

EARLY HEAD START



UPDATE

THE LATEST ON THE CORONAVIRUS

EIGHTH COVID-19 related death reported in Louisiana

March 19, 2020

The Louisiana Department of Health reports an eighth death related to COVID-19. The 60-year-old individual was a St. James Parish resident. Going forward, LDH will report COVID-19 related deaths twice per day, at 9:30 a.m. and 5:30 p.m., as needed. While older individuals and those with underlying medical conditions are at greater risk, everyone can become exposed to COVID-19 and must be vigilant to protect their health.

According to the Centers for Disease Control and Prevention, some of the serious chronic health conditions include heart disease, diabetes and lung disease. For updates on positive cases and deaths, visit the Louisiana Department of Health's COVID-19 webpage.

Everyone is warned to take the necessary precautions to help limit the spread of COVID-19 and stay safe and healthy. These precautions include:

- Washing your hands for at least 20 seconds and frequently.
- Covering your cough or sneeze with your arm.
- Avoiding touching your face.
- Routinely cleaning and disinfecting frequently touched surfaces.
- Avoiding close contact with others.
- And staying home if you are sick.



THINKING OUTSIDE THE BOX

LUNCH FOR TODAY, BREAKFAST FOR TOMORROW

United Way of Acadiana Early Head Start is committed to helping you meet your basic needs during this challenging time. We will continue to find opportunities to educate, engage and empower you. Our initial step was to ensure that our children continue to obtain healthy meals. Read the newsletter to learn more about what we will be doing to support learning, nutrition and wellness.



HEALTH

WASH YOUR HANDS OFTEN TO STAY HEALTHY

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

FAMILY RESOURCES

LUNCH FOR TODAY, BREAKFAST FOR TOMORROW

Food security has been a priority for us because we understand the negative impact the coronavirus may have on families who are now having to feed their children during the recent school closures. EHS will continue to provide healthy meals to the children and families we serve. Each family/child enrolled in our program will receive a week's work of meals, which includes breakfast, lunch and snack in a pre-packaged box every Monday beginning March 23, 2020 through April 13, 2020.

Families are asked to pickup their meals at the center on Mondays from 8:30 a.m. until 10:30 a.m. The safety of our children and staff is a priority, therefore, we are implementing the grab and go process. If you have any questions or concerns, please contact your Center Director.

The education of our children remains key to their success. Therefore, teachers will maintain daily communication with each child/family during center closures. We have identified creative and innovative strategies that will allow our teachers to maintain their most vital relationships with their children and continue to help them meet key milestones in their education.

EHS thanks you for your support and patience during this challenging time. We are here to support you and we encourage you to stay healthy and safe.

Keler Mitchell

Vice-President of Early Head Start



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.



LEARNING CORNER

TOGETHER-TIME ACTIVITIES - IN THE KITCHEN

In the kitchen, you and your children can do many things together: put away groceries, prepare meals and snacks and even set the table. Every family member can have a job to do! Your children will feel good about their successes as they use their large and small muscles and look for shapes and colors. Be sure the kitchen is a safe place. Keep sharp objects out of reach. Remind your children about family rules in the kitchen.

Help your children become aware of differences in foods.

Talk with your children about the size, taste texture, and color of foods. Help them to recognize the differences between rough and smooth surfaces, salty or sweet tastes, and the odors of certain foods. Ask them to talk about changes in foods as you cook them ('How did it look when it was raw?... when we started to cook it?... how does it look now?'). Help your children to compare the before and after. Talk with your children about any foods that have special meaning to your family.

Look for shapes or colors around the kitchen in and on the cabinets, refrigerator and stove.

Ask your children to find circles, triangles, or squares. Play the game, 'I see something you don't see and the color (or the shape) IS...' Your children can name the items or foods that are in the kitchen and that fit the description until they get to the item you have in mind.

Set the table with your children.

Ask your children to make sure there is one plate, one glass, and so on, for each person. Talk about how to handle the dishes and silverware, so they stay clean and unbroken.