I am pleased to share some great news for you and your children.

EWU has received a grant to provide Early Head Start in Ferry, Stevens and Pend Oreille counties for 5 more years!

That means that EWU will be able to continue to partner with you, the parents, to prepare your children for success in school and in life for at least 5 more years. That is good news!

As part of the planning for this 5 year grant, your Policy Council provided direction to the program by developing goals for the EWU Early Head Start program. The goals include:

**Goal 1:** To demonstrate each infant and toddler’s progress toward fulfilling their developmental potential

**Goal 2:** To engage and equip parents to carry out their unique role in preparing their child for success in school and in later life

**Goal 3:** To empower families to take action to accomplish their self-identified goals

When EWU EHS and parents work together to accomplish these goals, infants and toddlers in the Tri-Counties WIN!

Together we can help infants and toddlers to be healthier, better nourished, develop a love of learning, have strong connections with their parents and families and have more opportunities and options open in their future.

And isn’t that what we all want for our children? Health, relationships and opportunity? That’s what EWU EHS is all about.

At EWU we understand that Parents Matter. We know that Parents Make a Difference in the lives of their children.

And we are here to help you in the most important and hard work you will ever do... raising your child. You are not in it alone.

Here’s to another 5 years!
Policy Council members:

- Reviewed and acted to approve the EWU EHS Community Assessment and Self-Assessment Process and Timeline.
- Discussed the September 16-17 Region X Office of Head Start site visit with Program Specialist Maria Wilson and plans for her to meet with members.
- Reviewed the program’s Philosophy and Goals
- Received and reviewed the April - June 2014 School Readiness Report
- Appointed members to committees

The next meetings of the Policy Council are scheduled for Thursday, October 2, and Thursday, November 13.
Hi EWU EHS Families!

It’s that time of year again, when colds, flus or other viruses—such as the enterovirus that is getting a lot of mention on the news lately—are on the increase and making their way into our communities.

I am always asking, what can help keep my two young children, my husband and myself from getting sick. The quick and easy answer I’m reminded of is: **Wash your hands with soap and water, and do it often!** And when not near water, use an alcohol-based hand cleaner. Trying not to rub your eyes, or touch your nose, or mouth with your hands also helps to prevent the spread of germs.

As parents of young children, here are some other things we need to be mindful of:

**Call the Doctor When Your Child...**

- **Is not eating and drinking.** A good rule of thumb is to make sure your baby is wetting a diaper at least every 6 hours.
- **Is having problems breathing.** If your baby is making strange noises when taking a breath in, making loud noises during sleep, is breathing fast for more than a few moments or their breathing is labored.
- **Is running a Fever.** If your baby is 3 months or younger, call the doctor for any fever of 100.4 or higher, or if fever lasts more than 3 days. For older babies, call about any fever of 102 or higher, as well as any milder fever that lasts longer than 3 days.
- **Is extreme sleepy, cranky or lethargic.** If your child seems especially sleepy or irritable, it’s a good idea to give the doctor a call.
- **Has a bad cough.** Coughing is good because it helps clear mucus from the lungs. But if your baby has a cough that doesn’t go away after 3 days, or a cough that’s so bad it causes vomiting, call the doctor.
- **Has a cold that doesn’t go away.** If your child’s cold symptoms don’t seem to get better after a week, call the doctor to make sure it’s not some other type of infection.
- **Has a chronic runny nose.** When a runny nose doesn’t get better, or your baby is sneezing and has red eyes along with a runny nose, call your doctor. It could be a sign of allergies.

**Other symptoms.** If your child has serious ear pain, blue lips, or a sore throat with a swollen neck and a fever, call your doctor. These could be symptoms of another type of illness.

**Follow Your Instincts.** When in doubt, don’t be afraid to pick up the phone and call the doctor’s office, that’s what they are there for! You know your child best and when something is not right.

Take care and be well.

Erin Miller, R.N.
EHS Health and Nutrition Manager
Helping Your Child Learn Language

Babies are born ready to tune in to the communication of their parents. Research shows that this happens with children even before birth as they respond to the voices of their mother and others!

Infants also learn about their language well before they can speak their language. They recognize words well before they can verbalize them.

There are many ways parents of infants and toddlers can help their children develop language. Here are a few tips you can put into practice:

- **Attach words to objects.** Labeling helps babies learn. Sometimes it is easier to engage your child if you label what is already the focus of their interest rather than trying to redirect their focus. When they point to something, tell them what it is while you point at it.

- **Use words to describe your actions:** “Mommy is putting the milk in the refrigerator.”

- **Use words to describe your child’s actions:** “You are putting the blue car next to the red car.”

- **Explore books with your baby** (board books are ideal for infants and toddlers) and use action words to describe the story.

- **Read to your child!** Reading not only promotes language development, but also creates special time with you and your child.

- **Act out songs** (for example: “If you’re happy and you know it, clap your hands”). Babies will learn to share in the songs’ movements with you (and may help them learn new words).

- **Play word games such as “Pat-a-Cake”**. Doing so will facilitate infants’ ability to hear and learn language in a playful context.

- **Talk to your baby often.** Research demonstrates that frequent communication with infants and toddlers is directly related to the amount of words babies learn.

- **Take turns chatting back and forth.** Listen to what they vocalize, then imitate their coos and babbles. When they are older, reply to their questions and ask your own.

- **Model bigger, better sentences.** If they say “cup”, you can say, “yes, you have the red cup.”

- **Have fun with your child.** Children learn by engaging with others and with their surroundings. Simply spending a little time playing with babies will help promote their development.

Adapted from information in the article *Research Sheds Light on How Babies Learn and Develop Language*, by Kimberly Kopko, Ph.D., Cornell University, Department of Human Development.
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:

- **Language and Literacy Development: Child Talk - Understanding and Communicating**
- **Health & Safety: Child Illness - When to Stay Home, When to Get Help**
Children graduate and transition out of EWU EHS once they turn 3 years old.

Pictured below left is recent graduate Kylee Myers and below right is Sophie Lopez with Mom LuJuana and brother Felix. Middle right is Maverick Scott and bottom right is Ezekiel Sattleen on dad Jacob’s lap with big brother Elijah, younger brother Samuel and mom Samantha. Landon Apling is at bottom center with his Grandpa Brad, and Jordan Alverez is at bottom left with mom Michelle and David Otte. Everett Applegate is at middle left, and Caleb Shepard with Home-Visitor Cindi Estelle at top center.

Congratulations and best wishes to all of these great graduates and each of their families from everyone at EWU Early Head Start!
The Washington Dental Service Foundation’s **SmileMobile** is coming again to Newport, WA from **October 6 - 10, 2014** at the Sadie Halstead Middle School at 331 S. Calispel.

The SmileMobile is a modern three chair dental office on wheels that brings oral health services year-round to low-income children that have limited access to a dentist. It is operated by the Washington Dental Service Foundation in partnership with Seattle Children’s Hospital.

**Healthy baby teeth are important.** As a child grows, healthy baby teeth can help ensure healthy permanent teeth and overall good health.

It is recommended that your child have a dental appointment, or visit the SmileMobile, when their first tooth appears or as soon as they turn one year old.

**The SmileMobile:**

- provides dental care to children (birth thru high school) with limited family income
- accepts Medicaid (Provider One)
- uses a sliding fee scale based on family income.

For more information or to schedule an appointment, please call: **1-(888)-286-9105** before October 3rd.

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**Did You Know...**

There are **FREE CPR Classes** offered at Providence Mount Carmel Hospital in Colville!!

The **HeartSaver CPR class** covers Infant, Child, and Adult CPR plus AED (automated external defibrillator) training. Classes are FREE to community members and you can sign up by contacting Heather Judd at: (509) 685-5450 or by email at: **heather.judd@providence.org**.

The classes begin at 9 a.m. and run approximately 3 hours.

The dates for the next classes are **Saturday, October 18** and **Saturday, November 22**.
### Early Head Start

**OCTOBER 2014**

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**The WA Dental Service Foundation SmileMobile is coming to Newport Oct. 6th - 10th 2014!**

See page 9 of the newsletter for more details, and for more information or to schedule an appointment, call 1-(888) 286-9105 by October 3rd!

**Policy Council Meeting at the Colville Center 9:30 am - 2:30 pm**

**Professional Development Days for EWU Early Head Start Staff in Cheney.**
October is Head Start and Early Head Start Awareness Month!!

Join us in celebrating the Head Start and Early Head Start programs that serve children and families in the northeast Tri-County area by spreading the word about them!

**EARLY HEAD START**

**Early Head Start**

Eastern Washington University (EWU) operates the year-round Early Head Start program in Ferry, Pend Oreille and Stevens counties and serves pregnant women and families with children from birth to age 3.

EWU Early Head Start (EHS) serves families with Home-Based services throughout the Tri-County area.

Families can get more information about **EWU Early Head Start** and how to enroll by calling: **1-(800) 776-9136 ext. 3251.**

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**HEAD START**

The federal **Head Start** program along with the **Early Childhood Education and Assistance Program (ECEAP)**, gives learning an early boost for **3 & 4 year olds** from low-income families.

By focusing on children’s literacy, language, math and social skills, as well as their health and nutrition needs, Head Start prepares them to be successful in school!

**Rural Resources Community Action** offers **Head Start** classrooms in Chewelah, Colville, Newport, Kettle Falls and **ECEAP** classrooms in Cusick, Valley and Springdale.

The Head Start school year runs from mid-September through May. Classes have already begun this year, but they are still taking applications.

Parents can contact the **Rural Resources Community Action** office for more information on **Head Start** and **ECEAP** at **(509) 684-8421.**
Did you know that EWU Early Head Start is available to families like yours throughout the Tri-County area including Republic, Northport, Kettle Falls, Onion Creek, Colville, Chewelah, Valley, Springdale, Newport, Usk, Ione and Metaline Falls?

It is, and you can invite those you know in those areas to come join! You can tell a friend, relative or neighbor that is pregnant or has a child under 3 years of age about your experience in Early Head Start and what you like about the program.

You can invite them to come to an EHS event, to talk with your home visitor, or tell them how to contact EWU EHS. These are all great ways to tell them how they can get more information and begin enjoying the benefits of being in Early Head Start too!

Invite others to contact EWU Early Head Start at: 1-(800) 776-9136 ext. 3251 & ask for Sharon!