

CONNECTIONS

Early Learning Program

Eau Claire 4 Tomorrow, Head Start, & Special Education
Linking Home and School for Success



Off to a Good Start!

Ways to Ease Your Child's Fears about Starting Preschool:

- Keep your good-byes short & sweet. You will send the message that you have confidence in your child's ability to cope.
- Tuck a family picture away in your child's backpack for them to look at later.
- Develop loving good-bye routines.
- Send clear messages. Your child needs to know that you expect them to go to school no matter how much they fuss, cry, or stomp their feet.
- Encourage friendships, this will make the transition easier.
- Involve the teacher. You need someone on the other end who will greet your child and ease the transition.
- Believe in your child's ability to make positive changes.

Things to Avoid:

- Hovering around. Your child will sense your anxiety, and this will make it more difficult for them to calm down.
- Sneaking out. You want your child to know unequivocally that they can trust you.
- Bargaining or bribing your child to behave. Your little one should be allowed their feelings.
- Take your child home. If you do, you send the message that if your child cries enough they won't have to stay.
- Getting upset. By keeping an upbeat and positive attitude about your child's school, teacher and friends, you'll help your child feel safe and enjoy time at school.
- Discussing problems with the teacher in the morning. Save conversations & questions for the end of the day.

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ECASD EARLY LEARNING



EAU CLAIRE 4 TOMORROW



HEAD START

Yog Koj Xav
Tau Daim
Ntawv No
Txhais Ua Lus
Hmoob, Hu Tuaj
Rau

715-852-3555

Contact Information

Prairie Ridge Early Learning School
 3031 Epiphany Lane, Eau Claire, WI 54703
 Main Phone Number & Attendance Line 715-852-3600
 FAX: 715-852-3604

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VISIT OUR WEBSITE!!

<http://www.ecasd.us>

Click on Schools

Click on Preschools

Click on Head Start or EC4T



Go to [facebook.com](https://www.facebook.com) and Twitter, then search:
 Eau Claire Area School District Early Learning

Note from Principal Laurie Haus

Dear Families,

Welcome to the 23-24 school year!

I am looking forward to getting to know your family this year. School staff are ready to make sure students feel safe and cared about at school. We strongly believe that social emotional learning is a priority for beginning the foundation for all learning.

Please take a few minutes to read through this newsletter so you can learn about resources and more information about the ECASD Early Learning program.

Please reach out to your child's teacher or the school office (715-852-3600) if you have any questions. We are here to partner with you and support your child's growth this year.

Laurie Haus
Early Learning Principal



Mental Health Information



Back to School Emotional Wellness

Returning to school can be stressful! It's normal for children to feel anxious during this time. Here are a couple tips on how to ease their worries:

1. **Communicate:** Check in with your child(ren) often. Acknowledge your child's fears and let them know you understand and that it's normal to feel anxious.
2. **Encourage In-Person Social Interactions:** Spending time with friends outside of school can make the transition smoother and more enjoyable.
3. **Create and Continue Routines:** Establishing bedtimes, eating healthy meals, and setting aside time for homework and relaxation can help your child adjust to the school year.

This information is provided by the Eau Claire Health Alliance - Substance Misuse Action Team, which works to prevent alcohol, tobacco, and other drug misuse. Learn more at: www.getinvolvedasap.org

Getting Involved in School is as Easy as 1, 2, 3.....

1. Establish and maintain healthy routines for bedtime, mealtimes, etc., that include specific time to read and play every day with your child.
2. Attend family conferences and home visits—take advantage of these opportunities to speak with your child's teacher about questions and concerns.
3. Participate in family events at the school and consider taking on a leadership role in Policy Council, Policy Committee and Parent Meetings.

Remember, your child is watching, show them how important school is in your home by getting involved.



Family Resources

Wisconsin Coverage Connections™



Useful Resources for Families

Individuals applying for BadgerCare Plus may also be eligible for other social supports—such as assistance buying food or paying heating bills. Below we have highlighted some useful resources for low income families and individuals!

Food Assistance

- The Wisconsin FoodShare program helps eligible low-income families and individuals buy food. You can apply for FoodShare and BadgerCare Plus at the same time!
- For information on program and how to apply visit www.dhs.wisconsin.gov/foodshare/ or call 1-800-362-3002.

Health and Nutrition

- The “Women, Infant & Children Program” (WIC) promotes and maintains the health and well being of nutritionally at-risk pregnant, breast feeding and postpartum women, infants and children. WIC provides nutritious food, nutrition and breast feeding information, and referrals to other health & nutrition services.
- For info on program and how to apply visit www.dhs.wisconsin.gov/wic/ or call 1-800-722-2295 (Maternal and Child Health Hotline) and ask about getting connected to WIC in your area.

Help With Prescription Drugs

- NeedyMeds - Connects low income families and individuals with programs that can provide discounts on the cost of prescription drugs. Provides a Drug Discount Card to be used in the place of insurance for individuals without insurance.
- For info visit www.needymeds.org or call 1-800-503-6897.



Family Resources

Transportation to Medical Appointments

- Non-Emergency Medicaid Transportation is available for people enrolled in BadgerCare Plus if they don't have a way to get to appointments. The rides are managed through the company "MTM, Inc."
- To schedule a ride call **1-866-907-1493**. It's recommended to call at least two business days in advance of an appointment. You can also visit www.mtm-inc.net/wisconsin/.

Energy Assistance

- The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations during cold winter months.
- For more info on program and how to apply visit www.homeenergyplus.wi.gov or call **1-866-432-8947**.

Vocational Rehabilitation/Job Training

- There are employment services and counseling for people with disabilities to help them obtain, maintain and improve employment options.
- For more info visit dwd.wisconsin.gov/dvr/ or call **1-800-442-3477**.

Free or Discounted Phone Services

- The Lifeline and Linkup programs provide free or discounted telecommunications services to low-income families enrolled in programs like BadgerCare Plus.
- Makes essential telecommunications more affordable for low income households by reducing monthly telephone charges or connection fees.
- Ask your local telephone company provider for an application
- For more info visit:

psc.wi.gov/thelibrary/publications/asstPgms/telecom21.pdf



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Health Information—Fit Families



fit families

Eat Healthy

Be Active

Your kids are watching

September

Move More Watch Less
Playing with your 2-4 year old!

Toys to play with:

- Light weight hand paddles
- Hula hoops
- Beach balls/large balls
- Tricycle
- Jump ropes
- Light weight bat and ball
- Child-size toys:
 - Broom
 - Rake
 - Toy cars and trucks
 - Blocks

Kids learn by:

- Copying
- Following examples
- Following simple directions
- Playing make believe
- Moving

Your child can do these activities:

- Catching
- Skipping
- Jumping
- Tumbling
- Dancing
- Kicking
- Tossing
- Hopping
- Throwing
- Galloping
- Crawling
- Climbing

Things at home to play with:

- Plastic coffee can lids as a frisbee
- Aluminum foil (make a ball)
- Empty boxes or baskets
- Newspaper balls
- Sock balls
- Dress up clothes
- Run through sprinkler

Why is it important for my child to be active and play?

- Children learn through play.
- Play helps them get along with others.
- Play helps them learn new skills and use their imagination.
- Play helps them learn about words, feelings and thoughts.
- Seeing and doing new things helps your child's brain to grow

How can I make activity fun and encourage my child to play?

- Play with your child. They will enjoy spending time with you! Find activities that you both enjoy.
- Be a role model for your child. They will watch you and want to be like you.
- Encourage your child to play outside every day. Fresh air is good!
- Arrange for your child to play with other children often.

Eau Claire WIC Program
To find out if your family is eligible for WIC, visit: wic.echealthdepartment.org or call 715-839-5051.

Veggie of the Month

Sweet Potato

Baked Sweet Potato with Maple-Oat Crumble

- Heat oven to 400 degrees. Prick potatoes all over with a fork and arrange on a baking sheet. Bake potatoes until tender, about 45 minutes, and let cool slightly.
- Meanwhile, combine oats, almonds, syrup, oil, and salt and transfer mixture to a baking sheet, spreading out flat. Bake crumble, stirring occasionally, until golden brown, about 12 minutes.
- Split sweet potatoes with a knife and top with crumble.

Fruit of the Month

Watermelon

Make Fruit Cubes

- Blend fruit - try watermelon, strawberries, raspberries or pineapple.
- Place in ice cub trays and freeze.
- Add a couple fruit cubes to a glass of water and enjoy!

Flavoring water with fruit will add variety and vitamins!

Make Every Bite Count!

Hot Apple Orange Cider

The Perfect September Beverage!

Ingredients

- 64 fluid ounces 100% apple juice (8 cups)
- 32 fluid ounces water (4 cups)
- 2 oranges
- 12 whole cloves
- 2 tsp allspice
- 6 cinnamon sticks

Directions

In a 4 quart stock pot, add apple juice, water, oranges (cut in half) and all the spices.

Bring to a boil and simmer for 2 hours. Serve hot and enjoy!

Refrigerate leftovers within 2 hours.

This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local FFI Family project.

Oral Health Information

- Brush every day, especially before bedtime
- Supervise and assist your child with brushing twice a day
- Use a smear (pea-sized piece) of fluoride tooth paste on the toothbrush
- Children should be taught to spit out the toothpaste and rinse well after brushing
- Check your child's teeth periodically for successful plaque removal



Appropriate Fluoride:

- Assure that your child receives the appropriate dietary and topical fluoride during tooth development; age six months to sixteen years
- Consult with your oral health or medical provider for guidance

Establish a Dental Home:

- Establish a dental home for regular oral health examinations and preventative services

Remember: Your child's permanent teeth are forming under the gums.

Family Events

UPCOMING EVENTS & HAPPENINGS IN SEPTEMBER

- **September 11th Family Café—Topic: Resiliency**
- **September 15th Play Group**
- **September 18th SMART**
- **September 23rd Date with Dad “Scavenger Hunt”**
- **September 25th End Bedtime Battles**

ECASD Early Learning offers many ways for families to get involved. Family events are **FREE** and open to any preschool age children and their families, unless specified. If ECASD schools are closed due to the weather, event is cancelled.

Register for any of the events online at this link: [Click Here](#)





ECASD EARLY LEARNING

FAMILY CAFE

Meet other parents who understand the unique challenges and joys of raising children. At Family Cafe, all parents and caregivers are welcome! Connect with other families, share ideas and stories and learn parenting strategies.

Topic: Resiliency

Monday
September 11th
5:00-7:00 PM

At Prairie Ridge
3031 Epiphany Lane
Eau Claire, WI 54703

FREE

Light Dinner
and Childcare
Provided

To Register:

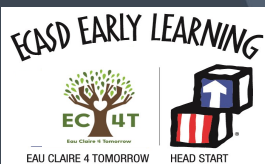
Email: jitaliano@ecasd.us

Call: 715-852-3607

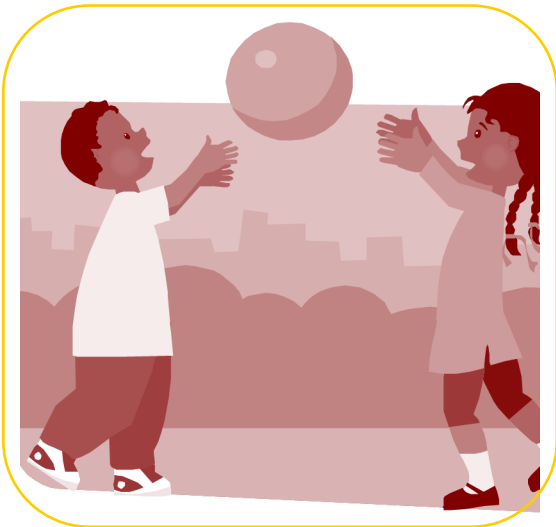
Click:



[Click Here](#)



Sponsored by the Eau Claire Area School District's Early Learning Program



Play N' Learn Play Group

Friday,
September 15th, 2023
9:30-11:00 am

Prairie Ridge Early
Learning School
3031 Epiphany Lane
Eau Claire, WI 54703

Look for
upcoming
dates in your
next
**Connections
Newsletter**



All are welcome! Join this fun, free, and interactive play group for pre-school aged children. You and your child will experience story time, hands on activities, and lots of learning through play! Snack will be provided.

WAYS TO REGISTER:

CALL 715-852-3677

**EMAIL
KHOLLIDAY@ECASD.US**

**SCAN QR CODE TO
REGISTER ON-LINE**

**REGISTER BY CLICKING
[Click Here](#)**



ECASD EARLY LEARNING



EAU CLAIRE 4 TOMORROW



HEAD START

S.

M.

A.

R.

T.

S.M.A.R.T. Kids Play to Learn

Stimulating Maturity through Accelerated Readiness Training (S.M.A.R.T.)

Monday, September 18th,

5:00-7:00 PM

FREE!

WAYS TO REGISTER

CALL 715-852-3676

EMAIL nbrenner@ecasd.us

Register by Clicking

Click Here



Location:

Prairie

Ridge

3031

Epiphany

Lane

Eau Claire

Families, join us for S.M.A.R.T.!!

S.M.A.R.T. is a program that helps children's brains and bodies get ready to learn by using fun, play activities that promote natural, healthy, brain development. S.M.A.R.T. is used by ECASD from Pre-K to 2nd grade, our family sessions parallel activities used in Pre-K.

This session includes a light dinner, time in the gymnasium, and parent-child interactive activities focusing on developing your child's gross motor skills (balance, core strength, reflexes) and fine motor skills (pencil grip, hand-eye coordination, left to right tracking).



ECASD EARLY LEARNING



EAU CLAIRE 4 TOMORROW



HEAD START

Sponsored by the ECASD Early Learning Program

Date with Dad

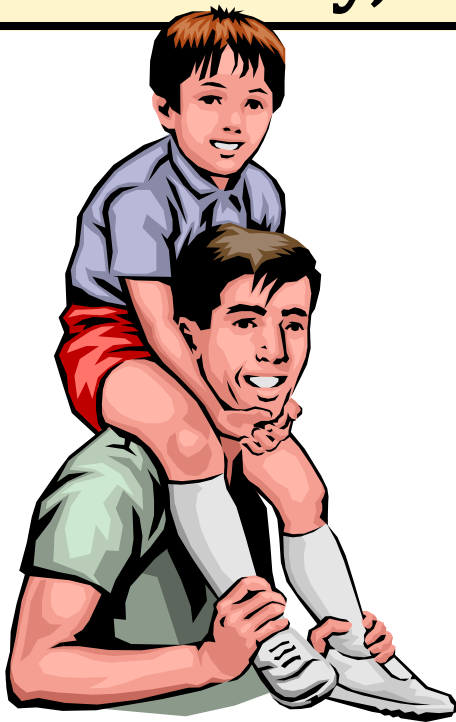
“Scavenger Hunt”

A special time for dads and preschool-age kids to enjoy together!

ECASD Date with Dad is part of the Head Start Fatherhood Initiative. We understand that children have families with diverse structures. Therefore, we encourage any significant male role model to attend (dad, step-dad, grandpa, uncle, foster-father, big brother, significant other, etc.)

Anyone who is a significant role model for the child is welcome to attend.

Saturday, September 23rd, 2023



Location: Rod and Gun Park

1515 Rod and Gun Park Dr. Eau Claire WI 54703

9:30 –11:30 am

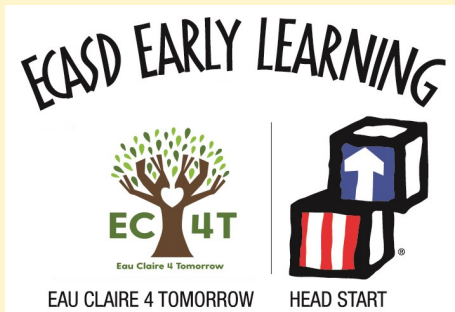
- Find exciting items on a nature walk & scavenger hunt
- Enjoy time at Rod and Gun Park
- Explore the trails, ponds, & stream/lake
- A free snack will be provided

WAYS TO REGISTER:

CALL 715-852-3676

**EMAIL
NBRENNER@ECASD.US**

**SCAN QR CODE TO
REGISTER ON-LINE**



Sponsored by ECASD Head Start & Early Learning Program

REGISTER BY CLICKING

[Click Here](#)

End Bedtime Battles!

Parent Workshop



Date: Monday,
September 25th, 2023

Where: Prairie Ridge

3031 Epiphany Lane, Eau Claire WI 54703

Time: 5:00-7:00 PM

Free light dinner and childcare

Families, find ways to put an end to bedtime battles with your young child. Learn how to establish and keep great bedtime routines. This interactive workshop will provide take home strategies that will make bedtime less stressful for your entire family.



WAYS TO REGISTER:

CALL 715-852-3677

EMAIL KHOLLIDAY@ECASD.US

SCAN QR CODE TO
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ECASD EARLY LEARNING



EAU CLAIRE 4 TOMORROW



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