



**February 2020**

## Calendar of Events

- 02/3-7 Family Science Week
- 02/12 Early Release at noon\*\*
- 02/17 Agency Holiday Day/ President's Day**
- 02/17-21 Dual Language Learners Week
- 02/18 Policy Council
- 02/27 Board of Directors**
- 02/28 Teacher's Work Day\*\***

**\*\* Centers in ISD's follow ISD schedule/calendar**



## WELCOME

### FIRST AID GUIDE FOR PARENTS & CAREGIVERS

#### General Tips

- ♦ Know how to get help.
- ♦ Make sure the area is safe for you and the child.
- ♦ When possible, personal protective equipment (such as gloves) should be used.
- ♦ Position the child appropriately if her airway needs to be opened or CPR (cardiopulmonary resuscitation) is needed.
- ♦ **DO NOT MOVE A CHILD WHO MAY HAVE A NECK OR BACK INJURY** (from a fall, motor vehicle crash, or other injury or if the child says his neck or back hurts) unless he is in danger.
- ♦ Look for anything (such as emergency medical identification jewelry or paperwork) that may give you information about health problems.

For more information on First Aid visit: <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/First-Aid-Guide.aspx>



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**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.

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### 10 FACTS ABOUT FATHER ENGAGEMENT

1. Fathers and infants can be equally as attached as mothers and infants.
2. Father involvement is related to positive child health outcomes in infants, such as improved weight gain in preterm infants and improved breastfeeding rates.
3. Father involvement using authoritative parenting (loving and with clear boundaries and expectations) leads to better emotional, academic, social, and behavioral outcomes for children.
4. Children who feel a closeness to their father are: twice as likely as those who do not to enter college or find stable employment after high school, 75% less likely to have a teen birth, 80% less likely to spend time in jail, and half as likely to experience multiple depression symptoms.
5. Fathers occupy a critical role in child development. Father absence hinders development from early infancy throughout childhood and into adulthood.
6. The quality of the father-child relationship matters more than the specific amount of hours spent together.
7. High levels of father involvement are correlated with higher levels of sociability, confidence, and self-control in children.
8. Children with actively involved fathers are: 43% more likely to earn A's in school and 33% less likely to repeat a grade than those without engaged dads.
9. Father engagement reduces the frequency of behavioral problems in boys while also decreasing delinquency and economic disadvantage in low-income families.
10. Father engagement reduces psychological problems and rates of depression in young women.

[https://www.thefatherhoodproject.org/10-facts-about-father-engagement/#\\_edn1](https://www.thefatherhoodproject.org/10-facts-about-father-engagement/#_edn1)



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### 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.

## HEALTHY HABITS FOR HAPPY SMILES

### Giving First Aid for Your Child's Oral Injuries

Injuries to the head, face, and mouth are common in young children. Even when parents do their best to keep children safe, oral injuries can happen. Most oral injuries happen when young children are learning to walk. The top front teeth are injured most often.

#### Tips to help you know what to do for common oral injuries:

- ♦ **Tongue or lip injured.** Clean the injured area. Press a clean washcloth on it to stop bleeding. Keep your child's head up and facing forward to prevent choking. Put ice, wrapped in a clean washcloth, on the area to reduce swelling. If bleeding doesn't stop after 30 minutes, take your child to your child's dentist or doctor right away. If the dentist or doctor is not available, take your child to the nearest urgent care center right away.
- ♦ **Tooth chipped or cracked.** Clean the injured area. Contact your child's dentist or an urgent care center right away. Have your child rinse with water, if possible. If there is bleeding, press a clean washcloth on the gum around the tooth to stop it.
- ♦ **Tooth knocked out.** Contact your child's dentist right away. Do not try to put a baby tooth back into the mouth. Clean the injured area. If there is bleeding, have your child bite on the area with a clean washcloth for 15 to 30 minutes to stop it.
- ♦ **Tooth knocked loose, moved, or pushed into gum.** If your child's tooth has been knocked loose, moved forward or backward, or pushed into the gum, contact your child's dentist or an urgent care center right away. Have your child rinse with water, if possible. Press a clean washcloth on the gum around the tooth to stop bleeding.
- ♦ **Toothache.** If your child has a toothache, it is likely that the tooth has a cavity. Make a dental appointment as soon as possible to find out what the problem is and get treatment.

For more information and resources visit: <https://eclkc.ohs.acf.hhs.gov/publication/giving-first-aid-your-childs-oral-injuries>  
<https://www.colgate.com/en-us/bright-smiles-bright-futures/program-materials/families>

## FAMILY ENGAGEMENT AND SCHOOL READINESS

### THE LEARNING TEAM

As you send your child off to school, it's comforting to know you're not alone on this learning journey—you're on a team with his teacher. The teacher will try to give him the best possible experiences for learning and growing, and by staying involved in his learning experience, you're helping him feel supported on this new adventure.

Here are some things to keep in mind as you form the learning team:

- 👉 You and your child's teacher have the same goal: to provide safe spaces, with lots of love and care, where your child can explore and learn.
- 👉 Your approach to achieving these goals may be different from the teacher's, since school and home are different! Reassure your child that those differences are okay: "You do things differently at school than you do at home. You're going to learn a lot in both places!"
- 👉 Sharing your child's home routines, language, and culture with his teacher can help the teacher interpret his behavior, and help him adjust to school. Ask the teacher about ways you can help him get used to the classroom.

For more ideas on how to support your child to be successful at school visit: <https://sesamestreetincommunities.org/topics/school-readiness/>

### Canto a Los Niños Production Staff

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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 Davila, Director of the Birth-to-Five Head Start Program. 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.

From Early Head Start to Head Start Centers, staff, children and parents learned and had fun at the same time!



### 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

