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Volume 13, Issue 6
Hello EHS Parents!

I would like to take a moment to express thanks, personally and on behalf of Early Head Start.

First, one more big “Thank You” to each of the parent and community representative members who served on the EWU EHS Policy Council this last year.

Your commitment, dedication and hard work throughout the last 12 months—and two or more years for some of you—have made a tremendous difference in our program.

I would also like to express thanks to the two members who have served before and the 11 new Policy Council members who are set to begin with orientation this July 24th. Thank you for running in the recent elections and for your willingness to give of yourself for this coming year. We are really looking forward to working with each one of you.

Here are some things that the Policy Council does:

☑ Helps EWU EHS plan how and where it delivers services to children and parents
☑ Reviews how EHS spends its money
☑ All new staff must be approved by the Policy Council before they are hired
☑ Approves our grant application and budget each year
☑ And a whole lot more!

And each month, you get highlights about what the Policy Council is doing (see below)!

Most of all, the Policy Council is your voice in Early Head Start. Got any questions or suggestions or even complaints? Feel free to talk with your Policy Council representative!

Carolyn Sola
EWU EHS Director
The 2015 Policy Council Elections were completed and certified by the Policy Council at its June 4 meeting. Policy Council Orientation Part I for the new year’s members will be held Friday, July 24 in Colville and Orientation Part II will be held August 7. Here are your 2015-2016 Representatives.

### PARENT REPRESENTATIVES

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<th>Representing families served by</th>
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<tr>
<td>Home-Visitor Patty Wheaton</td>
<td>Home-Visitor Autumn Stenberg</td>
<td>Home-Visitor Kim O’Dell</td>
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<td>Genevieve Abdallah</td>
<td>Brianna Taylor</td>
<td>Amber Manus</td>
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<tr>
<td>Dawn Butterfield</td>
<td>Ashlee Johnson</td>
<td>Ryan Wallace</td>
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<tr>
<td>Dani Cartledge</td>
<td>Jan Mumau</td>
<td>Jeannie Larson</td>
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<tr>
<td>Sherry Warner</td>
<td>Angela Bauer</td>
<td>Adara Fletcher</td>
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<td>Autumn Longly</td>
<td>Alyssa Hicks</td>
<td>Megan Batie</td>
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<tr>
<td>Kim Nelson</td>
<td>J’na Numbers</td>
<td>Kim O’Dell</td>
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### COMMUNITY REPRESENTATIVES

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<tr>
<td>Pend Oreille County</td>
<td>Stevens County</td>
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<td>Shandy Carter</td>
<td>Catina Brown</td>
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### UNFILLED POSITIONS

There are still some positions unfilled by the elections.

Parent Representatives are still needed for Families served by:

- Cindi Estelle
- Debby Baker
- Cindy Peterson

Community Representatives are also still needed for Stevens, and Ferry Counties.

For more information on Policy Council and being a Representative, contact Ray Roberts at (509) 359-3157.
With all the energy your toddler uses, their stomach can’t hold enough to keep them from getting hungry between meals.

Many children need a morning and afternoon snack, which should be timed so they won’t interfere with lunch or dinner. Snacks should include a satisfying balance of healthy foods.

**Fresh Fruits**
- Apples, bananas, peaches, nectarines, pears *(sliced)*
- Cherries, grapes, plums *(sliced or smushed and pitted)*
- Orange or grapefruit sections *(cut into pieces)*
- Strawberries or peeled and sliced Kiwi’s

**Dried Fruits**
- Apples, apricots, peaches, pears *(cut up)*
- Dates, prunes *(pitted, cut up)*
- Raisins

**Vegetables**
- Peppers *(cut up)*
- Carrots, green beans *(well cooked, diced)*
- Steamed cauliflower, broccoli
- Yams *(cooked and diced)*
- Peas *(mashed for safety; a child can inhale whole peas)*
- Potatoes *(cooked and diced)*

**Breads and Cereals**
- Whole wheat bread
- Bagel cut into small pieces
- Crackers *(saltine, graham, whole grain)*
- Dry cereal, pretzels or rice cakes

**Dairy Products**
- Cheese *(grated or sliced)*
- Cottage Cheese
- Yogurt, fresh or frozen

**Meats/Proteins**
- Peanut butter *(smooth, spread thin on bread or crackers)*
- Fish *(canned tuna, salmon, sardines; whitefish)*
Snacks to Avoid

Raw vegetables are mostly too difficult for toddlers to manage, and some—carrots, whole cherry tomatoes, whole green beans, celery—are a serious choking hazard for toddlers. But there’s no reason that a toddler shouldn’t enjoy well-cooked vegetables cut into manageable pieces. Big chunks of any food and glob-like spoonfuls of peanut butter are hazardous and should not be given to children younger than 4 years; the same advice is just as important for any types of nuts, peanuts, or popcorn because children aren’t able to grind food and reduce it to a consistency safe for swallowing.

Here are a few creative snack ideas you can make this summer.

“Bugs”

**Ingredients:** Crushed graham crackers, raisins, dried cranberries, chocolate chips, sealable bags, large spoon

**Final Product:** Assembled bag of graham crackers and dried fruit.

**Directions:** Place a graham cracker in each Ziploc bag and crush using a large spoon until sand-like. Add in a few raisins and have your child “dig” for bugs in the sand. You can use other items such as dried cranberries ("ladybugs"), dark chocolate chips ("ants"), etc.

Push Pops

**Ingredients:** Nonfat plain yogurt, frozen blueberries, push-up pop molds, or small paper or plastic cups.

**Final Product:** Push pop, (or yogurt-fruitcicle).

**Directions:** Mix 1 cup of yogurt with 2 cups of frozen blueberries in a blender. Blend until smooth. Pour into molds and freeze until solid. Kids love the push-up form, but anything out of the freezer is a treat! And here they’re getting calcium, protein and antioxidants too.
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!
There will not be any Play & Learns In Newport this month as Early Head Start will be continuing to work on completing the set-up of the new Newport facility that will be used for Play & Learn Socializations and EHS Staff Professional Development. We hope to see you next month at the Newport Play & Learns at the new facility!
Please join EWU Early Head Start in welcoming Janice (Jan) Mumau as one of our newest Parent Child Educators!

Jan began part-time with EWU EHS on March 2, 2015 and began working full-time on June 1 providing home-based services to families in the Central Stevens County area.

She has a lot of experience working with children and families. She first realized her love for working with young children when she was just a child herself. “I organized and implemented a ‘summer fun day’ for all the young children in my neighborhood, consisting of games, prizes and food when I was just 11 years old,” says Jan.

“My mother was an elementary school teacher as I was growing up. She would let me visit her classroom and teach a small group of children occasionally. That cemented my realization that I wanted to work with children as a career,” Jan says.

She is a certified teacher herself and has taught every grade from Kindergarten through high school having earned a Speech & Hearing Sciences Bachelor’s Degree and K-8 Teaching Certificate from the University of Washington. Jan also has a Masters Degree in Administration and Curriculum from Gonzaga University.

“Jan is passionate about helping families and children,” says EHS Regional Services Supervisor Dani Cartledge. “She understands that each family is special in their own way and each child is unique and an individual. Jan is kind, compassionate, and caring and is a perfect fit as an EWU Early Head Start Parent Child Educator,” adds Dani.

Jan has also served as a Youth Pastor for grades 5-12 and as the Children’s Ministry Director for youth from cradle to college at her local church.

“I have watched many families struggle through the years and have so often wanted to come alongside to help, but with no avenue to do so,” says Jan. “The possibility of supporting and encouraging parents in their endeavor to raise healthy children through my work at EWU Early Head Start is a privilege and challenge that I am excited for.”

Jan is the mother of 4 children and has 10 grandchildren whom she says she, “enjoys tremendously and loves to spend time with.” She also loves to garden, play guitar and travel.
Did you know that at birth your infant’s body weight was 80% water? It's true!

Water is a vital nutrient that allows the body’s cells to grow, reproduce and survive.

Every part of our body is made up of water; the brain, heart and muscles are 75% water, the lungs are 85% water and even the bones are 31% water!

Water is needed by the body to:

- Regulate our body temperature through sweating and respiration
- Transport nutrients through the bloodstream to our cells
- Act as a shock absorber for our eyes, brains, and spinal cord
- Manufacture hormones and neurotransmitters in the brain
- Eliminate waste primarily through urine
- Lubricate joints

But our bodies cannot store water and must have fresh supplies of water every day to grow and stay healthy.

When the body does not get enough water, it is called dehydration which means “lack of water”. Babies can easily become dehydrated in hot weather and when they are ill. Vomiting, fever and diarrhea can quickly dehydrate a baby.

Dehydration can be a life-threatening condition in children, so get immediate medical care if you think your child is dehydrated. Signs of dehydration include:

- Thirst
- Lethargy (having low energy)
- Mood changes and slow responses
- Dry nasal passages and dry or cracked lips
- Headaches
- Weakness/Tiredness
- Confusion

How Much Water Does A Child Need?

Young children are said to need about 1-1/2 ounces of water per pound of their body weight each day. The amount of water for toddler’s daily need will vary as a result.

Be careful not to go overboard however, since too much water can be just as dangerous as not enough. Water will fill you up without providing any calories, so it can decrease the appetite of a growing toddler if given in large quantities too often.
### Early Head Start

**JULY 2015**

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#### Colville
- **Play & Learn**
  - EHS Colville Center
  - 12:30—2 pm

#### Colville
- **Play & Learn**
  - EHS Colville Center
  - 10:30 am—12 pm

#### Independence Day Holiday

#### Independence Day

#### FREE CPR CLASS
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.

#### Professional Development Day

#### Policy Council Orientation I
at the Colville Center
- 10 am - 3:30 pm
Local farmer’s markets are great places to buy healthy, nutritious locally grown foods and products!

Buying local foods is good for your health, your community, the environment and the economy.

Other good reasons to shop farmer’s markets are:

✔️ You’ll find healthier and fresher foods.
✔️ The peace of mind you have from knowing where your food comes from.
✔️ SNAP and WIC cards are accepted at many farmers markets.
✔️ You can try a new fruit or vegetable!
✔️ Farmers often have good recommendations on ways to prepare their products. They will often have special recipes for you upon request.
✔️ Farmers markets can be important anchors for our communities. Meet your local farmers, learn about foods grown in your area and catch up with friends and neighbors while stocking up with local goods. Supporting your local farmers market strengthens your community.
✔️ Shopping at farmers markets supports your local farmers and keeps the money you spend closer to your neighborhood.

2015 Tri-County Farmer’s Markets:

**Chewelah Farmer’s Market:** At the Chewelah City Park on Fridays from 11:30 am - 5:30 pm, from May 15 - Oct. 23. Contact (509) 936-4353 and Online at: chewelahfarmersmarket.com.

**Clayton Farmer’s Market:** At Clayton Fairgrounds off HWY 395 on Sundays from Noon - 4 pm from June - Sept. Contact Vince & LaFern Janson (509) 276-9644.

**Kettle Falls Farmer’s Market:** At Happy Dell Park adjacent to HWY 395, Tuesdays 11 am - 1 pm, from May - October. Contact Fred Kruse (509) 738-2439.

**Newport Farmer’s Market:** At the corner of Spruce St. & Union Ave., Saturdays from 9 am - 1 pm from May 10 - October 25. Contact Nephi White: (208) 893-4359.

**Northeast Washington Farmer’s Market (Colville):** At Main & Astor St. Wed. & Sat. from 9 - 1 pm, from May 3 - Oct. 29. Contact Arrow Flora (509) 675-8896 and online at: newfarmersmarket.org.

**Northport Saturday Market:** At the Visitors Kiosk on HWY 395 every 1st and 3rd Saturday from 8 am - 1 pm from May - Sept. Contact: Kathy Alexander (509) 732-4553.

**Republic Farmer’s Market:** At 600 block of S. Clark St. on Fridays from 9 am - 4 pm. Call the Republic City Hall for more information at: (509) 775-3216.
Thank You To Our Community Partners And All The Families That Came Out For Our 6th Annual Community Resource And Summer Safety Fair!!!