



WHAT'S HAPPENING IN EHS HOME-BASED

SEPTEMBER

HEALTH

Distracted Driver Facts:

- It only takes a car 10 min to heat up 20 degrees.
- The body temperature of a child increases 3 to 5 times faster than an adult's body temperature.
- Even if the window is slightly opened the temperature inside a vehicle can cause heatstroke.

OUR HOME VISITORS

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POLICY COUNCIL

The July minutes were approved. A prospective ten staff were approved for hire. The enrollment, attendance, and snack reports were approved. Additionally, a review of our school options were reviewed and updated with the Council. Service area and center reports were also approved.

EDUCATION

PREGNANCY: Prenatal Exercise - Make sure you consult with a doctor before you do any exercise, but this is totally classifies as pregnancy pampering! Taking walks at the park or beach will get you outside and get your body moving. This will help you to enjoy some time taking care of your body, too. This will be helpful during childbirth as well.

INFANTS: Songs and Rhythm Throughout the Day - Make your caregiving actions match the rhythm of a song. By singing you will help him learn to love music and feel comforted by soothing rhythm and motion.

TODDLERS: Color Sorting - Use two plates and several blocks of two different colors to give your child a chance to sort colors. Your child will begin to recognize and say color words and sort the blocks by color.

LET'S GET SOCIAL

Socialization Day

- Free Book for Every Family That Participates
- Raffle Giveaway
- Snacks

BOOK OF THE MONTH
We All Went on A Safari



@MFCSHEADSTART



TOGETHER TIME

Together With Your Family You Can:

Activity: Prepare with Pedro :

Disaster Preparedness Definitions:

HAZARDS, EMERGENCY, DISASTER, PREPARE and SAFE PLACE

Talk about what these words mean and what to do if they happen. Where is your families SAFE PLACE?

Discussion and Color:

THUNDERSTORMS, TORNADOS, EXTREME COLD, FLOODS, HURRICANES, EARTHQUAKES, EXTREME HEAT and WILD FIRES.


What will happen? Where to go? What to do? When to do it? How to do it?



Head Start
Mid Florida Community Services
Early Head Start



SEPTEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3  SOCIALIZATION & PARENT MEETING	4	5
6	7 LABOR DAY HOLIDAY	8	9	10 NO VISITS- HOME VISITOR TRAINING	11	12
13	14	15	16	17 SOCIALIZATION	18	19
20	21	22	23	24	25	26
27	28	29	30			

Take steps to protect children and others from COVID-19

Follow these everyday preventive actions and tips to help children stay healthy.

- Clean hands often using soap and water or alcohol-based hand sanitizer.
- Avoid people who are sick (coughing and sneezing).
- Put distance between your children and other people outside of your home. Keep children at least 6 feet from other people.
- Children 2 years and older should wear a mask over their nose and mouth when in public settings .
- Clean and disinfect high-touch surfaces daily in household common areas (like tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, and sinks).
- Launder items including washable plush toys as needed.

