



YOUTH DEVELOPMENT INC.

EARLY CHILDHOOD EDUCATION & FAMILY DEVELOPMENT



PARENT NEWSLETTER

OCTOBER 2020

Parents,

The 2020-2021 HS/EHS school year has begun, due to the commitment and dedication you have for your child's education and development.

This newsletter is one of four that you will receive. We hope you will enjoy and benefit from reading the information offered to you, shared by the content area managers and other administrative staff.

Contents

- ♦ *Health & Safety*
- ♦ *Nutrition'*
- ♦ *Education*
- ♦ *Disabilities*
- ♦ *Mental Health*
- ♦ *Family Services*

Change is the law of life and those who look only in the past or present are certain to miss the future.

John F. Kennedy



Health & Safety

Reminders ! COVID-19

- ♦ *Wear you masks*
- ♦ *Keep distance*
- ♦ *Sanitize & Wash hands*

Your Child's HEALTH

*Keep your child's vaccinations
current*

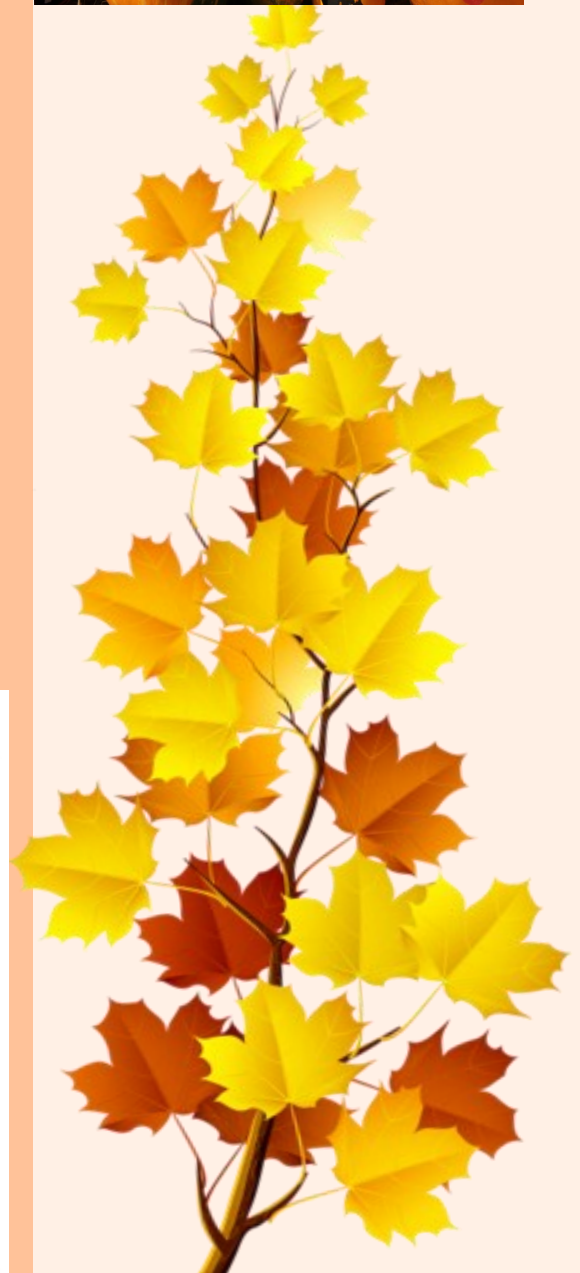
Keep children dressed to the weather

Keeping your child SAFE

Never leave children alone

*Remind children of the pedestrian
safety rules*

Never leave children in the car alone



VIRUS

Preventions



wash hands
frequently
with soap



cover your
mouth with a
tissue paper
when coughing
or sneezing



wear a mask
if you have
a cough or
runny nose



see a doctor
if you feel
unwell

Health & Safety

Children's sleep!

How much sleep

Age	Hours Of Sleep
0 - 2 months	10.5 - 18
2 - 12 months	14 - 15
1 - 3 years	12 - 14
3 - 5 years	11 - 13
5 - 12 years	10 - 11



Bedtime Routine

1. Have a light snack
2. Take a bath.
3. Put on pajamas.
4. Brush teeth.
5. Read a story.
6. Make sure the room is quiet and at a comfortable temperature.



Helpful Tips!

Make bedtime the same time every night. Make bedtime a positive and relaxing experience without TV or videos. According to one recent study, TV viewing prior to bed can lead to difficulty falling and staying asleep. Save your child's favorite relaxing, non-stimulating activities until last and have them occur in the child's bedroom.

Keep the bedtime environment (e.g. light, temperature) the same all night long.

<http://sleepfoundation.org/>



Signs of sleep deprivation in school aged children

Mood. Sleep deprivation may cause your school-aged child to be moody, irritable, and cranky. In addition, he may have a difficult time regulating his mood, such as by getting frustrated or upset more easily.

Behavior. School-aged children who do not get enough sleep are more likely to have behavior problems, such as noncompliance and hyperactivity.

Cognitive ability. Inadequate sleep may result in problems with attention, memory, decision making, reaction time, and creativity, all which are important in school.

“Sleep affects every aspect of a child's physical, emotional, cognitive, and social development, as inadequate or poor sleep in children affects a host of developmental domains, including mood, behavior, learning, and health outcomes”

Mindell, J. A., & Owens, J. A. (January 01, 2003). Sleep problems in pediatric practice: clinical issues for the pediatric nurse practitioner. Journal of Pediatric Health Care: Official Publication of National Association of Pediatric Nurse Associates & Practitioners, 17, 6.)

Health Manager
Leslie Montoya
505-212-7212



NUTRITION

COVID-19

STAYING HOME, EATING WELL, AND BEING ACTIVE

There are multiple ways that you can help your family eat well and stay active while staying at home during the pandemic. Access emergency food and school meals. Make the most of food resources, keep yourself food safe, cook quick and healthy meals. Make time each day for physical activity.

YDI is here to help your family stay healthy and safe

Meal Planning Tips:

Check the ads to see what is on sale. Plan your menu..

Eat a variety of fruits, vegetables: fresh, frozen, and canned.

Use fresh food first, then frozen, and canned foods next. Remember to buy fruits and vegetables that are in season.

Check your cabinets, pantry, refrigerator, & freezer to see what you have on hand.

Make a list of what you need.

Make sure you use what you have on hand-spinach instead of kale, canned tuna instead of chicken, or applesauce instead of fresh fruit.

Public School Meal Information:

1. Albuquerque Public Schools-sites distribute M, W, F, providing 2 breakfasts and 2 lunches, with others on Monday, providing 6 meals, <https://www.aps.edu/food-and-nutrition-services>,
2. Espanola Municipal Schools-meals are being delivered on bus routes, http://www.k12espanola.org/departments/cafeteria_services,
3. Taos Municipal Schools-YDI students attending virtually can access meals from the bus stops and meal sites at schools, [http://taoschools.naranjo.group/storage/assets/202eef3e-3d3d-44b6-9c6d-aa10eb3b0656/School-Bus-Routes---Food-Delivery-\(1\).pdf](http://taoschools.naranjo.group/storage/assets/202eef3e-3d3d-44b6-9c6d-aa10eb3b0656/School-Bus-Routes---Food-Delivery-(1).pdf)
4. Penasco-YDI families can pick up meals at the Penasco meal sites (see the summer lunch flier on the website) <https://www.penascoisd.com/o/penasco-isd/browse/58152>, Families should contact Sheila Rodriguez, Food Service Manager, Penasco ISD, at (575) 587-2502 ext. 2107, to arrange for the meals, and
5. Questa-meals are being delivered on bus routes, <https://qisd-nm.schoolloop.com/>.

Nutrition Manager
Debbie Lopez

Follow These Tips to be Healthy and Keep Food Safe at Home:

Always practice good hygiene when preparing, serving, and eating food to stay safe.

- Wash your hands with soap and running water for 20 seconds before and after handling food or packages of food.
- Thoroughly wash fresh produce under running water for 20 seconds before preparing to eat.
- After food is unpacked and put away, clean the counter with soapy water, rinse, and then sanitize the countertop. Let it air dry

Make Physical Activity Part of Your Day:

Take breaks throughout the day to move around. Climb the stairs, take a walk, play an active family game, stretch, lift and carry groceries and laundry, vacuum and mop the floors. Just keep moving.

Physical Activity Ideas:

Stair Challenge: Run up and down the stairs five times in a row. Do three sets.

Crab walk: Crab walk to every room in your house (wash your hands when you're done).

Scavenger Hunt: Someone hides five objects around your house, such as a stuffed animal, a hat, a favorite book, a toy, and a shoe. See how fast you can find them or who finds the most.

Nutrition Manager
Debbie Lopez





Homemade Chicken and Noodles

Yield: 6 servings

Ingredients:

1 Whole Fryer Chicken, cut up	½ tsp. Turmeric
2 Fresh Carrots, diced	¼ tsp. Pepper (to taste)
2 Stalks Celery, diced	2 tsp. Parsley Flakes
½ Medium Onion, diced	16 oz Egg Noodles
1 tsp. Salt	3 Tbl. All-purpose Flour

Instructions:

In a large pot, cover chicken with 4 quarts of water, bring to a boil. Reduce heat to low and simmer for 30 minutes. Remove chicken from the pot with a slotted spoon. Debone chicken, removing meat from the bone, slightly shredding meat in process. Return bones to the broth and simmer on low in covered pot for an additional 45 minutes. Remove bones from the broth with a slotted spoon, making sure to get any small bones that may have detached.

Add carrots, celery, and onion to the pot, followed by seasonings. Stir and simmer for 10 minutes to blend the flavors.

Increase the heat and add the chicken and the egg noodles. Cook for 8 minutes.

Mix flour and a little water. Stir until smooth, mix to make a thin slurry. Pour into soup, stir to combine, and simmer for another 5 minutes, or until broth thickens a bit. Test and adjust seasonings as needed.

NOTE: To enhance flavor some families may enjoy adding bouillon, ground thyme, or red pepper flakes.



Education

Fall is such a wonderful time of the year. All around us we see the changes. From the weather to the leaves, to going back to school, change is always a consistent part of life. This is an exciting time for your child and we encourage you to find the little opportunities to help your child learn about the world around them. You can talk about the colors that you see and how leaves used to be green and now they've changed to yellow, red, and brown. You can talk about the weather and how we are now wearing longer and heavier clothing to keep us warm. Home is the first school that our children get introduced and parents are always the primary and first teachers. As you play with your child look for the little ways that you can further their cognitive development. Meaning how they think and see the world. You can do this through asking questions and new experience. Follow your child's lead and what they are interested in and you will be building a bright future.

**Education Manager
Danielle Blacketer**

Disabilities



What is a screening?

A screening is a tool used by educators and doctors to help determine the strengths of a child, if the child screened could benefit from additional activities to support a specific area of development, or if a child could benefit from a referral for further evaluation to support their needs.

What screening tool does YDI use?

YDI Head Start and Early Head Start classrooms use the Ages and Stages Questionnaire Third Edition (ASQ-3). The ASQ-3 is a developmental screening tool that relies on parents as experts, is easy-to-use, family-friendly and creates the snapshot needed to catch delays *and* celebrate milestones. Many families have already completed the ASQ-3 with their teachers.

What do I do if I have a concern about my child's development?

There are many different programs that can offer additional support to children if parents, teachers, or doctors express concerns about a child's development. Classroom staff and service specialists are aware of the various programs that can support your child. If you have any concerns about your child's development, please talk to your child's teacher or service specialist. They can support a referral to a private agency, Child Find (for children ages 3-5), or an Early Intervention Agency (for children ages 0-3). These programs can offer free services like speech therapy, occupational therapy, physical therapy, or special education support. These programs can offer free services like speech therapy, occupational therapy, physical therapy, or special education support services depending on the needs of your child and if they qualify for the program.

**Disabilities Manager
Kathleen Barney**

Join the School Readiness Committee

The School Readiness Committee

gathers together to look at what growths and what areas of improvement need to take place in our education plans and goals. This helps us understand where our students are and what we need to do to help them be ready for kindergarten. Development starts to take place at conceptions and children learn more in the first 7 years of lives. Please join us for our School Readiness Committee and help us make an impact in your child's Development.



MENTAL HEALTH



Deep Breathing with Little Ones

Children can have big feelings that may be tough for them to manage. Deep breathing is a very practical way for adults to help children take control of their big feelings...even before those big feelings arise. Did you know that practicing deep breathing with a child helps to:

1. Decrease stress...believe it or not, children can feel stress even at this early age
2. Reduces anxiety...children may carry anxiety in a way that looks like a challenging behavior
3. Sharpen her ability to focus and learn
4. Strengthen his sustained attention
5. Learn that she can control her emotions

When adults model deep breathing for children, this helps the adult remain calm, too. When teaching deep breathing exercises for children, it's important for adults to:

1. Teach deep breathing while the child's body is in a calm state.
2. Practice every day
3. Encourage the child to focus on the breathing. What does it sound like? Let them feel their belly as they breathe in and out.
4. Let the child know that deep breathing is a way to help the body relax

Easy deep breathing activity ideas:

- **Smell the Flowers. Blow the Pinwheel.** This is a technique used in many classrooms. Teachers have children pretend that they are holding a flower, then ask the children to smell the flower. This teaches children to breathe in. Teachers then have children pretend that they are holding a pinwheel, then ask the children to blow the pinwheel. This teaches the children to breathe out.
- **Elmo's Belly Breathing Video:** Elmo sings a belly breathing song in this short video clip (about 2.5 minutes) https://www.youtube.com/watch?v=_mZbzDOpylA
- **Animated Fish Video:** Check out this 1-minute deep breathing video clip <https://www.youtube.com/watch?v=gLbK0o9Bk7Q>

Reach out to me if you have concerns about your child's ability to manage big feelings.

Liz Martinez, LMSW
YDI Director of Mental Health
emartinez@ydinm.org
505-212-7205 (Office)
505-458-8661 (Cell Phone)



PARENT ADVOCACY / LEADERSHIP

CONGRATULATIONS !

NEWLY ELECTED OFFICERS

SCHOOL YEAR 2020-2021

Heights Parent Committee

Secretary- Leticia Bowdon (H2)

Policy Council Rep.-Reeve Mora (S1)

School Readiness Committee- Nakayla Moquino (S3)

Health Services Advisory Committee- Retisha Antonio

Kirtland Parent Committee

PresidentFatima Al-Hattami

Vice President....Ester Mora

SIPI Parent Committee

President: Alishia Interpreter

Vice President: Reeve Mora

Secretary: Rachelle Jim

Rio Arriba Parent Committee

President- Maria Elena Jaramillo

Vice President- Lisa Anderson

Secretary- Shayna Fernandez

Treasurer- Sasha Barrionuevo

Severo Padilla Parent Committee

Laura Montoya- President

Paola Canatsu - Vice President

Veronica Andrade- Secretary

Job Corps Parents Committee

President: Xavier McAfee

Treasurer: Christine Hoang

La Mariposa Parent Committee Officers

President - Jessica Anderson

Policy Council Representative - Mary Sisneros

Mel Aragon Parent Committee Officers

Vice President - Sarah Richardson- MA2

Secretary- Aaliyah Calabaza- MA2

Treasurer- Sylvia Martinez- MA2

Taos Parent Committee

Policy Council– Rachael Lucero

Enos Parent Committee

President - Desiree Jankins

Secretary - Crystal Trujillo

Treasure- Teddy Lucero

Pedro Baca Parent Committee

Policy Council -Renee Garcia

President - Sarah Romero

Vice President - Lynae Lovato

Secretary - Gloria Fuentes

Treasurer - Natasha Ayala

Health Advisory Rep - Renee Monteverde

Embudo Parent Committee

President - Yvette Gonzalez

Vice President - Adriana Ledezma

Treasure - Jessica Alvarez

Secretary - Chantelle Martinez

Policy Council Rep - Desiree Andrade

MAB Parent Committee

Vice President - Priscillia Pacheco

Secretary - Elena Martinez

Health Advisory - Ashley Montano

Vadito Parent Committee

President: Jessica Roybal

Treasure: Shelly Lovato

**MORE COMMITTEE OFFICERS NAMES WILL BE
ADDED ON THE NEXT NEWSLETTER**





What is happening !

- **Parent Committee Meetings - Elections continue**
- **Policy Council Meeting**
- **Evidence Based Family Literacy Curriculum -Abriendo Puertas/Opening Doors**
- **Head Start Awareness Month**
- **In House - Health Screenings**
- **Parent Child Connectors (PCC'S) sent to parents**
- **Family Services Specialists continue/ Home Visits, follow up with family goals**
- **Nutrition Experiences**

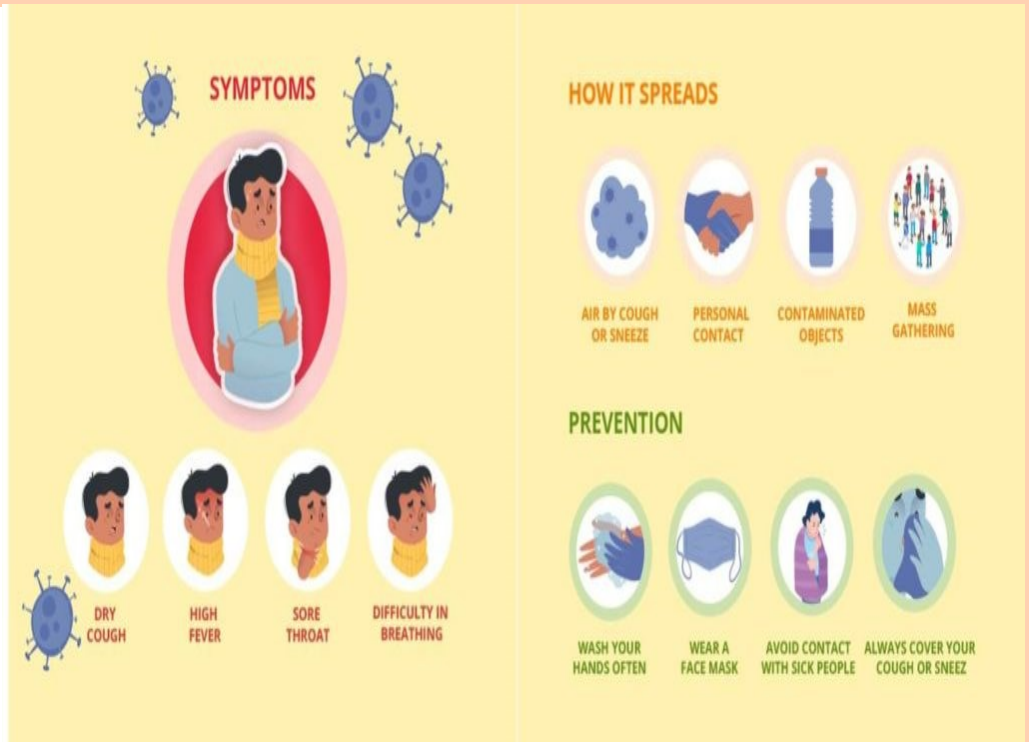
Please Note: Parent who attends the most sessions of the Abriendo Puertas training may win the child's bicycle. Check with your family services specialist or teacher for more information.

The picture of the bicycle is not the actual bicycle being given away.





COVID-19



Physical Distance





“ CHARACTER CONSISTS OF WHAT YOU
DO ON THE THIRD AND FOURTH TRIES “

- JAMES MICHENER

***“IT ALWAYS SEEMS
IMPOSSIBLE UNTIL
IT’S DONE”***

- Nelson Mandela

***“You do what you can for as long as you can and when you finally
can’t . You do the next best thing. You back up but you don’t give up”.***

- Chuck Yeager



***“Survival can be
summed up in three
words—***

NEVER GIVE UP.

***That’s the heart of it really.
JUST KEEP TRYING.***

Failure is not

FALLing down

It is not getting up again

Mary Pickford



FAMILY RESOURCES

NEW MEXICO



WEATHERIZATION | WHAT WE DO



MECHANICAL MEASURES

- Clean, tune, repair, or replace heating and/or cooling systems.
- Install duct and heating pipe insulation.
- Repair leaks in heating/cooling ducts.
- Install programmable thermostats.
- Repair/replace water heaters.
- Install water heater tank insulation.
- Insulate water heating pipes.



BUILDING SHELL MEASURES

- Install insulation where needed.
- Perform air sealing.
- Repair/replace windows/doors.
- Install window film, awnings and solar screens.
- Repair minor roof and wall leaks prior to attic or wall insulation.



HEALTH & SAFETY MEASURES

- Perform heating system safety testing.
- Perform combustion appliance safety testing.
- Repair/replace vent systems to ensure combustion gas draft safely outside.
- Install mechanical ventilation to ensure adequate indoor air quality.
- Install smoke and carbon monoxide alarms when needed.
- Evaluate mold/moisture hazards.
- Perform incidental safety repairs when needed.



ELECTRIC & WATER MEASURES

- Install efficient light sources.
- Install low-flow showerheads.
- Replace inefficient refrigerators with energy-efficient models.



CLIENT EDUCATION ACTIVITIES

- Educate on potential household hazards such as carbon monoxide, mold & moisture, fire, indoor air pollutants, lead paint and radon.
- Demonstrate the key functions of any new mechanical equipment or appliances.
- Discuss the benefits of using energy-efficient products.

- Housing and Urban Development. <https://www.hud.gov>. ...
- United Way. <https://www.unitedway.org>. ...
- Universal Service Administrative Company. ...
- Low Income Home Energy Assistance Program. ...
- Supplemental Nutrition Assistance Program. ...
- Women, Infants and Children. ...
- Child Care and Development Fund. ...
- National Foundation for Credit Counseling.

