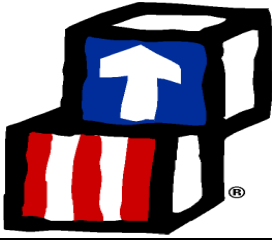


CANTO A LOS NIÑOS



November 2018 Calendar of Events

11/12	Agency Holiday/ Veterans Day (Robstown, TM, JFK and CCISD will be in school)
11/13-16	F.A.I.T.H.** activities at Centers
11/16	Familias Day by the Bay at Cole Park (Robstown, TM, JFK and CCISD will be in school)
11/21	Children's Thanksgiving Break/ Staff Development
11/19-23	TM, West Oso (JFK) and Robstown Thanksgiving Break
11/22-23	Agency Holidays- Thanksgiving
11/30	Board of Directors

** Fathers Actively Involved
Through Head Start



TELL EVERYONE

NUECES COUNTY
COMMUNITY ACTION
AGENCY

ACCEPTING
APPLICATIONS

FOR ENROLLMENT
CALL 880-4141

**School
Lockdown**

NUECES COUNTY COMMUNITY
ACTION AGENCY
101 South Padre Island Drive
Corpus Christi, TX 78405
Phone: 361-883-7201
Fax: 361-883-9173

Welcome

BREATHE, THINK, DO!

Frustration is a normal part of life, but it can overwhelm kids and bring up a lot of big feelings. You can help them to use the "Breathe, Think, Do" strategy to calm down, identify their feelings, and work to solve their problem.

Breathe

First, help kids calm down.

- Encourage them to put their hands on their bellies and slowly take three deep breaths, in through the nose and out through the mouth.
- Ask them to whisper "calm down" (or another encouraging phrase) to themselves.

Think

Next, help children understand their problem and think about a plan to solve it.

- Encourage little ones to tell you how they are feeling and why. You can help them find the words by telling them what you notice ("It seems like you feel frustrated because you're having trouble putting on your sweater.")
- Help come up with a few different plans for solving the problem (such as unbuttoning the top button).

Do

Encourage kids to choose a plan and try it out.

- Ask, "Which plan is best? Let's try it!"
- If the plan doesn't work, ask, "How else could you do this?," and then try the next plan.

Remind kids that learning new things takes practice. It's not that they can't do it; it's that they can't do it yet.

<https://sesamestreetincommunities.org/topics/resilience/?activity=breathe-think-do>



Like us and
follow us on



Nueces County Community
Action Agency is on Facebook!!!

To stay informed about
upcoming events, important
information about Head Start,
volunteer opportunities,
community resources, etc.

Follow us and "like" our page,
invite your friends to "like" us.

We want to hear from you.

 Find us on
Facebook

Let's

F.A.C.E.
Family And Community Engagement

The Future of Our
Children Together...

Nueces County Community Action Agency
FAMILIAS DAY BY THE BAY

The purpose is to bring our Birth-to-Five Head Start families together for
family involvement and wellness, and to promote Head Start Program
Awareness.

Date: Friday, November 16, 2018

Place: Cole Park

Time: 9:00 a.m.-12:00 p.m.



There will be no school that day. Parents and children will report
directly to the Park
CENTERS IN THE ISD COLLABORATION SITES WILL
FOLLOW REGULAR ISD CALENDAR

FOR DADS

As a dad there are lots of opportunities for you to get involved in your child's life. Becoming more involved in your child's life can take a lot of different forms. At every stage your children can benefit from your involvement.

- ◆ Read with young children.
- ◆ Join the elementary school parent teacher organization.
- ◆ Chaperone a school event.
- ◆ Volunteer as a coach, or ask your child's coach in what way he could use your help.
- ◆ Take a rainy Saturday and turn it into a family movie night.

Take time to be a positive and supporting part of your child's life.

For more details and ideas visit:
<https://www.fatherhood.gov/for-dads>

IMPORTANT NOTICE:

In case of Center Lockdown due to Chemical or Biohazard Alert, **doors will not be opened** until an All-Clear has been issued by proper authorities.

****Centers can also be on Lockdown in the event of violence or criminal activity near the facilities.**

Mission Statement:

NCCAA works with partners to apply comprehensive strategies to eliminate the causes of poverty for people of Nueces County.

Declaración de nuestra Misión:

NCCAA trabaja en colaboración con otras agencias en la comunidad para implementar estrategias y eliminar las causas de pobreza entre la población del Condado Nueces.

Parents and Families as Teachers

Parents and families have many opportunities each and every day to help their children learn, both inside and outside of the home. You don't have to be a rocket scientist, math genius, or famous writer to teach your children reading and language skills or basic math and science concepts. Much of your job is simply supporting and encouraging your children's natural curiosity about the world around them. Here are just a few examples of what you can do:

Math

- Bake and cook to teach measuring, estimating, and fractions.
- Teach counting, measuring, adding, and subtracting by taking children to the grocery store, letting them pick and weigh produce, and pay for food items.
- Fold laundry together to teach about sorting and pairing (matching socks or sorting clothing by family member)

Science

- Plant seeds with your children so they can learn how flowers, fruits and vegetables grow.
- Teach children about protecting the environment by recycling paper and plastic together.
- Take a walk and look for different flowers, shrubs, birds, and other animals. If you are in a city, identify building materials — bricks, wood, concrete, asphalt — and discuss how they differ.

Language and Reading

- Read and talk to your children from the moment they are born. Sing songs and read nursery rhymes. Choose age-appropriate books from the library or bookstore.
- Limit the amount of television young children watch.
- Visit the library for story hour. Let your children explore and choose books to take home.

Social Skills

Children will learn how to get along with other people from watching you. You can teach your children to be confident and comfortable around other adults and children by having them participate in play groups or play with other children in your neighborhood.

<https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/for-families/parenting/Parents%20as%20Teachers/ParentsandFamili.htm>

FAMILY ENGAGEMENT AND SCHOOL READINESS HIGHLIGHTS

Parents and children worked together on a lot of projects and participated in a variety of events throughout the Agency. From Early Head Start to Head Start Centers, children and their parents learned and had fun at the same time .



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CANTO A LOS NIÑOS is a publication of the Nueces County Community Action Agency Birth-to-Five Head Start Program, 101 South Padre Island Drive, Corpus Christi, Texas 78405, Alma Barrera, Chief Executive Officer and Cindy Casiano, Birth to Five Head Start Director. NCCAA is a private non-profit corporation serving children and families in Nueces County. NCCAA is funded by U. S. Department of Health and Human Services—Administration for Children and Families, Head Start Bureau; and Texas Department of Human Services—Child and Adult Food Program.

More pictures in our Facebook page