

DECEMBER 2024

Monthly Newsletter



Our Head Start Program is operating in three state-licensed centers this year:

Barrington Center: 616 Grant St, Wausau, 715-845-2947

Teachers: Ms. Judy, Ms. Pang, Ms. Natasha,

Ms. Jen, Ms. Kari, and Ms. Anna,

Stoddard Center: 6615 Cty. Rd J, Weston, 715-573-3698

Teachers: Ms. Debbie and Ms. Shaina

Kathleen M Czech Center: 607 13th St, Mosinee, 715-693-4003

Teacher: Ms. Mikaela

Note From the Director...

The weather is quickly changing - if you need assistance obtaining winter boots, snow pants, and winter coats for your child(ren) please contact your family advocate or teacher so they can help you get ready for the cold snowy weather!!

Important Weather Announcement: Your child's SAFETY is always TOP priority!! If all 3 of the local school districts (DCE, Wausau, and Mosinee) are all closed for inclement weather we will also be closed. If only one or two are closed—wait for a school message in your email inbox. On some rare occasions we may remain open if Lamers decides the roads are safe to travel on. We will post closings on our Facebook page, Channel 7 and 9, and on the local radio stations.

YOU are your child's first and MOST important teacher...we are working together to prepare them for the many years of school to come!

Rhyme: A Chubby Little Snowman

A chubby little snowman had a carrot nose. Along came a rabbit, and what do you suppose?

That hungry little bunny, looking for his lunch

ATE the snowman's CARROT nose

Nibble, Nibble, CRUNCH!



Follow us on Facebook: Marathon County Child Development Agency, Inc. Head Start



Policy Council 2024-25 Katie Crotteau - President Samantha Wehrs – Vice President Theresa Seidenkranz - Treasurer Members: Jesus Favela, Mara Mullen, Ryan McGuire

Take time to enjoy family time together take a walk, play a board game, or watch a movie! Andrea Velasquez **Executive Director**

2024 Board of Directors Kristen Lonergan - President Peter Rotter - Vice President Kate Kipp - Treasurer Rachel Craig – Secretary

Members: Alicia Richmond, Randy Gabriel, Corrie Norrbom, and Kara Rakowski

Put these events on your calendar:

Life Touch Picture Days December 3, 4, 5

Family Event Night: December 19, 4:30-6pm

December Head Start Activities & Information Calendar Head Start Activities &

Please note your child's Classroom's Family Day - We hope you are able to attend! This is a great opportunity for your child to show you some of the things they are learning while at school

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	BARRINGTON Rm 4, 11, 13 PICTURE DAY 8:30-1:00 BARRINGTON Families 4 Kids 1:15 BARRINGTON Classrooms Rm 3, 10 & 14 Activity Day 2:15	BARRINGTON Rm 3, 10, 14 PICTURE DAY 12:00-5:00 STODDARD Families 4 Kids 1:15 STODDARD Classrooms Activity Day 2:15	STODDARD PICTURE DAY 9-1 BARRINGTON Posture Screening w/ Dr Lexy KMC Families 4 Kids 1:00 KMC Classroom Activity Day 2:00	NO SCHOOL for ALL Head Start Centers	7
8	9 Barrington "Fit Families" with Morgan	10 KMC & Stoddard "Fit Families" with Morgan BARRINGTON Families 4 Kids 1:15 BARRINGTON Classrooms Rm 4, 11 & 13 Activity Day 2:15	11 Rm3 field trip to Caked It Bakery 9:15-11:30 Head Start's Board of Directors & Policy Council Meeting 6:00	12 Rm10 field trip to the Library 9:30-11:30	NO SCHOOL for ALL Head Start Centers	14
15	16	17	18 Rm10 field trip to Caked It Bakery	ALL CENTERS PAJAMA DAY Head Start's FAMILY NIGHT ALL families welcome to join us at our Barrington Center 4:30-6:00 WEAR YOUR PJS	NO SCHOOL for ALL Head Start Centers	21
22	23 WINTER BREAK NO SCHOOL for ALL Head Start Centers	24 WINTER BREAK	25 WINTER BREAK	26 WINTER BREAK	27 WINTER BREAK	28
29	30 WINTER BREAK	31 WINTER BREAK	January 1 WINTER BREAK	January 2 Back to School!! All Head Start Centers	January 3 All Head Start Centers in session today	

What's Happening in the Classrooms?

In October, we participated in these fun learning activities!



A visit from Minnie to Ms. Debbie's Room-Stoddard



Just Right Ukrainian Bakery Ms. Jen's Room-Barrington



Musical Storytime Ms. Anna's Room-Barrington



Field trip to Schmeeckle Reserve, Stevens Point Ms. Judy's Room-Barrington

Exploring your Child's Mental Health with Tucker Turtle and the Pyramid Model!

Families, I had a great time visiting with you at the November Family Night! I know the month of December can be very busy and hectic with winter break, family get-togethers, and changes in your daily routine. I wanted to give you a few tips that might help with this busy, crazy time of the year!



Prepare your child for change!

Changes to talk about:

- -Schedule change
- -Changes in the environment
- -New activities that might happen (going on a long drive or visiting someone new)
- -Different people they might be seeing or meeting

Enjoy December!

Have a great winter break!

Appreciate the extra time to spend with the special people in your lives!

See you next year!

Tucker

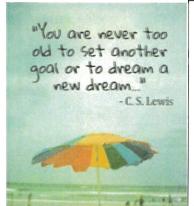
Additional things to try:

- -Keep routines as consistent as possible
 - -Remind them a change is coming
 - -Give clear & positive directions
 - -Give choices whenever possible
- -Give them 4 to 20 seconds to process & respond to a request
 - -Reassure the child that everything will be fine
- -Take "family rest" breaks to run, jump, & just play

(You need them as much as your child needs them!)

Family Service

SUPPORT. STRENGTHEN. SERVE.



December is a time for reflection on our past experiences and an opportunity to plan for the future. Many of us make resolutions; while some succeed in keeping them, others do not. We hope you took chances, made positive changes, and overcame any challenges you faced over the last year. Remember, your family advocate is always here and ready to support you and your family in achieving your goals. Wishing you all the best as we move into 2025. We hope everyone enjoys the holiday season with your loved on

LEAP (Learning Essentials about Parenting)

Parenting is a joy but challenging too! This 9-week series includes topics: building self-esteem, child development, communication skills, media, positive discipline techniques and more. These classes are held every Monday from 6:00-7:30 PM and 11:30 AM-1:00 PM on rotation at the Children's Wisconsin Family Resource Center. Please reach out to your Family Advocate if you would like more information about this great resource.



Do you want to build a snowman on DECEMBER 19th from 4:30 pm to 6:00 pm @ Wausau Barrington Center?



Family Service Staff

Our goal is to support you in your very important role as a parent. Please contact your Family Advocate with any questions you may have.

Angie FCPS/FA Call: 715-318-6923 Text: 715-877-4497 Email: angelavisgar@gmail.com Erin FA Call: 715-318-7206 Text: 715-814-3443 Email: erinlemmer@mccdahs.org Michelle FA Call: 715-318-6947 Email: michellefelch@mccdahs.org Text:715-578-5809 Tiffany FA Call: 715-318-7211 Text:715-800-7130 Email: tmeschefske@mccdahs.org



Dear Families,

As we are preparing to take time off from school **December 23rd - January 1st** for winter break, we want to thank everyone who has contributed to increasing attendance for the students. Daily routines are essential for reducing stress and creating a sense of security for students and adults.

Below are some ideas to help avoid the winter blues.

- Stay Active:
 - o Encourage indoor exercises like dancing or yoga.
 - o Enjoy outdoor activities like sledding and building snow families.
- Incorporate the Season:
 - o Engage in winter-themed crafts.
 - Bake and cook seasonal treats together.
- Establish Routines:
 - o Maintain a consistent daily routine.
 - o Balance screen time with other indoor activities.
- Foster a Positive Mindset:
 - o Speak positively about winter.
 - o Practice daily gratitude for winter joys.
- Stay Connected with Nature:
 - o Keep a nature journal to observe winter changes.
 - Watch and document winter birds.

May you enjoy creating lasting memories as a family during these days off.

Thank you for partnering with us!

Sincerely,

Head Start Preschool Staff

ATTENDANCE NEWS

Please remember to call your child's teacher if your child will be absent from school or if they are running late. If they do not hear from you, they are required to call.



Academic performance:

Chronic absenteeism in early years can predict poor academic performance in later grades.

Parent engagement:

Good attendance can reflect strong parent engagement.



Attendance Incentive:

Each child meeting 100 percent attendance for the month will receive a certificate and small reward.

December Classroom Attendance:

Great job!



Barrington – Wausau Stoddard – Weston

Miss Anna: 96% Miss Debbie: 87%

Miss Judy: 89% Miss Shaina: 89%

Miss Jen: 87%

Miss Tasha: 92% Czech - Mosinee

Miss Pang: 90% Miss Mikaela: 97%

Miss Kari: 92%

Serving Meals "Family Style"

Your child is learning new skills through family style meals at child care. Food is offered in serving bowls and plates, and children serve themselves and talk with others at mealtime. Family style meals can help your child:

- Build confidence with practice.
- Strengthen the small muscles in the child's hands.
- Decide how much to eat.
- Talk and connect with others.

Try Family Style Meals at Home

- Place each food on its own serving plate or bowl. You can start small by choosing one food item to pass around the table.
- Sit down together. Turn off the television and put down the phones for fewer distractions.
- Pass each serving plate or bowl around to each person at the table. Help young children pass the bowl or plate if needed.
- Let each person serve their own food. Teach children to keep the bowl on the table when serving themselves. Use the serving spoon to scoop the food.
- Talk with one another. Check out "Talk With Me" on the next page for ideas.

Support Young Children at Mealtime

- 1. Sometimes new foods take time. Children don't always take to new foods right away. You may need to offer a food more than 10 times before your child might like it.
- Patience works better than pressure. Offer your children new foods. Then, let them choose how
 much to eat. Children are more likely to enjoy a food when eating it is their own choice. It also helps
 them learn to be independent.
- Accept that it may be messy at first. It will take practice for children to learn to serve themselves.
 But, the mess is worth the benefits. Letting them continue to practice will strengthen their skills—creating less mess.

SNAP and WIC Benefits

Is your household in need of more food? You may qualify for USDA's Supplemental Nutrition Assistance Program (SNAP), Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), or other nutrition assistance programs. Find your State contact at www.fns.usda.gov/contacts.



Talk With Me!

Choose fun and happy things to talk about at your next meal. Cut out the conversation starters below. Let your child pick one before each meal.

What made you feel happy today?



What did you have to eat at lunch today?



What's your favorite veggie? Why?



Tell me one thing you learned today.



What made you laugh today?



RSV: When It's More Than Just a Cold

By: Andrea Jones, MD, FAAP

Almost all children get <u>RSV</u> at least once before they are 2 years old. For most healthy children, RSV is like a cold. But, some children get very sick with RSV.

What is RSV?

RSV (or respiratory syncytial virus) is one of the many viruses that cause respiratory illness—illnesses of the nose, throat, and lungs. This virus usually occurs in the late fall through early spring months but can vary in different parts of the country.

With mask-wearing and physical distancing for COVID-19, there were fewer cases of RSV in 2020. However, once safety measures relaxed with the arrival of <u>COVID-19 vaccines</u>, a rise in RSV cases began in spring 2021. The spread of RSV and other seasonal <u>respiratory illnesses</u> like influenza (<u>flu</u>) has also started earlier than usual this year.

Cold: Upper Respiratory Tract Infection	Bronchiolitis: Lower Respiratory Tract Infection
Cold symptoms may include:	May include cold symptoms, plus:
 Fever (temperature of 100.4 or higher) Cough (dry or wet sounding) Congestion Runny nose 	 Fast breathing Flaring of the nostrils & head bobbing with breathing Rhythmic grunting during breathing (see sound clip clip, below) Belly breathing, tugging between the ribs and/or the lower neck (see video, below)
SneezingFussiness	• Wheezing

How hard is your baby breathing? What to look for.

Chest wall retractions happen when a baby must use muscles between the ribs or in the neck to breathe. It is a sign that your baby is having to work harder than normal to breathe. Watch your child's rib cage as they inhale. If you see it "caving in" and forming an upside-down "V" shape under the neck, then they are working too hard.

Is your baby or young child at a greater risk of this respiratory illness?

Infants with a higher risk for severe RSV infection include:

- 12 weeks old or younger at the start of RSV season
- Premature or low birth weight infants (especially those born before 29 weeks gestation)
- Chronic lung disease of prematurity
- Babies with certain types of heart defects
- Those with weak immune systems due to illness or treatments
- Additional risk factors for severe RSV infections include <u>low birth weight</u>, having siblings, a mother's smoking during pregnancy, exposure to <u>secondhand smoke</u> in the home, history of allergies and eczema, not breastfeeding, and being around children in a child care setting or living in crowded living conditions.

When should you call the doctor?

RSV symptoms are typically at their worst on days 3 through 5 of illness. Fortunately, almost all children recover from an RSV infection on their own.

Call your pediatrician right away if your child has any:

- Symptoms of bronchiolitis (listed above)
- Symptoms of dehydration (fewer than 1 wet diaper every 8 hours)
- Pauses or difficulty breathing
- Gray or blue color to tongue, lips or skin
- Significantly decreased activity and alertness

Some children with RSV may be at increased risk of developing a bacterial infection, such as an ear infection. Call your doctor if your child has:

- Symptoms that worsen or do not start to improve after 7 days
- A <u>fever</u> (with a rectal temperature of 100.4°F or higher) and they are younger than 3 months of age (12 weeks).
- A fever that rises above 104°F repeatedly for a child of any age.
- Poor sleep or fussiness, chest pain, ear tugging or ear drainage

poweredkids



Tips for keeping kids healthy at home

SPLASH! WHY WE NEED A BATH



Today we talked about the importance of taking a bath or shower on a regular basis. Some of the reasons are:

- 1. Physical Health—Regular baths or showers with a mild soap, followed by drying with a clean towel, help wash away germs and prevent illness, infection, and other problems.
- 2. Mental Health—Taking a bath or shower in the morning can be invigorating and help you wake up; in the evening it can be soothing and help you calm down.
- 3. Social Health—Bodies have odors...lots of them. The less often we clean ourselves the more likely we are to develop noticeable odors that turn people off. The appearance of not being clean can also put some people off or cause us to feel self-conscious and insecure. Most people don't need a lot of deodorant, special creams, or perfumes to look, feel, and smell clean as long as they are following a regular cleaning routine.

AT HOME ACTIVITY

Make bath or shower time fun! Bath time doesn't have to be a drag. There are lots of ways to get your kids excited about taking a bath. Here are a few ways you can try to make bath time, a good time:

- Play some calming, happy music or sing songs with your child.
- Have on hand some waterproof toys that won't go down the drain.
- Try out "soap crayons" that can be used on body or on the side of the tub.
- Keep a supply of clean fluffy towels on hand for drying

CLEAN AND HEALTHY TEETH



Keeping teeth clean is part of a healthy lifestyle. Brushing your teeth twice every day keeps your teeth—and your gums—clean and healthy.

Even if your child doesn't have permanent teeth yet, he or she still needs to brush. If your child doesn't brush, the permanent teeth growing underneath can be damaged by the tooth decay that can be growing on the surface.



Community Gift Wrapping Station - Wausau

Dates: Dec 1st, 8th, 15th, 22nd Time: 1:00 pm – 4:00 pm

RISE UP Wisconsin

130 1st St, Suite 2 Wausau, WI 54403



Details:

Thanks to the generous hearts of Wausau donors, we have a large amount of gift wrapping for you to come use to wrap your upcoming holiday gifts to loved ones (FOR FREE). Wrap your presents at our gift-wrapping station during our Sunday Open Studio days.

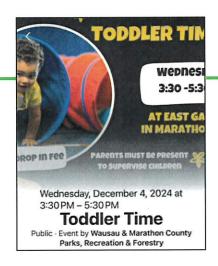
Toddler Time - Wausau

Dates: Dec 4th, 11th, 18th (continues through April)

Time: 3:30 pm - 5:30 pm

Wausau & Marathon County Parks, Recreation, & Forestry

Marathon Park 1201 Stewart Ave Wausau, WI 54401



Details:

Toddlers and pre-school-aged children will enjoy fun at the East Gate Hall in Marathon Park. There are plenty of toys and room to move around in the gymnasium! Toddler Time is for kids ages 6 months to 5 years with a parent; no older children please. Drop-in fee is \$2 per child, or a 10-visit pass is available for \$16. No fee for babies or adults, and no pre-registration is required. Parents must supervise their children. Questions? Call 715-261-1550.

***Head Start Preschool, Marathon County Child Development Agency is not affiliated with any of these events, nor does it represent any of the businesses holding events.

Holiday Parade - Wausau Date: Friday, Dec 6th

Time: 6:30 pm - 8:30 pm

Wausau Events

Downtown Wausau 531 Jefferson St Wausau, WI 54403 Friday, December 6, 2024 at 6:30 PM – 8:30 PM

Wausau's Holiday
Parade 2024

Public - Event by Wausau Events

Details:

The parade will start out at Marathon Park. The route will then head towards the 400 Block in Downtown Wausau where parade floats will be announced. The parade can be viewed from many locations along Stewart Ave and around the Downtown area. Chairs, blankets, and warm outfits are suggested for ultimate viewing.

Santa & Mrs. Claus will be available for meet and greets inside of the Warming Party (Located inside Washington Square) on the night of the parade from 5:00 pm - 7:00 pm. Free cookies for the kids will be available too!

Cocoa & Clicks with Santa - Wausau

Date: Saturday, Dec 7th Time: 9:00 am - 12:00 pm

The Waraksa Group – Rock Solid RE LLC

212 Sturgeon Eddy Rd Wausau, WI 54403

Saturday, December 7, 2024 at 9 AM - 12 PM Cocoa & Clicks with Santa Public - Event by The Wanklas Group - Rock Salid Re LLC Salid Re LLC

Details:

Join us for a festive day of fun with Photos with Santa! Enjoy our Hot Cocoa Bar, delicious cookies, holiday coloring activities, and more. It's the perfect way to kick off the holiday season with family and friends. Don't miss out on the joy and memories!

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Christmas Craft & Vendor Show, Photos w/ Santa & Parade - Mosinee

Date: Saturday, Dec 7th Time: 9:00 am – 3:00 pm

Mosinee Area Chamber of Commerce (MACOC)

Mosinee High School 1000 High St

Mosinee, WI 54455

Details:

Christmas Craft, Small Business, and Vendor Show: 9:00 am – 3:00 pm

Photos with Santa: 9:00 am - 1:00 pm

Christmas Parade: 6:00 pm



Christmas Festival - Wausau

Dates and Times:

Saturday, Dec 7th 10:00 am – 8:00 pm Sunday, Dec 8th 9:30 am – 1:00 pm

Willow Springs Garden

5480 Hillcrest Dr Wausau, WI 54401

An Old Taskioned Saturday, December 7, 2024 at 10AM—8PM Old Fashioned Christmas Festival Public - Event by Willow Springs Garden

Details:

Join us for the traditional ways of preparing for the Christmas season. Crafts Saturday and Sunday, horse-drawn sleigh rides (11:30 am – 3:00 pm Saturday, \$5), coloring contest, food, lantern loft at 6:30 pm Saturday, and so much more. Visit us at our website to see all of the details (https://www.willowspringsgardens.com/event-calendar.html).

Admission to the festival is free. Saturday Feast and Sunday Brunch reservations are appreciated and can be made online at our website or by leaving a message at Willow.

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Santa Paws - Wausau Date: Saturday, Dec 7th

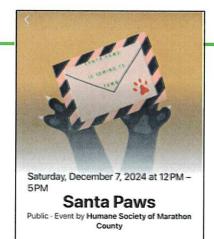
Time: 12:00 pm - 5:00 pm

Human Society of Marathon County

7001 Packer Dr Wausau, WI 54401

Details:

Your favorite fundraiser is back!



Santa Paws has confirmed he will be in town for one day only this year and he wants to see your pets, whether they have been naughty or nice!

Enjoy some baked goods and hot apple cider while you are here too!

Bring your pet, your family, your children, or yourself and a \$10 donation (cash or check) to get a color keepsake photo with Santa Paws!

Our Santa Paws hotline system will be active to hold your place in line if wait times become too long.

December

Head Start Family Activity Calendar

2024

Complete all days or just a few days

— Initial the days you complete

Please refurm signed calendar to your child's teacher at the end of the month and you will be credited volunteer time for those activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Build an obstacle course in the living room Initial if complete activity (10 min)	Go on a rectangle hunt – how many can you find INSIDE Initial if complete activity (5 min)	Go on a rectangle hunt – how many can you find OUTSIDE Initial if complete activity (5 min)	Draw a picture about what you see when you look outside – ask adult to write down what you drew Initial if complete activity(5 min)	Sing "If You're Happy and You Know It" slow and then fast with actions Initial if complete activity (5 min)	Read story of gingerbread man –act out the story by running in place Initial if complete activity(5 min)	Bake or decorate gingerbread cookie: Initial if complete activity (10 min)
Play a Matching Game Initial if complete activity (5 min)	Practice Tucker Turtle breathing 3 times – Hold up hand breath in when go up your finger and out when you go down your finger Initial if complete activity (5 min)	10 Find 10 green things and place them biggest to smallest Initial if complete activity (10 min)	Count to 20 doing each of the following: Jumping jacks, Toe touches, and Windmills Initial if complete activity (5 min)	12 Write your name 5 times Initial if complete activity (5 min)	13 Make paper chains and hang it up inside the house Initial if complete activity (10 min)	Go for a walk and count how many lights you see on trees or houses Initial if complete activity(10 min)
15 Sweep or Mop the floor together Initial if complete activity (5 min)	16 Draw a picture to give to someone special Initial if complete activity	17 Find triangle shapes Initial if complete activity (5 min)	Take a walk in the snow & step in each others footprints Initial if complete activity(5 min)	19 Use scissors to cut up junk mail Initial if complete activity_ (5 min)	20 Dance to your favorite music Initial if complete activity_ (5 min)	Paint the snow with water mixed with food coloring Initial if complete activity(10 min)
22 Help to set the table – plates, cups, forks Initial if complete activity	Tell someone you love them & give them a hug or a high five Initial if complete activity(5 min)	24 Build a tower from boxes Initial if complete activity(5 min)	25 Make a Thank You card Initial if complete activity	26 Sing Jingle Bells or 5 Little Snowmen Initial if complete activity (5 min)	Write numbers 1-10 and count out pennies or another item for each number Initial if complete activity (5 min)	Build a snowman or play in the snow Initial if complete activity(10 min)
29	30	31				
Read a book about feelings and practice making feeling faces in the mirror Initial if complete activity (5 min)	Bring some snow inside in a clear bowl or glass –observe & talk about what happens to the snow Initial if complete activity(5 min)	Make drips of paint on a paper – rub with a ball of snow Initial if complete activity (5 min)	Cloud Dough Recipe 1/2 cup of lotion, 1 cup of cornstarch, a few drops of food coloring(optional) It will feel really sticky at first, just keep kneading. If after kneading for about 5 minutes and it is still too sticky, add another tablespoon of cornstarch. If it's too crumbly, add a tiny amount of lotion in at a time and knead it in until it becomes the right consistency.			

MCCDA Head Start-Volunteer Hours-Family Activity Calendar

Teacher's Name		
Child's Name(PRINT) First:	Last:	
Adult's Name(PRINT) First:	Last:	
Adult's Signature	Relationship to Child	Date