



CANTO A LOS NIÑOS

WELCOME TO HEAD START

EVERYDAY WAYS TO SUPPORT YOUR BABY'S AND TODDLER'S EARLY LEARNING

Your baby is learning—about you, himself, and the world around him—from the moment he enters the world.

WHAT'S GOING ON WITH YOUR BABY OR TODDLER?

Language and Communication: Babies express their needs and feelings through sounds and cries, body movements, and facial expressions.

Thinking Skills: Your child is learning how the world works by playing and exploring.

Self-Control: Over the first 3 years, your child is beginning to develop self-control—the ability to manage his feelings and actions in acceptable ways.

Self-Confidence: Your child is learning that she is a very special person; that she is loved, smart, fun, and capable.

WHAT YOU CAN DO

Watch and listen to see how your baby communicates what she is thinking and feeling.

Repeat the sounds and words your child uses and have back-and-forth conversations.

Encourage your child to explore toys in different ways— by touching, banging, stacking, shaking.

Use words to help your child understand his feelings. "You are really mad because we have to leave the park."

Help your child be a good problem-solver. Give her the support she needs to be successful without completely solving the problem for her.

For more ideas and INFORMACION EN ESPAÑOL, visit: <https://www.zerotothree.org/resources/265-everyday-ways-to-support-your-baby-s-and-toddler-s-early-learning>

April 2021 Calendar of Events

- 4/2 Good Friday
- 4/4 Easter Sunday
- 4/5 Easter Monday Holiday
- 4/14 Early Release @ noon
- 4/14 Family Engagement Mini-Conference
- 4/20 Policy Council
- 4/22 Earth Day
- 4/23 Teacher's Work Day
- 4/29 Board of Directors
- 4/30 Child Abuse Prevention Superhero Parade
- APRIL'S WEEK CELEBRATIONS**
- 4/19-23 Marcha De las Escobas
- 4/20-24 Earth Week



Like us and follow us on Facebook



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



NUECES COUNTY COMMUNITY ACTION AGENCY
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Corpus Christi, TX 78405
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Fax: 361-883-9173
www.nccaatx.org

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 Lockdown in the event of violence or crime activity nearby the facilities.

Mission Statement:

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

community Action Helping People. Changing Lives.

Nueces County Community Action Agency

It is time to APPLY Birth to Five HEADSTART

2021 - 2022 APPLICATIONS

WHEN STARTING-NOW

WHERE
2526 Soledad
Corpus Christi
78416

OFFICE HOURS
Monday- Friday
8:00 - 11:45
1:00-4:45

APPLICATIONS ACCEPTED FOR:
EXPECTANT WOMEN
EARLY HEAD START
CHILDREN WITH
DISABILITY

What do I Need to Bring?
REQUIRED TO BRING--

1. BIRTH CERTIFICATE FOR THE CHILD
2. 2020 INCOME FOR THE FAMILY
3. PARENT'S PICTURE ID

****DOCUMENTS TO VERIFY THE FOLLOWING** (IF APPLICABLE)**

- ❖ FOOD STAMPS/MEDICAID
- ❖ EMPLOYMENT/SCHOOL
- ❖ PUBLIC HOUSING RESIDENCY/SECTION 8
- ❖ DOMESTIC VIOLENCE/INCARCERATION
- ❖ CURRENT IMMUNIZATIONS
- ❖ CURRENT PHYSICAL
- ❖ CURRENT DENTAL

FOR MORE INFORMATION
CALL: 361-429-8675 or 361-429-7690

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REDUCE THE RISK OF SIDS & SUFFOCATION

About 3,500 babies die each year in the United States during sleep because of unsafe sleep environments. Some of these deaths are caused by entrapment, suffocation, or strangulation. Some infants die of sudden infant death syndrome (SIDS). However, there are ways for parents to keep their sleeping baby safe.

What You Can Do:

- Place your baby to sleep on his back for every sleep.
- Place your baby to sleep on a firm sleep surface.
- Keep soft objects, loose bedding, or any objects that could increase the risk of entrapment, suffocation, or strangulation out of the crib.
- Place your baby to sleep in the same room where you sleep but not the same bed
- Breastfeed as much and for as long as you can. This helps reduce the risk of SIDS.
- Schedule and go to all well-child visits. Your baby will receive important immunizations
- Keep your baby away from smokers and places where people smoke. This helps reduce the risk of SIDS.
- Do not let your baby get too hot. This helps reduce the risk of SIDS.
- Offer a pacifier at nap time and bedtime. This helps reduce the risk of SIDS
- Do not use home cardiorespiratory monitors to help reduce the risk of SIDS.

For more information on SIDS, visit: <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/Preventing-SIDS.aspx>

SELF-CARE TIPS

Self-care means taking time to do things you enjoy. It usually involves everyday activities that you find relaxing, fun, or energizing. These activities could be as simple as reading a book, or as big as taking a vacation. Self-care also means taking care of yourself. This means eating regular meals, getting enough sleep, caring for personal hygiene, and anything else that maintains good health.

- ◆ **Make self-care a priority.**
- ◆ **Set specific self-care goals.**
- ◆ **Make self-care a habit.**
- ◆ **Set boundaries to protect your self-care.**
- ◆ **A few minutes of self-care is better than no self-care.**
- ◆ **Unhealthy activities don't count as self-care.**
- ◆ **Keep up with self-care, even when you're feeling good.**

For more information visit: <https://www.all4kids.org/wp-content/uploads/2020/05/self-care-tips.pdf>

WHY FATHERHOOD ENGAGEMENT MATTERS

When it comes to the growth and development of young children, fatherhood engagement is an incredibly important influencer. In fact, research has shown that children benefits directly from the involvement of a father figure in their lives, especially an engaged father.

So why is it so important for father figures to be present in children's lives, and why does fatherhood engagement matter so much?

Here are the top reasons:

- ✓ Impact on early development
- ✓ Gender-specific benefits
- ✓ Improved relationships later in life
- ✓ Better chances for success
- ✓ General happiness and positive outlook
- ✓ Better stress management

Learn more at: <https://www.all4kids.org/news/blog/why-fatherhood-engagement-matters/>

Let's **F.A.C.E.** *The Future of Our Children Together...*
Family And Community Engagement

NCCAA BIRTH-TO-FIVE HEAD START PROGRAM
Family Engagement Mini-Conference
"Family Connections to Peers and the Community"



SAVE THE DATE

Wednesday,
April 14, 2021

9:00- 11:00 a.m.

Via Zoom

Contact your Family Advocate to RSVP and request meeting link

(Need to be signed in meeting to win)

Join Us and Learn about:

- Parenting Skills
- IMIL (I'm Moving, I'm Learning) for families
- Community resources
- Door prizes
- And more!

(Need to be signed in meeting to win)



FAMILY ENGAGEMENT AND SCHOOL READINESS HIGHLIGHTS

Face-to-Face or distance learning!!
 It has not been an easy year; but from Early Head Start to Head Start, staff, children and parents have learned and had fun at the same time.
 Showing that we are #NCCAASTRONG!!!



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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 A. Barrera, Chief Executive Officer and Cindy Davila, 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 Care Food Program.

**NCCAA's
 Community Services**

NCCAA's Community Services Department offers a variety of programs, such as, Weatherization, Utility Assistance, Housing and Information and Referral.

To apply for services in the Community Services Program you can download a printable application [here](#).

To apply for Disaster Relief, you can download the application [here](#).



Community Service Program

DISASTER RELIEF AVAILABLE!!

If you were affected by Winter Storm Uri and need help with household items, NCCAA can help!

If you live in Corpus Christi call us at (361) 882-4193 or if you live in Robstown call us at (361) 387-1527. If you would prefer to download a printable application, please visit our website at www.nccaatx.org and click on the Disaster Relief link.