



WHAT'S HAPPENING IN EHS HOME-BASE

SEPTEMBER 2022

EDUCATION

Education

- **Pregnant Moms:** Want to know how your baby is progressing? You can track development from 2mo - 5yrs. All you have to do is install the CDC Milestone Tracker App on your Apple or Android device for free. Go to your App Store.
- **Infants:** Experts advise parents to say the word "No" only for safety situations. Redirect your baby's attention with a toy or an activity instead.
- **Toddlers:** When will your Child be ready for Potty Training? Studies show that many children who begin before 18 months aren't completely trained until after the age of 4. Children who don't start training until around the age of 2 are likely to be fully potty trained before they turn 3.

HEALTH

What is mental health? Mental health includes our emotional, psychological, and social well-being. It affects how we think, and feel. Mental Health determines how to handle stress, relate to others, and make healthy choices. Mental health is important in every state of life, from childhood and adolescence through adulthood.

How can we prevent mental health illness?

There are many ways to do this, here are a few examples:

- Physical activity
- Follow a healthy diet
- Minimize phone and screen time
- Consider supplements (vitamins and minerals)
- Practice self-care.

Call 1-800-273-TALK to reach a 24-hour crisis center

Socialization Day

Free book for every family
that participates!
Raffle Giveaway
Snacks

**Now
Enrolling!**



TOGETHER TIME

Together Time

Splatter Art: Empty eggs of yolks by cracking the tops only. Save the carton to hold washed & air dried egg shells. Fill w/washable paint. Cut squares of colored tissue paper & glue on top of paint filled egg tops to disguise the colors inside. Lay poster board in grass to toss the eggs at for splatter art! Your child will love it!



Head Start
Mid Florida Community Services
Early Head Start



@MFCSHHEADSTART










Socialization Day

Parent/Policy Council
Meetings

No Home Visits

Calendar Key

● SEPTEMBER 2022 ●

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 	6	7	8	9 	10
11	12	13	14	15	16	17
18	19	20	21	22 	23 	24
25	26	27	28 	29	30	31



POLICY COUNCIL NOTES

August Policy Council met via Zoom on August 25, 2022. Quorum was established with (9) policy council reps present.

May minutes were approved. Heidi Rand then spoke about the June Budgets and Credit Card statements that are cumulative for May and June. All approved.

Review approval and enrollment report with Jennifer Fowler. 2005 End of the Month enrollment report through July 22, 2022. 2301 Attendance report. 2305 Home-Base Attendance Report. Enrollment and Attendance reports approved.

Review and approve meal & snack reports. Meal & Snack reports for June & July approved.

Program instruction information memorandums. Bonus discussed, COLA increase coming. Retroactive check for COLA funding that was given. Additional competitive bonus is in the process of being discussed.

No policy and produces to be voted on at this time. Staffing reports don't have to be voted on.

Service area reports and the center reports discussed for approval. Both approved.

Financial audit. Information only, annual audit took place. Independent audit, no findings. Link will be sent with results from the audit report. All approved.

Follow up with Brooksville incident with Heidi Rand.

Next Policy Council meeting is Thursday, September 22, 2022.

