Eastern Washington University
Early Head Start Exchange
A Newsletter for EWU Early Head Start Families

August 2015

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Volume 13, Issue 7
Hello EHS Parents!

I would like to invite you to come and see the brand new Eastern Washington University Early Head Start space in Newport, Washington which is located at 1600 1st St.

Newport home visitors Jeannie, Alyssa, Megan and Autumn will be hosting an Open House just for parents and children on Wednesday, August 12 from 10 a.m. to 2 p.m. Please Come and See!

This beautiful new site includes:
- A year-round indoor infant and toddler gross motor area with a safety fall zone
- Dramatic and other pretend play area
- A reading nook
- Arts and music activity areas
- A kitchen for healthy snacks and food demonstrations
- Meeting space for professional development and service coordination

This new site will be used for Early Head Start Play and Learn Socialization events for infants, toddlers and parents in the home visit program. The site was developed with the guidance and support of the EHS Policy Council.

Please mark this day on your calendar and Come and See!

Carolyn Sola
EWU EHS Director

July 24, 2015
EWU EHS Policy Council Meeting

Four of the 2014-2015 Policy Council members met on Friday, July 24 to complete work on the Policy Council Bylaws and to review and act to approve/dis-approve recommendations for hire. They later joined the 2015-2016 members who were meeting for their first time and a day of orientation.

“It was great for last year’s and this year’s members to have the chance to spend some time with each other at orientation,” said Parent and Community Engagement Manager Ray Roberts.

“It was especially nice for the outgoing members to share about their experiences on Policy Council and some words of encouragement with the incoming representatives.”

The previous year’s alumni members were honored and thanked during lunch for (Continued on next page)
their year (and in some cases years) of service, hard work and dedication to the EWU EHS Policy Council.

2014-2015 Policy Council honored alumni include:

**Robert Fritz** - Served 2 terms, one as Chairperson and one as Secretary

**Samantha Sattleen** - served 3 terms

**Emily Sinka** - served 3 terms

**Karly Largin** - 1 term as Vice-Chairperson

**Candice Capoeman** - 1 term, part as Secretary

**Bethany Elliott** - 1 term

One representative who served last year and was re-elected to serve again this year was also honored:

**Adara Fletcher** - now serving her 2nd term, with part of her first year as Secretary.

The first day of their orientation, the 2015-2016 Policy Council members spent time:

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

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

“Our program cannot succeed without the amazing work that the Policy Council does.”

**Policy Council Orientation Part II** and the first meeting of the 2015-2016 year is scheduled for Friday, August 7th.
Breastfeeding is GREAT for your baby!

It allows you to provide the perfect food for her/him. Your milk gives your baby the healthy start that will last a lifetime.

You have access to several wonderful resources that can provide you with support and good information on breastfeeding.

First, your EWU EHS home visitor has current 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:

**Stevens County:** (509) 684-5048 or cell: (509) 936-2054

**Pend Oreille County:** (509) 447-3131 or cell: (509) 936-2063

**Ferry County:** (509)-775-3111 or (509) 779-4410.

Sources: [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1448139/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1448139/)
[http://www.cdc.gov/breastfeeding/data/reportcard.htm](http://www.cdc.gov/breastfeeding/data/reportcard.htm)
[http://ajcn.nutrition.org/content/96/1/150.abstract](http://ajcn.nutrition.org/content/96/1/150.abstract)
Breastfeeding Has Many Benefits!

The experience of breastfeeding is special for many reasons and has so many benefits for your baby and you! Here are just a few.

Benefits For Your Baby:

♥ Breast milk provides great nutrition and has all the protein, vitamins, minerals, sugar and fat that your baby needs to be healthy

♥ Breast milk contains living cells that slow the growth of harmful bacteria and viruses in your baby’s body

♥ Breast milk is easier to digest for your baby

♥ Your baby is less likely to be overfed with breastfeeding as he/she takes only the milk they need

♥ Skin-to-skin contact with your baby helps reduce stress for both your baby and you

♥ The fat in breast milk is vital to the formation of myelin, which covers neurons and helps with the pathways in your baby’s brain

Benefits Of Breastfeeding For You:

✓ Breastfeeding can save time and money; the milk is free, warm and ready to use.

✓ It helps your body get back into shape after pregnancy as breastfeeding burns an extra 500 calories per day

✓ Breastfeeding is linked to a lower risk of health problems in women, including:
  ♦ Type 2 diabetes
  ♦ Breast and ovarian cancer
  ♦ Postpartum depression

Make sure to ask your home-visitor about other breastfeeding benefits they can share with you!

Support Available For Nursing Moms

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.

The La Leche League of Colville 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.
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!
Play & Learns In Newport will be held this month at the NEW Newport site at 1600 1st St. including an Open House for Newport EHS Families and Staff on August 12 from 10 am - 2 pm. We hope to see you at the Play & Learns in Colville and at the new Newport facility! Check your EHS Calendar for the dates and times and Come Join In The FUN!!!
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 EWU Early Head Start 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 2015

**Early Head Start**

## 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 Home-Visitor or EHS Health & Nutrition Manager.

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<td>Colville Play &amp; Learn EHS Colville Center 12:30—2 pm</td>
<td>Colville Play &amp; Learn EHS Colville Center 10:30 am—12 pm</td>
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<td>Policy Council Orientation II at the Colville Center 10 am - 2:30 pm</td>
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<td>Newport OPEN HOUSE at New EHS Site: 1600 1st St. 10 am—2 pm</td>
<td>Colville Play &amp; Learn EHS Colville Center 10:30 am—12 pm</td>
<td>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.</td>
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Children graduate and transition out of EWU Early Head Start once they turn 3 years old.

A graduation was celebrated recently in the Colville area for Jocelyn Sundheim, shown at left with dad Matthew, mom Karmela and baby brother Ethan.

Congratulations Jocelyn, and best wishes to you and your family from everyone at EWU EHS!
FREE TEXT MESSAGE TIPS ON PREGNANCY AND YOUR BABY

Get support throughout your pregnancy and your baby’s first year with FREE text messages on topics like prenatal care, baby health, parenting and more!

These messages are provided as a service to you and are 100% free (even if you don’t have a text messaging plan).

The information you provide will only be used to send you text4baby messages; your information will not be shared or sold.

For more info go to: text4baby.org

YOUR BABY HAS YOU, YOU HAVE TEXT4BABY

Text BABY (or BEBE for Spanish) to 511411

Get three FREE messages a week on your cell phone to help you through your pregnancy and baby’s first year. Text4baby delivers messages covering a wide range of pregnancy and baby health topics, including safety, immunizations, nutrition, birth defects prevention, safe sleep, developmental milestones and more.

Text4baby is a free service of the National Healthy Mothers, Healthy Babies Coalition.
Text STOP to discontinue service or HELP for technical help. Visit www.text4baby.org