

Ms. Mandy from the BIHS Health Office will be contacting you to discuss your child's health records. The topics to be covered are:

- ◆ **Up to date Well Child Check for Kindergarten**
- ◆ **Up to date Well Child Check for returning to BIHS**
- ◆ **6-month dental check up or dental treatment confirmation**
- ◆ **Up to date immunizations for your child's age**



It is the Office of Head Start's requirements and the BIHS policy that your child's health records are current. If your child has received any updates to their health status please bring a copy to BIHS as soon as possible. Thank you!

February In The Classroom

The theme for February is "Let's Be Friends." The color of the month is **pink**, and the shape of the month is a heart. The children are learning about opposites such as open and closed. The character of the month is teamwork. The health topic is staying fit and eating healthy foods to support their development.



Paiute Language

Colors:



Red **Light Red**
Aka **Aka-tosabi**



Shape:

Heart Shape

Piwu-bonogi

Human Heart

Tabiwu



Action:

I am washing my hands

I- maya-neika nuu a-batsaga-ti



Emotions:

Loved

Tutsama'adu

Happy

Nishu'abu



Healthy Party Alternatives



Kwiduba-Crown



Kaki-Necklace



Tsiabu– Bug

Sugar overload can make us feel yucky and it is just plain not good for our bodies us to consume sugar. At BIHS we encourage healthy foods and activities for special events and Birthday parties. Here are some healthy party alternatives instead of having sugary foods like cupcakes.

- **Make a craft like paper plate hats and crowns**
- * **Make a fun craft like stringing a bracelet or anklets as a group**
- **Decorating fruits and vegetables are always a hit. Ants on a log can be made with celery peanut butter and raisins .**
- **Read a favorite book aloud and over emphasis the words or make different facial expressions while your reading, a different voice can be fun to while reading**
- **Have a group painting project and have the Birthday boy or girl chooses the painting theme.**
- **Bring in a puppet to sing Happy Birthday or have a puppet making project with clean old socks.**
- **Make musical instruments such as cereal box guitars, paper plate tambourines or homemade rain sticks**



Paiute Language taught by Glenn Nelson

Triple P Positive Parenting Tips

- ♦ Have realistic expectations of your child and yourself.
- ♦ Enjoy your child and spend time together
- ♦ Look at your own needs and take care of your relationships.
- ♦ Avoid conflict in front of your child- show them how to solve problems calmly.
- ♦ Get support from family and friend.
- ♦ If you have a partner, work together as a parenting team.
- ♦ Look for information and ideas on parenting.
- ♦ If you are concerned about your child's behavior or the way you are handling certain situations with your family, look for advice and set yourself some goals for change.



More information: www.triplep-parenting.net