

REMINDERS: It is that time of year where the weather temperatures can change quickly. Children play outside every day at school, it is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration and learning. When children have the right clothing for the season it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. It is that time of year to send layers of clothing, light coats, hats, etc., with your child. If you need resources to ensure you have fall/winter clothing for child, please do not hesitate to reach out to your family coach.

Please check your email and be sure to vote for your Parent Family Community Council representative. Still interested in joining the PFCC? Please reach out to Sofia Esteve sesteve@abilityconnectioncolorado.org



HEALTH: Sleep and Your Child: How You Can Build Healthy Sleep Routines

Sleep is important to how your child learns, grows, and even behaves. Children who get enough sleep regularly do better in school and have fewer behavior issues. Discover how a regular bedtime routine can help your child get enough sleep. It can also make bedtime easier for you!

Tips for Building a Bedtime Routine

- Set a regular bedtime, including the weekends.
- Start your child's bedtime routine about 30–60 minutes before their bedtime. This allows your child to recognize its time for bed and for you to spend quiet time together.
- Pick out clothes and other things your child may need.
- Provide an area that is safe, comfortable, and mainly used for sleep so there will be fewer interruptions.
- Offer quiet activities. Reading a book or listening to soft music helps if your child is struggling to fall asleep.
- Turn off the TV or video games. These make it harder for your child to fall and stay asleep.
- Limit drinks. Beverages high in sugar or caffeine, such as juice, tea, and soft drinks, should be avoided before bed.
- Offer time that allows for quiet conversation. Talk about your child's day, favorite things, or sing a quiet song together.



SAFETY: Crime can happen to anyone, anytime, anywhere. Many crimes can be prevented. Taking some simple steps can minimize the potential of becoming a victim.

Safety At Home

- Keep all doors locked, including sliding and glass doors. It's also important to keep windows locked. If you want to leave a window partially open, use window stops to prohibit access.
- Lighting is an inexpensive tool for preventing nighttime crime. It costs pennies a month to keep your porch light on overnight. When you are out of town, use timers to turn on lights in your house.
- If you're going to return home late in the evening, leave some indoor and outside lights on.
- Pay attention to suspicious activity in your neighborhood. Write down descriptions of suspicious people and license plate numbers. Report this information to the police.
- Be wary of letting unfamiliar people into your home. Install a peephole in your front door. Ask for identification, a phone number, references and a business card, and call the business to verify the information while the

person remains outside of the home. If there is any doubt, do not let the individual inside and then contact the police.

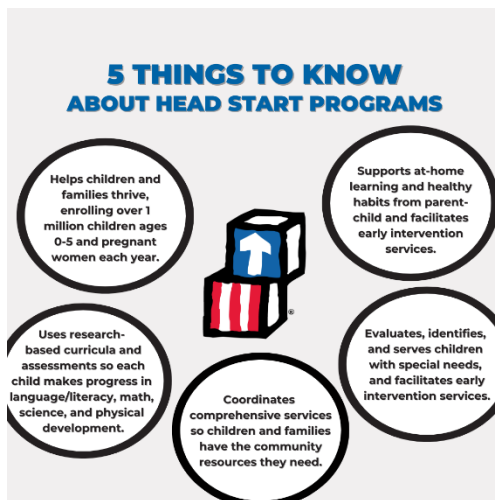
- Never disclose personal information over the telephone.
- Join Neighborhood Watch. You can also ask your local Police Area Representative (PAR) Officer to share crime prevention tips with a group of neighbors. Call 303.739.6000 to learn more.

Safety in Public

- Pay attention to your surroundings. Criminals tend to avoid people who appear self-assured, so walk purposefully and with confidence.
- Avoid walking at night or in dimly lit areas. If you must walk in the evening, walk in pairs whenever possible and along familiar routes.
- Trust your instincts. If you feel you are in danger, respond immediately. If you feel someone is following you or could hurt you, yell 'Fire' instead of 'help.' People are more likely to respond to your call for assistance.

Safety While Driving

- Park in well-lit areas. When walking to your vehicle, observe the area around you and have keys in your hand.
- Check the front and rear seats before getting into your car. Lock your doors after getting into your car and keep them locked while driving.
- To avoid getting stranded, keep your car maintained and your gas tank filled.
- If you feel you are being followed and are concerned for your safety, drive to a safe location and call 911 for help.
- Exercise extra caution when using underground and enclosed parking areas. Try not to enter alone.



Did you know????

October is Head Start Awareness month.

Head Start programs promote the school readiness of infants, toddlers, and preschool-aged children from families with low income. Head Start programs also engage parents or other key family members in positive relationships, with a focus on family well-being. Parents participate in leadership roles, including having a say in program operations. Head Start programs support children's growth in a positive learning environment through a variety of services, which include:

Early learning and development: Children's readiness for school and beyond is fostered through individualized learning experiences. Through relationships with adults, play, and planned and spontaneous instruction,

children grow in many aspects of development. These include social skills, emotional well-being, language and literacy skills, mathematics, and science concepts. Early learning experiences also include the cultural and language heritage of each child and family in relevant ways. Parents, including grandparents, foster parents, and other primary caregivers, are recognized as children's first and most influential teachers. Their knowledge of their children is central to each child's individualized approach. Additionally, Head Start programs work with families, school districts, and other entities to facilitate a smooth transition to kindergarten for each child.

- **Health:** Health and physical development are crucial for early learning opportunities that require children to fully explore and experience their environment. Head Start programs provide safe and healthy learning experiences indoors and outdoors. All children receive health screenings and nutritious meals, and programs connect families with medical, dental, and mental health services to ensure children are receiving the care and attention they need. Children receive support for building resiliency to cope with possible adverse effects of trauma. Families also receive mental health consultation focused on each child's needs.
- **Family well-being:** Families are offered program services to support family well-being and to achieve family goals, such as housing stability, continued education, and financial security. Programs support and strengthen family-child relationships and engage families in the learning and development of their child.