Do you know someone who is pregnant or has an infant or toddler who lives in Ferry, Stevens or Pend Oreille counties?

Please take the time to invite them to enroll in EWU Early Head Start! Or encourage them to come with you to a Play & Learn!

EHS parents sharing about their experiences in Early Head Start with their neighbors, friends and family is still the #1 way others hear about, and sign up for the EHS program.

You can let them know that EWU EHS serves a wide range of families including:

- Single parents (including dads raising their children and moms raising their children)
- Teen parents
- Grandparents raising their grandchildren
- Foster parents
- Homeless parents
- Parents of children with disabilities
- Two parent households

We would love to hear from your friends, neighbors or relatives who are pregnant or have a child under 3 years old, and have the opportunity to speak with them and let them know more about EWU Early Head Start! Have them call us at: 1-(800) 776-9136 or (509) 685-1815 ext. 3257.

The newly elected members of the EWU EHS Policy Council met for orientation on July 24.

“During Policy Council orientation the focus is on team building and providing information that helps prepare members for the important work they’ll do together during the year,” says Ray Roberts, EHS Parent and Community Engagement Manager.

The first day of their orientation, Policy Council members spend time:

- Getting to know each other better
- Learning about what Policy Council is all about
- Receiving information on what the EWU Early Head Start program is and the unique aspects and challenges of the Tri-County area it serves

(Continued on next page)
More July Policy Council Meeting Highlights

(Continued from previous page)

Time was taken at the end of the day, to thank and honor the previous year’s alumni members for all their hard work and dedication.

Honored alumni from last year’s Policy Council include:
- **Kim Veenhuizen** - Served 3 terms, two as Chairperson and one as Vice-Chairperson
- **Mike Moore** - Served 2 terms, both as Vice-Chairperson
- **Jessica Gillette** - 2 terms
- **Tina Ronnei** - 2 terms
- **Emily Sinka** - 2 terms
- **Dana Bowers** - 1 term
- **Mary Byrd** - 1 term

Members who served last year and were elected to serve again this year were also honored, including:
- **Samantha Sattleen** - serving her 3rd term
- **Robert Fritz** - serving his 2nd term, first as Secretary
- **Florence Stromenger** - serving her 2nd term

“We are excited again about this year’s Policy Council and the opportunity to work with another group of great members,” says Ray.

“Our program cannot succeed without the amazing work that the Policy Council does every year, and we know this group of new and returning members will do an excellent job.”

**Policy Council Orientation Part II** and the first meeting of the 2013-2014 year is scheduled for Thursday, August 7th.
August is National Breastfeeding Month!

Breastfeeding allows you to make the food that is perfect for your baby. Your milk gives your baby the healthy start that will last a lifetime.

Here are some resources that can provide you with support and information on breastfeeding.

First, your EWU EHS home visitor has some great information on nursing that they would be happy to share with you.

You can also contact EWU EHS Health and Nutrition Manager Erin Miller, R.N. at: 1-(800) 776-9136 ext. 3155.

The Northeast Tri County Health District WIC offices in Colville, Newport, and Republic each have trained Breastfeeding Peer Counselors that are experienced and ready to help you with:

- Tips for breastfeeding comfortably and discreetly.
- Help balancing work or school while breastfeeding.
- Ideas for getting support from family and friends.
- Suggestions on positioning and latching your baby.
- Ways to make plenty of breast milk.

You can contact the Breastfeeding Helpline at: 1-(800) 994-9662 or your local WIC Breastfeeding Peer Counselors:

**in Colville at:** (509) 684-5048 or cell: (509) 936-2054

**in Newport at:** (509) 447-3131 or cell: (509) 936-2063

**in Republic at:** (509)-775-3111 or (509) 779-4410.
The La Leche League of Colville helps moms and moms-to-be with all aspects of breastfeeding. La Leche League Leaders are experienced mothers who have breastfed their own babies and who have been trained and accredited by La Leche League International to help mothers and mothers-to-be with all aspects of breastfeeding. They are available by phone whenever you have breastfeeding questions or concerns.

It has meetings on the first Friday of every month at 10:30 a.m.

All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome to come to the meetings, or call or e-mail the local Leader for breastfeeding help or information. Babies are always welcome at meetings, as are toddlers who don’t do well away from their mothers.

Meetings are on the lower level at the Mt. Carmel Health Education Center, 1169 E. Columbia Ave.

You can get more information from Courtney (509) 680-8944 mobile, (509) 722-3046 home or email at: crtslll@gmail.com. You can also contact Courtney to ask about the “Big Latch On” event that was held on August 1st. Find them on Facebook at La Leche League of Colville or at their website at: www.lllofwa.org/la-leche-league-colville.

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**Available For Nursing Moms**

Children graduate and transition out of EWU Early Head Start once they turn 3 years old. When possible, transitions from the program for other reasons (like families moving out of the area) are also celebrated.

Here’s a picture of a recent EHS graduation that was celebrated in the Valley area for James Elser (at left).

*Congratulations James, and best wishes to you and your family from everyone at EWU EHS!*
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 and other EHS activities. Make sure to check the EHS calendar for the times and locations and join us for the events in your area!
Don’t miss out! At EWU EHS Play & Learns this month we’ll be focusing on:

- **Approaches to Learning: The Many Ways Children Learn** (just look at all the learning going on in the pictures below).
- **Pedestrian Safety - Keeping Your Children Safe While Walking and Traveling**
Keeping Your Child Safe Around Cars

The safety of children and parents is very important to EWU Early Head Start.

Children and parents come and go in the Early Head Start program while attending Play & Learns each week and when visiting the Colville and Newport EHS sites.

Let’s work together to make sure that they are all safe!

Here are some easy things for you to do to keep your child safe around cars.

**ALWAYS KEEP YOUR CHILD UNDER YOUR IMMEDIATE CONTROL**

- Children, especially infants and toddlers, can move around quickly if you are not carrying them or holding their hands.
- **Please hold hands** with walking toddlers and older children when you are near driveways, streets, parking lots and roads.
- **Be careful when you are loading** your children into your car. Other cars may be driving by when you are loading one of your children.
- **Never leave children alone** in a car!
- **At all Play & Learns and EHS events, parents are responsible** for their children.
- **Always hold hands** with walking toddlers and older children when you are going into and leaving the building.

**LOOK AND LISTEN**

- **Look and listen for cars** before getting out of your car.
- **Look and listen for cars** when you leave a building.

**LOOK OUT FOR OTHERS**

- **Drive slowly** in parking lots and driveways—under 10 miles per hour!
- **Keep alert** for other parents and children who are walking.
- **Never leave** your car running.

**SLOW DOWN WHEN WALKING WITH YOUR CHILDREN.**

- **Be aware** of conditions that could cause your child to fall (such as ice, oil or wet concrete).
Children love to play outdoors. It is a wonderful place for them to test their physical abilities and to just have fun. Keeping your children safe outdoors requires some special precautions. Here are some tips you can use for keeping your children safe outdoors.

**General Outdoor Safety Tips**

- **Never** leave children alone outside
- Teach them not to play near the street
- Explain that they must ask for help if toys roll into the street or driveway
- Check their outdoor play areas routinely. Remove trash, sharp branches, tools, lawn equipment and animal feces

**Set-up the Outdoor Environment for Safety**

- Whenever possible, make sure their outdoor play areas are fenced, especially if near a street, parking lot, pond, well or railroad track
- Surround electrical appliances in the play area, such as air conditioners, with fences or safe barriers so children cannot reach them
- Keep gates closed and install childproof latches
- Make sure gas grills are not accessible to them
- Lock storage sheds, barns and garages

**Safety with Tricycles and Other Riding Toys**

- Require children to use helmets when using tricycles, bicycles, skateboards, roller skates and ride-on toys
- Reduce choking risks by having children remove helmets when playing on playground equipment
- Do not put children who cannot sit up well in wagons with low sides
- Use safety straps to secure children in strollers
### August 2014

#### August is National Breastfeeding Month!

Breastmilk is the perfect food for your child and has many special qualities that cannot be reproduced in formula. Your breastmilk changes to meet the needs of your growing child. Breastmilk is the only food your baby needs during his/her first six months of life. Breastfeeding also helps build a special bond between you and your baby, and helps your body return to its pre-pregnancy weight. See pages 4 & 5 for more info on breastfeeding, go to [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding) or ask your EHS staff member.

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**Policy Council Orientation at the Colville Center**
10 am - 3:30 pm
The recent wildfires in central Washington have sure created a lot of smoke around our hometowns!

Breathing in smoke is not good for anyone, even for healthy people.

But it is an even bigger health hazard for children and pregnant women.

According to Northeast Washington Tri-County Health District, here are things you can do to protect you and your family from the dangers of wildfire smoke:

✧ Pay attention to local air quality reports. Listen and watch for news or health warnings for your community.
✧ Pay attention to public health messages from your local public health agency.
✧ Keep windows and doors closed when the air quality is poor.
✧ Don’t exercise outside if the air quality is bad.
✧ Talk with your healthcare provider if you are pregnant.

And you should contact your healthcare provider if you have:

- shortness of breath
- chest pain
- rapid heartbeat
- other symptoms
- any questions or concerns about your specific health condition.
Come Play & Learn for FREE!!

Bring your child! Bring your friends!
Come Play and Learn with us!

Check the EHS Calendar inside or call your Home Visitor for Play and Learns near you!