

EARLY HEAD START



UPDATE

THE LATEST ON THE CORONAVIRUS

MASK UP

Masks or face coverings should be worn in indoor public spaces and anytime in public when you are near others who are not in your immediate household.

Wearing a mask is about protecting others. When you wear a mask, you protect others, and when others wear a mask they protect you. It's just like holding a door open for someone: It's being kind and courteous. So continue to practice social distancing and MASK UP.

WHEN TO WEAR A MASK/FACE COVERING

While in public, you should use a mask, scarf or other face covering. This includes indoor spaces and outdoor spaces when you are near others who are not in your immediate household. Those with breathing challenges or those under the age of two should not wear a mask.

WHY WEAR A MASK/FACE COVERING

To protect others: When you wear a mask you protect others by preventing the spread of your own germs. Unknown COVID-19 status: You may have COVID-19 or have been exposed to the virus without showing symptoms.

TRANSITION INFORMATION

HEAD START HERE I COME!

For our families who will be transitioning a child to Head Start, we wanted to provide you with an update from our community partners.

For Abbeville, St. Mary Community Action Agency will be calling all of the transitioning families to set up a face-to-face meeting in the coming weeks. Families will need to bring current proof of income to their scheduled meeting.

For Lafayette, we are awaiting details from CDI Head Start. CDI Head Start is closed for the remainder of the summer. Families of transitioning children will be notified as soon as a schedule of events and/or a plan has been discussed on how we will proceed.



FAMILY ENGAGEMENT

PUZZLE PLAY

WHY THIS IS IMPORTANT?

By placing items in a muffin pan, your baby gains skill in judging sizes and shapes with his eyes and testing them with his hands. He will enjoy holding the ball and fitting it into the pan. Each time he practices picking up the items in this simple puzzle and moving them, he learns more coordination.

WHAT YOU DO?

- Look for objects around the house that will fit into the cup of a muffin pan. The fit needs to be fairly snug so it feels like a puzzle. Apples, oranges, and balls work well.
- Sit with your child and encourage him to explore the pieces in front of him. You're putting the apple in the hole!
- Follow his cues to determine his interest level. Allow him to use the pieces in other ways. You took the ball out of the pan and now you're rolling it on the floor.
- Try counting the pieces, talking about colors and textures, and describing your child's actions.

CREATE MEMORIES

STAY ACTIVELY ENGAGED AS A FAMILY

With the cancellation of play dates, birthday parties, and sleep overs/unders, your household calendar is likely wide open—this is a great time to do the following as a family:

- Play card and board games
- Make art or do crafts together
- Cook and bake together—talk about math as you prepare the recipe
- Sort through bookshelves, revisit favorite titles and make a pile to donate
- Change family picture frames and revisit memories as you change photos
- Make a photo book together
- Perform a readers theater together—make up a play or production
- Sing, play piano or other instruments
- Make puppets and put on a puppet show
- Have a dance party, do fitness activities together, and play in the yard as a family
- Write letters or make cards for family members you cannot visit.
- Do puzzles—make up number puzzles or riddles

Establish routines—it is more important now than ever to create a sense of structure at home with device-free meal times, physical movement, and a balance between academics/work and enjoyable activities that can reduce stress, as well as time provide opportunities to connect with family and friends. Also, eating healthy meals, exercising, and getting adequate sleep are essential to physical and emotional health.



FAMILY WELLNESS

STAY MENTALLY FIT

UWA Early Head Start has a strong partnership with the Family Tree. Through the tele-health services and cellphone capability, mental health services will be available to assist and guide you during this difficult time. If you are in need of mental health counseling or support, please contact your Center Director for additional information.



RESOURCE CORNER

HELPING FAMILIES MEET THEIR BASIC NEED FOR FOOD

United Way of Acadiana is committed to connecting our families to available resources in the community.

The Pandemic Electronic Benefit Transfer (P-EBT) program provides some households an EBT card with the value of the free school breakfast and lunch reimbursement rates for the days that schools are closed. Schools must close for at least five consecutive days for families to receive a P-EBT card. Eligible households include those whose children are certified to receive free or reduced-price school meals and who attend schools that offer free school meals. The P-EBT program is currently available in 19 states.

For Louisiana, the Department of Education is providing the P-EBT program to children who were enrolled in a Pre-K - 12th grade school district. **Although UWA EHS does not qualify for this program, families that include other siblings enrolled in a public or private sector and received free or reduced lunch will qualify.** Note that if a Head Start program is part of a school system, they will qualify.

USDA National Hunger Hotline The National Hunger Hotline offers information for individuals and families on how to obtain food. Hotline staff connect callers with emergency food providers in their community, government assistance programs, and various social services.

The service is available in English and Spanish, Monday-Friday from 7 a.m. to 10 p.m. ET. English: 1-866-3-HUNGRY (1-866-348-6479) Spanish: 1-877-8-HAMBRE (1-877-842-6273)