



**Making A World Of Difference**

# NOVEMBER 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 13<sup>th</sup> 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 three 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.

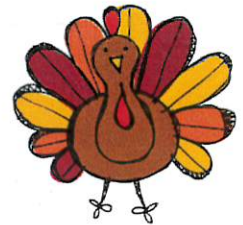
YOU are your child's first and MOST important teacher...we are working together to prepare them for the many years of school to come!

### Policy Council 2024-25

Katie Crotteau – President  
Samantha Wehrs – Vice President  
Theresa Seidenkranz – Treasurer  
Members: Jesus Favela, Mara Mullen,  
Ryan McGuire

### Rhyme: A Turkey is a Funny Bird

A Turkey is a funny bird.  
He goes wobble, wobble.  
He only knows one funny word.  
Gobble, gobble, gobble!



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



### 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

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



Put these events on your calendar:






Family Resource Fair: November 21, 4:30-6pm

# November

# Head Start Activities & Information Calendar

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 <b>NO SCHOOL</b> for ALL Head Start Centers	2
3	4 <b>NO SCHOOL</b> for <b>STODDARD</b> Head Start Center	5 <b>BARRINGTON</b> Families 4 Kids 1:15  <b>BARRINGTON</b> Classrooms <b>Rm 3, 10 &amp; 14</b> Activity Day 2:15	6 <b>STODDARD</b> Families 4 Kids 1:15  <b>STODDARD</b> Classrooms Activity Day 2:15  Barrington Rm11 & Rm13 Field Trip to Mead Wildlife 8:30-11:30	7 <b>KMC</b> Families 4 Kids 1:00  <b>KMC</b> Classroom Activity Day 2:00  Barrington Rm4 field trip to Schmeeckle 8:30-11:30	8 <b>NO SCHOOL</b> for <b>BARRINGTON &amp; KMC</b> Head Start Centers	9
10	11	12 <b>BARRINGTON</b> Families 4 Kids 1:15  <b>BARRINGTON</b> Classrooms <b>Rm 4, 11 &amp; 13</b> Activity Day 2:15	13  Head Start's Board of Directors Meeting	14	15 <b>NO SCHOOL</b> for ALL Head Start Centers	16
17  Teacher Education Home Visits Begin - please schedule with your child's teacher	18	19 <b>BARRINGTON</b> Musical Storytime  Bridging Brighter Smiles @ Barrington	20  Bridging Brighter Smiles @ Barrington  Policy Council Meeting 5:30	21  <b>Head Start's FAMILY NIGHT</b> ALL families welcome to join us at our Barrington Center 4:00-6:00	22 <b>NO SCHOOL</b> for ALL Head Start Centers	23
24	25	26	27 <b>NO SCHOOL</b> for ALL Head Start Centers	28 <b>NO SCHOOL</b> for ALL Head Start Centers	29 <b>NO SCHOOL</b> for ALL Head Start Centers	30



# What's Happening in the Classrooms?

Monk Gardens-Ms. Jen's Class-Barrington



**WOW!**

We have had a very busy October!

Thank you for those of you who have joined us for Family Days, Families for Kids, Family Nights, Fieldtrips, and Policy Council.

We enjoy seeing you and your family at our events! 😊

Musical Story Time with Ms. Rochelle-Ms. Judy's Class-Barrington



Schairer's Farm-Ms. Debbie's Group Stoddard



Schairer's Farm-Ms. Shaina's Group-Stoddard

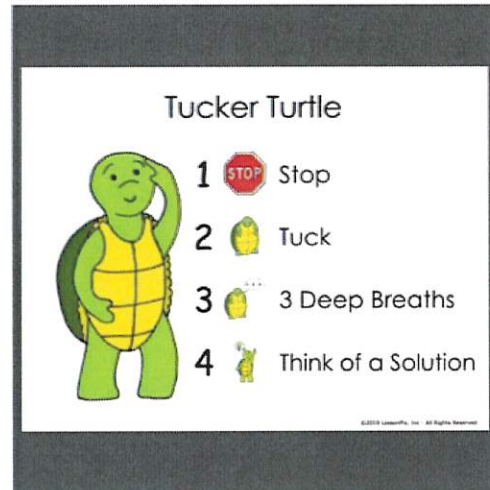
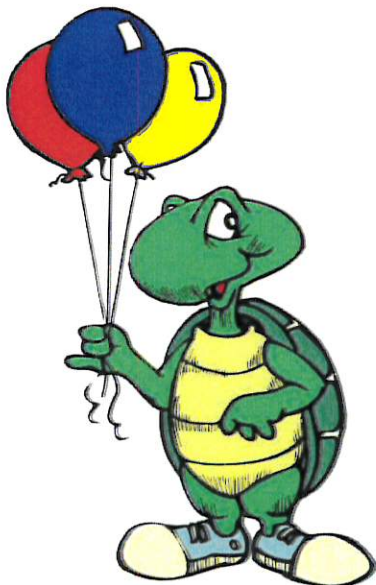
A special thank you to the donors who make these events possible, our families, who volunteered to help on these field trips, and to the classrooms that shared these amazing pictures!



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

Hi Families,

I wanted to talk to you about something very important. As I visit my favorite friends, at Head Start I have noticed that the children sometimes have very big feelings they are struggling with. From time to time, all of us experience these big feelings. As adults, we usually know how to handle them, but our children are starting to learn what to do when they are **ANGRY, SAD, LONLEY, HURT, EXCITED, HAPPY, ETC.**



Did you know?

**YOU** are your child's best and most important teacher! Yes, you! They watch and listen to everything you say and do. Our teachers and staff are part of the back-up squad, that are there to assist you and your child.

With that in mind, here are a few things we can work together on.

1. Teach your child feeling words. Talk about when you are frustrated, sad, mad, happy, etc.
2. Show them appropriate ways to express how they are feelings.
3. Remember they are just learning, so missteps will happen. Reassure them that this happens to all of us. Help them find a better way to handle it next time.



# Family Service

## SUPPORT. STRENGTHEN. SERVE.

THANK YOU!! I want to send a big thank you to all the families that came to our October Families 4 Kids meetings, Classroom Family Day, Family night, and to the parents that helped on the pumpkin patch field trip. Family involvement is a huge part of head start. By taking an active role in the Head start program, parents can help ensure that their child has all the support they need to develop to their full potential.

Please find attached to this newsletter the **United way 2024 Holiday Give & Get Help Guide**. Here you can find a list of places helping with Holiday assistance. As well as Holiday meals being offered in the community.



Home Energy Plus Applications are now being accepted for the 24-25-year Regular Energy Assistance is a once-a-year benefit available between October 1 and May 15 each year. Eligible households may receive a benefit payment once per heating season. Please get in touch with your Family Advocate if you want help applying for this benefit. They would be happy to help.



**Family resource fair on November 21st from 4:30 pm to 6:00 pm @ Wausau Barrington Center.**

## Families 4 Kids

Mosinee KM Czech center November 7th @ 1:30 pm,  
Schofield Stoddard Center November 6th @ 1:30 pm  
Wausau Barrington Center November 5th @ 1:30 pm  
(Room 3, 10, & 14)  
Wausau Barrington Center November 12th @ 1:30 pm  
(Room 4, 11, & 13)

Family engagement and involvement are an important part of a successful Head start program.

### 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/FCM	Call: 715-318-6923	Text: 715-877-4497	Email: <a href="mailto:angelavisgar@gmail.com">angelavisgar@gmail.com</a>
Erin FA	Call: 715-318-7206	Text: 715-814-3443	Email: <a href="mailto:erinlemmer@mccdahs.org">erinlemmer@mccdahs.org</a>
Michelle FA	Call: 715-318-6947	Text: 715-578-5809	Email: <a href="mailto:michellefelch@mccdahs.org">michellefelch@mccdahs.org</a>
Tiffany FA	Call: 715-318-7211	Text: 715-800-7130	Email: <a href="mailto:tmeschefske@mccdahs.org">tmeschefske@mccdahs.org</a>





# 2024 Holiday Get Help Guide

Many agencies, businesses, churches, nursing homes, schools and neighbors provide a little extra help over the holidays, but people who are in need sometimes wonder who can help them. Here are some ideas for getting holiday help in Marathon County as of **10/9/24**. For more information contact United Way's 211 using contacts at the bottom of this page.

NOTE: Program information may be subject to change. Listed organizations reserve the right to make adjustments to scheduled programming at their discretion. This publication may be updated occasionally as more information comes to light about holiday programs. Visit [www.unitedwaymc.org/211](http://www.unitedwaymc.org/211) to view the most current version of this publication. Contact United Way's 211 for a complete updated list of holiday programs using contacts at the bottom of this page.

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## Holiday Gifts

**The Salvation Army** in Wausau distributes gifts for children. Christmas presents are available for eligible children age 17 and under. Registration on walk-in basis, first come first served. Anticipate waits. Walk in to 202 Callon St, Wausau during scheduled registration hours:

October 29 1pm-6pm  
October 30 9am-2pm  
October 31 10am-3pm  
November 5 1pm-6pm  
November 6 9am-2pm  
November 7 10am-3pm

Bring IDs for everyone in the household (medical cards or birth certificates okay for children), proof of last 30 days income (can use FoodShare benefit letter), proof of address (utility bill), and gift ideas/sizes for children. Distributions take place by appointment. No children at distribution. Children should not attend registration appointments.

## Food Pantries

See other side for pantries that help.



## Holiday Meals

### Thanksgiving:

**St. John Lutheran Church:** 901 11th St, Mosinee.  
**Saturday, Nov. 23.** Drive thru meal pickup at church 4pm-5:30pm. Use Short St entrance.

**First Presbyterian Church:** 406 Grant St, Wausau  
**Thanksgiving Day, Nov. 28.** Dine in at church 2pm-3:30pm without reservations. Delivery to Wausau, Schofield, Weston, Rothschild, Rib Mountain. Call Nov. 1-22 to reserve delivery: 715-571-8452.

### Christmas:

**Covenant Community Presbyterian Church:**  
1806 Weston Ave, Schofield.

**Wednesday, Dec. 25.** Eat-in and delivery. Delivers to Wausau, Rib Mountain, and DC Everest area (Schofield, Rothschild, Weston, Kronenwetter). Reservations required for eat-in and delivery. Call 715-359-6467 or email [ccpc@covenantcommunitypc.org](mailto:ccpc@covenantcommunitypc.org) by Dec. 20.

**Eagles Club:** 1703 S 3rd Ave, Wausau.  
**Wednesday, Dec. 25.** Drive thru meal 11am-3pm. First come first served, drive thru only. No delivery.

**St. Paul United Church of Christ:** 426 Washington St, Wausau.

**Wednesday, Dec. 25.** Eat-in and carry out meal. Reservations requested for eat-in. Reservations required for carry out. Call 715-842-3733 for reservations. Carry out reservations accepted through Dec. 20.

**Tine & Cellar:** 3806 Schofield Ave, Weston.  
**Wednesday, Dec. 25.** Eat in meal 11am-2pm. Walk in, first come first served. Will collect free will donations for a local charity.

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For more information about helping programs and volunteer opportunities contact United Way's 211.

Dial 211 or 715-848-2255.  
Phones are answered 24/7.

Text your zip code to 898211, M-F, 8am-4pm. Standard message and data rates may apply. Text STOP to opt out.

Email your question to [askus@unitedwaymc.org](mailto:askus@unitedwaymc.org). Emails are answered M-F, 8am-5pm.

Visit [www.unitedwaymc.org/211](http://www.unitedwaymc.org/211) to Chat with an information specialist M-F, 8am-12pm or search the database online 24/7.





# 2024 Holiday Give Help Guide

## Give Time ~ Volunteer

**United Way of Marathon County Turkey Trot**—5K Run/Walk to benefit the Marathon County Hunger Coalition. Help with registration, set-up, timing, refreshments, or serve as course marshal. Volunteers needed on November 27th and/or Nov. 28th. Please email Ben Lee at [blee@unitedwaymc.org](mailto:blee@unitedwaymc.org) if you are interested in volunteering.

**Holiday at the Houses** -The Marathon County Historical Society is looking for festive volunteers to help with their annual Holidays at the Houses Saturday, December 14 from 11 am- 4 pm. Serve as a greeter, tour guide, lead the children's activity and photo fun area, reenactor or yourself/group perform during our live entertainment. Contact Sheryl Del Conte, Volunteer Coordinator at (715) 842-5750 or [sheryl@marathoncountyhistory.org](mailto:sheryl@marathoncountyhistory.org) to sign up.

**Christmas Festival (Mosinee)** - Volunteers are needed Friday, December 6th from 4-8 pm (set up) and Saturday, December 7th with shifts beginning at 6:30am & ending at 3:30pm, at the Mosinee High School cafeteria for the Saturday Craft sale and Photos & Cookies with Santa event. Call 715-693-4330 or email [events@mosineechamber.org](mailto:events@mosineechamber.org).

**Write Letters from Santa** - Help McLit (Marathon County Literacy Council) respond to children's letters to Santa in December by handwriting letters using a sample template. Also accepting cash donations toward stationary, envelopes, and stamps. Call 715-679-6170 or email [mclitofwausau@gmail.com](mailto:mclitofwausau@gmail.com).



## Give Gifts to Children, Families, Elderly, & the Disabled

**Catholic Charities Wausau**  
Shannon, 608-519-8011

**Children's Wisconsin Family Resource Center**  
Maria, 715-848-1457

**Greater Wausau Christian Services**  
715-842-5635

**Marathon County Head Start**  
715-845-2947

**North Central Health Care Volunteer Services,**  
715-848-4450

**The Salvation Army**  
Colleen, 715-845-4272

**The Women's Community**  
Samantha, 715-842-5663



## Give Strength ~ Donate to Food Pantries\*\*

**First Presbyterian Church**  
406 Grant St, Wausau  
715-842-2116

**The Neighbors' Place**  
360 Grand Ave, Ste 200,  
Wausau  
715-845-1966

**The Salvation Army**  
202 Callon St, Wausau  
715-845-4272

**Wesley United Methodist Church**  
1101 Elm St, Wausau  
715-842-3768

**Saint Paul United Church of Christ**  
426 Washington St, Wausau  
715-842-3733

**Christ Community Church Food Assistance Program**  
8100 Alderson St, Schofield  
715-241-7335 Ext 3

**Community Center of Hope**  
607 13th St, Mosinee  
715-907-2576

**Mosinee Circle of Joy**  
603 4th St, Mosinee  
715-693-2811

**Edgar Circle of Joy**  
Edgar Village Hall  
224 S 3rd Ave, Edgar  
715-352-2532

**Saint Florian Parish**  
500 Church Ln, Hatley  
715-446-3085

**Zion Lutheran Church**  
301 N 2nd St, Colby  
715-223-2166

**Spencer King's Pantry**  
Christ the King Catholic Church  
107 E Wendell St, Spencer  
715-659-5181

**Stratford Area Pantry**  
Donations accepted at the Stratford State Bank, at area churches, or by calling  
715-687-4254

**\*\*For a complete list of food pantries, contact United Way's 211 using information on the opposite side of this guide.**

## Suggested Food Pantry Donations

**Canned Goods:** canned tuna or other meats, hearty soups, beans, fruit, vegetables, fruit juices (100% juice), baby food, formula.

**Dry Goods:** healthy cereals, oatmeal, peanut butter, jelly/jam, rice, noodles, spaghetti sauces, salad dressings, condiments.

**Personal Care Items:** diapers, toilet paper, tampons/sanitary pads, shampoo, soap, deodorant.

**Household Supplies:** laundry detergent, bleach, dishwashing soap, cleaning supplies, garbage bags, paper towels.



Dear Families,

We are thankful for you!

As we prepare to take time off from school **November 27th – 29th** for the Thanksgiving break, we are grateful for everyone who has helped establish a routine for showing up to school while supporting students and families.

Daily routines are essential for reducing stress and creating a sense of security for students and adults.

**Please take steps to keep your child healthy and send them to school unless they are truly sick.** Every day of school is an important opportunity for students to learn as well as connect to peers and their teachers.

We are thankful for:

- Our students and their families, who do their best to show up to class every day even when it may be challenging.
- Our teachers, who have gone above and beyond to help make school a welcoming learning environment where students can thrive.
- Our administrators, who help us work together to ensure we are healthy and safe, feel a sense of community, and experience the excitement of an engaging learning environment.
- Our many, many healers and helpers - the support staff and community volunteers who provide the extra hands and attention our children need.

May these days off be restful and healing.

- We look forward to seeing you again when school resumes on **December 2<sup>nd</sup>**.
- **If your family or your child needs support, please reach out to your family advocate for help.**

Thank you for partnering with us!

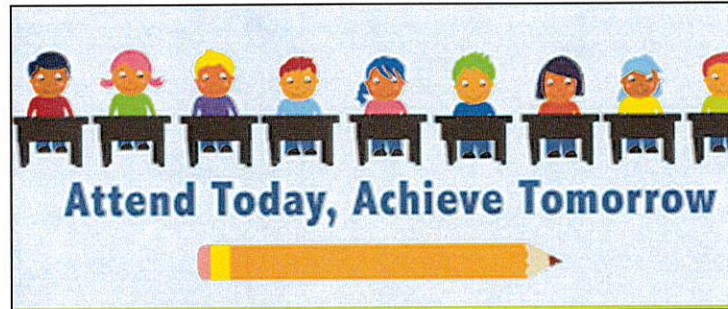
Sincerely,

***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.



## School readiness:

Children who regularly attend Pre-k are more prepared for kindergarten.

## Social development:

Pre-k regular attendance can have a positive impact on social and learning behaviors.



## Attendance Incentive:

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

## October Classroom Attendance:

Great job! 😊

### Barrington – Wausau

Miss Anna: 95%  
Miss Judy: 94%  
Miss Jen: 94%  
Miss Tasha: 91%  
Miss Pang: 92%  
Miss Kari: 93%

### Stoddard – Weston

Miss Debbie: 93%  
Miss Shaina: 89%

### Czech - Mosinee

Miss Mikaela: 91%





## Help Your Child Succeed in Preschool and Kindergarten Build the Habit of Good Attendance

### DID YOU KNOW...

Showing up on time every day is important to your child's success and learning from preschool forward.

Missing 10% of school (1 or 2 days every few weeks) can make it harder to:

- Gain early reading and math skills.
- Build relationships.
- Develop good attendance habits.

High quality preschool and kindergarten has many benefits!

- The routines your child develops will continue throughout school.
- Make the most of early grades by encouraging your child to attend every day.

### WHAT YOU CAN DO

Work with your child and his/her teacher to develop your child's strong attendance.

Talk about it – sing about it – make it an adventure!

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Share ideas with other parents for getting to school on time.

Before the school year starts

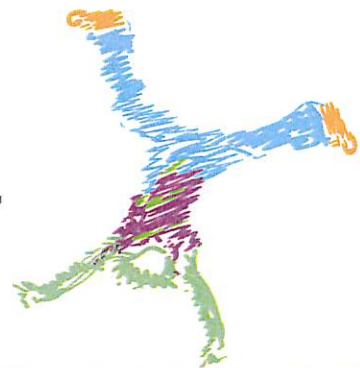
- Find out what day school starts and begin a countdown!
- Make sure your child has the required shots.
- Attend orientation with your child to meet teachers and classmates and find out about health and safety procedures.

Ready, Set, GO!

- If you are concerned your child may have a contagious illness, call your school or health care provider for advice. Ask for resources to continue learning at home if needed.
- Ask family members or neighbors for assistance if you need help.
- Try to schedule non-urgent medical appointments and extended trips when school is not in session.
- If your child seems anxious about going to preschool, talk to the program director, teacher, your doctor or other parents for advice. Make sure the program is a good fit for your child.







## Tips for keeping kids healthy at home

### PICKY EATING



Picky eating is not uncommon. It often occurs from age 3 to 5, but can continue for many years.

Children often like to explore food rather than eat it. Usually it is a phase that children go through and then grow out of over time.

Children often refuse foods because of color or texture rather than taste. Teaching your child to explore foods and describe them rather than just judge “like or dislike” can help him or her learn to enjoy wide variety of foods. Here are some other suggestions for helping raise an adventurous eater:

- Offer new foods many times. It may take up to a dozen tries for your child to accept a new food.
- Small portions = big benefits. Let your child try small portions of new foods that you enjoy. Give him or her a small taste at first and be patient.
- Be a good role model by trying new foods yourself. Describe tastes, textures and smells.

- Offer only one new food at a time. Serve something that you know your child likes along with the new food. Offering too many new foods all at once can be overwhelming.
- Offer new foods first, at the beginning of a meal, when everyone is the most hungry.
- Serve food plain if that is important to your child. For example, instead of a macaroni casserole, try meatballs, pasta, and a vegetable. To keep different foods separate, try plates with sections. For your child, the opposite might work and serving a new food mixed in with a familiar item could be helpful. Get to know your child’s preferences.

### AT HOME ACTIVITY

Who usually does the shopping in your family? If your child rarely or never goes to a grocery or market he or she may not have a sense of the array of food choices available to him or her. Next time you go shopping bring your child with you and let him or her choose one healthful food he or she has never eaten before.



### LOVIN’ LUNCH

Lunch is an important daily event, but for picky eaters this can sometimes be a challenge! Talk to your child about his or her lunch preferences. If your child prefers cold lunch, is there a fruit or vegetable you could add to his or her bag? If your child prefers hot lunch, encourage him or her to try the fruits and vegetables offered. Check your school district’s website for lunch menu nutritional information. Don’t forget the low-fat milk. It’s a great choice with hot or cold lunch.





MARCH 1, 2024

# Preventing Spread of Respiratory Viruses When You're Sick

## WHAT TO KNOW

- Taking steps to prevent the spread of respiratory viruses when you are sick is a core prevention strategy to lower risk from respiratory viruses.
- Core prevention strategies are important steps you can take to protect yourself and others from respiratory viruses.

## Recommendation



Stay home and away from others if you have respiratory virus symptoms.

### When you may have a respiratory virus...

Stay home and away from others (including people you live with who are not sick) if you have respiratory virus symptoms that aren't better explained by another cause. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache, among others.\*

- You can go back to your normal activities when, for at least 24 hours, both are true:
  - Your symptoms are getting better overall, and
  - You have not had a fever (and are not using fever-reducing medication).
- When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional [steps for cleaner air hygiene](#), [masks](#), [physical distancing](#) and/or [testing](#) when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.

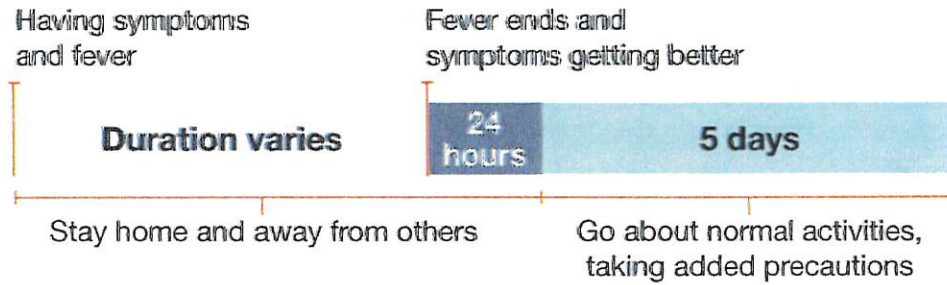


- Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.
- If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both are true: your symptoms are improving overall, and you have not had a fever (and are not using fever-reducing medication). Then take added precaution for the next 5 days.

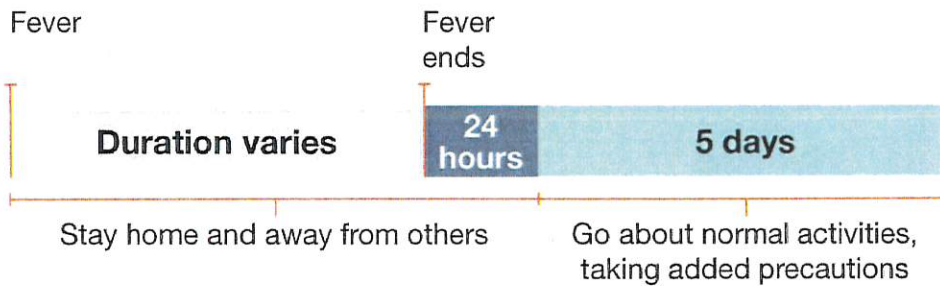
## Examples

*For illustrative purposes, not to scale*

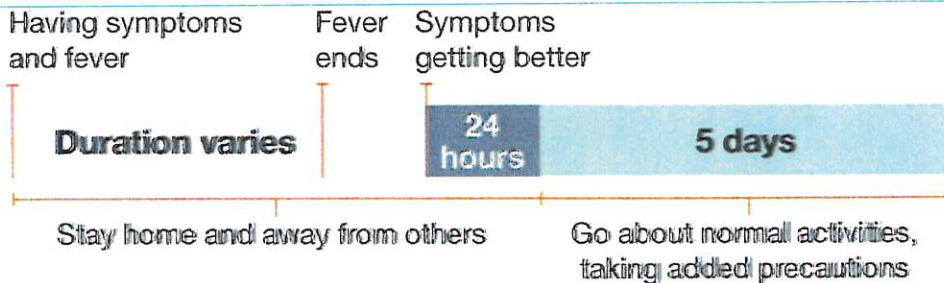
Example 1: Person with fever and symptoms.



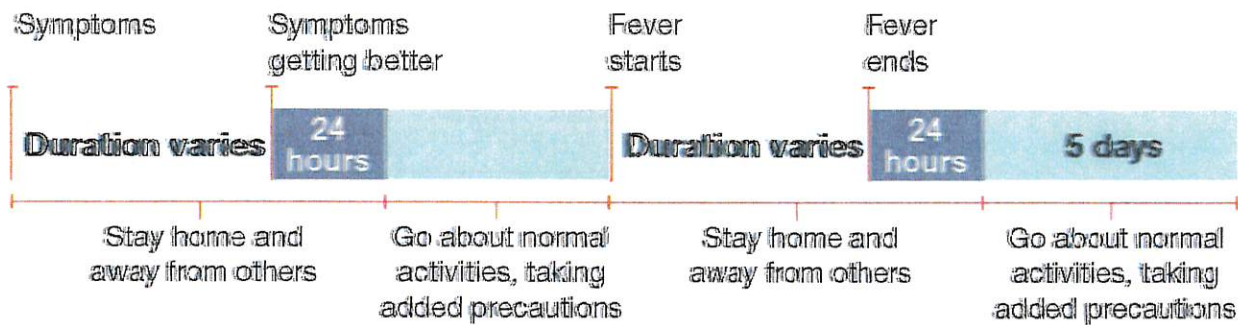
Example 2: Person with fever but no other symptoms.



Example 3: Person with fever and other symptoms, fever ends but other symptoms take longer to improve.



Example 4: Person gets better and then gets a fever.



## If you never had symptoms but tested positive for a respiratory virus

You may be contagious. For the next 5 days: take added precaution, such as taking additional [steps for cleaner air](#), [hygiene](#), [masks](#), [physical distancing](#), and/or [testing](#) when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.

## How it works

When you have a respiratory virus infection, you can spread it to others. How long someone can spread the virus depends on different factors, including how sick they are (severity) and how long their illness lasts (duration). This is not the same for everyone.

When, for at least 24 hours, your symptoms are getting better overall and you have not had a fever (and are not using fever-reducing medication), you are typically less contagious, but it still takes more time for your body to fully get rid of the virus. During this time, you may still be able to spread the virus to others. Using precautions for the next 5 days can help reduce this risk. After this 5-day period, you are typically much less likely to be contagious. However, some people, especially people with weakened immune systems, can continue to spread the virus for a longer period of time. For COVID-19, taking an [antigen](#) test can help you know how likely you are to spread the virus. A positive test tends to mean it is more likely that you can spread the virus to others.

## Steps you can take

### Individuals can

- Consider using additional prevention tools, such as taking [steps for cleaner air](#), being diligent about [hygiene](#), and using [masks](#) when you're home sick to protect others in your home. This can be especially helpful if you do not have space at home to stay entirely away from others.
- Monitor your symptoms. If you have an emergency warning sign (like trouble breathing or chest pain), seek emergency medical care immediately.

### Organizations can

- Advise people to stay home if they are sick.
- Provide employees with paid time off and develop flexible leave and telework policies to support workers to stay home if sick or to care for sick family members.
- Adopt flexible cancellation or refund policies for customers who are sick.

\*Symptoms may include but are not limited to chest discomfort, chills, cough, decrease in appetite, diarrhea, fatigue (tiredness), fever or feeling feverish, headache, muscle or body aches, new loss of taste or smell, runny or stuffy nose, sneezing, sore throat, vomiting, weakness, wheezing.

### Notice

CDC offers separate, specific guidance for healthcare settings ([COVID-19 flu](#) and [general infection prevention and control](#)). [Federal civil rights laws](#) may require reasonable modifications or reasonable accommodations in various circumstances. Nothing in this guidance is intended to detract from or supersede those laws.

### SOURCES

### CONTENT SOURCE:

[National Center for Immunization and Respiratory Diseases \(NCIRD\)](#)

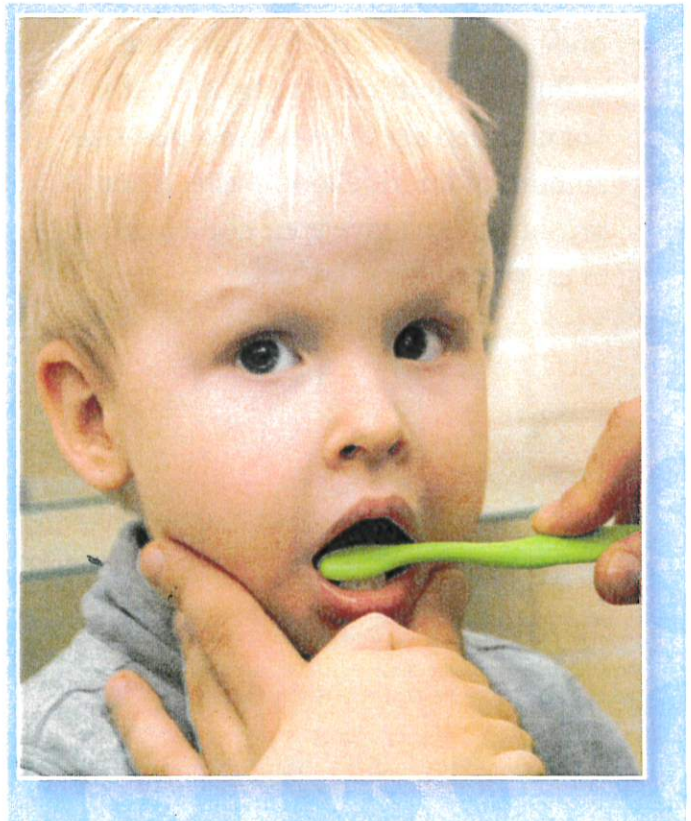


# Healthy Habits for Happy Smiles



## Establishing a Bedtime Routine for Your Child

A regular bedtime routine helps your child know what to expect at the end of the day. Brushing your child's teeth with fluoride toothpaste as soon as the first tooth appears in the mouth is an important part of the routine.





Why is setting up a bedtime routine important?

- Brushing your child's teeth with fluoride toothpaste before bed removes bacteria from their teeth and prevents tooth decay (cavities). It also helps to set a toothbrushing routine that lasts a lifetime.
- Spending 15 minutes reading to your child every day can improve their language development. It can also help strengthen the bond between you and your child.
- Sleep is important for your child's health and well-being.

A bedtime routine for your child can include these simple steps:

1. **Tell your child it's time to get ready for bed.** Letting your child know it's bedtime begins the process for preparing them to relax and sleep.
2. **Brush your child's teeth.** For children under age 3, use a rice-size amount of fluoride toothpaste to brush teeth. For children ages 3 to 6, use a pea-size amount of fluoride toothpaste. After brushing, don't give your child anything to eat or drink before bed.

3. **Read a book with your child.** After brushing, read a book aloud to your child in a comfortable spot. As your child gets older, let them pick out a book or two to read.
4. **Put your child to bed.** After reading, put your child to sleep in their own bed.

Be consistent and patient. It may take time for your child to get used to the bedtime routine. Once the routine is set, bedtime will be calmer, quieter, and more fun for you and your child.



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ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



National Center on  
Health, Behavioral Health, and Safety



# NOVEMBER EVENTS

## Family Game Night - Wausau

**Dates:** Nov 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

**Time:** 5:30 pm – 9:00 pm

### St. Peter Ev. Lutheran Church - WELS

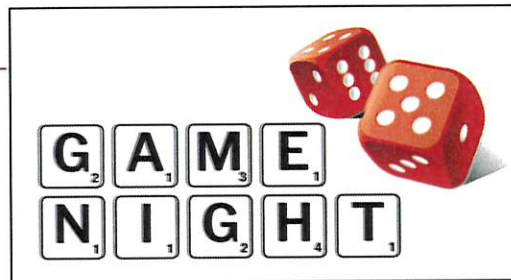
2822 N 6<sup>th</sup> Street

Wausau, WI 54403

#### Details:

Join us every Friday from 5:30 pm – 9:00 pm at St. Peter in Wausau for our weekly game nights! We will have games available for everyone, strategy games, card games, party games, you name it! In addition, we will have a free homemade meal available starting at 5:30 pm.

If you have any questions, please email Lance Hill at [mrlancehill@gmail.com](mailto:mrlancehill@gmail.com). Hope to see you there!



## Children's Business Fair - Wausau

**Date:** Saturday, Nov 9<sup>th</sup>

**Time:** 9:00 am – 12:00 pm

### Boys & Girls Club of the Wausau Area

1710 N 2<sup>nd</sup> Street

Wausau, WI 54403



#### Details:

Come support children in the launch of their startup business!

Kids 6 – 16 will have developed a brand, created a product or service, and built a marketing strategy. Then they will be open for customers at a one-day marketplace. Come check out all the products!

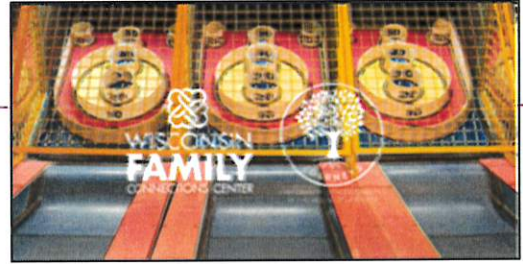
*\*\*\*Head Start Preschool, Marathon County Child Development Agency is not affiliated with any of these events, nor does it represent any of the businesses holding events.*

# NOVEMBER EVENTS

## **Family Arcade and Pizza Night - Wausau**

**Date: Tuesday, Nov 12<sup>th</sup>**

**Time: 5:30 pm – 7:30 pm**



Sponsored by: Wisconsin Family Connections Center and Journeys Program

### **Wausau on Water**

1300 North River Drive

Wausau, WI 54403

### Details:

Registration for this event is required on Eventbrite ([eventbrite.com](http://eventbrite.com)).

The Wisconsin Family Connections Center invites your family to attend an arcade and pizza night at Wausau on Water! Our group will have a private room that includes pizza, soft drinks, a pre-loaded arcade card for each child, and the option to do laser tag! Children must be 42 inches tall to play laser tag. This event would be a great opportunity to invite your child's birth/first family or previous foster family. We understand this may not work for all family dynamics, but we encourage you to consider it. We hope to create an opportunity for children to have all their loved ones in one location whenever possible and create positive memories together. Please have each household register separately. Please reach out to Chelsey at [ccoulthurst@ccclse.org](mailto:ccoulthurst@ccclse.org) with any questions!

## **Family Fall Festival - Mosinee**

**Date: Saturday, Nov 16<sup>th</sup>**

**Time: 10:00 am – 3:00 pm**



Sponsored by: Mosinee Area Chamber of Commerce

### **Mosinee Elementary School**

600 12<sup>th</sup> Street

Mosinee, WI 54455

### Details:

Enjoy a day of inflatable bounce houses (for all ages), face-painting, other kid's activities, food, and fun! Only \$10.00 per person for an all-day wristband. Lunch will be provided from 11:00 am – 2:00 pm for a cost.

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## NOVEMBER EVENTS

### **LEGO Block Party – Wausau**

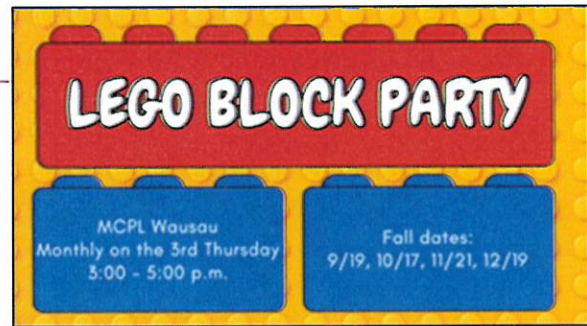
**Date: Thursday, Nov 21<sup>st</sup>**

**Time: 3:00 pm – 5:00 pm**

#### **Marathon County Public Library**

300 N First Street

Wausau, WI 54403



#### Details:

Get creative with LEGO and other blocks at the library!

We will have plenty of LEGO bricks, Duplo, books, and other building materials. Patrons are welcome to stop by any time! What worlds can you create with simple blocks?

Free and open to children up to age 12 and their families. Contact the Marathon County Public Library for more information.

### **15<sup>th</sup> Annual Turkey Trot - Wausau**

**Date: Thursday, Nov 28<sup>th</sup>**

**Time: 8:30 am – 11:30 am**

Sponsored by: United Way of Marathon County

**400 Block**

531 Jefferson Street

Wausau, WI 54403



#### Details:

Register: <https://runsignup.com/unitedwayturkeytrot2024>

One hundred percent of registration fees are donated to the Marathon County Hunger Coalition, an initiative of United Way. Money raised from this event will help feed those in need throughout the year.

Join in on the family tradition!

# NOVEMBER EVENTS

**Turkey Trot 2024 5K Run/Walk - Mosinee**  
**Date: Thursday, Nov 28<sup>th</sup>**  
**Time: Check-in 7:00 am, Race Starts 8:00 am**

**Brightside Nutrition**  
409 4<sup>th</sup> Street, Suite 1  
Mosinee, WI 54455

## Details:

Come join us for this amazing 5K run/walk! All are welcome, adults, strollers, children, and dogs (friendly). The entry fee is \$25.00, you do receive a shirt (assuming you register before the cut off). Inquire with Brightside or Next Level Kreations for registration.

\*\*\*This is a fun run, not a timed run.\*\*\*

All proceeds will be put towards the school's food pantry in Mosinee.





# November

# Head Start Family Activity Calendar

# 2024

\*\*\*Complete all days or just a few days\*\*\*

- Initial the days you complete

Please return 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
					1 Explore an apple- color, shape, touch – cut the apple open explore the inside-taste the apple. Initial if complete activity_____ (5 min)	2 Move leaves into piles – big and small – run through the piles. Initial if complete activity_____ (10 min)
3 Take a walk and count the number of squirrels you see. Initial if complete activity_____ (10 min)	4 Practice drawing circles – make faces inside those circles – label the feelings shown. Initial if complete activity_____ (5 min)	5 Color hunt for items that are brown – can you bring 10 items – line them up biggest to smallest. Initial if complete activity_____ (10 min)	6 Hop on one foot – can you do 3 times Switch feet Now try 5 times, then try 10 times. Initial if complete activity_____ (5 min)	7 Make a cup of hot chocolate or milk – (sequencing)– cup, pour milk, microwave, choc mix (optional), taste. Initial if complete activity_____ (5 min)	8 Put a puzzle together (no puzzle, no problem) make one from a cereal box. Initial if complete activity_____ (5 min)	9 Run all the way around the outside of your house 5 times. Initial if complete activity_____ (10 min)
10 Practice counting to 10 – line up 10 of something point to each item as you count it. Initial if complete activity_____ (5 min)	11 Make faces into a mirror – happy, sad, scared, mad, and don't forget silly – ask family member to make feeling faces too. Initial if complete activity_____ (5 min)	12 Sing the Wheels on the Bus with actions (wheels, people, driver, windows, doors, babies, parents, and anything else you want to add). Initial if complete activity_____ (5 min)	13 Practice Tucker Turtle Calming – Say I'm mad, take 3 big breaths, say why you are mad and what you can do to solve problem. Initial if complete activity_____ (5 min)	14 Write your name 3 times – one time big, one time smaller, one time super small. Initial if complete activity_____ (5 min)	15 Practice saying Please and Thank you at mealtime. Initial if complete activity_____ (5 min)	16 Help with laundry – match & fold the socks for the family. Initial if complete activity_____ (5 min)
17 Dance to 3 songs of your choice. Initial if complete activity_____ (5 min)	18 Draw a picture of your favorite food to eat. Ask your child why they like that food. Initial if complete activity_____ (5 min)	19 Color hunt for yellow items – use a timer and see how many you can find in 5 minutes. Initial if complete activity_____ (5 min)	20 Make a card for 3 people and say thank you to them. Initial if complete activity_____ (5 min)	21 Give 3 people a hug and tell them you love them. Initial if complete activity_____ (5 min)	22 Go for a walk and count the number of birds you see. Initial if complete activity_____ (5 min)	23 Make an obstacle course in your living room going over, under, and around items. Initial if complete activity_____ (5 min)
24 Help with laundry – fold the towels and wash clothes. Initial if complete activity_____ (5 min)	25 Count to 20 marching, clapping, jumping, and sit ups. Initial if complete activity_____ (5 min)	26 Gather stuffed animals and put in order smallest to biggest. Initial if complete activity_____ (5 min)	27 Sing ABCs, Twinkle Twinkle Little Star, and If Your Happy and You Know It. Initial if complete activity_____ (5 min)	28 Toss a ball gently back and forth, practice catching the ball. Initial if complete activity_____ (5 min)	29 Draw a picture of your family – help label names on picture. Initial if complete activity_____ (10 min)	30 Make a Name Poster for your child's bedroom door – decorate it. Initial if complete activity_____ (10 min)

## 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 \_\_\_\_\_