Hello Everyone!

It is time for you to cast your vote to select our next Policy Council!

We have a dozen people who have volunteered to run for a Policy Council position. 10 Parents and two members of the Community!

Now it is your turn to decide who you would like to represent your interests in the program.

This is YOUR Early Head Start program. The program is made to Help You Make a Difference in the Life of Your Child!

For our program to help you and your child, you need to help us by voting for the people who you think will best represent you and your interests.

The Policy Council’s power to make changes and contributions to the program is REAL. And your power to choose them is REAL.

Your ballots will come in the mail on or around May 11. Please take time to review the ballots, read about the candidates and cast your vote!

And, please join me in thanking all of the people who are willing to run for these important positions!

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EHS Parents Vote To Elect Their New Policy Council Representatives!

This month EWU Early Head Start parents will be casting their votes to elect their 2015-2016 EWU EHS Policy Council Representatives!

There’s **3 ways** you can submit your vote:

1) By mailing the completed ballot back to EWU EHS’ Spokane Center with the pre-addressed stamped envelope that comes with it **OR**

2) Give your completed ballot to an EHS staff member in the envelope, **OR**

3) Vote by phone. You can call the EHS main office toll free and cast your vote with an EHS staff member at: **(800) 776-9136 ext. 3157**.

Phone-in voting will be available Monday - Friday from 8:30 a.m. - 4:30 p.m. from Monday, May 11 to Thursday, May 28.

After the elections close at 5 p.m. on May 28, the ballots are counted and results submitted to the current Policy Council to certify at their June 5 meeting.

It’s Confidential

Your vote will be recorded by EHS staff. All voting remains confidential so no one will know how you voted.

We greatly appreciate everyone who takes the time to vote in this important election!

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**Nominations**

The nomination period ended April 24, with **10** nominees for 9 of the 14 different Parent Representative positions.

Positions that are not filled by the elections can be filled later by appointment of the Policy Council.

Each EHS Representative serves a **one year** term. A person can serve a maximum of 3 years in a lifetime.

**Voting**

**Election Ballots Will Be Mailed To You.**

EWU EHS families will receive their ballots and voting information in the mail on or around **May 11**.

EHS families will receive 1 ballot for each child they have enrolled in the program.
Parents make a huge difference in their child’s life by providing healthy, nutritious food for them.

Feeding your child is one of a parent’s most important jobs. It is how we help our children grow healthy and strong. The food children eat provides the energy they need for their active and growing little bodies.

In today’s busy world, the everyday routine of feeding can be a chance to slow down and connect with children. What’s on the table feeds your child’s body and what happens around the table feeds their hearts and minds.

Here are 12 things you can do to make a healthy, nutritious difference:

1. **Remember: Meals are about more than food.** They are a time to connect with your child and support their overall development. Talk with your child during meals instead of eating alone. This helps build strong family relationships.

2. **Breastfeeding is very good for babies and moms.** Breast milk is the healthiest food for your baby! It provides great nutrition and has all the protein, vitamins, minerals, sugar and fat your baby needs to be healthy.

3. **Hold your baby when you breastfeed or bottle feed.** This is a special time for you to sit down, relax and bond with your baby.

4. **Let your baby feed as long as he or she needs to.** Allow your baby to determine the length of the feeding.

5. **Follow your doctor’s recommendations about when to add food to your baby’s diet.** This usually starts around 6 months when your baby starts to learn how to feed him/herself.
6. **Establish regular meal and snack times beginning when your child is 9-12 months old.** Give your child the words they need to understand the connection between hunger and eating. When your child shows they are hungry, you might say: “You’re hungry, aren’t you? Well then, it’s time to eat!” This helps children learn to link their feelings of hunger with the act of eating.

7. **Offer 3 to 4 healthy food choices at each meal.** Research shows that children will choose a healthy diet when they are offered a selection of healthy foods.

8. **Don’t force your baby or toddler to eat.** This often results in children refusing food and eating less.

9. **Offer your child a healthy snack between meals if you think they are hungry.** This way if they don’t eat much at one meal, they don’t have to wait long to eat again.

10. **Limit sugar sweetened beverages including juice.** Juice has a lot of sugar. And drinking too much juice can fill children up and make them less hungry at mealtimes. Limit juice to 4 ounces per day and consider adding water to it. Offer fresh fruit instead of juice.

11. **Don’t give up on new foods!** Patience is key. You may have to offer your child a new food 10 to 15 times before they will eat it. Encourage your child to touch the new food, lick, and taste it. Let them see you eat it. Children learn by watching and imitating you.

12. **Turn off the TV (computers, and other screens) at mealtime.** Mealtime is a time to connect with your child. The television can distract children from eating. It also takes time away from talking as a family.
Come and invite friends to enjoy the fun activities, learning experiences and great things happening around EWU Early Head Start! Here are some pictures from recent Play & Learns, Home Visits and other EHS activities. Make sure to check the EHS calendar for the times and locations and join us for the Play & Learns this month in Colville and Newport!
Don’t miss out! At EWU EHS Play & Learns in May we’ll be focusing on:

- You Matter, You Can Make A Difference—How Moms Matter
- Health and Safety: Healthy Snacks For All Ages
Children graduate and transition out of EWU EHS once they turn 3 years old.

Congratulations to **Carter Ethridge** (below left) and his mom and dad, **Mary Byrd** and **Michael Ethridge** on Carter’s graduation from Early Head Start! They plan for him to be in Head Start next year, while his younger brother **Trevor** will continue in EHS!

Also celebrating an Early Head Start graduation recently was **Ryder Luntsford**, pictured at right with mom **Tara** and baby sister **Leia** who is also enrolled in Early Head Start.

**Congratulations and best wishes for the future to**

**Carter and Ryder and their families from all at EWU EHS!!!**
MyPlate snack tips for parents

10 tips for healthy snacking

Snacks can help children get the nutrients needed to grow and maintain a healthy weight. Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

1. Save time by slicing veggies
   Store sliced vegetables in the refrigerator and serve with dips like hummus or low-fat dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

2. Mix it up
   For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.

3. Grab a glass of milk
   A cup of low-fat or fat-free milk or milk alternative (soy milk) is an easy way to drink a healthy snack.

4. Go for great whole grains
   Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.

5. Nibble on lean protein
   Choose lean protein foods such as low-sodium deli meats, unsalted nuts, or eggs. Wrap sliced, low-sodium deli turkey or ham around an apple wedge. Store unsalted nuts in the pantry or peeled, hard-cooked (boiled) eggs in the refrigerator for kids to enjoy any time.

6. Keep an eye on the size
   Snacks shouldn’t replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

7. Fruits are quick and easy
   Fresh, frozen, dried, or canned fruits can be easy “grab-and-go” options that need little preparation. Offer whole fruit and limit the amount of 100% juice served.

8. Consider convenience
   A single-serving container of low-fat or fat-free yogurt or individually wrapped string cheese can be just enough for an after-school snack.

9. Swap out the sugar
   Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.

10. Prepare homemade goodies
    For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.

Go to www.ChooseMyPlate.gov for more information.
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<td>Covers Infant, Child and Adult CPR + AED 9 am-12 pm at Providence Mount Carmel Hospital Contact Heather Judd at (509) 685-5450 for more information.</td>
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Save the Date and Plan to Come Join Us For Our

6th Annual Stevens County

Community Resource and Summer Safety Fair!

Friday, May 8th from 12:30 - 3:30 p.m.
at the EHS Colville Center, 146-D Buena Vista Rd.

It’s FREE and OPEN TO EVERYONE!

Come join in the fun! Meet staff from many community agencies and learn more about the help available to you and your family, and about summer safety and outdoor activities for young children and families.

Call Sharon Sundheim For More Details:
(509) 685-1815 (option 1).

WE REALLY HOPE TO SEE YOU THERE!
Thank You EHS Moms For All You Do To Be Great Mothers!