



Disabilities Newsletter



Welcome back! We are so excited to have you and your child this new school year. We have some wonderful staff members who will work hard to make this a great year for all of our children and families. While we face a new “normal”, the mission and vision of our Early Head Start program remain at the forefront of all we do!

MISSION: Provide comprehensive Early Head Start services, including health and education, to guarantee simultaneous language development, school readiness, and families’ self-sufficiency. **VISION:** Be the premier Early Head Start Program for young Dual Language Learners and their families.

September is national childhood obesity awareness month

Zero Sugary Drinks

- Serve milk with meals and offer water at snack time.
- Let your child pick their favorite “big kid” cup to use for water.
- Try adding a fruit slice (like orange) for natural flavor.
- Avoid soda, sport drinks or fruit drinks—If it is not in the house, no one can drink it. If you are still trying to cut sugary drinks down to zero, keep up the great work! If you choose to give juice, please remember: Make sure the label says 100% fruit juice. Limit the amount to 1 small cup a day (4-6 ounces).



45 Day Screenings- Performance Standard 1304.20 Child health and developmental services. (b) *Screening for developmental, sensory and behavioral concerns.* (1) In collaboration with each child’s parent and within 45 calendar days of the child’s entry to the program, grantee and delegate agencies must perform or obtain linguistically and age appropriate screening procedures to identify concerns regarding a child’s developmental, sensory (visual and auditory), behavioral, motor, language, social, cognitive, perceptual, and emotional skills. To the greatest extent possible, these screening procedures must be sensitive to the child’s cultural background.

Resources



WIC – Women, Infants and Children Program

The Special Supplemental Nutrition Program for Women, Infants and Children, popularly known as WIC, is a nutrition program that helps pregnant women, new mothers and young children eat well, learn about nutrition, and stay healthy. WIC provides nutrition education and counseling, nutritious foods, and help accessing health care for low-income women, infants, and children. • Are you pregnant? • Are you breastfeeding a baby under 1 year of age? • Are you a woman who has had a baby in the past six months? • Are you a parent, a stepparent, guardian, or a foster parent of an infant and/or a child under the age of five? For more information on how to Get WIC Call (toll free) 1(800)889-5595

<https://www.hidalgocounty.us/DocumentCenter/View/30754/O Outreach-Hidalgo-County-WIC-Program-En--6-2018?bidId=>



LOVE 'N CARE Home Health, take care of you and your family. Their clientele covers a wide age range - from children, to mothers, to elderly individuals in need of personal care assistance in their homes. They provide high quality services personalized for each individual’s unique needs. Available to take care request 24 hours a day, 7 days a week.

Services provided for Children:

- Grocery shopping • Transfer • Toileting • Light Housekeeping • Escort • Bed mobility • Telephone use • Bathing • Laundry • Medication assistance • Eating • Personal hygiene • Locomotion/mobility • Dressing • Meal preparation

Services provided for Mothers:

- Meal Preparation • Laundry/Linen washing • Errands service • Grocery shopping • Transfer