

Laguna Division of Early Childhood



February 2022 Newsletter

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Policy Council Members

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My name is Michael Manuelito and I was elected President of the Laguna Division of Early Childhood Policy Council. I am from the Village of Encinal. My son Jacob is in the Laguna Classroom. I am excited to work with you all and get the word out for the program as well as work together to understand the needs for the children of the community.

President: Michael Manuelito

Vice President: Trina Riley

Secretary: Leona Charlie



My name is Trina Riley. I am elected as your new Vice President. I am from the village of Paguete. I am a mother of four amazing children. My son is currently enrolled in the Sunny Side room. I currently work in our new Health Clinic as a Registered Medical Assistant. I look forward to serving on this year's policy council and helping our children and community.

2022 DEC Policy Council Monthly Meetings

<https://us02web.zoom.us/j/81161906867?pwd=aEsvTE1EZ1kxSWpaM2NyWmM2TFZmUT09>

- Feb 7, 2022 06:00 PM
- Mar 14, 2022 06:00 PM
- Apr 11, 2022 06:00 PM
- May 9, 2022 06:00 PM
- Jun 13, 2022 06:00 PM
- Jul 11, 2022 06:00 PM
- Aug 8, 2022 06:00 PM
- Sep 12, 2022 06:00 PM
- Oct 10, 2022 06:00 PM
- Nov 14, 2022 06:00 PM
- Dec 12, 2022 06:00 PM

<http://www.zoom.us/join>
Meeting ID: 811 6190 6867

Passcode: DEC
+1 346 248 7799

OR CALL

Meeting ID: 811 6190 6867
Passcode: 847307

Early Head Start

Sunnyside Classroom

Teachers: Andrea Lucario &
Lorisa Pacheco



Contact Information:

(505) 552-6544 ext. 5201

Emails: a.lucario@lagunaed.net/

l.pacheco@lagunaed.net

What we are learning:

We are working on languages. Sign language , Keres, beginning sounds of the letters, and simple words.

We are working on getting into a routine of virtual learning .

We are working on walking without help and getting the feel of a stable balance.

We are still working on self-regulation -it takes time, consistency, and guidance.

Sunnyside & Chinatown News!

Our fellow classmates are beginning to explore new things, new environments.

They are learning to problem solve using manipulatives. Examples: putting the shapes into the correct place in the container. They are pushing buttons to make musical sounds, they are also stacking blocks and other objects.



Upcoming Events/Reminders

- Diaper/Learning Manipulatives Distribution February 23, 2022 from 9am-3pm



- S.T.E.A.M activity Feb. 23rd



Zoom Session Times

1st Session: 9:30am-9:45am **2nd Session:** 10:30am-11:00am

Sunnyside:

Join Zoom Meeting:

<https://us02web.zoom.us/j/3046370217?pwd=RTFhaFB6M0sydkcxdlwZnVvNVpyQT09>

Meeting ID: 304 637 0217

Passcode: Sunnyside

Parent Tip

Parent/child activities to meet your child's needs. Independent play, outside play, physical play, quiet play.

Try these steps to promote a healthy development at home.

- ◆ Putting out a few toys and putting the rest out of sight, switch the toys out a few days after.
- ◆ Respond to wanted behaviors more than you punish unwanted behaviors (use only very brief time outs). Always tell or show your child what he/she should do instead.

Remember that one of the most favorite types of play for children is helping you with "real" work . Examples: helping with laundry, sweeping, picking up toys...etc.

Birthday/Celebrations



- * Most of the class are walking.
- * Getting on zoom sessions for virtual learning.
- * Parent communications

At home Activities

Continue reading to your child.

Continue talking to your child in keres.

Ask your child to find objects for you or name body parts and objects.

Outdoor activities

- Blowing bubbles
- Talking about what you see outside
- Walking around your yard
- Listening to music and dancing



Chinatown Classroom

Teachers: Evelyn Garcia & Sandra Lewis

552-6544 ext. 5200

e.garcia@lagunaed.net/s.lewis@lagunaed.net

What we are learning:

Our focus with the young children is to continue learning in all areas of development: Social-Emotional, Physical, Language, Cognition, Literacy, Mathematics, Science & Technology, Social Studies, and The Arts. Most of these skills are interdependent upon each other; such as, self-regulation being a foundation for learning. Our lessons reflect these areas. It looks different from older-aged classroom, but has equal importance.



Infants and Toddlers require a caring, responsive environment. This can look like your child knowing that their parent and/or caregiver is actively participating in their world. Thank you parents for aiding us in your child's academic journey. It is such a joy for us to see how well your children are engaged online and the information you share with us. Da wa eh

Chinatown News!

Virtual Learning! by Teacher Evelyn

I am learning the ins and outs of Zoom, Weekly Check-ins, and updates. Our classroom schedule shouldn't change, and the zoom meeting ID and Passcode will be the same. It is a great way to continue a partnership between us, and make EHS-PHS effective instructors. Thank you all for joining me in this adventure!

Also, teachers at EHS and PHS are required to document communication between parent and teacher (emails, text messages, phone calls, etc.), with a general summary of what we talked about; such as, "informed parent of zoom meeting." Please update us on any changes in phone numbers or email addresses. Thank you



Upcoming Events/Reminders



11—Healthy Heart Nutrition Activity

14—Father/Daughter Mother/Son Dance *TBA*

23—STEAM Activity

25—Movie Day *TBA*



Parent Tip

Visit: <https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html>

What Parents and Caregivers Can Do For Babies



Wipe gums twice a day with a soft, clean cloth in the morning after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities.

When teeth come in, start brushing twice a day with a soft, small-bristled toothbrush and plain water.

Visit the dentist by your baby's first birthday to spot signs of problems early.

Talk to your dentist or doctor about putting fluoride varnish on your child's teeth as soon as the first tooth appears.



Zoom Time Sessions



1st Zoom Session: 8:45am-9:00am

Enrichment

9:30am-9:45am

9:45am-10:00am

2nd Zoom Session: 10:45am-11:00am



Turquoise Springs

Teacher Bee & Teacher Nessa

FEBRUARY

Contact Information –Phone /Email etc.

(505) 552-6544 ext. 5202

**b.saiz@lagunaed.net /
v.deutsawe@lagunaed.net**

What we are learning:

This month's curriculum, children will be learning about boxes. We will be experimenting with boxes. There are so many ways children can play with boxes. During this time the children can use their imaginations!



Children will learn about pottery— How potteries are made? Which tools are used to make pottery? How is pottery used for food, seed and decoration? How do artists paint pottery?



CLAY



Classroom News!



This month is Healthy Heart and Dental Hygiene. We will be talking about how to stay healthy by exercising, eating healthy foods and brushing your teeth.



Upcoming Events/Reminders

February 14— Mother/Son— Father/Daughter Dance — TBA

February 11— Nutrition Activity— (Healthy Heart)

Health-Dental Hygiene

February 23— STEM Night - TBA

February 25— Movie Day - TBA



Zoom Session Times

1st Session— 10:00am-10:15am **2nd Session—**11:00am-11:15am

Enrichment—11:30am-11:45am

<http://us02web.zoom.us/j/8178020551?pwd=dk5LWlJSZks2VM0K1psU0dIWDJydz09>

Meeting ID: 817 802 0551 Passcode: Pagate



Parent Tip-Virtual Learning

- ◆ Have all your equipment ready for virtual learning
- ◆ Sit with your child during zoom session
- ◆ Sit in a place where there are no distractions
- ◆ Stay on a daily schedule so child will be ready when it's time to come back to school.



Celebrations



Turquoise Springs has a full Class !!



At-home Activities

- ◆ Read books daily
- ◆ 30 minutes of outside play (according to the weather)
- ◆ Brush teeth daily
- ◆ Sing with your child (nursery rhyme or a song on the radio)
- ◆ Let your child prepare meals, household chores, self dressing, laundry sorting and matching (naming colors, counting, and matching).



Pre-School Head Start

Seama Room- Zee'yama Guy'yah

Teachers: Faye Peacock & Angel Day



Teacher Contacts: Faye Peacock: Cell # 239-4385 Email: l.peacock@lagunaed.net
 Angel Day: Cell # 505-337-9080, Email: a.day@lagunaed.net

What we are learning:

Seama Classroom News!

Seama Room has been focusing on Exercise! Moving our bodies to keep our heart happy & healthy! Children learned to use water bottles as weights for exercise. We used pictures to let our children explore an exercise gym. Some children were able to identify some work out equipment. Our children were able to focus on some muscle strengthening by doing some push ups, weight lifting and to develop a 5 minute work out routine after school. We also talked about yoga and how it can be beneficial for our bodies.



Next Month's Theme will be Boxes: Children love to hide and play in a box. What can I use a box for? What can I put in a box? How is a box made?

As children play they will learn to explore boxes by size, texture and shape. Children are very creative when it comes to boxes. They envision what they can create inside and out.



UPCOMING FEBRUARY

February 14, Mother/Son & Father/Daughter Dance TBA
 Don't forget to send your special someone a Valentine wish!

February 21, Presidents' Day Holiday—No-School!

February 22, PD - No-School for children

February 23, STEAM Night

February 24, Movie Day @ 1pm



Zoom Session Times

1st Session: 9:00am-9:30am 2nd Session: 11:00am-11:30am

Enrichment: 1:00pm-1:30pm

Join Zoom Meeting

[https://us02web.zoom.us/j/81953397992?](https://us02web.zoom.us/j/81953397992?pwd=QWExQmk5SmxuSW1vUkxUQjhYnlzUT09)

[pwd=QWExQmk5SmxuSW1vUkxUQjhYnlzUT09](https://us02web.zoom.us/j/81953397992?pwd=QWExQmk5SmxuSW1vUkxUQjhYnlzUT09)

Meeting ID: 819 5339 7992

Passcode: SEAMA

Parent Tip

- ◆ Get plenty of rest for a busy day, go to sleep early.
- ◆ Drink plenty of water and eat your vegetables.
- ◆ Take a nature walk with your child on the weekend.
- ◆ Take some time for yourself, a little bit of quiet time is what you need to rejuvenate yourself!

Celebrations

Thank you Parents, you are all greatly appreciated for getting your child up every day and getting them ready for Zoom.
 YOU'RE AWESOME!!

No Birthdays for Seama Classroom this month.



At home Activities

- ◆ Have your child practice writing their name.
- ◆ Cut letters from magazines, newspapers to spell out name and paste.
- ◆ Use assorted markers, colored pencils for drawing and writing.
- ◆ Practice number recognition 1-10, count objects.

Encinal Classroom

Teacher Candice, Ms. Maddie & Ms. Shantel



Contact Information –505-552-6544 ext. 5110

C.lucero@lagunaed.net M.francis@lagunaed.net S.lucero@lagunaed.net



ENCINAL CLASSROOM NEWS !!

Welcome back friends and families. We hope this newsletter finds you all in good health, staying home, and being safe. Happy New Year, let's continue on with the final stretch of this program year!!

Once again we find ourselves working from home in a virtual setting, but that has not stopped us from learning!! We've enjoyed seeing those smiling faces, dancing bodies, and hearing those heartwarming stories. Did you know that is part of our Conscious Discipline and CLASS? Yay!! Power of Acceptance and Positive Climate; Thank you parents for being so understanding and helpful with your child and their learning.

Our Creative Curriculum Theme for this month has been "Exercise". We've talked about why it is an important source for our mind and bodies. Teachers provided some information and some recipes to try at home.

Which leads to our Nutrition Activity: Protein. First Teachers did a demonstration with how we could use Protein by making some delicious smoothies. Then Teachers shared a few nutritional facts that help benefit our mind and bodies.

Culture Lifeways: we continue to use our keres language when we say our daily prayer, naming our colors and numbers.

Family Engagement was a STEAM activity with "Fizzy Ice" and a "Field Day: getting that Exercise".

For the month of February, we will be talking about Pottery, Boxes, Healthy Hearts, Dental Hygiene, A dance, STEAM activity, and a Movie Day, just to name a few. Keep your eyes open for all the upcoming events with times, everything will continue to be virtual so zoom links will be sent out to those emails.

Upcoming Events/Reminders will be via zoom

Zoom Session Times

February 14 Mother/ Son, Daughter/ Dad Dance, TBD

February 23 STEAM activity via zoom, TBD

February 25 Movie Day, TBD

Enrichment: 8:00am-8:30am

1st Session: 9:30am-10:00am 2nd Session:11:30-12:00pm

[https://us02web.zoom.us/j/86540411453?](https://us02web.zoom.us/j/86540411453?pwd=MG5vSW5EL1FzWTE3bitLbk5CcUJadz09)

[pwd=MG5vSW5EL1FzWTE3bitLbk5CcUJadz09](https://us02web.zoom.us/j/86540411453?pwd=MG5vSW5EL1FzWTE3bitLbk5CcUJadz09)

Meeting ID: 865 4041 1453

Passcode: 484183



Parent Tip

During this pandemic things can become overwhelming and scary. We all have work, home chores, and families. We want you to keep in mind that it is okay to take breaks, it is okay to ask for help. Do not overwhelm yourselves. Take care of you because you have to take care of your family. We are here to help you, if we can't help you, we will direct you to someone who will.

Mask up and Wash your hands



Birthday/Celebrations

Birthday shout outs:

02/15 Ms. Shantel

02/26 Liam



"In order to be successful in the new year, stay focused, develop positive attitude, and be passionate with your dreams."

~Bamigboye Olurotimi

At home Activities



- Working with your child on activities provided. Do not correct them, do not do it for them, instead assist them. Continue having your child trace/write/recite their name, numbers, shapes, letters, and colors. Sing songs and get up to dance with them. Think Exercise!!
- Reading is good, don't forget to fill out your reading log.
- 30 minutes a day working on their Hatch tablets.



Paguate Classroom

Teacher s: Mr s. Juana & Ms. Annabelle

Teacher Juana-j.natseway@lagunaed.net, Cell: 505-980-6182
 Teacher Annabelle-a.garcia@lagunaed.net, Cell: 505-331-4333

What we are learning:	Paguate Room News!
<p>This month the children will be exploring the topic of boxes. The children explore many types of boxes, investigate how they are made, observe people using them in different ways, and measure boxes of all shapes and sizes. The children will strengthen their math, literacy, physical, art, and science skills.</p> 	<p><i>Teacher Juana has completely moved into Paguate room and finished setting up the centers for the children to explore their new classroom when they come back to the center for in-person learning.</i></p> 

Upcoming Events/Reminders

Nutrition Activity—February 11
 Mother/Son and Father/Daughter Dance—TBA
President’s Day—Feb. 21—No School
 Professional Dev. Day—Feb. 22—No School
 STEAM Activity, Feb. 23
 Movie Day, Feb. 25




Zoom Session Times

1st Session: 9:00am-9:30am 2nd Session: 10:30am-11:00am
 Enrichment: 11:30am-12:00pm

<https://us02web.zoom.us/j/8178020551?pwd=dk5LWlJSZks2VjM0k1psU0diWDJydz09>

Meeting ID: 817 802 0551 Passcode: Paguate

Parent Tips	Birthday/Celebrations	At home Activities
<p>Ways to support your child during virtual learning:</p> <ol style="list-style-type: none"> Establish a morning routine (wash up, get dress, & have breakfast) before class. Celebrate your child’s achievements (big or small). Ask for help if needed. 	<p>We would like to welcome H.S. to Paguate Room.</p> 	<ul style="list-style-type: none"> Continue reading to your child for 10-15 minutes daily. Practice the morning prayer, numbers, and colors in Keres. Have your child practice his self-help skills, ex. zipping up his jacket, putting on his socks, etc.

Laguna Classroom

Ms. Deutsawe and Ms. Yvonne

Contact Information - y.francis@lagunaed.net and c.deutsawe@lagunaed.net (505) 552-6544 x 5108

What we are learning:

In the month of February our Curriculum Study is Boxes. We will be talking about what we can do and build with boxes, the different sizes of boxes Maybe we can build something together! So save some boxes.

Our Cultural Ways for February is "Pottery" we will learn about the natural environment and how to use sand to create drinking and dinnerware to use at your table!

Also, February is Dental Hygiene month we will learn to care for our teeth so we can all have Healthy Bright and Awesome Smiles!!

Laguna Classroom News!

Wow! Already February! How time is really flying by, and getting a little closer to our children heading to Kindergarten!



Just a reminder to have children up and ready to start our daily Zoom Sessions, a light breakfast to make it though the morning!



February Events



Dental Hygiene Month

STEAM Event TBA

Valentines Day !!



Zoom Time Session

1st Session 8:30—9:00

Enrichment Session 10:00—10:30

2nd Session 11:00—11:30

Meeting ID: 826 7833 1926

Password: EXERCISE



Parent Tip

Writing Name

Have your child write their first and last name daily, write numbers 1-20 with corresponding recognition.

Take time to breath, laugh, sing, and dance with your child!! They will appreciate you for that.

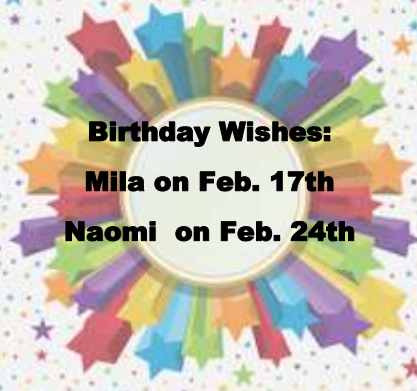


Birthday/Celebrations

Birthday Wishes:

Mila on Feb. 17th

Naomi on Feb. 24th



At home Activities

Please remember to check TSG Family App, teachers send activities and lesson plans through this app.





Kathleen Herrera
Tiffany Touchin

Contact Information

Division of Early Childhood

552-6544

EMAIL:

k.herrera@lagunaed.net

t.touchin@lagunaed.net

Parent Committee Meeting

Topic: Virtual Learning

Date: February 02, 2022

Time: 10:00 am

Zoom Link:

<https://us02web.zoom.us/j/81880522250?pwd=VE9EUXdOdThhRUYYc1lrT1h5cm1tQT09>

Meeting ID: 818 8052 2250

Passcode: 020441

Call in: 1-346-248-7799

Family Service Providers

February 2022

Virtual Learning

For further information, please contact your teachers.

HATCH Tablets: If you are experiencing any issues please contact HATCH Technical Support @ 1-800-624-7968.

Jet Packs: Are available through LDoE. Application must be submitted, please contact Kathleen or Tiffany for further assistance.

Covid-19 Information

Children Vaccine (5yrs-11yrs)

Check in advance on availability by calling (505) 321-8283
Please register on NMDOH website to create a profile.
Any child under the age of 18 years will need an on-line completed consent by parent/guardian.

Covid-19 Testing

Please see Pueblo of Laguna Website- Covid-19. Information on days/times is updated frequently.

EOC Liaison for schools:

Please contact Katrina Riley for further Covid-19 Information @ (505) 321-8283.

Resources

- Laguna EOC (505) 552-1212
- POL Covid Testing (505) 250-6792
- ACL Hospital..... (505) 552-5300
- Laguna Community Health Center (505)431-0711
- Laguna Community Health & wellness (505) 552-5740



Special Education Coordinator

Margaret Mascarenez

INFORMATION!!

In order to support the youngest learners in the Laguna Department of Education Head Start program, I am excited to share some best practices that you can use at home as you work with your child/ren to help them get school ready, regardless of their age or developmental stage.

As the Coordinator of Special Services, I am here to answer any questions you may have about your child's development and school readiness. Please call the Head Start center if you have any questions or concerns about your child's skill level.

School Readiness is one of the most important purposes of Head Start programs- What does this mean:

- 1.Children are ready for school,**
- 2. Families are ready to support their children's learning in school and**
- 3. Schools are ready for children and families.**

At the DEC program, we support the physical, cognitive, social and emotional development of all children from infants to preschoolers as the essential ingredients for school readiness.

Family Tips:

- 1. Read books that have many rhyiming words, as children enjoy the play with words and because rhyiming consists of repeating similar sounds in two words, (hat- cat; cake-bake) it makes it easier for children to say words.**
- 2. Have your child/ren "draw" picture/s of the "rhyiming" story using crayons or other writing tools. This will increase small muscle development in hands, and help with eye-hand coordination**



Contact Information:

Email address: mmascarenaz@lagunaed.net Phone contact: 505-552-6544 Ext. 5602

Education Manager

Gayleen Ruben

Greetings Families,

Hope you are all doing well and enjoying the beautiful weather.

Below you will find some important dates to remember and some information on brain development.

If you have questions or need assistance fell free to contact me.

Thank you,

Gayleen Ruben, Education Manager

Email: g.ruben@lagunaed.net

DEC Phone: 505-552-6544

Cell:505-280-3656



Learning Material/Diaper
Distribution

Wednesday Feb. 23, 2022

9am-3pm

Laguna Preschool Center



DEC February Activities:



February 14- Dance

February 23- STEAM Activity

February 25- Movie Day @ 1pm

**(More info. will be sent home for
times of activities.)**



SUPPORTING EARLY BRAIN DEVELOPMENT: BUILDING THE BRAIN

Our brains are like gardens that we nurture over the course of our lifetime. What we nurture and what we practice determine which connections in our brains blossom and grow strong. In our earliest years, we need extra support to grow a healthy brain. Caring relationships, child centered interactions, and responsive care are keys to nurturing healthy brain development

THE TAKE HOME:

1. In the first years of life, children’s brains grow faster than they ever will again.
2. Children’s early experiences shape brain development and set a foundation for a lifetime of learning.
3. Relationships build our brains. Responsive caregiving is key to supporting healthy brain development.

WHAT DOES THE RESEARCH SAY?

- In the first five years of life, children’s brains grow faster than they ever will again.
- Every time we learn something new, our brains make new physical connections between the brain cells, or neurons, in our brains. If you learn something new as you read this, your brain will be physically different than it was when you started reading!
- Children’s brains are built to learn new things. Scientists estimate that between birth and age 3, children’s brains make 1 million new neural connections per second. While adults can learn new things too, it may take longer or require more practice. For example, it is much harder for an adult to learn a second or third language than it is for a child.
- Children learn so much so quickly that their brains make more connections than they need. Between ages 2 and 3, children’s brains have twice as many connections in their brains as the brains of adults.
- As children continue to grow and learn, their brains remove the extra connections that they don’t need. This process is called pruning. Children’s early experiences determine which connections remain and grow stronger. The more often a child has an experience, the stronger those connections become. Through this process, our earliest experiences shape the brain’s physical development.
- Think about experiences with a broad lens. It’s not just about the books we read, it’s about the people, places, languages, and traditions that surround us. These fundamental early experiences build our brains and our identities.
- Relationships are the most important factors in brain development. You don’t need fancy toys, gadgets, or programs. Children build their brains in the context of supportive, responsive relationships.



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CONNECTING AT HOME

SUPPORTING EARLY BRAIN DEVELOPMENT: BUILDING THE BRAIN

In the first five years of life, children's brains grow faster than they ever will again. Children's earliest experiences shape the brain's physical development. These early experiences build the foundation for a lifetime of learning and development.

MAKE IT SOCIAL

You don't need fancy toys or programs to help children build their brains. Children learn best by interacting with you! Try to share as many back-and-forth interactions with infants and toddlers as you can throughout the day. Finding dedicated time can be challenging, so try to include children in as many everyday activities as you can.

FOLLOW THEIR LEAD

When your child expresses interest in something or someone, follow their lead. Even if it is just for a few minutes a day, following a child's lead can support their curiosity and provide playful moments for both of you! Resist the urge to take over, even if they may not be able to do everything on their own. Exploring their interests with your support helps children learn new things.

BUILD ROUTINES

Routines help children feel comfortable and secure. It is easier for children to explore, play, and learn new things when they know what is going to happen. Even if you can't do something at the same time each day, try to build in everyday rituals. Do you always sing a song while you are putting shoes on? Can you listen to calming music while you read a few books before bed?

BE A REGULATOR

It's no secret that children have big feelings. If we are honest with ourselves, we do too. As adults, we have learned how to regulate our feelings and impulses. Children are still building the networks in their brains that regulate those big feelings. They need our help to hold them close when they are upset, or to model what to do with angry feelings.



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Extra Calories When Sick

When children are sick they may not feel like eating. Your child needs to get enough protein and calories to grow and develop. Eating well can help your child handle the illness better.

TIPS FOR EATING WHEN CHILDREN ARE SICK

- Change your children's eating habits to help them get more calories.
- Let your child eat when hungry, not just at mealtimes.
- Give your child 5 or 6 small meals a day instead of 3 large ones.
- Keep healthy snacks handy for when your child's appetite improves.
- Fluids are very important during sickness, so give fluids between meals and don't let your child fill up on water or juice before or during meals.
- Make eating pleasant and fun: play music your child likes, eat with your child, try new recipes or new foods your child might like.



WAYS TO ADD CALORIES TO YOUR CHILD'S FOOD

For infants and babies:

- Feed babies infant formula or breast milk when they are thirsty, not juices or water.
- Feed babies solid food when they are 4 to 6 months old, especially foods that have a lot of calories.



For toddlers and preschoolers:

- Give children whole milk with meals, not juices, low-fat milk, or water during sickness. ○ Ask your child's health care provider if it is OK to sauté or fry food.
- Add butter or margarine to foods when you are cooking, or put them on foods that are already cooked.
- Feed your child peanut butter sandwiches, or put peanut butter on vegetables or fruits, such as carrots and apples for extra calories and protein.
- Mix canned soups with half-and-half or cream to boost calories.

Use half-and-half or cream in casseroles and mashed potatoes, and on cereal.

- Add protein supplements to yogurt, milkshakes, fruit smoothies, and pudding.

Offer your child milkshakes between meals made with whole milk, ice cream, blended fruit and protein sources.

- Add cream sauce or melt cheese over vegetables.

Ask your child's provider if liquid nutrition drinks are okay to try during sickness.



PUEBLO OF LAGUNA

HEAD START

REGISTRATION HAPPENING NOW!

**SLOTS AVAILABLE FOR
HOMEBASE, EHS & PHS**



HOME BASE

NEWBORN - 3 YEARS OLD

Home Visits once a week



EARLY HEAD START

6 MONTHS - 35 MONTHS

Hours: 8:45am - 3:30pm



PRESCHOOL HEAD START

3 - 5 YEARS OLD

Hours: 9:00am - 2:00pm

REQUIRED DOCUMENTS

- COMPLETED APPLICATION
- BIRTH CERTIFICATE
- INCOME: 2021 W2 • 1040 FORMS
- CURRENT IMMUNIZATION RECORD
- CURRENT WELL-CHILD CHECK
- COVID-19 IMMUNIZATION CARD

QUESTIONS?

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OR **505-552-6544** EXT.5004

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Applications are available on the DEC website:

<https://dec.lagunaed.net>

