want more kids and families to know about ECEAP?

I want people to know that it is very family-oriented. The teachers take a lot of pictures and create a scrapbook for families to take home. We also have a cookbook with family recipes and pictures in it. It’s really important to just get involved, especially more men.

Just like Jennifer, your role as is important in your family’s early learning program. Please join in. Again, welcome to ECEAP and EHS!
Families and staff from Snohomish County’s ECEAP programs travel to Olympia each spring. We join with other ECEAP and Head Start programs from Washington. Snohomish County often has one of the largest numbers of parent groups traveling to the State Capitol.

Your thoughts and feelings about ECEAP and early learning are important. Legislators need to hear from you to represent you well. Some parents make appointments with their legislators.

The next Advocacy Day is March 7, 2012.
During the summer, the Lake Stevens Early Learning Center received $9,500 in donations and grants for literacy and technology. The Center will use the funds for books and technology. Families who attend the “Milk and Cookies” Literacy Nights will take home a book. The money will also help purchase iPad computers and educational software for all of the classrooms.

LAKE STEVENS GROWS A GARDEN

By Matt Wyant, Building Coordinator

Lake Stevens Early Learning Center families and staff created a family/school garden. Raised beds were built in January. Peas, carrots, potatoes, beets, lettuce, onions and radishes have been grown. The center teamed up with WSU Snohomish County Extension, and Master Gardeners visited every other week to help with the project.

Families are enjoying the opportunity to:
• Grow, use and preserve fresh vegetables and fruit,
• Introduce fresh grown vegetables to their young children,
• Learn and teach about gardening and nutrition,
• Spend more time together outside,
• Children learn about math and science by exploring, counting & identifying,
• Have more access to fresh locally grown fruits and vegetables,
• Add to the family food budget.

A green house was added to the garden in June when the Washington Potato Commission gave the center $1,000. Our grant-writing committee was headed by ECEAP teacher Kathie Gortner. Kathie and Lorena Ahola also successfully applied for a $300 grant from the Pilchuck Audubon Society. This money was used to purchase compost bins for our building.

Joyce Kilmer, ECEAP Program Director from the Department of Early Learning in Olympia, visited our school garden in March.
ECEAP Turns 25!

Greetings to all of you. I hope you and your family are enjoying your time in your early learning program. Snohomish County is pleased to have your family with us. We are also happy to offer a range of services from babies to preschoolers. Our newsletter is now written for parents in both of our programs: ECEAP and Early Head Start.

This year is an exciting one for ECEAP! ECEAP’s 25th anniversary is being celebrated all over the state. Your family’s center will have a celebration. Please check in with your school for details.

In Olympia, the Department of Early Learning (DEL) celebrated on October 6th at the state capitol. Speakers included a former ECEAP student and ECEAP parent (who is now a Head Start teacher). Other speakers included Gov. Chris Gregoire; Dr. Betty Hyde, DEL Director; and Joyce Kilmer, our current ECEAP Director. The first ECEAP Director also attended and spoke. Supporters of ECEAP sponsored this celebration. The Department of Early Learning announced a new logo for ECEAP. The logo is pictured below.

Washington State’s ECEAP joins with families to promote school success by providing:
• preschool education,
• family support,
• health and nutrition services.

Thank you for your participation in your child’s education. Your role makes all the difference! I wish you and your family well.

Parenting Class Graduation Day!

Twenty parents graduated from a parenting class in May. The families learned together for 10 hours over five weeks. The class was taught in Spanish. The facilitator was Maru Sherry, EHS Infant Toddler Specialist. Parents reported enjoying the class.

Joe Varano, Snohomish County Supervisor for ECEAP is pictured in the center of the photo. He was happy to be invited to the families’ celebration.
How Much
Sleep Do We Really Need?

<table>
<thead>
<tr>
<th>Age</th>
<th>Sleep Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborns (0-2 months)</td>
<td>12 to 18 hours</td>
</tr>
<tr>
<td>Infants (3-11 months)</td>
<td>14 to 15 hours</td>
</tr>
<tr>
<td>Toddlers (1-3 years)</td>
<td>12 to 14 hours</td>
</tr>
<tr>
<td>Preschoolers (3-5 years)</td>
<td>11 to 13 hours</td>
</tr>
<tr>
<td>School-aged children (5-10 years)</td>
<td>10 to 11 hours</td>
</tr>
<tr>
<td>Teens (10-17 years)</td>
<td>8.25 to 9.25 hours</td>
</tr>
<tr>
<td>Adults</td>
<td>7 to 9 hours</td>
</tr>
</tbody>
</table>

How did your family sleep last night? Many families find themselves not feeling rested enough. The chart gives general guidelines for the average hours of sleep needed by a healthy person at different ages. Each person is different. These numbers are averages.

Parents may be surprised to learn that young children may not be getting enough sleep. One research study found that children 1 to 5 years old slept for only 9.5 hours including naps. Chronic lack of sleep can negatively affect a young child’s development. Lack of sleep is linked to problems with health and school for children.

Help is available for with sleep problems. Developing healthy sleep habits is possible and often helpful. For more serious problems, treatment is available. Sharing your concerns with a health professional you trust may be a first step.

Resources that may be helpful may include http://my.clevelandclinic.org/disorders/sleep_disorders/

Babies need lots of love, lots of sleep, and a firm sleep surface.
APPLe preschool students and parents say "Thank you" to legislators

By Pam Guilford, Program Manager

This fabulous “Thank you” photo is of parents and students in Arlington APPLE Preschool. Legislators received it for their hard work protecting ECEAP funding. Families were proactive contacting their representatives and thankful for their continuous dedication to ECEAP and the support it provides families.

Last year, families learned about advocacy as they prepared to visit Olympia. They learned who their representatives were and practiced what their messages would be. They learned that advocacy isn’t just about the legislature and public policy. It’s also about sharing your thoughts and communicating effectively about what your family needs.

Last spring as leadership skills developed, parents became involved in the process of protecting ECEAP funding. Some parents were a little shy at first, yet having their child enrolled in ECEAP was important to them. Other parents were a little more bold. One father said, “I’ll call Olympia. I believe in this program, look at what it did for us!”

ECEAP celebrate the successes awards dinner

Please plan to have dinner with us on April 19th. Celebrate the Successes is a party for ECEAP parents and caregivers, staff and community friends. This year is very special. We are celebrating 25 years of ECEAP in Washington State.

Families will have an opportunity to talk about their experiences in ECEAP. Your school will be choosing people and organizations to honor for their contributions with “Caring Community Awards.” The ECEAP Policy Advisory Council will also be introduced and honored. Dinner and dessert will be provided. This event is for adults. It will be held at the Everett Station’s beautiful Weyerhaeuser Room, with a view of the Cascades. We hope to see you there!

Celebrate the successes dinner on April 19, 2012!
Take a few moments to sit down with your child and the newsletter. Look at it together. Notice what your child is interested in and follow their lead. Whatever they are curious about or enjoy is fine.

Here are some ideas that may encourage conversation.

**Tell each other stories by looking at the pictures.**
- That is an interesting picture. What do you think is happening?
- Remember when we…?

**Play a game looking for letters. Your child may be interested in:**
- the first letter of her name;
- saying the sound of the letters he knows (‘M’ sounds like ‘mmmm’ in ‘Mama’ and ‘Matthew’);
- finding all the letters of the alphabet;
- cutting out letters;
- reading to you;
- writing a family newsletter.

**Look for the game.** At least one picture of the same animal is on every page of the newsletter.
Find them! Count them! Maybe even identify them!!!

**Helping Your Child Learn about Feelings**

- **Talk about feelings** (even to babies). As you talk with your children, add in feeling words.
- **Be a role model for expressing feeling in healthy ways:**
  “I dropped the milk! I’m going to close my eyes and take three deep breaths before I clean up.”
- **Use pictures** (including the Feelings Chart in the Newsletter).
  Practice making the emotion faces together. Expect your child to copy your “feeling face.”
- **Use a mirror to play “feeling face” games.**
- **Read books about feelings.** As you read, talk about the pictures and the story.

Ideas adapted from the Center on the Social and Emotional Foundations for Early Learning vanderbilt.edu/csefel
This is how I feel today!
WHAT IS ECEAP?
- The Early Childhood Education and Assistance Program (ECEAP) is a free preschool program for 4 & 5 year olds and is funded by Washington State.
- ECEAP offers programs throughout Snohomish County and one program in Skagit County. We honor and welcome all families.

WHAT SERVICES ARE PROVIDED?
- Educational experiences including language skills, self-help activities, social skills and self-esteem building, field trips and preparation for kindergarten.
- Health & Nutrition including vision and hearing screenings, connections for families to medical & dental resources, well-balanced meals & snacks, health & nutrition education for children and families.
- Family Support including parent education, information about local resources, activities and family fun nights, opportunities for personal growth, involvement in your child’s education and involvement in program decision making.

WHAT IS EHS?
North Snohomish County Early Head Start (NSC-EHS) is a free early learning program for children birth to three years old and pregnant women. Funding is from the federal government for families on a limited income.
NSC-EHS partners with families in the following communities and surrounding areas: Arlington, Granite Falls, Marysville & Sultan. We welcome and respect all families.

WHAT SERVICES ARE PROVIDED?
Child Development: Activities to strengthen baby’s and toddler’s physical, social, emotional, cognitive and language development. Support with parent-child relationship and parenting education. Health and developmental screenings. Socialization groups. Home visits.
Family Development: Assistance for families with their goal planning for their child’s education and the family’s health, social & economic goals. Opportunities for personal growth, involvement in your child’s education and involvement in program decision making. Materials and support that respect family culture.
Community Connections: Referrals to resources to assist families in meeting their goals; increase access to community supports and resources.

A NEWSLETTER FOR PARENTS
The Snohomish County ECEAP & EHS Newsletter is published twice a year by the Snohomish County Department of Human Services. We invite your feedback and suggestions on topics of interest and photographs showing ECEAP & EHS activities. Please contact Julie Antoniou at 425-388-7254 or julie.antoniou@co.snohomish.wa.us