

# WHAT'S HAPPENING IN EHS HOME-BASED

## SEPTEMBER

### HEALTH

September is  
Children's Eye Health Month

According to the American Optometric Association (AOA), infants should have their first comprehensive eye exam with an Optometrist at 6 months of age. Boost visual engagement is one way you can promote eye health. You can help engage your child visually as a newborn and toddler with high-contrast colors and patterns in toys and décor. Give your child time to focus on things around them when in new environments, and approach objects from all angles to get your child comfortable with a wider field of vision.

### OUR HOME VISITORS

HOME-BASED COORDINATOR  
DIXIE PHILLIPS  
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### FAMILY ADVOCATE

TO BE  
ANNOUNCED

### POLICY COUNCIL

August Policy Council met via Zoom on August 26, 2021. The June meeting minutes were approved.

The Budget and Credit Card statements were approved. The Enrollment, Attendance and Snack reports were approved. Heidi Rand reviewed the Program

Instructions/Information Memorandums: ACF-IM-HS-21-03 and ACF-IM-HS-21-04, no approvals were needed for these items. All Service Area and Center Reports were approved.

## EDUCATION

Pregnancy-Unborn babies' retinas are developed at 20 weeks, and they open their eyes and can see light from 22 weeks. However, babies' eyes continue to develop after they are born.

Infants- Most babies start crawling at about 8 months old, which helps further develop eye-hand-foot-body coordination. Early walkers who did minimal crawling may not learn to use their eyes together as well as babies who crawl a lot.

Toddlers-By 2 years of age, a child's eye-hand coordination and depth perception should be well developed.

### LET'S GET SOCIAL

#### Socialization Day

Free book for every family  
that participates!  
Raffle Giveaway  
Snacks

#### BOOK OF THE MONTH

Drive by Nathan Clement

Now  
Enrolling!



@MFCSHHEADSTART

### TOGETHER TIME

Puzzle play- Grab a puzzle and spend some time interacting with your infant or toddler. Model language in a simple way such as narrating your child's actions: "Take out." And by naming the pictures on the puzzle as your child's attention is focused on that piece. Help teach your child to match by drawing his attention to the picture on the piece he picks up (by pointing as you say the name of the piece) then by pointing to the matching picture on the picture board.






Head Start  
Mid Florida Community Services  
Early Head Start





# SEPTEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5		7	8	9	 VIRTUAL SOCIALIZATION	11
12	13	14	15	16	17	18
19	20	21	22	23	 VIRTUAL PARENT MEETING & SOCIALIZATION	25
26	27	28	29	30		

