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

SEPTEMBER 2014

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Volume 12, Issue 8
The first item of business for the new members was electing officers to serve on the Executive Committee. The officers elected for the 2014-2015 year are:

- **Chairperson**: Robert Fritz, of Newport
- **Vice-Chairperson**: Karly Largin, of Chewelah
- **Secretary**: Adara Fletcher, of Usk

Members also discussed committee interests and were appointed to the various committees.

Dates for this year’s meetings were discussed and those present opted to set the first Thursday of every month as the days for future meetings. Thursday, September 4, will be the next Policy Council meeting.

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**August Policy Council Meeting Highlights**

Six members of the newly elected Policy Council met Thursday, August 7, for Part 2 of Orientation and the first meeting of their 2014-2015 term.

EHS Director Carolyn Sola provided program information and updates including:

- Review of the June Program Monitoring Report.
- EHS continuing to be fully enrolled with a wait list.
- Discussion on the 5 Year Federal Grant Application and new requirements that accompany it including a Self-Assessment of the Governing Board which will take place at their next meeting on Aug. 22.

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**August 7, 2014 EWU EHS Policy**

Dear EHS Parents,

It’s time for school again.

For some parents, thinking about school brings up good feelings about being with friends, making things, learning about the world, or being involved in clubs and sports.

But for many parents, thinking about school brings up bad feelings about struggling to read or to do math, having to sit for long periods of time, getting in “trouble”, or feeling left out.

You may have some of both sets of feelings. I know that I do.

**Did you know that your attitude about school is one of the most important influences on what your child’s experience will be in school?**

It’s true. Children do better in school when their parents have good attitudes about school and value learning.

You make a difference in your child’s school experience when you let your child know that you care about school, that you want them to do well in school and that you will help them with school.

Thank you for making a difference in the life of your child and for giving your child an Early Head Start on success in school and in life.

Carolyn Sola
EWU EHS Director
Observation is something that most parents do naturally. When your baby was born, you most likely watched her every move, studied her face and examined her fingers and toes. You noticed how long he slept and watched for changes in his breathing. Parent Observation is one of nature’s ways of keeping your baby safe.

As your child grows, observing gives you information about what he is able to do on his own and also helps you know when he needs your help.

Watching your child helps you determine her interests, provide activities that capture her attention, and know if your child is developing like her same age peers.

Most of all observing your child gives you opportunities to delight in their unique and very special way of being!

**How Do You Increase Your Observation Skills?**

- **Set aside a minute or two to carefully observe your child.**
- **Notice exactly what your child is doing and saying.**
- **Make a note about what you observed.**
- **When you have a quiet moment, think about what you have observed or talk about it with a partner, family member, your home-visitor, friend, or professional.**

  - **What skill is he practicing?**  **What can she do by herself?**
  - **What are his interests?**  **What does she like to do?**

- **Consider how you will use what you learned to further your child’s growth and development.**

  - **What will he learn next?**  **How can I help him learn more?**
  - **Does my current way of parenting help her learn what I intend for her to learn?**
  - **What can I provide to help her learn?**

Talk with your home visitor about more ways to use your observations to help your child learn and grow.
Did you know, that almost anything can be poisonous if used the wrong way, in the wrong amount or by the wrong person? It’s true. And according to the American Association of Poison Control Centers, approximately 93% of poisonings happen at home and 51% of poisonings involve children under the age of 6.

Common Poisons Are:

- **Medicines** (prescription, over-the-counter, herbal) and street drugs
- **Household products** like shampoo, bleach, bug and weed killers, antifreeze and lamp oil
- **Chemicals** at your home or job
- **Bites and Stings**
- **Mushrooms and Plants**
- **Fumes and Gases**

The most important poison prevention information and tip is:

Program the Poison Control Center number 1-800-222-1222 in your cell phone and make sure to post it near the phones in your home so that you have it ready when you need it. You can call the Poison Control Center for free, fast expert help 24 hours a day, 7 days a week. They are the experts!

To avoid poisonings with young children:

- **Store all medicines and cleaning products in a safe, locked location that is too high for young children to reach or see.**
- **Keep medicines and household products in their original containers and in a different place than food.**
- **Never mix household or chemical products together. Always keep them in their original containers. Mixing them can create a dangerous gas.**
- **Keep purses, bags, briefcases and backpacks free of poisonous items, such as a medicine, where curious children may find it.**

(Continued on next page)
Safe From Poisoning

- **Remind babysitters, houseguests and visitors** to keep purses, bags or coats that have medicines in them up and away and out of sight when they are in your home.

- **Always relock the safety cap on a medicine bottle.** If it has a locking cap that turns, twist it until it clicks. But remember, nothing is child-proof!
  - Never leave medicine or vitamins out on a kitchen counter or at a sick child’s bedside, even if you have to give the medicine again in a few hours.
  - **Tell children what medicine is** and why you must be the one to give it to them.
  - Never tell children medicine is candy so they’ll take it, even if your child does not like to take his or her medicine.

- **Always read labels and follow any directions.**

- **Have a working carbon monoxide alarm in your home.** Carbon monoxide is called a “silent killer” because there are no odors and few symptoms that signal a problem.

- **Use safety latches on drawers/cabinets** to help keep poisons out of the hands of children.

- Keep children where you can see them at all times, even when you go to answer the door or telephone.

**Don't Guess with Poisoning. Make the Call!**

1. **Call Poison Help (1-800-222-1222),** which connects you to your local poison center, if someone may have been poisoned – even if you’re not sure.

2. **Stay calm** – most poisoning emergencies can be resolved quickly.

3. **Call 9-1-1** if the person is unconscious, has a seizure, collapses, or has trouble breathing.

For more poison prevention resources, information and tips visit: [www.poisonhelp.hrsa.gov](http://www.poisonhelp.hrsa.gov) and [www.wapc.org](http://www.wapc.org).
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:

- **Observing to Better Understand Your Child**
- **Keeping Kids Safe At Home: Poisons, Guns, Smoke and Fires**
EWU EHS Welcomes A New Arrival!

EHS Home-Visitor Patty Wheaton, Kettle Falls area EHS families, and everyone at EWU EHS wish to congratulate Aja Woodruff & Scott Ellerman on the birth of their baby girl Adelaide and welcome them to Early Head Start!

CONGRATULATIONS ~
AND WELCOME ADELAIDE!!!

EWU EHS Celebrates More Graduations!

Children graduate and transition out of EWU EHS once they turn 3 years old.

Pictured below left is recent graduate Jay Fritz with his dad and mom Robert & Tammy. Below center is Jaycee Cooper, and below right is Aryza Bolles with sister (and former EHS grad) Alysmn and dad & mom Tony & Autumn at graduation celebrations recently held for them in Newport and Colville.

Congratulations & best wishes for the future to Jay, Jaycee & Aryza and their families from all at EWU EHS!
The beautiful area we live in is often referred to as “a hunter’s paradise”, so it’s no surprise that a high percentage of homes here have guns in them. Gun safety is very important to protect our children.

Children are curious, and this seems especially true when it comes to guns. Hiding guns and talking to your child about gun safety are important, but that is not enough!

Tragedies involving unlocked firearms at their own homes or the homes of their relatives or neighbors happen way too often!

**In most cases, these events could be avoided by responsible adults making sure firearms are unloaded and safely stored.**

**WHAT CAN FAMILIES DO?**

The Asking Saves Kids (ASK) Campaign promotes the idea of keeping kids safe by encouraging parents to ASK if there are unlocked guns in the homes where their children visit, play or receive care.

**Is There An Unlocked Gun Where My Child Plays?**

Ask neighbors, friends and relatives if there is an unlocked gun in the home before your child visits them.

Awkward question? Perhaps a little, but some awkwardness is a small price to pay for your child’s safety. For more on the ASK Campaign visit: askingsaveskids.org.

**KEY POINTS FOR CHILDREN**

Since guns can be a natural curiosity for children, repeat the “Never play with guns” message frequently. Reinforce it often by covering the four things you want them to do if they should ever find a gun: **Stop, Leave it Alone—Don’t Touch, Leave the Area and Tell an Adult.**


**If You Find A Gun:**

1. **Stop—Leave It Alone!**
2. **Don’t Touch It or Let Anyone Else Touch It!**
3. **Leave the Area**
4. **Tell an Adult.**
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**Policy Council Orientation at the Colville Center 10 am - 3:30 pm**

**Professional Development Day**

**Ione/Metaline Falls Play & Learn Selkirk School Pre-school Room 12-1:30 pm**
It’s Harvest Season!! This is a great time to visit your local farmer’s markets 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.
☑️ SNAP (Basic Food) and WIC cards are accepted at many farmers markets.
☑️ The peace of mind you have from knowing where your food comes from.
☑️ 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.

2014 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 16 - Oct. 17. Contact (509) 936-4353. [http://chewelahfarmersmarket.blogspot.com](http://chewelahfarmersmarket.blogspot.com).

**Clayton Farmer’s Market:** At Clayton Fairgrounds off HWY 395 on Sundays from Noon - 4 pm from June 1 - Sept. 28. Contact Vince & LaFern Janson (509) 276-9644.

**Kettle Falls Farmer’s Market:** At Happy Dell Park adjacent to HWY 395 on Wed. & Sat. from 9 am - 1 pm, from May 7 - Oct. 29. Contact Fred Kruse (509) 738-2439.

**Newport Farmer’s Market:** At 240 N. Union St. in front of the Pend Oreille Playhouse on Saturdays from 9 am to 1 pm. Contact (509) 447-5812.

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

**Northport Saturday Market:** At the Visitors Kiosk on HWY 395 on Saturdays from 8 am - 1 pm from May 3 - Sept. 27. Contact: Cinderella (509) 732-8920.

**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.
Each fall a number of children transition out of Early Head Start to begin participating in ECEAP and Head Start. So, it’s a great time to invite friends, neighbors and relatives who have a child under age 3 to join you at an EHS event, to talk with your home-visitor or tell them how they can call to get more information on EWU Early Head Start!

Invite others to contact EWU Early Head Start at: 1-800 776-9136 or at (509) 685-1815!