



## Congratulations to Hannah Foote, Regional IV Head Start Alumni Scholarship Winner

**Hannah Foote** is the daughter of Heather Hopkins and Mark Foote of Potts Camp, Mississippi. She is an active member and attends First Baptist Church of Potts Camp, where she serves on the Children’s Ministry Team and any other capacity needed.

Hannah is currently a student at Northwest Community College and studying to become a Surgical Technician. Because of this scholarship, “I am allowed to work less and focus more on my studies, pursuing a degree in the medical field. I take pride in being a part of helping others in need or just simply helping others. I’m from a small town that is very capable of making a change for the better and I want to be a part of that change,” says Hannah!

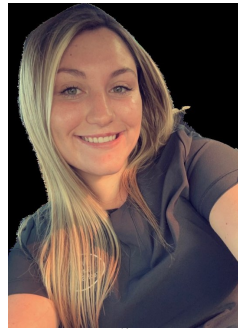
Hannah is a graduate of Potts Camp High School. In May 2023, she was ranked 12 out of a class of 44. In high school, she was an active member of the FCLA, Prom Committee, Homecoming Committee, and Senior Class Secretary/Treasurer.

Hannah’s mom enrolled her in Head Start in 2009. Hannah describes her experience with Head Start best, “Head Start has played a huge role in my life. Now that I am older, I realize that I needed that jumpstart to kindergarten. Head Start instilled in me behavioral, social, and emotional skills; as well as interaction with other peers close to my age. It gave me the opportunity to grow and get away from my parents and out into the real world because my parents won’t always be around. A big thank you goes out to all of the teachers and people that are a part of making Head Start what it is.”

Prior to competing and winning the Regional IV Head Start Alumni Scholarship, Hannah competed for the MS Head Start Association and won this competition.

I’m grateful to each one of you, my family, Institute of Community Services, Project Head Start and most of all to God for allowing me this opportunity and believing in me.

I am honored to be awarded the **Regional IV Head Start Alumni Scholarship** to help further my education in the medical field.”



*Hannah Foote*



### Advocacy: Why Is There A Need For Parent Advocacy?

\*Parents need to know what their rights are under the law so that they are involved fully in important decisions made on their child’s behalf.

\*It encourages accountability in the education system.

\*Parent Vulnerability: A parent may need a parent advocate to help them speak up, help convey the parent’s viewpoint and be sure the communication is two-way and respectful and with the parent, not at the parent.

### Vision and the 20-20-20 Rule

We all are at risk for developing myopia or near-sightedness when we look solely at objects close to us for a long period of time. The 20-20-20 rule encourages all ages to take a break every 20 minutes from a device and look 20 feet away for 20 seconds.

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### Safety Reminders

\*Infant cereals and ready-to-eat cereals must be iron-fortified. Ready-to-eat cereals must contain no more than 6 grams of sugar per dry ounce. All grains served must be enriched, fortified, or whole grain-rich.

\*Do not offer babies crackers containing seeds and nuts. These items can increase a baby's risk of choking.

\*Cut breads and bread-like items into thin strips or small pieces no larger than 1/2 inch. This will reduce the risk of a baby choking.

\*Honey should never be fed to babies younger than one year. *Source: USDA*

\*Put babies on their backs to sleep for naps and at night.

\*Use a firm, flat, and level sleep surface, covered by a fitted sheet.

\*Keep baby's surroundings smoke/vape free.

\*Use a wearable blanket to keep baby warm without blankets in the sleep area. Make sure baby's head and face stay uncovered during sleep. *Source: Safe To Sleep*

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### DON'T MAKE THESE DISCIPLINE MISTAKES

Discipline is one of the toughest challenges parents face. It's easy to make mistakes. Here are some things to avoid:

\***Don't criticize your child.** Don't say, "you are mean!" Say, "What you said to Joey was mean. Please apologize."

\***Don't lose control.** Wait until you're calm to discipline your child. You'll make better decisions and set a good example.

\***Don't make idle threats.** For example, "Stop talking or I'll never take you to the movies again!" Children don't take unrealistic threats seriously.

\***Don't bribe your child.** When you say, "If you stop whining, I'll give you a cookie." Your child learns, "Whining gets me what I want."

\***Don't get into power struggles.** Pick your battles carefully. Don't discipline when it's not necessary. But when discipline is needed, be firm.

*Source: The Parent Institute 1998*



### ORAL HEALTH IS IMPORTANT!

Tooth brushing is an important part of a child's health. At your child's Head Start Center, the teacher assists the children in brushing after a meal with fluoride toothpaste. The American Dental Association (ADA) recommends that brushing should occur twice a day (in the morning and at bedtime). The dentist should be seen regularly for prevention and treatment of oral disease, which is the key to a lifetime of healthy teeth and gums.

### Things You Can Do to Help Your Child

\*Brush your child's teeth with fluoride toothpaste twice a day.

\*If your child is younger than 3 years old, brush with a smear of toothpaste.

\*If your child is 3-6 years old, brush with a pea-size amount of toothpaste.

\*Help your child brush their teeth until they are about 7-8 years old. They need help until their hand skills are better developed.

\*Be a role model. Brush your teeth and floss twice a day.

\*Take your child to the dentist every 6 months for routine cleanings.

\*Limit the number of snacks your child has each day.

\*Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products, whole-grain products, and meat.

