



# PARENT HANDBOOK

2020-21



*“Empowering families’ well-being  
while nurturing and educating children for school and life.”*

<p><b>Your child's</b> Teacher is:</p> <p>Classroom Location:</p>	<p>Your (circle one) Family Support Assistant/ Family Development Specialist is:</p>
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# WE ARE LOCATED

## Administrative Offices

101 South 19th Street  
Olean, NY 14760  
(716) 373-2447 Fax (716) 373-5192

## Delevan Head Start Center

**11713 Route 16 • POB 515**  
Delevan, NY 14042  
(716) 492-4720 Fax (716) 492-3298

## Franklinville Head Start Center Franklinville School District—UPK Program

Franklinville Elementary School  
32 North Main Street  
Franklinville, NY 14737  
(716) 676-8000 Fax (716) 676-2797

## Olean Head Start Locations Olean & Hinsdale School District—UPK Programs

Olean Center  
210 East Elm Street  
Olean, NY 14760  
(716) 372-5959 Fax (716) 372-3825

East View Elementary School 690 East Spring Street Olean, NY 14760 (716)375-8920 Fax (716)375-8929	Washington West Elementary School 1626 Washington Street Olean, NY 14760 (716) 375-8960 Fax (716) 375-8970
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## Salamanca Head Start Center Salamanca School District—UPK Program

79 River Street  
Salamanca, NY 14779  
(716) 945-5281 Fax (716) 945-0588

## Warsaw Head Start Center

**22 South Main Street • POB 182**  
Warsaw, NY 14569  
(585) 786-2770 Fax (585) 786-5714

We are connected!

Visit our webpage! [www.headstartnetwork.com](http://www.headstartnetwork.com) Our webpage is family friendly! Get information about programs and services, a resource directory, newsletters, calendars of events, partnering agencies and school district links, staff email and more!

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# WELCOME

Dear Parent,

Welcome to the family of Head Start! Each and every child, family, and employee are important to us.

We have been busy for months preparing Head Start for the return of our students in these unprecedented times. The COVID 19 pandemic has forced us all out of our comfort zone and out of the routine that we were accustomed to. Our main concern is the health and safety of your children and the Head Start employees. To that end, you may visit our Reopening Plan at [www.headstartnetwork.com](http://www.headstartnetwork.com)

We understand that the COVID19 Pandemic has created economic, emotional, and medical hardships for many families. We remain committed to doing everything we can to assist your family this school year. This handbook includes some basic information about Head Start. It's a bit shorter than previous years because, due to the pandemic, many of our regular activities – such as field trips - are put on hold.

Please understand that information in this handbook could change, because the coronavirus itself and guidelines and policies from health agencies continue to evolve. We must be flexible in our ability to plan for and adapt to changing circumstances as smoothly and quickly as we can. We can anticipate changes and we will communicate with you by way of notes in your child's backpack, phone calls, texts, emails, social media. You can always call us. So please be sure that we always have the most current contact information for you. Phone numbers and e-mails are listed on the "Who to Contact when you have a Question or Concern" listed at the back of this handbook.

As we plan for a safe and successful 2020-2021 school year in these unprecedented times, we have approached planning this year with an enormous sense of responsibility for the health and well-being of our children, families, and staff. If you are a past parent of Head Start, you will notice many differences. Head Start children will be screened using a touchless thermometer upon arrival to the centers or before boarding the bus in the morning. Children must not have a temperature higher than 100.4F degrees. You will receive more information about arrival and dismissal procedures for your location prior to the start of the school year. For those centers offering transportation, parents will receive information regarding their specific pick up and drop off times and about bus safety.

Head Start staff will be trained with regard to hygiene, cleaning and disinfection requirements from the Centers for Disease Control and Prevention and the NYS Department of Health, and NYS Office of Children and Families. Class sizes have been reduced, and children will spend the day with the same group of children (on the bus, if applicable, and throughout the day). Children will practice social distancing six feet apart when not in their classrooms whether in or outside of the center. All staff will wear masks when they are with the children or not at their workspaces, with the exception of areas designated for mask removal breaks and away from the children. Children will have their own supplies, such as crayons, pencils, scissors and glue sticks, and we will focus on activities with less shared equipment and little or no physical contact. We can no longer serve food family style; we will be serving individual portions. Although parent volunteers and participation are at the very heart of our being, we must inform you that, for now, parents and visitors will not be able to come into our centers. We will look for ways to engage you as parents in every other way possible. They may include conference calls, videos and Zoom meetings. As always, we welcome your input, so feel free to ask questions.

This year will require us all to stay flexible. There will be a lot of 'grin and bear it' moments. Please know that we will do everything in our power to make a very difficult situation the best possible experience for you and your child as is humanly possible. More than anything we will need your support and encouragement. Together, we can provide both a safe haven and defeat the COVID – 19 pandemic.

**MISSION STATEMENT** Empowering families' well-being while nurturing and educating children for school and life.

**STANDARD OF QUALITY POLICY** To foster and promote dignity and respect, we must acknowledge that Project Head Start is recognized as much for its image as for its service. Staff, parents, and visitors at all program sites have responsibility for representing Project Head Start. Our conduct while on program sites as well as our communications and actions in the community reflects on Project Head Start. We must show consideration and respect for everyone with whom we have contact. To ensure a safe, healthy environment for Head Start children, families, and staff, appropriate behavior and/or language will be displayed at program sites, on vehicles, on home visits, or while participating in any Head Start activity.

Cattaraugus and Wyoming Counties Project Head Start reserves the right to stop enrollment at any time for reasons that include, but are not limited to: parent/guardian behavior that is deemed threatening, belligerent, and the like; violation of confidentiality by parent/guardian; violation of program policies such as smoking on the premises or carrying a weapon; chronic absenteeism; an inability to contact the parent/guardian on a consistent basis, or a determination that the child's continued enrollment presents a continued serious safety threat to the child or other enrolled children and determines the program is not the most appropriate placement for the child. The program will work with such entities to directly facilitate the transition of the child to a more appropriate placement.

**QUALITYstarsNY** We participate in QUALITYstarsNY. QUALITYstarsNY is New York's voluntary quality rating and improvement system for early childhood programs serving children birth to age five, which provides coaching, technical assistance and financial support to improve program leadership, administration and teaching staff as well as program and classroom environment.

**NAEYC ACCREDITATION** All of our locations are accredited through NAEYC (National Association for the Education of Young Children). The NAEYC Early Learning Program Accreditation Standards and Assessment Items aim to ensure the quality of children's daily experiences in early learning programs and to promote positive child outcomes.

**SUCCESS BY SIX** Head Start is a Success by Six Agency. Success By Six® is a coalition of United Way member agencies whose mission is to enhance developmental assets in our young children, families and community.

## **PROGRAM OPTIONS**

Center Based programs are located in Olean, Salamanca, Delevan, Franklinville and Warsaw. The teams consist of Teachers and Classroom Assistants, Family Support Assistants, Nutrition/Food Service Workers, and where applicable, Bus Drivers and Bus Monitors. Our Early Head Start (EHS) Program is a Home Based Program Option, and serves pregnant women and children birth to 3 (before Head Start age). It is a year round program. EHS provides weekly home visits that are 1½ hours each. Two socialization activities are offered each month. As for now, our home visits are taking place outdoors or remotely. Head Start has partnerships with Olean, Hinsdale, Salamanca and Franklinville school districts for NYS Universal Pre-Kindergarten (NYS UPK).



# COVID-19 PANDEMIC AND CHILDHOOD ILLNESSES

**WHEN SHOULD I KEEP MY CHILD HOME?** All children will receive a health screening each day prior to entering the center or school district classroom. Children receiving Head Start transportation will be screened by transportation staff prior to boarding the bus.

If any household member has been exposed to Covid-19 your child will not be permitted to return to class until the required 14 day quarantine is completed or you can provide a negative COVID-19 test from a health care professional.

We care about your child and all of the children in our care. If your child becomes ill while at the center, your child will be isolated in the classroom, while being supervised and away from the other children. You (parent/guardian) will be notified to pick up your child as soon as possible. If your child is ill with COVID-19 symptoms, you will be asked to contact your child's PCP for further guidance.

Please be patient as these requirements could change. Please check with your Family Support Assistant or your child's Teacher for the most up to date guidance with regard to the COVID-19 Pandemic Screening requirements.

**HEALTH SCREENING QUESTIONS FOR PARENT/GUARDIANS** If self-transporting your child to school, please park at the location designated by your Family Support Assistant. A staff member will come to you and will ask the following series of questions. If your child's temperature is above 100.4 and if any of the questions 1-4 is answered yes, or if question 5 is answered yes and the state is on quarantine, your child may not come to school.

1. Are you/your child experiencing any symptoms of COVID-19?
2. Have you/your child tested positive for COVID-19 in the past 14 days?
3. Have you/your child been in close or proximate contact in the past 14 days with anyone who has tested positive for COVID-19.
4. Have you/your child been in close or proximate contact in the past 14 days with anyone has experienced symptoms of COVID-19.
5. Have you/your child traveled outside of NYS in the past 14 days? IF YES WHAT STATE?.

Some symptoms of COVID-19 include cough, shortness of breath, difficulty breathing, fever or chills, muscle or body aches, vomiting or diarrhea or new loss of taste or smell. Please refer to the COVID-19 Fact Sheets at the end of this handbook.

*Families are the*  *of Head Start*



Observe your child carefully on a daily basis before sending him/her to Head Start. **Please keep children home to rest and recuperate should they show any signs of contagious illness.**

If your child displays any of these symptoms, he/she should be kept home and away from other children. If any communicable disease is diagnosed by your doctor, please let Head Start know about it immediately. Head Start staff will notify parents/guardians immediately should a child develop any of these symptoms at Head Start. Should you have any questions, please contact Head Start staff at any time.

- **Covid19 Symptoms** (see previous page)
- Flushed face, chills, or other signs of abnormal temperature
- Elevated temperature over 100.4, Do Not send your child if Tylenol/Advil is the only way the temperature is staying down.
- Runny nose, cough, sneezing, nasal or chest congestion indicating respiratory infection
- Undiagnosed Skin rashes, peeling oozing sores
- Sores around mouth, nose, eyes
- Skin rashes, peeling sores
- Contagious disease (such as: measles, mumps, and chicken pox)
- Sore throat, enlarged glands, difficulty swallowing
- Nausea, vomiting, diarrhea within the last 12 hours
- Unusual fatigue, lethargy, unusual paleness
- Complaints of headache, earache, stiff neck
- Repeated scratching of head or body areas (potential head lice, or rectal area)
- If the child is given an antibiotic, he/she should not return to the program until 24 hours after medication was started.
- Itchy, watery eyes accompanied by redness/crusty yellow drainage.

**Contagious Illness** Any Contagious Illness needs to have a Doctor's note to return to school.

**Antibiotics** If your child is given an antibiotic, he/she should not return to the program until 24 hours after medication was started.

## **FAMILY SERVICES**

The wonderful and rewarding challenge of raising a family today demands more "know-how", thought, and patience than ever before. Head Start wants to help families grow stronger. Head Start will be offering programs and parent workshops. Stay tuned for more information while we navigate ways to do this safely and successfully.

**FAMILY PARTNERSHIP AGREEMENT** After the children are recruited and enrolled, your Family Support Assistant or Family Development Specialist and Teacher will arrange to meet with you. At this time, you can talk over your concerns about your family needs and make a plan to use your family's strengths to meet these needs. A "Family Partnership Agreement" between the Head Start Program and each enrolled family will be formed to assist in achieving self-identified and realistic goals. The information you share is confidential and will never go outside the program without your permission.

# EDUCATION

## CURRICULUM

**Early Head Start Parents as Teachers Curriculum** The PAT Curriculum offers an approach to home visiting that is relationship-based and parent-focused and supports the promotion of school readiness and parent engagement. The PAT philosophy is

- parents are their children's first and most influential Teachers;
- the early years of a child's life are critical for optimal development and provide the foundation for success in school and life;
- established and emerging research should be the foundation of parent education and family support curricula, training, materials, and services;
- all young children and their families deserve the same opportunities to succeed, regardless of any demographic, geographic, or economic considerations; and
- an understanding and appreciation of the history and traditions of diverse cultures is essential to serving families.

**Head Start HighScope Curriculum** HighScope is a developmentally appropriate curriculum that is based on scientifically valid research. HighScope is based on age appropriate child development principles. It can be tailored to meet the individual needs of children. HighScope is responsive to the interests, needs and diversity of our children and their families. HighScope's approach to on-going student observation and assessment easily provides opportunities to individualize instruction based on the needs and developmental rates of the children.

Head Start has established school readiness goals that align with the Head Start Child Development and Early Learning Framework, New York State Early Learning Guidelines and the Requirement and expectations of the New York State Education Department Pre-Kindergarten Learning Standards, Parent, Family and Community Engagement Framework, and the Conceptual Framework for Programs Serving Infants and Toddlers and their Families.

**PEDALS (Positive Emotional Development and Learning Skills) Program** The PEDALS program is being implemented at our Centers. Kindergarten Teachers say the skills children need most to succeed in their classrooms are social-emotional skills. In fact, Kindergarten Teachers say kids' ability to make friends, manage strong emotions and communicate effectively are even more important on day one than counting to 20 or knowing the ABCs.

The PEDALS program provides children with social-emotional skills and helps to prepare them for kindergarten. With PEDALS, our Teachers use music, activities and stories to build the children's social-emotional skills. Throughout the day, Teachers reinforce the message with five-minute lessons. The lessons cover a range of topics such as identifying and naming feelings, asking for what you need, caring and helping, fair ways to play and how to make friends in kindergarten. When schools teach social and emotional skills, not only do test scores go up, but classrooms run better. With PEDALS, Teachers focus on teaching and children focus on learning.

**COR Advantage** is both a valid and reliable child assessment that measures the development of all children from birth through kindergarten, regardless of their backgrounds or abilities. Based on extensive research in the field of early childhood education, COR Advantage puts into practice, the most up-to-date knowledge about brain development and behavior.



**DEVELOPMENTAL ASSESSMENT** During the first few weeks of your child's Head Start attendance, we strive to learn to know each child as well as we can. The information we collect about each child from the assessment and from talking with parents, forms the basis for planning as partners for the children according to Early Childhood Development guidelines. Developmental Assessment is ongoing throughout the year.

**HOME VISITS** The Teachers and Family Support Assistants each plan to visit with you at least twice during the year to share information about your child and make plans with you. The visits may not take place in the home depending on situation of the COVID-19 Pandemic. Two parent conferences will be scheduled at school during the year, as well.

**OURDOOR TIME** Weather permitting, the children will spend some time each day outdoors. Fresh air and exercise help the children grow and stay healthy.

**CLOTHING** Washable clothes, in which the children can freely play, are best. They should be designed so children can easily care for their own toilet needs. Because children are encouraged to learn self-help skills, boots should be large enough to slip over shoes or sneakers easily and snowsuits or jackets should be large enough to go on easily. Please dress your child warmly in cold weather and send a change of clothes.

**REST TIME** A short quiet time when the children rest encourages them to relax. Accommodation and flexible timing are important for preschool children. They are learning about "time". Quiet activities are provided. Children are not made to sleep.

**R.E.A.D.Y. Bed Time Routine** We teach children and families the importance of sleep and regular bed time routines. Try to help your preschooler to get, on average, 10-13 hours of sleep. Your child will do better in school. Healthy sleep also improves health and quality of life in a variety of ways, including increased energy, sharper concentration, better decision-making, improved memory, ability to manage stress, improved physical health and a better immune system.

**SUN SAFETY AND SUNSCREEN PROTECTION** With the warm weather comes the risk of children being over-exposed to the sun. A FEW SERIOUS SUNBURNS during childhood can cause skin cancers later in life. Head Start uses a sunscreen with a sun protecting factor (SPF) of 30 or greater. Head Start staff apply sunscreen as needed to the children prior to outside activities. Please notify your child's Teacher if you wish to provide sunscreen for your child.

**COMMUNITY SERVICES** Your Family Support Assistant or Family Development Specialist is there to help you to connect to your Head Start family and many of the resources in our community and to provide support, assistance and guidance throughout your Head Start program year. You may also access a list of community resources on our website located at <http://www.headstartnetwork.com>. In addition, you can access **United Way's 2-1-1** to connect the local services you may need. **Just dial 2-1-1 on your phone or search online.**

**POLICY COUNCIL** The Policy Council meets regularly in the evening to help give the program direction, make decisions and evaluate how things are going. The Policy Council is made up of persons from the community who represent agencies serving children and families or who are past parents, and current Head Start parents. You will learn more about becoming a Policy Council representative during sometime in October or November.

# HEALTH AND DISABILITY SERVICES

Head Start provides a comprehensive health program to assist the child's physical, emotional, cognitive and social development. This includes many health screenings which are not only required by the program, but also provide valuable insight into your child's development and physical well being. Parents are asked to take an active part by accompanying your child on these health visits.

Before your child attends Head Start he/she must have a physical examination including blood pressure, blood test and lead test, to ensure that he/she is in good health, free from communicable disease, and that all immunizations are up to date. Your Family Support Assistant will provide you with a schedule of required immunizations and a physical examination record form to take to your doctor on the health intake home visit before your child starts school. Your child will not be able to enter the classroom or attend a group activity until we have received the physical examination and immunization records, which have been brought up-to-date. All parents who plan to visit and volunteer in the classroom regularly must also have a recent tuberculin test.

The Family Support Assistant will also provide you with a dental health record form for you to take to your dentist so that your child's teeth can be examined, cleaned and appointments set up for any restorative treatment, if needed. Head Start encourages on-going dental care. The child will be provided his/her own toothbrush to use each day at Head Start and will be encouraged to use good personal care and proper diet along with professional care for good oral health. Set up an appointment with your dentist as soon as possible, if you have not yet done so.

No treatment to children, other than first aid in the event of accidents, can be given by Head Start staff. For this reason it is very important that we have all phone numbers where you can be reached so that your child can be returned home. We also need your physician's name and the name of someone to call in case you cannot be located in the event of illness or injuries.

**MEDICATIONS** No medication can be given to your child by us without written orders from a physician. If your child is taking medication, we need to know this – even if he or she only takes it at home -- as it could explain a change in his/her performance while participating in Head Start activities. Only certain medications can be administered by Head Start staff such as EpiPen's, nebulizers and the equivalent.

## **SCREENINGS PROVIDED BY HEAD START INCLUDE:**

**AUDIO** The initial screening must take place within 45 days of enrollment. Audios are completed by our Head Start nurse at all locations. Those children who score low on the initial screening are referred for a complete audio evaluation, which can more accurately measure a child's hearing or be referred to a physician for evaluation.

**BLOOD WORK/LEAD** Each child also needs blood work and a lead test within 90 calendar days of enrollment.

**DENTAL** It is the parent/guardian's responsibility to schedule a dental exam within 90 calendar days of the child's enrollment with Head Start. Gundlah Dental Clinic will be providing dental services for Head Start children onsite at some centers on a limited basis. Oak Orchard Health provides dental services for Head Start children at their office in Warsaw, New York.

**DEVELOPMENTAL/SOCIAL BEHAVIORAL** This screening will take place within 45 days of enrollment. Those children who score low on any screenings may be referred for further testing or to a physician for evaluation.

**SPEECH AND LANGUAGE** The initial speech/language screening coincides with the developmental screening – also within 45 days of enrollment. Those children who do not pass the initial screening are then referred for an evaluation after which speech and language therapy may be recommended.

**VISION** The vision screening will also take place onsite when and where screeners are available within 45 days of enrollment. Those children who do not pass the screening satisfactorily are retested or referred to an eye doctor.

The purpose of these screenings is to identify any children with possible or suspected difficulties in the areas of speech (the ability to say specific sounds and combinations), language (concept formation, understanding and use of vocabulary), hearing, vision, social skills, and motor skills (fine motor and gross motor). If your child can't or won't successfully complete a required screening, we may retest the child within a few months. If we still can't get a successful result, we will ask you to follow-up with your child's doctor. If the concern seems to be developmental, your Family Support Assistant will meet with you to talk about a referral to the local Committee for Pre-School Special Education. If you have any questions about what to expect, please contact Lisa Kurowski at 716-373-2447 ext.505 or ask your Family Support Assistant or Teacher.

## **MENTAL HEALTH INFORMATION**

"Mental health in simplest form is the capacities to love, work, and play. All people need to feel that they have:

- a) The ability to form meaningful relationships and have positive self-esteem.
- b) The ability to be and feel productive and know that they contribute to society.
- c) The ability to play, relax and use leisure time in a manner which renews energy.

"Mental health is the capacity to cope with all of life's circumstances, the highs and the lows, and the joys and the sorrows. We all experience good days and bad days; the difference is how we get through them and our ability to continue building successful life management skills." These passages are taken from the book [Mental Health in Head Start: A Wellness Approach](#).

With the emphasis on prevention, through the cooperation and integration of all components and community resources, we will strive to enhance the self-esteem, self-sufficiency, and independence of each individual. Our aim is to provide a safe, caring, nurturing environment so that each individual may develop mental wellness skills, abilities, and strategies which will sustain him/her throughout life.

Early childhood mental health consultation is an effective strategy for addressing challenging behaviors and will support young children's social-emotional development in the classroom. Our program utilizes these consultants in developing Mental Health supports and planned activities which may include consulting with Head Start staff, classroom observations or requesting further evaluations

or treatment. If the Mental Health Consultant recommends further assessments, evaluations or outside treatment, this will only occur with my written consent. Information collected by the Mental Health Consultant will be kept confidential and can only be released with my written permission.

The goals of the Mental Health aspect of the Head Start Program are:

- a) Provide a comprehensive mental health services program for children, families and staff.
- b) Promote a program whose primary focus is on prevention.
- c) Provide the means for identification, referral, and treatment of mental health concerns.
- d) Provide families and staff with the necessary skills, insight and links to mental health services to ensure comprehensive care after leaving the Head Start program.
- e) Ensure that all aspects of Head Start are appropriately involved in the integration of the holistic approach to mental health.
- f) Your Family Support Assistant, Family Development Specialist will be available to explain the varied services available. Head Start will assist you in accessing them in a confidential, caring and timely manner.

## **CHILD IDENTIFICATION PROCEDURE/RELEASE OF CHILDREN**

Release of Children/Emergency Consents. During the COVID-19 Pandemic, or until further notice, children will be brought to you outside of the center entrance or to your vehicle. Please call the center or call/text your Family Support Assistant and let them know you have arrived to pick up your child. All individuals picking up children from Head Start, regardless of where, will be asked to present proper photo identification to staff prior to having the child released to them. The individual picking up the child will also be required to sign their name on a form designated for this purpose which will be provided by staff at the time of the child's release.

Parents or guardians legally responsible for a child or children in Head Start must provide the name, address, telephone numbers and places(s) at which the parents or other persons responsible for the child can be reached in case of an emergency; and the names and addresses of persons authorized to take the child(ren) from the child day care center. A blue NYS Day Care Registration card (OCFS-LDSS-0792) and a separate release form signed and dated by the parent or guardian will be used for this purpose. A copy of this card is kept on file at the center and on any or all buses which provide transportation for your child/children. Persons listed on the Day Care Registration card will be asked to present proper photo identification prior to having a child or children released into their care.

Other individuals not listed on Emergency Consent. On occasion, parents or guardians may wish to have their child released to an individual whose name is not listed on the NYS Day Care Registration card. Parents or guardians must then call the center bus staff and provide the name to of the person they wish to have their children/children released to.

Emergency consents should be updated regularly. Parents and guardians legally responsible for a child or children in Head Start are asked to please notify staff regularly of any changes that should be made to the NYS Day Care Registration card. This information should be reviewed at least once every six months.

# EVACUATION DRILLS

Head Start, as you know and expect, places an emphasis on safety. That's why we have regular monthly fire drills and bus evacuation drills. Our NYS Day Care Regulations require that we have **shelter in place** practice drills – at least twice each school year. You should receive a letter with the date of each drill, and Teachers will note this on class calendars.

Head Start has received specific training from law enforcement and emergency preparedness experts with regard to emergency response. In addition to **shelter in place**, Head Start also has lockdown, lockout, and evacuation procedures.

**Shelter in place** is a response to an emergency that creates a situation in which it is safer to remain in the building rather than to evacuate. It also is intended to stay put and not move in or out of the center or within the center. Generally, **shelter in place** means simply staying indoors. In some situations, sheltering in place includes additional precautions like locking all doors, closing all window shades, remaining in a room away from large windows or turning off heat and air conditioning systems. Most situations calling for sheltering in place are in response to events that have a relatively short duration of hours, not days or weeks. A **shelter in place** drill does not include an overnight stay and typically requires no more than a half an hour to complete.

## **Some situations that might require sheltering in place are:**

- Severe weather conditions
- Extreme temperatures (cold or hot)
- A public disturbance that escalated to violent acts
- Chemical or biological spill
- Rabid animal sighting
- A scene – such as accident or injury or house fire – that the children shouldn't necessarily see

Local authorities will provide Head Start with information during an actual event and Head Start will follow their instructions during and after emergencies regarding **shelter in place**.

Head Start's plan includes:

- Designating safe locations within the center – classrooms, offices
- The method used to alert children, caregivers and household members of an actual emergency will be via phone calls
- Teachers will ensure everyone is moved to a safe location (using attendance sheets, room searches, head counts, etc.)
- Staff will alert emergency responders
- Attendance records and head counts will be conducted to ensure everyone arrived safely at a safe location
- All staff will engage children in quiet, safe activities while providing competent supervision

Head Start maintains sheltering supplies – including food, water, first aid and other safety equipment. In a real emergency, parents may be unable to pick up their children or buses unable to transport children. For this reason, Head Start's plans take into account a child's need for an overnight stay – ready to provide continuous care for the duration of the emergency. *Head Start appreciates your understanding of our need to practice **shelter in place**.*

**CHILD ABUSE AND MALTREATMENT** Under the NYS Social Services Law Section 413, we must report any case of suspected or actual child abuse, maltreatment and neglect to the Child Protective Services Register in Albany. At the time of enrollment you signed a statement which explained the law regarding our responsibilities. If you have questions regarding this policy, please discuss it with your Family Support Assistant. If you believe that your child has been abused or maltreated, call the New York State Central Register for Child Abuse and Maltreatment at: 1-800-342-3720. Calls are received at this number 24 hours a day, 7 days a week.

Head Start will cooperate fully with Child Protective Services and will not undertake, on its own, to intervene in cases of suspected abuse. Head Start staff will preserve confidentiality of all records pertaining to child abuse in accordance with state law.

### What Is Abuse and Maltreatment?

**Child Abuse** An "abused child" is a child less than eighteen years of age whose parents or other person legally responsible for his/her care:

1. Inflicts or allows to be inflicted upon the child serious physical injury, or
2. Creates or allows to be created a substantial risk of serious physical injury, or
3. Commits or allows to be committed, against the child an act of sexual abuse as defined in the penal law.

**Child Maltreatment or Neglect** A "maltreated child" is a child under eighteen years of age who has had serious physical injury inflicted upon him/her by other than accidental means.

A "maltreated child" is a child under eighteen years of age impaired as a result of the failure of his parent or other person legally responsible for his care to exercise a minimum degree of care:

1. In supplying the child with adequate food, clothing, shelter, education, medical or surgical care, though financially able to do so or offered financial or other reasonable means to do so, or
2. In providing the child with proper supervision or guardianship, or
3. By unreasonably inflicting, or allowing to be inflicted, harm or a substantial risk thereof, including the infliction of excessive corporal punishment, or
4. By using a drug or drugs, or
5. By using alcoholic beverages to the extent that he loses self-control of his actions, or
6. By any other acts of a similarly serious nature requiring the aid of Family Court.

A "maltreated child" is also a child under eighteen years of age who has been abandoned by his parents or other person legally responsible for his care.

**SEX OFFENDERS** It is the policy of Cattaraugus and Wyoming Counties Project Head Start to not allow any level 1, 2 or 3 sex offenders contained on the NYS Office of Sex Offender Management Sex Offender Registry into the Head Start centers and/or at any Head Start or Early Head Start or any other program activity that may be held outside of the Head Start centers.

We may notify law enforcement and request that persons be removed from the site who violate this policy. Parents or legal guardians who are sex offenders may be allowed into the Head Start or Early Head Start activity, but must have a staff escort at all times and only for extenuating circumstances such as child illness or injury or as required by day care regulations.

**CONFIDENTIALITY** *What you hear here, let it stay here.* The Head Start Policy ensures the privacy of your family and child during and after his/her enrollment in the program. All information received whether financial, medical, or personal will be held in the strictest confidence. Release forms must be signed by a parent before information is given to or requested from agencies other than that which occurs within the agency or organization. Records are private and staff is bound to uphold this privacy. Parents and Guardians are expected to respect and uphold the privacy of other Head Start children and their families as well.

You may have a time when you feel that your personal affairs need to be discussed with your child's Teacher, or your family support assistant. We are under strict rules that nothing you tell us can be discussed with anyone outside the agency unless we ask your permission. We expect that parents will also respect rights of others in this manner.

**DISCIPLINE** Head Start staff is trained in how to work with children. We guide behavior of children for their protection and growth, and to help each child develop self-control and assume responsibility for his or her actions through clear and consistent rules and limits appropriate to the age and development of each child. Among the techniques used are redirecting a child to alternate activity, rewarding acceptable behavior, encouraging children to talk about their feelings, providing an example for children by speaking and interacting with children in a positive manner, PEDALS, FLIP IT, and 1-2-3 Magic.

**PHOTOGRAPHS/VIDEOS/AUDIOS** In order that we may protect the privacy of Head Start children and their families, parents/visitors are asked to obtain permission from a Head Start Teacher prior to taking photos of their child or other children.

**SMOKE-FREE ENVIRONMENT** There is to be no smoking in any building, on any grounds, or in any vehicle, used by Head Start or Early Head Start. **Please refrain from smoking when accompanying the children on field trips or outings.**

**UNATTENDED CHILDREN IN VEHICLES** Never Leave Children Unattended in or around vehicles! **NOT EVEN FOR A MINUTE.** It is important for you to know that leaving a child unattended in a vehicle is considered maltreatment.

**ATTENDANCE** We encourage you as parents to maintain regular attendance in Head Start activities. Please notify your Family Support Assistant or classroom staff if your child is going to be absent or miss a home visit. Also call, text or send an excuse for each day that your child cannot attend class and explain the reasons for the absence. If we do not hear from you, a contact will be made by your Family Support Assistant or Teacher to follow-up on the absence. Please keep us informed of illnesses or emergencies that will prevent your child from attending school.

**DAY CARE REGULATIONS** The Head Start C.E.O., Mr. Ira Katzenstein (716-373-2447), is responsible for the administration and overall operation of Head Start. He may be reached by contacting the administrative office. The Buffalo Regional Office of the New York State Department of Social Services, (716-847-3828) may be contacted about violations of statutory and regulatory day care center requirements. Day care regulations are available at each center and on line. Our day care license is posted.








## WHO TO CONTACT WHEN YOU HAVE A QUESTION OR CONCERN

Ira Katzenstein, C.E.O./Director [ikatzenstein@headstartnetwork.com](mailto:ikatzenstein@headstartnetwork.com)  
 Roberta Shipley-Yax, Assistant Director [rshipley@headstartnetwork.com](mailto:rshipley@headstartnetwork.com)

If your concern is about ...	Consult with the following Center Staff...	Responsible Supervisor Administrative Office 716-373-2447 (see extensions below)
<p><b>EDUCATION</b></p> <ul style="list-style-type: none"> <li>• Classroom, Curriculum &amp; Assessments</li> <li>• Parent Conferences</li> <li>• Discipline</li> <li>• Volunteering, Activities, Family Nights</li> <li>• Release of Children from classroom</li> </ul>	Teacher	<p>Education Coordinator-Olean Area <i>Karen Mann, 716-373-2447, ext. 508</i> <a href="mailto:kmann@headstartnetwork.com">kmann@headstartnetwork.com</a></p> <p>Education Coordinator-All other centers <i>Jeannine Mitchell 716-373-2447, ext. 509</i> <a href="mailto:jmitchell@headstartnetwork.com">jmitchell@headstartnetwork.com</a></p>
<p><b>FAMILY &amp; COMMUNITY ENGAGEMENT</b></p> <ul style="list-style-type: none"> <li>• Family Services</li> <li>• Parent Education</li> <li>• Policy Council/Parent Committee</li> <li>• Child Attendance</li> <li>• Required Paperwork/Health work</li> <li>• Emergency Contacts/Custody</li> <li>• Home Visits</li> <li>• Resource &amp; Referrals</li> </ul>	<p><b>Head Start:</b> Family Support Assistant</p> <p><b>Early Head Start:</b> Family Development Specialist</p>	<p><b>Head Start:</b> Family &amp; Community Engagement Coordinator <i>Sharon Snyder, ext. 515</i> <a href="mailto:ssnyder@headstartnetwork.com">ssnyder@headstartnetwork.com</a></p> <p><b>Early Head Start:</b> Early Head Start Coordinator <i>Kathy MacMurray Taylor, ext. 516</i> <a href="mailto:kmacmurray@headstartnetwork.com">kmacmurray@headstartnetwork.com</a></p>
<p><b>HEALTH, DISABILITIES &amp; NUTRITION</b></p> <ul style="list-style-type: none"> <li>• Medical and Dental appointments</li> <li>• Meals, menus, food allergies</li> <li>• Medications</li> <li>• Child illness, special conditions, limitations or injuries</li> </ul> <p><b>MENTAL HEALTH</b></p> <ul style="list-style-type: none"> <li>• Service providers</li> <li>• Disabilities</li> <li>• Social emotional assessments</li> <li>• Counseling</li> </ul>	<p><b>Head Start:</b> Family Support Assistant or Nurse</p> <p><b>Early Head Start:</b> Family Development Specialist or Health, Disabilities and Nutrition Manager</p>	<p><b>Head Start:</b> Health, Disabilities and Nutrition Coordinator <i>Lisa Kurowski, ext. 505</i> <a href="mailto:kurowski@headstartnetwork.com">kurowski@headstartnetwork.com</a></p> <p><b>Health Services Assistant</b> <i>Ashley Austin, ext. 506</i> <a href="mailto:aaustin@headstartnetwork.com">aaustin@headstartnetwork.com</a></p> <p><b>Early Head Start:</b> Health Manager/Nurse <i>Carol Rusk, ext. 511</i> <a href="mailto:crusk@headstartnetwork.com">crusk@headstartnetwork.com</a></p>
<p><b>TRANSPORTATION</b></p> <ul style="list-style-type: none"> <li>• Pick-up, Drop-off Information/Changes</li> <li>• Release of Children from Bus</li> </ul>	Bus Driver Family Support Assistant	<p>Transportation Coordinator <i>Karen Kirsop, ext. 510</i> <a href="mailto:kkirsop@headstartnetwork.com">kkirsop@headstartnetwork.com</a></p>



## I need to stay home from school if...

I have a fever.	I am vomiting.	I have diarrhea.	I have a rash.	I have an eye infection.	I have been to the doctor/hospital.	I have the flu.
						
Temp. of 100.4 F or higher.	Within past 24 hours.	Within past 24 hours.	Body rash with itching and/or fever.	Redness/itching and/or puss draining from an eye.	Hospital stay/surgery/dental surgery/ER visit.	Achy body pain, tiredness, headache, cough, sore throat, runny nose. (may have fever, diarrhea, vomiting)

## I am ready to return to school when I am...

Fever free for 24 hours <b>WITHOUT</b> assistance of Motrin/Tylenol.	Free from vomiting for 24 hours <b>AND</b> can eat 2 solid meals.	Free from diarrhea for at least 24 hours.	Evaluated by doctor & have a note to return to school.	Evaluated by doctor and have a note to return to school.	Released by doctor to return to school with a note listing any reasonable restrictions.	Fever and cough free for 24 hours <b>WITHOUT</b> assistance Of Motrin/Tylenol.
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*\*If your child has strep throat or any other infection requiring antibiotics, he/she should stay home until the antibiotic has been given for at least 24 hours.*

*\*We encourage you to seek medical attention when your child is sick and to follow your health care provider's recommendations about returning to school and other activities. Please call your FSA with any questions.*

*\*If any household member has been exposed to Covid-19 your child will not return to class until the required 14 day quarantine is completed or you can provide a negative Covid test from a health care professional*

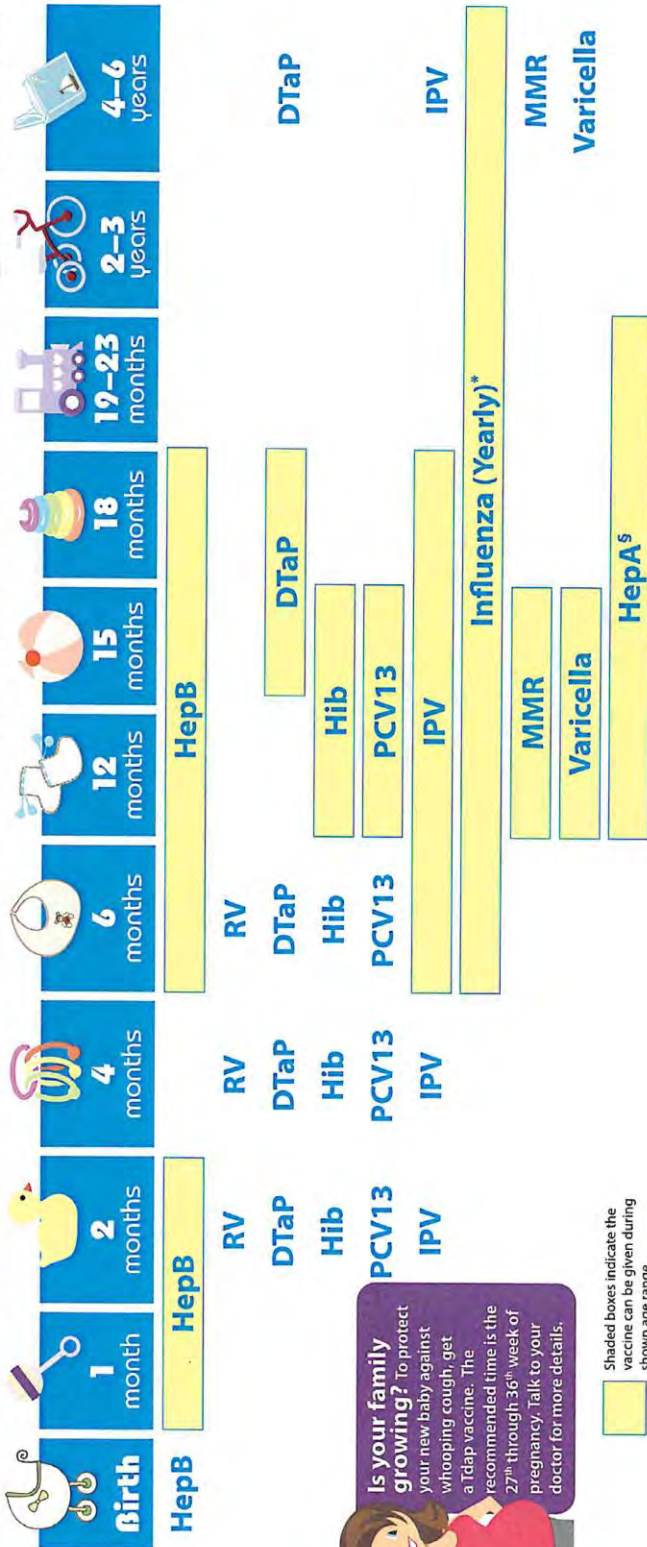
## Vaccine-Preventable Diseases and the Vaccines that Prevent Them

Disease	Vaccine	Disease spread by	Disease symptoms	Disease complications
<b>Chickenpox</b>	Varicella vaccine protects against chickenpox.	Air, direct contact	Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs)
<b>Diphtheria</b>	DTaP* vaccine protects against diphtheria.	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
<b>Hib</b>	Hib vaccine protects against <i>Haemophilus influenzae</i> type b.	Air, direct contact	May be no symptoms unless bacteria enter the blood	Meningitis (infection of the covering around the brain and spinal cord), intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia (infection in the lungs), death
<b>Hepatitis A</b>	HepA vaccine protects against hepatitis A.	Direct contact, contaminated food or water	May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure, arthralgia (joint pain), kidney, pancreatic and blood disorders
<b>Hepatitis B</b>	HepB vaccine protects against hepatitis B.	Contact with blood or body fluids	May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain	Chronic liver infection, liver failure, liver cancer
<b>Influenza (Flu)</b>	Flu vaccine protects against influenza.	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs)
<b>Measles</b>	MMR** vaccine protects against measles.	Air, direct contact	Rash, fever, cough, runny nose, pink eye	Encephalitis (brain swelling), pneumonia (infection in the lungs), death
<b>Mumps</b>	MMR** vaccine protects against mumps.	Air, direct contact	Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain	Meningitis (infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness
<b>Pertussis</b>	DTaP* vaccine protects against pertussis (whooping cough).	Air, direct contact	Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
<b>Polio</b>	IPV vaccine protects against polio.	Air, direct contact, through the mouth	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
<b>Pneumococcal</b>	PCV13 vaccine protects against pneumococcus.	Air, direct contact	May be no symptoms, pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
<b>Rotavirus</b>	RV vaccine protects against rotavirus.	Through the mouth	Diarrhea, fever, vomiting	Severe diarrhea, dehydration
<b>Rubella</b>	MMR** vaccine protects against rubella.	Air, direct contact	Sometimes rash, fever, swollen lymph nodes	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
<b>Tetanus</b>	DTaP* vaccine protects against tetanus.	Exposure through cuts in skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

\* DTaP combines protection against diphtheria, tetanus, and pertussis.

\*\* MMR combines protection against measles, mumps, and rubella.

# 2020 Recommended Immunizations for Children from Birth Through 6 Years Old



**Is your family growing?** To protect your new baby against whooping cough, get a Tdap vaccine. The recommended time is the 27<sup>th</sup> through 36<sup>th</sup> week of pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during shown age range.

**NOTE:** If your child misses a shot, you don't need to start over. Just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

**FOOTNOTES:**

- \* Two doses given at least four weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
- § Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the first dose. All children and adolescents over 24 months of age who have not been vaccinated should also receive 2 doses of HepA vaccine. If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he or she may need.

See back page for more information on vaccine-preventable diseases and the vaccines that prevent them.

For more information, call toll-free 1-800-CDC-INFO (1-800-232-4636) or visit [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™

# COVID-19: Quarantine vs. Isolation

**QUARANTINE** keeps someone who was in close contact with someone who has COVID-19 away from others.



**If you had close contact with a person who has COVID-19**



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

**ISOLATION** keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



**If you are sick and think or know you have COVID-19**



- Stay home until after
  - At least 10 days since symptoms first appeared **and**
  - At least 24 hours with no fever without fever-reducing medication **and**
  - Symptoms have improved



**If you tested positive for COVID-19 but do not have symptoms**



- Stay home until after
  - 10 days have passed since your positive test



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.



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7/26/2020 7AM

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

10/27/2020



## HELPFUL TIPS TO KEEP YOUR CHILD SAFE

### Never Leave Children Unattended In or Around Vehicles... NOT EVEN FOR A MINUTE

Each year, hundreds of children are left unattended in motor vehicles. About 75 percent of child deaths in parked cars are due to adults leaving children unattended, either intentionally or unintentionally. Many caring and responsible adults are not aware or underestimate the risks involved when leaving their child alone in a vehicle. These dangers include: heatstroke or *hyperthermia*, body heat loss or *hypothermia*, setting a vehicle in motion, getting trapped in a car or trunk, and abduction.

The following are tips to keep children safe from serious injury or death in or around a parked vehicle.

#### INFANTS AND YOUNG CHILDREN SHOULD BE SUPERVISED AT ALL TIMES WHILE IN OR AROUND A VEHICLE

- Never leave a child in an unattended vehicle in the warm or cold weather, not even with the windows slightly open or down, due to the risk of *hyperthermia* (heatstroke) or *hypothermia* (body heat loss).
  - Heatstroke can occur when the internal body organs or body core temperature reaches 104 degrees Fahrenheit. Heatstroke symptoms may include: confusion, combativeness, faintness, and bizarre behavior. High body temperature can cause irreversible brain damage.
  - The temperature in an enclosed motor vehicle rises approximately 19 degrees Fahrenheit in minutes, 34 degrees in half an hour, and 43 degrees in one hour. A body temperature of 107 degrees Fahrenheit is considered deadly.
  - *Hypothermia* can occur when the body temperature falls below 95 degrees Fahrenheit. Symptoms in infants may include bright-red, cold skin and low energy; symptoms in older children may include shivering, confusion, slurred speech, drowsiness, or irrational behavior.
- If you see a child in a hot car, call 911 right away and follow instructions. Emergency personnel are trained to respond.
- When outside of your car, keep your vehicle locked at all times and never leave keys within the reach of children.
- Teach children not to play in or around vehicles and to alert an adult when a friend is playing in a vehicle without supervision. Make sure children understand the dangers of trunk entrapment (suffocation, heatstroke, and *hypothermia*).
- Before backing up a motor vehicle, walk around it to make sure there are no children or animals behind the wheels or under the vehicle. It is also important to check your rearview and side mirrors when backing up, especially when children are playing outside.
- Place a stuffed toy in your child's car seat when not in use, and move the toy to the front passenger seat when your child is in his/her car seat as a reminder that your child is in the vehicle.
- When driving with a child in a vehicle, use drive-through services whenever possible.





United States Department of Agriculture



## The Special Supplemental Nutrition Program for Women, Infants and Children (WIC Program)



**WIC** Since 1974  
The Foundation of  
Healthy Families

**What is WIC?** WIC was established as a permanent program in 1974 to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk. This mission is carried out by providing nutritious foods to supplement diets, nutrition education (including breastfeeding promotion and support), and referrals to health and other social services. Find out more: <http://www.fns.usda.gov/wic/about-wic-wic-glance>

### Where is WIC available?

The program is available in all 50 States, 34 Indian Tribal Organizations, American Samoa, District of Columbia, Guam, Commonwealth of the Northern Mariana Islands, Puerto Rico, and the Virgin Islands. While funded through grants from the Federal Government, WIC is administered by 90 State agencies, with services provided at a variety of clinic locations including, but not limited to, county health departments, hospitals, schools, and Indian Health Service facilities. To find the WIC offices serving your area go to: <http://www.fns.usda.gov/wic/contacts>

### What food benefits do WIC participants receive?

The foods provided through the WIC Program are designed to supplement participants' diets with specific nutrients. WIC authorized foods include infant cereal, baby foods, iron-fortified adult cereal, fruits and vegetables, vitamin C-rich fruit or vegetable juice, eggs, milk, cheese, yogurt, soy-based beverages, tofu, peanut butter, dried and canned beans/peas, canned fish, whole wheat bread and other whole-grain options. For infants of women who do not fully breastfeed, WIC provides iron-fortified infant formula. Spe-

cial infant formulas and medical foods may also be provided if medically indicated. Learn more about food benefits here: <http://www.fns.usda.gov/wic/wic-food-packages>

### Program benefits include more than food.

WIC benefits are not limited only to food. Participants have access to a number of resources, including health screening, nutrition and breastfeeding counseling, immunization screening and referral, substance abuse referral, and more. Find out more: <http://www.fns.usda.gov/wic/wic-benefits-and-services>

### Am I eligible?

Pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 who meet certain requirements are eligible. These requirements include income eligibility and State residency. Additionally, the applicant must be individually determined to be at "nutrition risk" by a health professional or a trained health official. To find out if you might be income eligible for WIC benefits go to: <http://wic.fns.usda.gov/wps/pages/start.jsf>

# Talk About Depression and Anxiety During Pregnancy and After Birth

## Ways You Can Help

Pregnancy and a new baby can bring a mix of emotions—excitement and joy, but also sadness and feeling overwhelmed. When these feelings get in the way of your loved one taking care of herself or the baby—that could be a sign that she’s dealing with deeper feelings of depression or anxiety, feelings that many pregnant women and new moms experience.



### LISTEN

Open the line of communication.

- ♦ “I know everyone is focused on the baby, but I want to hear about you.”
- ♦ “I notice you are having trouble sleeping, even when the baby sleeps. What’s on your mind?”
- ♦ “I know a new baby is stressful, but I’m worried about you. You don’t seem like yourself. Tell me how you are feeling.”
- ♦ “I really want to know how you’re feeling, and I will listen to you.”



### OFFER SUPPORT

Let her know that she’s not alone and you are here to help.

- ♦ “Can I watch the baby while you get some rest or go see your friends?”
- ♦ “How can I help? I can take on more around the house like making meals, cleaning, or going grocery shopping.”
- ♦ “I am here for you no matter what. Let’s schedule some alone time together, just you and me.”



### OFFER TO HELP

Ask her to let you help her reach out for assistance.

- ♦ “Let’s go online and see what kind of information we can find out about this.” Visit [nichd.nih.gov/MaternalMentalHealth](http://nichd.nih.gov/MaternalMentalHealth) to learn more.
- ♦ “Would you like me to make an appointment so you can talk with someone?” Call her health care provider or the Substance Abuse and Mental Health Services Administration’s National Helpline at **1-800-662-HELP (4357)** for 24-hour free and confidential mental health information, treatment, and recovery services referral in English and Spanish.
- ♦ “I’m very concerned about you.” Call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)** for free and confidential emotional support—they talk about more than suicide.



## During Pregnancy and After Birth: Learn the Signs of Depression and Anxiety

You may be the first to see signs of depression and anxiety in your loved one while she is pregnant and after she has had the baby. Learn to recognize the signs and, if you do see them, urge her to talk with her health care provider.

### DOES SHE:

Seem to get extremely anxious, sad, or angry without warning?

Seem foggy and have trouble completing tasks?

Show little interest in things she used to enjoy?

Seem "robotic," like she is just going through the motions?

### DO YOU:

Notice she has trouble sleeping?

Notice she checks things and performs tasks repeatedly?

Get concerned she cannot care for herself or the baby?

Think she might hurt herself or the baby?

Depression and Anxiety Happen. **Getting Help Matters.**

To learn more, visit [nichd.nih.gov/MaternalMentalHealth](http://nichd.nih.gov/MaternalMentalHealth).  
To find a mental health provider in your area, call 1-800-662-HELP (4357).



*Eunice Kennedy Shriver* National Institute  
of Child Health and Human Development



CATTARAUGUS & WYOMING COUNTIES PROJECT HEAD START  
2020 – 2021

**SEPTEMBER**

M	T	W	TH	F
		9	10	11
*14	*15	16	17	*18
21	22	23	24	*25
28	29	30		

**OCTOBER**

M	T	W	TH	F
			1	*2
5	6	7	8	<u>9</u>
<u>12</u>	13	14	15	*16
19	20	21	22	<u>23</u>
26	27	28	29	*30

**NOVEMBER**

M	T	W	TH	F
2	3	4	5	*6
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16	17	18	19	*20
<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>
30				

**DECEMBER**

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<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	

**JANUARY**

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<u>18</u>	19	20	21	*22
25	26	27	28	*29

Days not in session:

- 8/24 Employee Development Day
- 9/7 Labor Day
- 9/9 – 9/11 Welcome Days
- 10/9 Employee Development Day
- 10/12 Columbus Day
- 10/23 Employee Development Day
- 11/11 Veterans Day
- 11/23 & 11/24 Parent Teacher Conferences
- 11/25-27 Thanksgiving Recess
- 12/23 -1/1 Winter Recess
- 1/18 Martin Luther King Day
- 2/1 Employee Development Day
- 2/15-2/19 Mid Winter Break
- 3/18 & 3/19 Parent Teacher Conferences
- 4/2 - 4/9 Spring Recess
- 5/28 & 5/31 Memorial Day
- 6/18 Employee Development Day

\* ½ day- a.m. only – Franklinville is full day Friday's – all other 5 day classrooms at other locations are ½ day Friday.

5 Day Program  
Attend Monday – Thursday; ½ day Friday  
Classes Start 9/14; End 6/23

5 Day Program – EAST VIEW - WASHINGTON WEST -  
Attend Monday, Tuesday, Thursday; ½ day Friday – No children on Wednesday  
Classes Start 9/14; End 6/23

5 Day program – FRANKLINVILLE  
Attend M, T, TH, F – 6 hours  
No children on Wednesday  
Classes Start 9/14; End 6/23

4 Day Program – WARSAW ONLY  
Attend Monday – Thursday  
Classes Start 9/14; End 6/23

**FEBRUARY**

M	T	W	TH	F
<u>1</u>	2	3	4	*5
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22	23	24	25	*26

**MARCH**

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22	23	24	25	*26
29	30	31		

**APRIL**

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<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>
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**MAY**

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<u>31</u>				

**JUNE**

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14	15	16	17	<u>18</u>
*21	*22	*23		

09/03/20