New Play & Learn Opportunities!
Page 2

What Is Developmental Parenting?
Pages 4 & 5

December & January Calendars
Pages 9 & 10

Safe Winter Driving
Page 10
Hello EHS Parents!

EWU Early Head Start is inviting you to bring your child to *Play and Learn* socialization events at one of our early learning centers in Colville or Newport.

That is right! If you have never been to a *Play & Learn* socialization event at one of our EWU centers, you and your child are missing out on some fun!

While we can and do have great *Play & Learns* in many locations, there is something special about spending time with your child at a place that is designed just for their learning and exploration.

Our EWU early learning centers in Colville and Newport have *Play & Learn* environments that are designed especially for infants and toddlers and their parents.

And now we are inviting you, no matter where you live in the Tri-Counties, to bring your child to a *Play & Learn* event at one of the centers.

EWU is increasing the number of days and times that are available to you and your child to come Play and Learn at Early Head Start!

Take a look at the monthly calendar to see dates, times and locations that may work for you and your child.

Talk with your friends and think about making a day of it... go shopping, run an errand or two and then reward yourself and your child with a visit to a *Play & Learn*.

For more information and directions, talk with your home visitor.

Happy Holidays!

Carolyn Sola
EWU EHS Director
Seven Policy Council members and the Head Start/ECEAP representative met November 13. The Executive, Community Assessment and Self-Assessment, Budget, Policies and Bylaws, and Hiring Committees met before the general session.

EHS Director Carolyn Sola provided program information and updates including:

- EHS continues to be fully enrolled with a wait list.
- Budget expenditures and In-Kind are on track.
- Update on the EWU EHS Governing Board and receipt of notification from Region X Office of Head Start that the structure and composition is acceptable.

Policy Council members:

- Discussed and approved the formation of an Ad-Hoc Committee on socializations to take an in-depth look at how the program can best provide socializations (Play & Learns) for program families.
- Unanimously approved Policy #205 Planning
- Participated in a discussion to provide input to the EWU EHS Self-Assessment
- Discussed the program’s Philosophy, Mission and Vision

The next scheduled meetings of the EWU EHS Policy Council are set for Thursday, December 4, 2014 and Thursday, January 8, 2015.

Complete Policy Council meeting minutes are posted at all EWU EHS Centers and can always be obtained by requesting them from any EWU EHS staff person, or by calling 1-(800) 776-9136 ext. 3157.
What is Developmental Parenting?

Every day you do something to support your child’s development. You are helping your child to develop and grow when you play music for your unborn child, play peek-a-boo with your baby, or chase your toddler around the table. Developmental parenting is the act of thinking about what your child can already do, and what they still need to learn, and using that information to plan for your child.

At EWU Early Head Start we have resources to support parents in learning about developmental parenting. Many parents have common questions about the same subjects and we call these subjects our developmental parenting topics. There are eight topics which affect almost all parents and which parents enjoy learning about.

1. **Attachment.** Beginning at birth, babies learn whether or not they can trust their caregivers to meet every day needs for food, comfort, and stimulation. Attachment is the trust relationship that develops between a baby and his main caregivers.

2. **Discipline.** Discipline is teaching a child the difference between acceptable and unacceptable behaviors.

3. **Health.** Health includes taking care of our bodies, finding a doctor we can trust, and completing preventive health activities, like check-ups, hearing and vision screenings, and immunizations.

4. **Nutrition.** Proper nutrition is important throughout life, but especially during infancy because it is a time of rapid growth. Did you know a typical infant will triple his birth weight during the first year of life? Between 1 and 2 ½ years old, children are learning to recognize hunger, identify what they need to eat, enjoy food, and stop eating when they have had enough.
5. Safety. Parents have a crucial role in recognizing and reducing potential hazards in their child’s environment to prevent accidents and injuries. Lead exposure, vehicle safety, drowning, choking, fire & burns, falls, and poisoning are all possible topics for you to consider when thinking about safety for your child.

6. Sleeping. Sleep-wake cycles begin developing around 6 weeks and become established between 3 and 6 months of age. The amount of sleep a child needs changes as they grow. Knowing what sleep needs to expect at which age can help you ensure that your child is well-rested and ready to learn.

7. Routines and Transitions. Children are exposed to countless transitions throughout the course of a day: changing diapers, putting on or removing clothing, starting and ending activities, moving to new locations, and even sleeping and waking. If we go about our daily tasks in a regular fashion, or routine, taking into account the unique needs of the child; we can reduce the amount of stress transitions can create.

8. Ways to Learn. School readiness includes the ability to tackle and persist at challenging or frustrating tasks, follow directions, take risks and make mistakes, and work as part of a group. Each child learns a little differently based on their curiosity, flexibility, persistence, and natural preferences.

These eight topics are now represented on the new Our Family Plan. The Our Family Plan asks you to circle topics you are interested in so that your home visitor can bring you the information you find most helpful and interesting. Talk with your home visitor about which topics you would like to explore.
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 in December and January we’ll be focusing on:

- Responsive Parenting—How it Benefits Children and Parents
- Brrr... It’s Time to Think About Winter Safety
- Personal Connections—It’s About Trust
Get Your Child's Blood Lead Levels Tested For FREE!!!

Do you have a child between 10 months and 3 years old?

This test will be offered FREE of charge to Early Head Start children through Tri-County Health.

Do you want to know your child's blood lead level?

This test is only available ONCE a year!

EHS Families: be sure and check your mail for an envelope from EWU EHS Health and Nutrition Manager Erin Miller, R.N. It has more information on lead safety and this great opportunity for Free Blood Lead Screenings at the dates and locations below.

Date: Wednesday, December 3rd, 2014
1 p.m. to 3 p.m.
Where: **Colville**
Colville EWU Early Head Start Center
146-D Buena Vista Rd.
Colville, WA 99114

Date: Wednesday, December 17th, 2014
11 a.m. to 2:30 p.m.
Where: **Newport**
Newport EWU Early Head Start Center
233 N. Washington Ave.
Newport, WA 99156

Please complete the Consent Form enclosed in the mailing and bring it with you. The screening is a finger poke test and takes about 10 minutes to do.

Please be aware that there may be wait times. All appointments are Walk-In, and on a first-come, first-served basis.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Northport Play &amp; Learn Northport CE Bldg. 10 - 11:30 am Newport Play &amp; Learns (2) 11 am - 12:30 pm &amp; 1 - 2:30 pm</td>
<td>Colville Play &amp; Learn EHS Colville Center 1 - 2:30 p.m.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>14</td>
<td>Policy Council In Colville 9:30 am - 2:30 pm</td>
<td>Northport Play &amp; Learn Northport CE Bldg. 10 - 11:30 am</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Newport Play &amp; Learns (2) 11 am - 12:30 pm &amp; 1 - 2:30 pm Springdale Play &amp; Learn Springdale Fire Station 12:30 - 2 pm</td>
<td></td>
<td>All Staff Meeting In Spokane</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>17</td>
<td></td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Northport Play &amp; Learn Northport CE Bldg. 10 - 11:30 am Newport Play &amp; Learns (2) 11 am - 12:30 pm &amp; 1 - 2:30 pm Springdale Play &amp; Learn Springdale Fire Station 12:30 - 2 pm</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Christmas Day Holiday</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Happy Holidays From Everyone At EWU EHS!</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### January 2015

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>New Year’s Holiday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| **Newport**  
Play & Learn  
EHS Newport Center  
10:30 am—12 pm  
**Colville**  
Play & Learn  
EHS Colville Center  
10:30 am—12 pm | **Newport**  
Play & Learn  
EHS Newport Center  
3—4:30 pm  
**Colville**  
Play & Learn  
EHS Colville Center  
3—4:30 pm |     | **New Year’s Holiday**  
Policy Council  
in Colville  
9:30 am - 2:30 pm |     |     |     |
|     |     |     | 4   | 5   | 6   | 7   |
|     | **Newport**  
Play & Learn  
EHS Newport Center  
10:30 am—12 pm  
**Colville**  
Play & Learn  
EHS Colville Center  
10:30 am—12 pm | **Newport**  
Play & Learn  
EHS Newport Center  
3—4:30 pm  
**Colville**  
Play & Learn  
EHS Colville Center  
3—4:30 pm |     |     |     |
| 8   | 9   | 10  | 11  | 12  | 13  | 14  |
| **Newport**  
Play & Learn  
EHS Newport Center  
12:30—2 pm  
**Colville**  
Play & Learn  
EHS Colville Center  
12:30—2 pm | **Newport**  
Play & Learn  
EHS Newport Center  
10:30 am—12 pm  
**Colville**  
Play & Learn  
EHS Colville Center  
10:30 am—12 pm |     |     |     |
| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
|     |     |     | **Martin Luther King Jr. Holiday**  
         |     |     |     |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
|     |     |     |     |     |     |     |
| 29  | 30  | 31  |     |     |     |     |
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 developed information to keep you informed and provides safety tips for traveling on roads and highways this time of year.

The WSDOT recommends that you keep your vehicle in top operating condition all year round for safety and fuel economy, keeping your gas tank full and reading your owner’s manual. They offer the following winter driving tips and many more on their web-site at: www.wsdot.wa.gov/winter.

**Safe Winter Driving Tips**

Prepare Yourself and Your Vehicle. Before leaving home, find out about the driving conditions and prepare your vehicle. Safe drivers know the weather, and they know their limits. If the weather is bad, remember...

*Ice and Snow, take it Slow,* or... *just don't go.*

**Safe Travel on the Road**

Winter Conditions call for different driving tactics, *Ice and Snow, take it Slow:* slower speed, slower acceleration, slower steering, and slower braking. Give yourself extra time to reach your destination safely. It's not worth putting yourself and others in a dangerous situation just to be on time.

- Drive with your headlights on
- *Ice and Snow, take it Slow.* Drive for conditions. Don’t get overconfident with four-wheel drive. Four-wheel and all-wheel vehicles do not stop or steer better on ice.
- Avoid using cruise control or overdrive. Don’t let your car make a bad decision for you.
- Leave extra room between your vehicle and the vehicle in front of you. And remember, the larger the vehicle, the longer the stopping distance.
- Avoid abrupt actions while steering, braking or accelerating to lessen the chances of losing control of the vehicle.
- Look farther ahead in traffic. Action by other drivers will alert you to problems and give you extra time to react.

Stopping on snow and ice without skidding requires extra time and distance. If you have anti-lock brakes, press the pedal down firmly and hold it. If you don’t have anti-lock brakes, gently pump the pedal. Either way, give yourself plenty of room to stop.

**Mountain Pass Reports:** Drivers can access text updates on 15 Washington mountain passes, view images from traffic cameras and see the mountain weather and roadway conditions via the web at www.wsdot.wa.gov/traffic/passes. These WSDOT mountain pass reports begin Nov. 1 and are updated 24-hours a day, seven days a week during winter months.
Wishing You and Your Family
Every Happiness & Good Health
This Holiday Season and
Throughout the Coming Year.

~ Carolyn Sola & the EWU EHS Team ~
Season's Greetings and Happy New Year!