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Volume 12, Issue 10
Hello EHS Parents!

I hope you are all enjoying this long and beautiful autumn season.

A week or two ago my husband and I took a day’s drive up to Chewelah, across Flowery Trail Road over to Usk, and down LeClerc road along the Pend Oreille river to Newport. Even though I have lived and worked in this area for my whole life, I am continually amazed at its beauty.

We are truly fortunate to live in such a wild, rugged and mountainous area.

But with the beauty, comes risk. And two of the biggest risks that you face as parents of young children living in the Tri-Counties are bad roads during the winter months and long distances to health care.

This issue of the EHS Exchange Newsletter gives you information that you can use to reduce these risks.

**Winter Travel Preparation & Safety**

Please take time to read about preparing for winter travel. The best way to keep safe is to prevent accidents and to be prepared for winter travel emergencies.

At EWU we constantly tell our staff members that safety is always the most important priority. We let them know that if the roads are not safe for travel to cancel or reschedule home visits. We also ask them to cancel or reschedule Play & Learn socializations if the roads are dangerous for families to travel on.

And I also want to encourage you as a parent to always think safety first. If you are planning to attend a Policy Council meeting or a socialization event, and you think it may not be safe to drive, please stay at home and stay safe.

**Winter Illness**

With winter also come seasonal illnesses like colds, flu and pneumonia. These illnesses are usually contagious.

Infants and toddlers are especially vulnerable to dehydration and breathing problems.

Because of the long distances to health care, if you have concerns about your child’s breathing or if your child seems lethargic (like he or she has no energy at all), call your healthcare provider early.

Don’t wait until there is a crisis to contact your healthcare provider. If you need any help in finding or working with your health care provider, talk with your home-visitor. We are here to help!

At EWU we ask our home visitors to stay home if they have a contagious illness so they do not give it to you or your children.

And I want to invite you to please let your home visitor know if you or your family are sick so you can decide together if the home visit should be rescheduled or cancelled.

Please let us know what we can be doing to help you continue to make such a big difference in the lives of your children.

Have a Happy Thanksgiving!
Children graduate and transition out of EWU EHS once they turn 3 years old.

Recent Republic area EHS graduate Alexandria Hendrickson (at right) celebrated with her mom Bree, and her two sisters. Ashlae Cherry (at left with her mom Jenance) also celebrated her graduation from EHS in the Kettle Falls area. Ashlae has since transitioned to the Head Start program.

Congratulations and best wishes to these great graduates and their families from everyone at EWU Early Head Start!

October 2, 2014
EWU EHS Policy Council Meeting

Six members of the Policy Council met on Thursday, October 2. The Executive, Budget, Policy & Bylaws, Community Assessment and Self-Assessment, and Hiring Committees met prior to the general session.

EHS Parent and Community Engagement Manager Ray Roberts provided program updates including:

- EHS continues to be fully enrolled with a wait list.
- Budget expenditures and In-Kind are on track.
- Highlights of site-visit with Maria Wilson, Region X Office of Head Start Program Specialist
- Program Improvement Highlights and Upcoming Professional Development Activities.

Policy Council members:

- Approved the appointment of Emily Sinka to a vacant Parent Representative position.
- 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.
- Participated in a discussion on the needs of the Tri-County communities for the update to the EWU EHS Community Assessment

The upcoming meetings for the Policy Council are scheduled for Thursday, November 13 and Thursday, December 4.
Showing affection for your child can be expressed in many ways. But did you know research shows that your child greatly benefits from all of the affection and warmth they receive?

Parents (and other caregivers) expressions of warmth and affection happen as they protect, guide, communicate, teach, and play with children.

Sometimes people think about affection only in terms of holding, hugging, or stroking. While touch is a very important means of communicating positive feelings to children, warmth and affection can also be conveyed through:

- facial expressions, laughter and voice tone
- words of endearment (e.g., “Little One,”),
- encouragement, and playful teasing;
- a wide range of physical contact such as a brief tickle, leaning against, a quick pat on the head, or even a special handshake.

Smiling is a particularly effective way of conveying positive emotion from earliest infancy and may help children appreciate other forms of affection.

The different ways adults express affection is influenced by their backgrounds, beliefs, and feelings. Styles of expression can be adjusted for your family and cultural background, and to the needs, preferences, temperament, and disabilities of your child and expressed in ways that are comfortable for them.

Affection and warmth affects children’s social and emotional development and:

- Contribute to secure relationships between children and adults necessary for learning and growing;
- Provide models of positive, gentle behavior;
- Are linked with children’s ability to interact positively with peers; and
- Can help integrate withdrawn children and children with disabilities into the peers group.

Real Benefits For Your Child!

From the earliest moments of your child’s life, the relationship you (and other familiar adults in their lives) have with them will set the foundation for their social and emotional health.

Social and emotional health is a child’s growing ability to:

- express and manage a variety of feelings
- develop close relationships with others and
- explore his or her surroundings and learn (adapted from Zero to Three)

As your child’s first and most influential teacher, you can support their social and emotional health with affection and warmth during:

**Dressing**

Together, you and your infant can make dressing a special time for connecting. When you show patience and use gentle words, your infant learns from you how to be kind and patient. When you talk positively about what you are doing together your child learns that you like taking care of them.

**Meal Time**

You and your baby can connect during mealtimes through cooing, singing and looking at each other. Babies love your face and voice. You help them to feel safe when you speak gently. When you know what your baby needs and react, for example by feeding them, it sends a message to your baby that their needs are important.

**Play Time**

Infants are wired to learn and connect with people they love. Playing with your baby every day builds your parent-child bond. When you sing, read and talk with your baby and look into their eyes, it helps their brain to grow.

**Rest Time**

Infants, need time each day to rest. Just like us! Gentle routines—doing the same thing every day, will help your infant know what to expect and will help them ease into resting. Planning ahead to meet your infants needs each day will make it easier for them and for you.

**Diapering**

Diapering is an every day routine that creates an opportunity for connecting with your infant. When you coo, babble and talk with your infant it sends a message that they are important. They love your voice and face! Creating a simple routine for diapering—doing some things the same every day, can help your infant know what to expect and will make the experience smoother for each of you.

Adapted from: The Center for Early Childhood Mental Health Consultation, Georgetown University Center for Child and Human Development: Social Emotional Tips for Families with Infants.
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: Reading is for All Ages
- Developmental Parenting: The Importance of Affection, How it Benefits Your Child
Every year, enteroviruses cause coughing, sneezing, and fever for millions of children in the United States. This year, the enterovirus that is most commonly causing respiratory illness in children across the country is enterovirus-D68 (EV-D68). You can take basic steps to keep your child from getting and spreading EV-D68.

Infections with enteroviruses are usually common in the United States during summer and fall. This year, beginning in mid-August, states started seeing more children in hospitals with severe respiratory illness caused by EV-D68. Since then, the Centers for Disease Control and Prevention (CDC) and states have been doing more testing, and have found that EV-D68 is making people sick in almost all states, (with 2 confirmed cases in Washington State in King and Snohomish counties). Most of the cases have been among children.

EV-D68 is not new, but it hasn’t been as common in the past. While this has been a big year for EV-D68 infections, CDC expects the number of cases to taper off by late fall.

Children are at higher risk for Enterovirus-D68

Infants, children, and teenagers are at higher risk than adults for getting infected and sick with enteroviruses like EV-D68. That's because they have not been exposed to these types of viruses before, and they do not yet have immunity (protection) built up to fight the disease. If your child has asthma, he or she may be at greater risk for severe respiratory illness from EV-D68.

Know the signs of symptoms of Enterovirus-D68

EV-D68 can cause mild to severe respiratory illness.

- **Mild symptoms may include fever, runny nose, sneezing, cough, and body and muscle aches.**
- **Severe symptoms may include wheezing and difficulty breathing.**

Call your child's doctor if he or she is having difficulty breathing, if you feel you are unable to control symptoms, or if symptoms are getting worse.

Help protect your family from Enterovirus-D68

To help avoid catching and spreading EV-D68, parents and children should always follow these basic steps to stay healthy:

- **Wash hands often with soap and water for 20 seconds. Washing hands correctly is the most important thing you can do to stay healthy.**
- **Avoid touching eyes, nose and mouth with unwashed hands.**
- **Avoid close contact, such as kissing, hugging, and sharing cups or eating utensils, with people who are sick.**
- **Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.**
- **Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.**
- **Stay home when you are sick and keep sick children out of school.**


From the Center for Disease Control and Prevention (CDC) handout, What Parents Need to Know about Enterovirus D68, last updated October 14, 2014.
Keep Your Child from Getting and Spreading ENTEROVIRUS D68

- Avoid close contact with sick people
- Cover your coughs & sneezes
- Wash your hands often with soap & water
- Clean & disinfect surfaces
- Avoid touching your face with unwashed hands
- Stay home when you’re sick

www.cdc.gov/non-polio-enterovirus/EV68/
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*It’s Healthcare Sign-Up Time!*  
The Next Qualified Health Plan Open  
Enrollment is **November 15, 2014** to February 15, 2015.  
To apply or renew healthcare coverage, visit: [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org)  
or call (toll free): **1-855 923-4633**
Along with seasonal cold temperatures, snow and icy winter weather, comes more dangerous road conditions for Northeast Washington travelers.

The Washington State Department of Transportation (WSDOT) has the following tips on what to include in a winter emergency car kit and more on their web-site at: www.wsdot.wa.gov/winter.

What to Pack...

✓ Jumper cables to restart engine
✓ Cat litter or sand for tire traction on snow and ice
✓ Shovel to scrape snow away from tires
✓ Ice scraper to clear windshield
✓ Warm clothes gloves, a hat, sturdy boots, warm jacket and even a change of clothes
✓ Flashlights and extra batteries for increased visibility
✓ Blankets to keep warm inside the vehicle
✓ First aid kit along with any necessary medications in case you are stuck on the road
✓ Food pack items containing protein such as nuts and energy bars, also canned fruit and a portable can opener are good additions
✓ Water bring enough for each person in your car and any pets
✓ AM/FM radio to listen to traffic reports and emergency messages

Also consider...

✓ Baby formula and diapers for your small child
✓ Bring a fully charged cell phone and phone charger if you have them, with a list of emergency numbers
✓ Flares or reflective triangle
✓ Make sure your gas tank is full
✓ If you find yourself stranded, be safe and stay in your car, put on your flashers, call for help and wait until it arrives
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!