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Dear Head Start/Early Head Start Parents

Happy Holidays to you and I also need to add Safe and Healthy Holidays to you. We can end 2020 disappointed, scared, upset, and angry or we can count our Blessings and be Thankful for Welcoming 2021.

Many a time we have heard and thought, as long as we are healthy we are OK. In my opinion never has this thought been so true and important. Other things or hardships can be endured but being healthy and safe are the top priorities. A healthy life during the midst of the COVID-19 is what we all want. If you stayed alert and followed the CDC Guidelines and helped educate others around you, you are ready for meeting 2021. NINOS, Inc. is here to help you as much as possible. We will be here in 2021 as well. Together we can follow CDC Guidelines and beat COVID-19.

Please stay safe, keep your children safe and enjoy the Holidays.

Sinceramente



Build the Habit of Good Attendance

DID YOU KNOW?

Showing up on time every day in the classroom (in-person or virtual) is important to your child's success and learning from preschool forward.

Missing 10% of preschool (one or two days every few weeks) can:

- ◆ Make it harder to develop early reading skills.
- ◆ Make it harder to get ready for kindergarten and first grade.
- ◆ Develop poor attendance pattern that's hard to break.

The routine your child develops in preschool will continue throughout school. Let's get all our children ready to go to school every day!

WHAT YOU CAN DO?

Work with your child and his/her teacher to help your child develop strong attendance.

- ◆ Set a regular bed time and morning routine.
- ◆ Lay out clothes and pack backpacks the night before.
- ◆ Develop back-up plans for getting to preschool or logging into the virtual classroom if something comes up
- ◆ And schedule medical appointments and extended trips when preschool is not in session.

COVID-19 and Masks: Tips for Families

Masks help stop the COVID-19 virus from spreading, but that doesn't make them easy to introduce to children, as many parents have been discovering.

To help you take the best decisions for your family, we've rounded up the latest expert information on masks and COVID-19, how to wear and look after masks correctly, and ideas on how to successfully introduce them to your family.

What should I look for when getting a mask for my children?

Many masks are designed for adults and won't fit children properly. If you are buying masks, choose one that is appropriately sized for your child. Whether you are buying or making masks for your children, check that they cover their mouth, nose and chin, and don't have any gaps on the sides or block their vision. Make sure they can breathe comfortably in the mask while walking briskly and talking.

How to wear a mask correctly



Talking to your children about masks

The COVID-19 pandemic has upset family life around the world causing stress, anxiety and sadness. Understandably masks may add to such feelings for many children, especially in places where they are not used to wearing masks. For younger children in particular, mask wearing can be confusing and upsetting.

Mask wearing is developing a habit, so ongoing reminders and consistent behavior will be key. It's also important to remind your children that a mask should always be combined with other key precautions (such as physical distancing, frequent handwashing) to protect themselves and everyone else.

How to clean a fabric mask

Wash fabric masks using soap or detergent, preferably in hot water (at least 140 degrees Fahrenheit) at least once a day. If machine washing, use the warmest appropriate setting for the type of fabric. If handwashing, use hot, soapy water. After washing, the mask should be dried completely before being worn again. Store masks in a clean bag.

Involve your children

Masks come in many colors and designs and children will see them as an opportunity to express themselves. Try to turn choosing a mask or fabric into a fun activity and involve them as much as possible. Remember, the more your children like the look of their masks, the more likely they are to wear them even when you're not around.