



# OCTOBER

LAGUNA DIVISION OF EARLY CHILDHOOD

PHONE: (505) 552-6544

FAX: (505) 796-6909

P.O. BOX 207 LAGUNA, NM 87026

## UPCOMING EVENTS

## What's Inside

- 10/02 - Parent Committee Meeting
- 10/09 - Child Find Event
- 10/14 - **NO SCHOOL** (In observance of: Indigenous People)
- 10/16 - Nutrition Activity
- 10/17 - **NO SCHOOL** (In observance of: Paraje Feast)
- 10/22 - PHS Field Trip Pumpkin Patch
- 10/25 - EHS Pumpkin Patch
- 10/30 - Trick or Treat Event
- 10/31 - Half a Day of School - **No Childcare**

### EARLY HEAD START

- Sunnyside
- Chinatown
- New York
- Turquoise Springs

### PRESCHOOL HEAD START

- Paguete
- Casa Blanca
- Village
- Encinal
- Seama
- Family Service Providers
- Health Aide
- Support Services Coordinator
- Program Assistant
- Social Worker
- ERSEA Coordinator



# HAPPY HALLOWEEN



# SUNNYSIDE CLASSROOM

Andrea Lucario  
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Meredith Kie  
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**Creative Curriculum:** Clothes: Children will use their self-help skills to explore different types of clothing.

**Goals:** Putting on and taking off, and knowing where the type of clothing goes on their body.

**Social-Emotional:** Children will begin to regulate self in frustrating situations, and using songs as a solution.

**Cultural lifeways:** Children will hear songs sung in the Laguna Language, and learn words for the type clothing they are exploring. Teachers will repeat the words throughout the day.

**Conscious Discipline:** Children will hear and do motions to songs, learn and participate in the I Love You Rituals. Children will use the Stop, Take a deep breath and Relax (S.T.A.R.) breathing technique to help with their self-regulation.

## Birthdays / Reminders

Two first birthdays: JP 10/6 & ET  
10/23

Children engaged in activities led by the teachers and followed the lead of the child.

Reminders to parents: Give a call to the school/teachers if child is going to be absent.

Parent tip(s): Hold conversations with your child. Ask them questions and wait for a response before responding.

## Student Highlights

K.L. started crawling in short distances.

N.P. Is saying some words and repeating words.

J. P. is beginning to stand by herself.

M.M. is problem solving situations

M.B. is saying words and is a helper in the classroom.

K.G. seeks support from adults.

E.T. is walking with support.



# Chinatown Classroom

(505) 552-6544 Ext. 5200

Ms. Deutsawe  
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Miss Royce  
r.kie@lagunaed.net

Color: Orange

Cultural Lifeway: Roasting Corn

Curriculum: Clothing

Nutrition Activity: Mummy Toast

STEAM: Colors in nature



## October

Moving into the month October, will be studying CLOTHING. We will learn to identify various clothing, including traditional clothing, which occupations wear special clothing, and what type of clothing to wear, depending on the weather. This gives the children a great learning opportunity to dress themselves and work their fine motor skills as they can practice with buttons, zippers and buckles.

Cultural Life Ways: Roasted corn. If we can find some roasted corn, we will have the children taste the corn.

Children will engage in corny crafts.

Nutrition activity will be a fun Halloween theme, Mummy Toast. Children will continue to learn that when you are handling food, we wash our hands. By using their hands, they create their mummy toast and enjoy eating their creation.

Children can be very helpful in the kitchen while preparing supper. You can have your child wash veggies and potatoes. We know they enjoy playing in the water. For our STEAM activity, we will take time to notice the change in the trees, leaves and weather. Children have taken notice of the leaves that have started to fall from the tree. They have been collecting them and crushing them. What a wonderful time to do a nature collage.

Hello parents and guardians

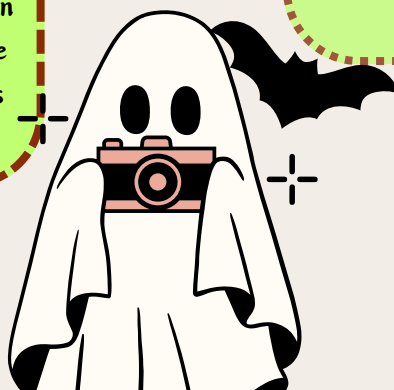
Did you all blink? We are entering the month of October. September was busy and filled with the many cultural days we spent with family and friends eating and enjoying each other's company. We are getting into the swing of things.

Children are familiar with the routines of the classroom. It is always a work in progress to share and respect boundaries of others. As we explored our SEATS study, we were able to touch boundaries as we each have a place to sit. This is MY space. We talked about how we use our car seat to get to and from school safely.



## Teacher Note:

If you or a family member wear a uniform or special clothing for their occupation, we would appreciate photographs we can use in the classroom. They will be for classroom use only. Or, if you have any clothing items that could be borrowed to use in the dramatic play area, that would be appreciated. We will return the items once we have completed the unit.





# NEW YORK CLASSROOM

Teacher Sandra  
s.lewis@lagunaed.net

Teacher Kay-Mani  
km.riley@lagunaed.net

**Creative Curriculum:** For the month of September, the children continued to learn daily routines and seats. All our children accomplished the goals of their daily routine as they come to school regularly. Our children have learned how to wash/dry hands, go to the restroom, and sit and eat. The children will continue to learn songs, use hand gestures, and recognize peers' names, as well as their own name. Coming to school regularly has been a big plus for our children to learn, interact, and play together. The children are beginning to seek out playmates.

**Cultural Lifeways:** Feast Day. We talked about going to the feast and to enjoy their day at the feast.

**Health / Nutrition Activities:** Guacamole Dip. Children used their five senses to explore the ingredients that were used for the guacamole dip. Two children tasted the onion and said it was "hot". Children stayed engaged and focused as they participated in making the guacamole dip.

**Goals/Achievements:** Accomplished daily routines, and seeking out playmates.

**Birthdays:** No Birthdays

**Parent Recognition / Well Wishes:** Thank you Parents/Guardians for bringing your child/ren regularly.

## OCTOBER

**Creative Curriculum:** Clothes. We have some fun activities planned as we will explore dress up, washing/hanging laundry, button, lacing, decorating a paper shirt, sock sorting, and matching socks game.

**Cultural Lifeways:** Our children will focus on learning what Harvest means and what vegetables are harvested from local farmers. Our children will be encouraged to taste a variety of vegetables. We will see, hear and learn new vocabulary words such as: vegetable, corn, squash, pumpkin, chili, watermelon. The color of the month is orange.

**Instructional Learning Formats:** Teachers will continue to use repetition, visuals and hands on activities to keep children engaged and focused in their learning environment.

**Conscious Discipline:** Our children will continue to sing along to the wish you well song and to learn names of peers and their own names. We will continue to sing a shorter version of Wish You Well, when peers are absent. We will continue to learn and focus on the breathing techniques for tough times as we are learning to use gentle hands, share toys with our peers, and learning to wait.

Throughout the day we take a breather and we, Stop, Take a breath and Relax, (S.T.A.R.).

**The power of attention:** We will help our children to remember to be safe, especially with what they can and cannot do by using visuals (pictures) and giving them two choices.

**Health / Nutrition Activities:** Mummy Toast: This will be a hands- on demonstration activity for the children to follow instructions to make and eat a mummy toast.

**Achievement:** We have one friend transitioning from wearing pull-ups to regular underwear.

**Goal:** For our nonverbal children to use sign language for their wants and needs.

**Birthdays:** No birthdays





# Turquoise Springs

## In the month of October our study will be:

**Culture Lifeways:** We will share, with the children, the process of harvesting the fruits and vegetables that we planted. We will discuss the different textures of corn, taste "roasted corn", and a hands on activity of touch.

**Creative Curriculum:** We will explore the topic of clothes; practice getting dressed while naming each piece of clothing. We will also explore the different textures of clothing, maybe even send home a clothing activity.

**Conscious Discipline:** Keeping our "Attention", as we work in our small groups. The main focus will be keeping the children's attention.



## Classroom News!

**STEAM:** We will explore our surrounding area, to see the changes in the color of leaves. We will create various forms of artwork with leaves.

**Nutrition:** Mummy Toast 10/16; we will use toast, tomato sauce, cheese, and black olives. Please look out for the recipe in your child's folder.

**Health:** Covering our mouths and wiping our nose

Thank you parents/families for being there for your child and helping them with their everyday needs.

We will have many activities in each of these areas, to help us learn.

Our classroom will continue to work on identifying and naming pictures, our colors, and self identity; we ask that you do the same at home.

## Parent Tip

Parents, the weather is starting to be cooler in the mornings until mid day. Please dress your child according to the weather, such as wearing a jacket.

Attendance is key. However to prevent the spread of any kind of illness, please keep your child home a couple of days to recover, when sick. Being at home is more soothing than having to be around others.

## Celebrations

Birthday shout out to our friend  
J.B. 10/18

## At home Activities

Reading to your child plays a big factor in their every day learning.

It does not have to be the books that we send home. You can read any age appropriate books that you have. Using repetitive language with children along with sign language.



# PAGUATE CLASSROOM

Teacher Evelyn  
e.garcia@lagunaed.net

Miss Angela  
a.yawea@lagunaed.net

Wow! The month of September has flown by quickly! The children were introduced to cause-and-effect of making sounds and how to make music by hitting a drum and blowing into a recorder. Children were shown how to anticipate rhythm and patterns with clapping and counting out loud. We played games that changed words of songs into claps or “beeps” (which the children had to remember what song is being sung).

During breakfast, teachers have begun playing the Laguna Language Dialog CDs. It has five lessons that teach greetings, basic commands, meal times, and body parts. We are usually finished with our meal by the time the basic commands are playing. We have also focused our lessons on rhyming words, the sound starters, and charting responses that children give. Children also helped to make guacamole dip, YUM! It has been a busy month!

September Milestones: We have had two children graduate from wearing pull-ups! Thank you, parents for bringing extra clothes for any accidents and for encouraging your child to wear underwear! Also, we are officially a 3-year-old class! Our two-year-old girls have turned three! Yay! We look forward to letting them ride the bus with their classmates!

In October, we will be learning about clothes! Teachers will change the classroom to include an area for sewing (with lace cards and bracelet making), as well as maybe making a clothing store. We hope to help children understand how clothes are made, where we can get them and/or buy them. We will show sizes, numbers, and different types of colors and materials.

Conscious Discipline will delve into the Power of Attention: which is the more we focus on, the more we get out of an experience. With visual aids and expectations, we will help children focus on helpful behavior by teaching them what to do and how to safely find a solution to problems. By blending these curriculums together, we can create a safe environment that children can explore in.

Happy Birthday to Ms. Angela! I am thankful for her being my co-teacher, she does a lot for the school and the students to keep the campus safe and clean!

### Parent tips:

Some children have been using their hands to show what they want rather than saying what they want. Teachers have been reminding them to say what they want. Please, help your child become more vocal in their needs. Give them time to speak and, if needed, give them the words to say; “please pass the bread. May I have more milk?” Thank you!

BOO!





# Casa Blanca Classroom

Greetings Parents and Guardians  
We can't believe how fast September flew by. It has been wonderful getting to know you and your children!

Fall is here!! This is a perfect time to continue practicing speech and language skills! The colors of the trees, pumpkins and weather are all great topics to discuss with your child and an awesome time to get outside and enjoy time with family! Leaves are falling from the trees at our playground and the children get very excited collecting the different colors and shapes of leaves and crunching the dry ones with their hands!!

Our nutrition activity for September was Guacamole, children were able to see and smell all the ingredients we put into our delicious Guacamole dip, we tried them with tortilla chips some children did and didn't like the dip but we encourage them to try different foods.

This month of October we will explore Clothes. We have some fun activities planned for our clothing curriculum, to include dressing up in our dramatic play area. We can't forget Halloween costumes!!

We are proud to announce we are 100% potty trained in Casa Blanca Room YAY! Thank you, parents, for being consistent with this task at home.

In closing, just a few reminders: blankets and water bottles are sent home every Friday with your child to be washed and sanitized. Please be sure to send them back on Mondays. As the weather is changing, we have cool mornings and warm afternoons, please dress your child suitably for the changing weather. A reminder to continue to read to your child every day, you all are doing an incredible job!!

TRICK  
OR  
TREAT



**Any questions or concerns please feel free to contact us at 505-552-6544 ext. 5113.**

**Mr. Levantonio**  
**g.levantonio@lagunaed.net**  
**Ms. Yvonne**  
**y.francis@lagunaed.net**





# Village Classroom



**Mrs. Peacock**  
[l.peacock@lagunaed.net](mailto:l.peacock@lagunaed.net)

&

**Miss Mariah**  
[m.whitmore@lagunaed.net](mailto:m.whitmore@lagunaed.net)

## Guwazee Sai Hou Baa

Greetings: Village Classroom- Ms. Mariah & Mrs. Peacock

Thank you, parents who helped your child make their instrument for our learning unit on music. They had a wonderful time using them in the classroom, pretending they were in a band, singing different songs with their instruments and learning new dance moves.

We are working on being more independent in the classroom, and taking care of our own needs.

Children are beginning to use more words over gestures.

The fall season is approaching fast and it is getting cool in the mornings. Please send a light jacket with your child to school. Parents, please check your child's blue folder every day.

## October: Clothing

Here are just a few ways our preschoolers will learn:

Getting dressed is a great way to get started with their language skills by identifying what they want to wear, learning to be independent to dress themselves, choosing what they want to wear, and identifying colors, my blue shirt, my black pants, my white socks, my red shoes.

Children will learn to identify different types of materials, what it looks like and how it feels soft or rough. Children like to help with folding clothes, learning to put clothes away in their drawers or hanging up clothes on hangers, learning how to organize their own rooms and separating clean clothes from the dirty ones. Most of all, children like to role play and dress up and pretend to be other people.

They like to put on costumes and play with grown up clothes.



# HALLOWEEN





# ENCINAL CLASSROOM

Teacher Juana  
j.natseway@lagunaed.net

Teacher Raina  
r.victorino@laagunaed.net



## September Review

In September, the children mastered routines in the classroom! YAY! Our friends are recalling the letters, pictures, and sounds A-D from our FUNdations curriculum. Excellent job everyone!

Also, thank you to the parents who donated items for our "Percussion instrument" theme! If you would like to donate anything else, that is fine!

## Vocabulary

\*Corn \*Squash \*Pumpkin \*Chili  
\*Watermelon

Color of the month: Orange

## Birthdays!!!

Happy Birthday to our friend M.L! Many, many more to come!



## Parent Tips / Reminders:

Reminder to parents: If your child comes to school after 8 a.m., PLEASE sign them in at the front office! Once you get to the classroom, sign your child in where our sign in/out binder is. Also, PLEASE check your child's bag/folders DAILY as notes are sent home. PLEASE parents, if your child is ill or becoming sick, monitor symptoms, and keep them home until they feel better. Please be mindful of other children and teachers in the classroom. Thank you!

### Parent Tips:

Count with your child everyday using things around the house or outside such as rocks and crayons to help build a connection to verbal counting and number recognition. The one-to-one counting is an important skill that needs to be practiced often.

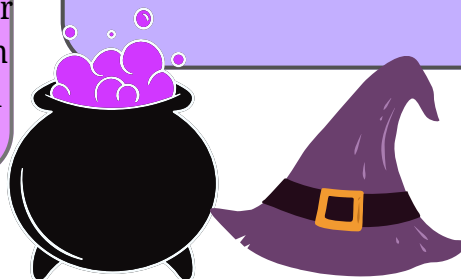
## October Happenings

Creative Curriculum: The Percussion instruments will run into October for 3 weeks. Then we will start the new theme of Architecture. At home, at school, at the playground, and around their neighborhood, children interact with architecture in nearly every aspect of their lives. With many different experiences in mind, children will learn more about the features of buildings and different types of buildings that make up architecture.

Cultural Lifeways: The class will discuss "Harvest" and learn the process of what it takes to harvest vegetables such as corn, squash, and chili.

Conscious Discipline: Attention. Together as a class, we will learn how to put our attention on POSITIVE actions. Where we place attention consequently signals what we value and teaches children what we value.

Nutrition Activity: Mummy Toast! The children will learn how to make mummy toast with following ingredients: one slice of whole wheat bread, thin cheese slices, 1 tablespoon of pizza sauce, and black olive, sliced. The recipe is easy to follow, and the children will be able to make it at home.





# Seama Classroom



## September overview:

Another month went by and it was busy and fast, with a lot of celebrations and feast days. First, we would like to thank all the grandparents who attended our grandparent's breakfast. We are grateful for all. In September, the children gained more confidence in our routine, and willingness to learn. We have been working more on letters, letter sounds, quantifying, and identifying numbers. Children come in ready to learn. Thank you for sending them every day.



## October:

Seama Room has transitioned to the next level in our creative curriculum "Pre K". Each theme lasts about 4-7 weeks. Giving children more time to learn and explore. We find this exciting for our older children. Especially because they are ready for a learning challenge. This month we are learning about Percussion instruments. Children created their own instruments at home and will share them with our classroom. We will be learning and experimenting with how they make sounds, how they are made, and how they are used. While learning we are incorporating all developmental areas. Highlights: Students all started the Foundations curriculum, which entails learning letter sounds. Each week we are adding letters to the list. Children have been interested and are catching onto the sounds.



## Birthdays:

Happy 5th Birthday to the following students, we wish you many, many more and so much happiness.

- Z.L 10-9
- A.A 10-20
- L.M 10-31

## Reminder to parents:

- Blue folders are sent home daily. Remember to check backpacks for any notes and complete home activities/reading logs.
- Be on time: start time 8 a.m.
- The weather is changing. Please send a jacket.
- Send an extra pair of clothes.
- If your child is feeling sick or ill, please keep them home. Be mindful of other children and teachers.





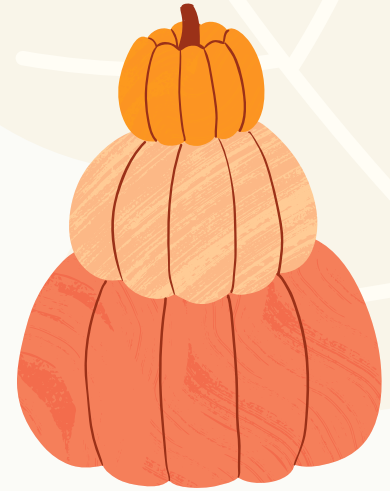
# Family Service Provider

October 2024

## Greetings!

We would like welcome Venessa Deutsawe, as she will be working with Kathleen to assist with family visits and future Homebased Families.

Family Service Providers would like to THANK all families that have completed the Strength & Needs Assessment & Family Partnership by the 45 day mark! AWESOME JOB!!



## Upcoming Events

Parent Committee: October 02

No school: October 14 & 17

DEC Trick or Treat: October 30

## Reminders

As the weather is changing the mornings are getting cooler, please send your child with a light jacket.

As children are having upcoming Well Child Visits, Dental Visit please remember to provide an updated copy.

## Family Activities

- Go Pinion Picking
- Watch a movie together
- Play a board game/ Take a walk, Ride bikes

## Contact Info

Email: [t.touchin@lagunaed.net](mailto:t.touchin@lagunaed.net)

Phone: (505) 220-2549

Email: [k.herrera@lagunaed.net](mailto:k.herrera@lagunaed.net)

Phone: (505) 290-9163



# Health Aid

Greetings families,  
The ACL Dental screening has been complete and was a success! Thank you all for your cooperation. I wish each and everyone of you a Happy Halloween and stay safe!

Reminder: Please keep children home if they are sick, so they can feel their very best while at the program. Remember, if your child is out sick for 3 or more days, a doctor's note is requested upon return to the program. If you have any questions/concerns, I can be reached at my contact information listed below.

Thank you!



## COVID-19 vs. the FLU or COLD

Different viruses, similar symptoms.

SYMPTOM	COVID-19	FLU	COLD
Fever	✓	✓	●
Cough	✓	✓	✓
Shortness of Breath	✓	●	✗
Headaches	✓	✓	●
Aches & Pains	✓	✓	●
Runny Nose	●	●	✓
Sore Throat	✓	✓	✓
Fatigue	✓	✓	●
Diarrhea	●	●	✗
Loss of Taste/Smell	✓	✗	✗

GUIDE: ✓ Common    ● Sometimes    ✗ Never

**Drive Thru  
Flu Shot Clinic**

**Friday, Oct. 4th  
12:00pm to 6:00pm**

**Cibola Family Health Center**

It's that time of year again! Friday, October 4th 12:00pm to 6:00pm at Cibola Family Health Center we will be offering flu shots to anyone 6 months of age and older at no cost!

You can now Pre-Register Online for faster service at the event using our website link or QR Code below:  
[www.cibolahospital.com](http://www.cibolahospital.com)

If you will not be pre-registering, you can still register in person at the event. Please remember to bring insurance cards; insurance cards cover the vaccinations that provide us the ability to continue to provide this event annually. Please note this event will remain at no cost to you.

- Adults wear short sleeve shirts
- Toddlers in shorts

If you need help registering please call our clinic at (505)287-6500. For any other questions please call 505-287-5238.



Contact Information

ANGELICA BACA  
DEC HEALTH AIDE  
OFFICE: 505-552-6544 EXT. 5103  
CELL: 505-240-0793  
A.BACA@LAGUNAED.NET





# Support Services Coordinator

## SPECIAL EDUCATION SERVICES

The process of obtaining special services for your child can seem complicated and overwhelming. As the Support Services Coordinator (SSC) for the Laguna Division of Early Childhood (DEC), I am available to assist with the entire process and/or direct you to other helpful resources.

For the youngest children (ages birth to 2 ½ years of age), parents have the option of referring their children to one of the following programs, NAPPR or La Vida Felicidad that do screenings and evaluations for very young children. Parents can let either their child's teacher or me know that they have a concern. I will work collaboratively with parents to start the referral to either NAPPR or La Vida Felicidad.

As the SSC, I will support families through the process of referral, evaluation and developing the plans to support learning for each individual child as needed.

Ø Native American Professional/Parent Resources (NAPPR): 505-345-6289  
La Vida Felicidad: 505-287-5118

**GREAT NEWS!** This 2024-2025 school year our Lead Education Agency for preschool children, Grants/Cibola Co. Schools has announced that they are bringing back the on-site CHILD FIND event. For DEC our CHILD FIND is scheduled for **OCTOBER 9TH FROM 9:00-2:00** in the PRC building.

**\*\*Flyer went out with September's newsletter and we are sending it again this month!**

All children ages 3 and above at DEC, will be screened by professional therapists. **PLEASE NOTE:** if children are enrolled at DEC, **NO** appointment is necessary for this day's screenings. Children ages three – five years old will be escorted to this screening by their classroom teachers. Permission slips have been sent to families. As an option, families may take their children to any Child Find listed on the flyer, but will need to make an appointment if child is not enrolled at that particular program. **PLEASE** read flyer for details.

Achieving a child's full potential is a shared journey. By working together, parents and educators can lay a foundation for each child's lifelong success and well-being.

**Margaret Mascarenaz**  
**Support Services Coordinator**  
505-552-6544 Ext. 5104  
[mmascarenaz@lagunaed.net](mailto:mmascarenaz@lagunaed.net)





# Grants/Cibola County Schools Free Development Screening

Ages 3-21 years old

Your child’s skill development will be screened in each of the following areas:

- Language and communication skill development
- Cognition, problem solving, memory and thinking skills
- Social Behavior
- Motor (muscle and coordination) skills

If you suspect your child has learning concerns or issues, including giftedness, and you would like to have your child’s skills screened, please call Desiraye Lopez 285-2643 to make an appointment. The following dates are when these screenings will be conducted.

Mesa View Elementary  
September 24, 2024  
9:00 - 2:30

Grants Head Start  
October 2, 2024  
9:00 to 11:00

Laguna Head Start  
October 9, 2024  
9:00 to 2:00

Mt. Taylor Elementary  
September 26, 2024  
9:00 - 2:30

Special Education  
Complex  
October 2, 2024  
12:00 to 3:00

Haak’u Learning Center  
October 16, 2024  
9:00 to 2:00

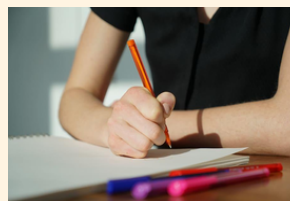
Milan Elementary  
September 27, 2024  
9:00 - 2:30

Special Education  
Complex  
January 22, 2025  
9:00 to 2:00

Ramah Navajo Head  
Start  
October 23, 2024  
10:00 to 1:00

Please make an appointment. All screenings are free. Parents will be informed of screening results at the conclusion of the screening session.

The screening will be conducted by a team of G/CCS employees. \*Child find screenings do not take the place of MLSS (Multi-layers System of Supports) in the schools, but can be included in the MLSS process as a supporting document.







# Program Assistant

Greetings Parents and Families,

My how time flies, we are already welcoming Fall with open arms. I hope everyone is enjoying the cool mornings and warm afternoons as the days are getting shorter.

I trust that all the Grandparents enjoyed Grandparents day/month. All that came from near and far to celebrate the feast days with family and friends for the month had a great time reuniting together.

Our Preschool Head Start children successfully completed our first bus evacuation drill of the school year. All the students did a great job. Some, for the first time, learning how to evacuate the bus in case of an emergency. Children also participated vocally when asked questions regarding riding the bus safely. Staff assisted the children off the bus and directed them to the safe distance area while supervising them all.

We have been doing some preventative maintenance in some of our buildings. In efforts to continue providing services, we have had to relocate offices and combine classrooms a couple days at a time. Thank you parents and families for following the posted signage to enter and exit campus or dropping off/picking up your child in a different classroom, your flexibility is greatly appreciated.

Some friendly reminders:

1. Buses are on a time schedule. Please ensure you are waiting, out of your car, ready for your child to board the bus at their bus stop. In addition, be waiting ten minutes prior to your child's drop off and pick up times.
2. North parking lot is for staff and buses only, please do not enter this area at any time. You may use the front parking lot. The cones close off traffic so you may cross to the buildings safely.
3. Please sign your child in/out at the front office if it is outside the hour of start and end times.
4. Campus speed limit is 5 MPH, please enter and exit campus at this crawling speed.
5. Ensure your child is restrained in a car seat if you are transporting them in a passenger vehicle.
6. If your child will not be attending school, please call the front office. There is a message machine you can leave a message on if we do not answer. State your name, the child's name and the reason of absence. Your communication with us is very important.
7. There will be no school on Monday, October 14th in observance of Indigenous Peoples' day and Thursday, October 17th in observance of Paraje Feast day.

Should you need any assistance feel free to call, text or email. Until next time, you all have a spook-tacular month of October. Be healthy and stay safe.

Iris Gallegos, Program Assistant  
Laguna Division of Early Childhood  
505-552-6544 ext. 5100  
Program Cell: 505-290-9314  
Email: [i.gallegos@lagunaed.net](mailto:i.gallegos@lagunaed.net)





# Social Worker



Happy fall! I have received several questions about the topic below. As I presented during the parent orientation at the beginning of the school year, DEC is using Conscious Discipline as the social emotional curriculum in the classroom. This information comes from free resources Conscious Discipline offers to caregivers and parents. Please contact me if you are interested in participating in the Conscious Discipline Caregiver and Parent training. Have a wonderful rest of the month and enjoy the cooler days. -Susan Tarpe, LMSW LDOE School Social Worker; DEC Mental Health Consultant

## How do I handle my child's upset?

One of the biggest challenges for parents of infant or toddler-aged children is dealing with an upset child. Think about how you handle an upset child. Do these responses sound familiar: "You're okay, can you give me a hug?" "Come look over here! Play with this!" "Shhhush (accompanied by rocking or bouncing)."

Though common, these responses rob the child of the opportunity to express his or her genuine emotion. These are reactive rather than responding statements. "You're okay, can you give me a hug," generally stems from the parent's fear that the child isn't okay, or that s/he is okay but is going to start wailing. "Come over here" and "Shhhush" are both attempts to distract the child from his/her upset or pain. To respond to the child in a way that addresses his/her emotion, we must teach him/her how to handle the upset. We can do this by using active calming ourselves, helping the child to calm down and labeling the emotion to build the child's self-awareness.

**Step 1: S.T.A.R. (Smile, Take a breath, And Relax).** Actively calm yourself first so you can respond.

**Step 2: Wish the child well by continuing to breathe and thinking loving thoughts about the child.**

**Step 3: Notice, "Your face is going like this (demonstrate the child's expression). You're safe, I'm here. Breathe with me."**

**Step 4: Label the emotion for the child to build awareness, "You seem sad (angry, upset, and frustrated)." Do your best to label the child's emotion. The child may correct you if you say "sad" and they feel "angry."**

**Step 5: "You want \_\_\_\_\_." Take a good guess at what the child wanted. Again, they may correct you. If the source of upset is a physical hurt (a fall, bump, etc.) describe what happened, "You were so busy playing that you didn't see the coffee table until you ran into it."**

**Step 6: Commit to keeping them safe: "I'll keep you safe."**

**Step 7: After the first six steps are complete and the child is calm, then you may offer redirection. "Let's go play with the blocks."**

At first, the child's upset may increase. This is healthy and occurs because you are allowing the child to feel the anger, upset or other emotion s/he is experiencing. Continue your active calming and move forward with the seven steps above.

As parents, our impulse is to bend over backward to avoid having our children experience any kind of discomfort. However, experiencing their own emotion is necessary and healthy for your children's development. Be present with your children and help them cope with difficult emotions rather than attempting to shield them. The payoff will come years later when your children are able to handle their own upset about life events, whether they be bigger ones like a death in the family or smaller ones like getting a ding in his/her first car. Whatever the event, you will have taught your children the skills necessary to calm themselves in times of emotional difficulty.

-Conscious Discipline





# ERSEA COORDINATOR

Greetings DEC Families,



Hope your October is off to a wonderful start. The temperatures are cooling and the colors of the leaves are changing quickly. Soon the time change will fall back one hour and the days will be shorter. With the temperature cooling it is time to buddle up the students in jackets, gloves, and hats to keep their bodies warm.

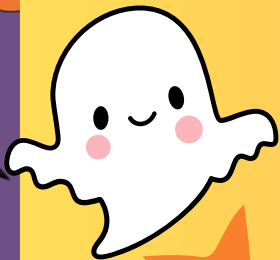
Just a friendly reminder, please submit any missing documents for your child's application and file. This would include their birth certificate, proof of income from parent(s)/guardian(s), their current well child check, and current immunization record. If we don't have a lead screening on file, please provide us a copy as well.

These documents can be dropped off at the front office with Iris or Maddie, they can be emailed to myself at [me.sarracino@lagunaed.net](mailto:me.sarracino@lagunaed.net), or they can be faxed to the school at 505.796.6909.

Thank you as always for your time. Here is wishing you all a wonderful transition into fall. J

Melanie Sarracino

**Happy  
Halloween**





LAGUNA DIVISION OF EARLY CHILDHOOD

# PARENT COMMITTEE

**PLEASE JOIN US!!**

**OCT. 02, 2024 @ 9:00AM  
IN THE PRC**

Topics to be discussed :

EHS Harvest Day

DEC Trick or Treat

Contact Information :

Tiffany Touchin @ 220-2549

Kathleen Herrera @ 290-9163



A decorative border of pumpkins and vines surrounds the central text. The pumpkins are orange with green stems and leaves, and the vines are green and curly.

# Harvest Day

Early Head Start

Date: Oct. 25, 2024 @ 9:00am

DEC PRC BLDG.



# TRICK or treat

Parents welcome to join!  
Parents welcome to dress up!

## 30 October

Walk around Parade,  
Treats and Music

**Laguna DEC**  
**Starts @ 10:00am**

**Contact Information:**  
**Tiffany @ 220-2549**  
**Kathleen @ 290-9163**

