



## Earn a \$20.00 Walmart Gift Card!

It is important for your child to attend the program daily. He/she must attend the program **Monday thru Friday** for a **minimum of 6 hours** a day to benefit from the learning opportunities that prepare him/her for pre-school and to retain enrollment in the program. The Office of Head Start expects children to be present at least **85%** of the time. We will award a **\$20.00 gift card** from Walmart to families that have children with **Perfect Attendance**, until funds are exhausted.

**National Career Fair**  
Tue, July 25, 2017  
11:00 AM – 2:00 PM CDT  
DoubleTree by Hilton Dallas - Love Field  
3300 W Mockingbird Ln  
Dallas, TX 75325

**Reminder: Early Head Start Hours are from 7:30 a.m. to 3:30 p.m.**

### A word from Araceli Paniagua, EHS Director

#### Do You Know the Importance of In-Kind Services in Early Head Start?

As a grantee of the Early Head Start – Child Care Partnership (EHS-CCP) grant, the Office of Head Start requires us to raise over \$318,310 of in-kind contributions every year. One type of in-kind contribution is the donation of your **TIME**. When you spend time doing fun activities with your child at home, you help him/her prepare for school and you help us meet our yearly in-kind contributions. Your child's teacher will give you a Parent Daily Activity sheet to record the activities that you complete with your child each day. If you spend 30 minutes per day (Monday – Thursday) with your child for 48 weeks, we can raise about \$960 per year. If all 72 children spend quality time with their parents, we can raise about \$69,120 per year! Let us work together to meet your child's school readiness goals!

**Wee Can Academies Parent Meetings**  
(Round Table)  
July 27, 2017 (Pleasant Grove)  
July 20, 2017 (Grant East)  
4:00 p.m. – 5:00 p.m.



#### Wee Can Academy Grant East

Hours of Operation: 7:00 a.m. – 6:00 p.m.

2901 Morgan Drive  
Dallas, TX 75241  
972-325-7979

Ms. Pictra Payne, Child Care Manager



#### Wee Can Academy Pleasant Grove

1227 North Masters Drive  
Dallas, TX 75217  
972-325-7983

Ms. Sylvia DeLeon, Asst. Director

Cora Norman, Family Service Specialist

cnorman@ser-national.org



# Wee Can Academies Bulletin

July 2017



## Congratulations 2017 Graduates! You Did It!



# HEALTH AND NUTRITION

Tick season is at an all-time high this summer. If you have pets or close by neighbors have pets it is important to monitor your children after being out in open grassy areas. Ticks can spread disease and in some cases even temporary paralysis.

Here are a few things you can do, as a parent, to avoid your child being bit by ticks this season:

- If you have pets make sure they are on preventative treatments, check your pets if they start to show signs of discomfort (nibbling or scratching).
- Check your child daily after playing outside. During bath time, make sure to check through hair and in folds of arms and legs.
- Keep our grass in your yard cut and keep stacks of wood neat and in a dry area.

## Developing Your Child's Self-Esteem



**Help your child learn to do things.** At every age, there are new things for kids to learn. Even during babyhood, learning to hold a cup or taking first steps sparks a sense of mastery and delight. As your child grows, things like learning to dress, read, or ride a bike provide perfect opportunities for self-esteem to take root.

### Why Self-Esteem Matters

When children feel good about themselves, it sets them up for success — in everything from school to friendships. Positive feelings like self-acceptance or self-confidence help kids try new challenges, cope with mistakes, and try again. Taking pride in their abilities and accomplishments helps kids do their best.

- **When teaching kids how to do things, show and help them at first.** Then let them do what they can, even if they make mistakes. Be sure your child has lots of opportunities to learn, try, and feel proud. Don't make new challenges too easy — or too hard.
- **Praise your child, but do it wisely.** Of course, it's good to praise kids. Your praise is a way to show that you are proud, too. But research shows that some ways of praising kids can actually backfire.

### Avoid over-praising.

#### Praise effort rather than fixed qualities.

Instead, offer most of your praise for effort, progress, and attitude. For example: "You're working hard on that project," or "You're getting better and better at these spelling tests," or "I'm proud of you for practicing piano — you've really stuck with it." This kind of praise encourages kids to put effort into things, work toward goals, and try. When kids do that, they are more likely to succeed.

- **Be a good role model.** When you put effort into everyday tasks (like raking the leaves, making a meal, cleaning up the dishes, or washing the car), you're setting a good example. Your child learns to put effort into doing homework, cleaning up toys, or making the bed.
- Modeling the right attitude counts, too. When you do tasks cheerfully (or at least without grumbling or complaining), you teach your child to do the same. When you avoid rushing through chores and take pride in a job well done, you teach your child to do that, too.
- **Ban harsh criticism.** The messages kids hear about themselves from others easily translate into how they feel about themselves. Harsh words ("You're so lazy!") are harmful, not motivating. When kids absorb negative messages about themselves, they feel bad about themselves, and act accordingly.
- **Focus on strengths.** Pay attention to what your child does well and enjoys. Make sure your child has opportunities to develop these strengths. Nurturing strengths is better than focusing on weaknesses if you want to help kids feel good about themselves and succeed.

### Don't Let a Tick Make You Sick!

#### Keep ticks away!

- Wear repellent on your bare skin or wear clothes that have repellent built-in.
- Check for ticks at the end of each day.
- Take a shower too! It will help wash off the ticks you can't see.
- Change clothes. Don't put on your old clothes that might have ticks still crawling on them.
- Avoid taking short cuts through thick brush and grass.

#### Hey Grown-Ups!

- Make sure that the repellent you're using contains 20% or more of the active ingredient (like DEET).
- Help younger kids apply repellent and keep it away from eyes, mouth and hands.

Illustrations courtesy of Jerome Mayo

National Center for Emerging and Zoonotic Infectious Diseases  
Division of Vector-Borne Diseases | Bacterial Diseases Branch

Self-esteem is the result of experiences that help a child feel **capable, effective, and accepted.**