

# CANTO A LOS NIÑOS



## WELCOME TO HEAD START

ENJOY A SAFE HOLIDAY SEASON

December/January  
2020-2021

### Calendar of Events

- 12/16 EHS/HS Early Release at 12 Noon
- 12/16 Christmas/Winter Wellness Fest
- 12/21-31 Children's Christmas/Winter Break
- 12/25 Agency Holiday/Christmas Day
- 1/1 Agency Holiday/New Year's Day
- 1/4 Children return to School
- 1/13 EHS/HS Early Release at 12 Noon
- 1/15 School Readiness & Family Engagement Advisory
- 1/18 Agency Holiday/Martin Luther King Day
- 1/19 Policy Council
- 1/20 Family Engagement Mini-Conference
- 1/28 Board Of Directors

*Intersession  
January 19-22, 2021*

### Decorate Safely

Decorating is one of the best ways to get in a holiday mood, but emergency rooms see thousands of injuries involving holiday decorating every season.

When decorating follow these tips from the U.S. Consumer Product Safety Commission:

- ✓ Keep potentially poisonous plants – mistletoe, holly berries, Jerusalem cherry and amaryllis – away from children
- ✓ If using an artificial tree, check that it is labeled "fire resistant"
- ✓ If using a live tree, cut off about 2 inches of the trunk to expose fresh wood for better water absorption, remember to water it and remove it from your home when it is dry
- ✓ Place your tree at least 3 feet away from fireplaces, radiators and other heat sources, making certain not to block doorways
- ✓ Avoid placing breakable ornaments or ones with small, detachable parts on lower tree branches where small children can reach them
- ✓ Only use indoor lights indoors and outdoor lights outdoors, and choose the right ladder for the task when hanging lights
- ✓ Replace light sets that have broken or cracked sockets, frayed or bare wires, or loose connections
- ✓ Follow the package directions on the number of light sets that can be plugged into one socket

For more Holiday and Winter Safety Tips, visit: <https://www.nsc.org/community-safety/safety-topics/seasonal-safety/winter-safety/holiday>



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



**NUECES COUNTY COMMUNITY ACTION AGENCY  
BIRTH TO FIVE HEAD START PROGRAM**

**is accepting applications for the  
2020-2021 school year**

**FOR ENROLLMENT CALL (361) 880-4141**



**NUECES COUNTY COMMUNITY ACTION AGENCY**  
101 South Padre Island Drive  
Corpus Christi, TX 78405  
Phone: 361-883-7201  
Fax: 361-883-9173  
[www.nccaatx.org](http://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.**

### **The Importance of Father-Daughter Relationships**

Here are just some of the countless ways that having a strong, father-daughter bond positively impacts a daughter's mental and emotional development:

**Mental Health Benefits:** The results of a recent study (2018) demonstrated that close ties with fathers help daughters overcome loneliness!

**Relational Benefits:** A strong father-daughter relationship in childhood can actually impact a daughter's romantic life in adulthood.

For more information visit: <https://www.all4kids.org/news/blog/the-importance-of-father-daughter-relationships/>

### **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.

FAMILY ENGAGEMENT AND SCHOOL READINESS

5 Great Reasons to Cook with Your Kids

By: Nimali Fernando, MD, MPH, FAAP

When it comes to raising an adventurous eater, it is not just about coaxing kids to eat their veggies.

Bringing up a child who can enjoy a cantaloupe as much as a cupcake takes patience and persistence, but it does not have to feel like a chore.

Kids may need to have frequent joyful experiences involving food to overcome the anxiety they may have around tasting the unfamiliar. Over time, cooking with your children can help build that confidence—and provide rich sensory experiences.

**Here are five ways to enjoy cooking with your children while raising an adventurous eater along the way.**

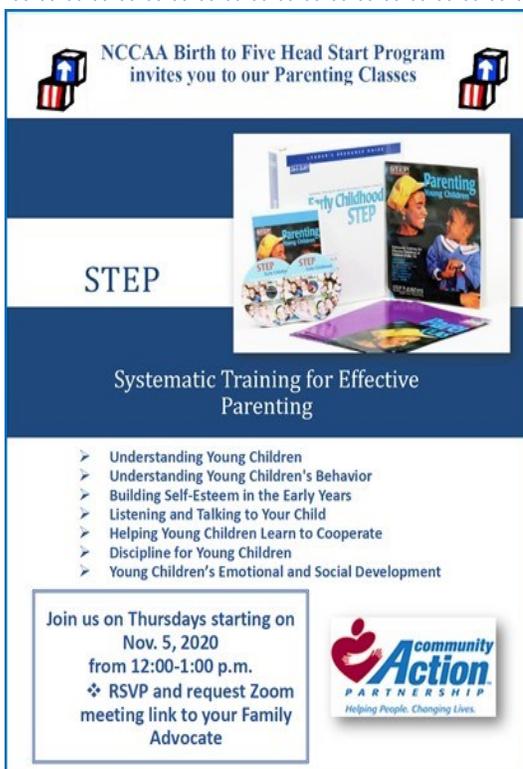
1. **Engage other senses.** For a hesitant eater, tasting an unfamiliar food can sometimes be intimidating. You can help your child explore foods when cooking using other senses besides taste.
2. **Use cooking to raise smart kids.** Math concepts like counting, measurement, and fractions naturally unfold when navigating a recipe with kids.
3. **Make cooking part of the family culture.** The family meal can start in the kitchen as you cook together.
4. **Keep it safe.** Teach kids the importance of staying safe while cooking.
5. **Ask for input.** Children feel more included in mealtime when they are asked to be a part of meal preparation.

For more information and ideas, visit: <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Cooking-With-Your-Children.aspx>

WATCHING FOR SIGNS OF STRESS

During tough times, when there is a lot of change and uncertainty, children may just not be themselves. Just like grown-ups, kids experience stress. If changes in their behavior continue or affect their everyday life, it might be time to reach out for help. Here are some common reactions to stress and helpful ways parents can respond:

- ◆ If children are super-clingy or scared of being alone, use gentle words to reassure them that you'll keep them safe and you will not disappear. Little ones feel comforted and safe when there are things they can count on each day. Try to create at least one daily routine that will stay the same no matter what, like reading a bedtime story or having an afternoon snack together.
- ◆ If children have trouble sleeping, offer a comfort object, like a stuffed animal or special blanket, to help them soothe themselves and calm down. Say, for instance, "Blankie will keep you company all night, and I will see you when you wake up in the morning."
- ◆ If children are talking less or shying away from social situations, they may be keeping lots of big feelings inside. Ask how they are feeling and if they have questions. Give them words describing feelings, such as angry, sad, scared, or worried.
- ◆ More frequent meltdowns can be kids' way of coping with a lack of control over a situation. Try activities that help them feel calmer and in control of something, such as molding clay, doing a puzzle, or building with blocks.
- ◆ If bed-wetting, thumb-sucking, or baby talk are reappearing, try to offer love and affection, and understand that these are normal behaviors in stressful times, and it can take time for them to get better. For more information and ideas, visit: <https://sesamestreetincommunities.org/topics/comfort/>



NCCAA Birth to Five Head Start Program invites you to our Parenting Classes

**STEP**

Systematic Training for Effective Parenting

- Understanding Young Children
- Understanding Young Children's Behavior
- Building Self-Esteem in the Early Years
- Listening and Talking to Your Child
- Helping Young Children Learn to Cooperate
- Discipline for Young Children
- Young Children's Emotional and Social Development

Join us on Thursdays starting on Nov. 5, 2020 from 12:00-1:00 p.m.  
❖ RSVP and request Zoom meeting link to your Family Advocate



**MARK YOUR CALENDARS FOR OUR SPECIAL EVENTS:**

**PARENTING CLASSES**  
Beginning on **November 5, 2020**  
**12:00– 1:00 p.m.**

Let's connect to share experiences and learn more about Parenting Skills. RSVP with your Family Advocate to get Zoom meeting links and reserve your book.

**CHRISTMAS WELLNESS DRIVE BY EVENT**

Drive By for a Photo with Santa, prizes for your children and Resources for your family.

Decorate your cars to help us spread Christmas Spirit!

**SAVE THE DATE**  
Santa Claus is Coming to Head Start  
NCCAA Birth to Five Head Start

**F.A.C.E.**  
(Family And Community Engagement)

**CHRISTMAS WELLNESS DRIVE BY FEST**  
Wednesday, December 16, 2020  
Time: 1:00-3:30 p.m.  
Location: TBD

**SANTA CLAUS IS COMIN' TO TOWN!**

Selfies with Santa  
Prizes  
Games  
Resources in the Community

Everyone **MUST** wear a face covering and follow Social Distancing of 6 feet apart.

The first 300 children will receive a special token from Santa

**FAMILY ENGAGEMENT AND SCHOOL READINESS HIGHLIGHTS**

Familias Day/ Head Start Awareness Car Parade, Turkey Giveaways, classroom activities, etc.

From Early Head Start to Head Start, staff, children and parents learned and had fun at the same time. Showing that we are #NCCAASTRONG!!!

**NORTHWEST HEADSTART FAMILIAS DAY PARADE**



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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. For more information on these programs please call our offices:

- ◆ **Corpus Christi**  
Community Action Service Center 361-882-4193
- ◆ **Robstown**  
NCCAA Rural Service Center 361-387-1527

