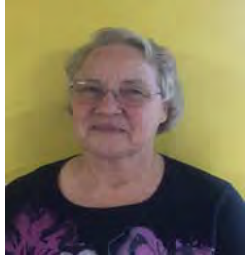




Stronger Families, Better Communities, Brighter Futures

"UMCHS is an Equal Opportunity Provider"

**Volunteer of the Month
February 2017**



**Mary Jones
Classroom Volunteer
John Day**

*"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another."
~ Erma Bombeck ~*

**Volunteer of the Month
March 2017**



**Iveht Sanchez
Classroom Volunteer
Sam Boardman**

**Volunteer of the Month
April 2017**



**Jorge Colon
Classroom Volunteer
Victory Square**

NUTRITION EDUCATION ~ Crunchy Bananas on a Stick

Ingredients:

- 4 firm ripe bananas
- 8 wooden sticks with rounded ends
- 1 to 2 container (6 ounces each) Yoplait Custard Style (any flavor)
- 3 cups Cheerios Cereal

Makes 8 servings.

Instructions:

Cover cookie sheet with waxed paper. Peel bananas and cut crosswise in half. Insert wooden stick into cut end of each banana. Roll in yogurt, then in cereal. Place on cookie sheet. Freeze for about 1 hour or until firm. Wrap each banana in plastic wrap or aluminum foil. Store in freezer.



UMCHS
Umatilla-Morrow Head Start, Inc.



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The Network Newsletter

110 NE 4th St., Hermiston, OR 97838 ~ 541.564.6878 / 1.800.559.5878 ~ Fax: 541.564.6879



May is Mental Health Month



Mental disorders in children are just as real, common and treatable as they are in adults. Left untreated, children's mental health disorders can lead to problems at home, trouble in school and in the community, substance abuse and even suicide. In fact, **depression affects as many as one in every 33 children and one in eight adolescents**, according to the federal Center for Mental Health Services.

It is easy for parents to identify a child's physical needs-nutritious and balanced meals; adequate shelter and clothing; sufficient rest and physical activity; immunizations; and a healthy living environment.

However, a child's mental and emotional needs may not be as obvious. Good mental health allows children to think clearly, develop socially, learn new skills, build self-esteem, and develop a positive mental outlook. These are the basics for a child's good mental health:

- ◆ **Give children unconditional love.** Children need to know that your love does not depend on their accomplishments.
- ◆ **Nurture children's confidence and self-esteem.** Praise and encourage them. Set realistic goals for them. Be honest about your mistakes. Avoid sarcasm.
- ◆ **Encourage children to play.** Play time is as important to a child's development as food. Play helps children be creative, develop problem-solving skills and self-control, and learn how to get along with others.
- ◆ **Enroll children in an after school activity, especially if they are otherwise home**

alone after school. This is a great way for kids to stay productive, learn something new, gain self-esteem and have something to look forward to during the week.

- ◆ **Provide a safe and secure environment.** Fear can be very real for a child. Try to find out what is frightening him or her. Be loving, patient and reassuring, not critical.
- ◆ **Give appropriate guidance and discipline when necessary.** Be firm, but kind and realistic with your expectations. The goal is not to control the child, but to help him or her learn self-control.
- ◆ **Check in on children after school has ended if they're home alone.** Take a minute to call them from the office. Children need to know that even if you're not there physically, you're thinking about them, and interested in how they spent their day and how they'll spend the rest of it.
- ◆ **Communicate.** Make time each day after work and school to listen to your children and talk with them about what is happening in their lives. Share emotions and feelings with your children.
- ◆ **Get help.** If you're concerned about your child's mental health, consult with teachers, a guidance counselor or another adult who may have information about his or her behavior. If you think there is a problem, seek professional help. Early identification and treatment can help children with mental health problems reach their full potential.

PARENT & CHILD... Helping Your Child's Brain Development

How does Daily vrom work?

vrom

1 new message



find out more at
joinvroom.org



A child's first years are when they develop the foundation for all future learning.

With vrom, you can make any moment with your child a brain building one.

Sign up for weekly brain building texts!

Get started now by texting
CHILD to 48258

vrom

You can sign up in seconds and get brain building activities for multiple children based on their ages. This can be a fun ritual to do with your little ones as they grow!

You have what it takes to be a brain builder!

Download the free **Daily vrom** app to get bite-size activities that fit into your daily routines. So whether it's mealtime , bathtime , or anytime in between, you can turn everyday moments into brain **Building** moments!

Learn more about how to be a brain builder at joinvroom.org

download
-Daily vrom-

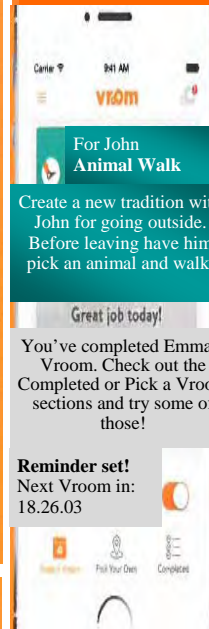


Get age appropriate Vroom Tips personalized for your children

Choose a Vroom Tip wherever you are, no matter what you're doing

Tips inspire fun interactions for you to do together

Earn badges and unlock celebratory videos you can share with family and friends



For John
Animal Walk

Create a new tradition with John for going outside. Before leaving have him pick an animal and walk.

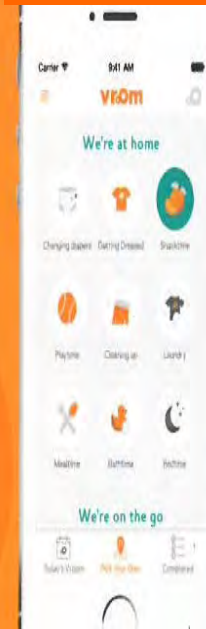
Great job today!

You've completed Emma's Vroom. Check out the Completed or Pick a Vroom sections and try some of those!

Reminder set!
Next Vroom in:
18.26.03



Use the settings to choose your tip delivery time or set a reminder for later

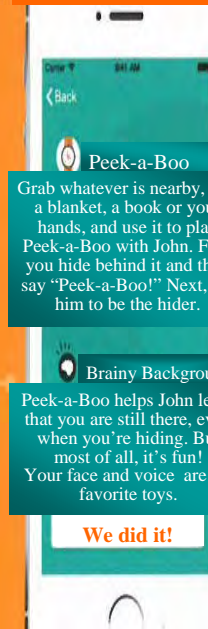


We're at home

- Changing Diaper
- Getting Dressed
- Snacktime
- Playtime
- Cleaning up
- Laptime
- Mealtime
- Bathtime
- Bedtime

We're on the go

Learn the science behind how each activity builds your child's brain



Peek-a-Boo

Grab whatever is nearby, like a blanket, a book or your hands, and use it to play Peek-a-Boo with John. First you hide behind it and then say "Peek-a-Boo!" Next, get him to be the hider.

Brainy Background

Peek-a-Boo helps John learn that you are still there, even when you're hiding. But most of all, it's fun! Your face and voice are his favorite toys.

We did it!

Get credit for your completed activities and revisit your favorites



Our Progress



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