

Parent/Provider Newsletter

September 2020

You are receiving this newsletter because you are either a parent receiving Child Care Assistance from the Sault Ste. Marie Tribe of Chippewa Indians CCDF program, you are a Child Care Provider receiving Subsidies, or you are in a collaboration/partnership with the Tribal CCDF Program.

CCDF is located at 2218 Shunk Road, Sault Ste. Marie, MI 49783 and you can reach us at 800-726-0093 or 906-632-5250. You can contact Trish, CCDF Coordinator at psterling@saulttribe.net or Angel, Administrative Assistant at apeer@saulttribe.net. Our fax number is 906-632-5266.

CONSUMER STATEMENT

The Sault Ste. Marie Tribe of Chippewa Indians Anishnaabek Community and Family Services Child Care and Development Fund program offers Child Care Subsidy Assistance to parents with Sault Tribe member (or eligible to be) children living in the Sault Tribe 7 County Service area who are working, going to school, or in a qualified job training program. Eligible parents can choose high quality child care providers that include State Licensed Centers or Family/Group Homes, Tribal Licensed Centers, or Relative Care Providers. Relative Care Providers must complete requirements prior to providing care for your child(ren).

Please contact CCDF Coordinator, Trish Sterling for more information at 906-632-5250 or 800-726-0093.

Visit https://www.michigan.gov/lara/0,4601,7-154-89334_63294_5529---,00.html to find State Licensed Centers and State Licensed Family/Group Child Care Homes in your area.

ALL CCDF PARENTS AND PROVIDERS

If you haven't contacted me already, Sault Tribe CCDF program has COVID 19 CARES ACT Fund Dollars available for CCDF Parents and Providers for COVID 19 related items such as masks, gloves, disinfecting alcohol wipes, Mr. Clean, hand sanitizer, antibacterial hand soap, laundry detergent, etc. Please make your list and send it to Patricia Sterling, CCDF Coordinator, psterling@saulttribe.net or call at 906-632-5250



Routines and Your Child

Routines are how you organize daily activities to get things done. Every family has its own routines. Routines help family members—including children—know who should do what and when. If daily activities happen about the same way, and in the same order every day, your child learns what to expect. This helps them feel safe and secure. There is also less room for arguments. Your child learns that even if they get upset about having to go to bed, bedtime is still going to happen at the same time every night. Routines help your child build trust in you and their world.

Keep in Mind

- Routines help you and your child sleep well, eat well, and stay happy and healthy.
- Routines help your child feel safe because they start to learn what to expect. When your child feels safe, they can explore their world.
- Routines can help teach your child healthy habits, such as getting exercise or brushing teeth every day.
- Routines help your child become more independent and confident in taking part in daily activities.
- Routines help you and your child deal with stress and change in your lives.
- Routines can be changed for special events. Return to the normal routines as quickly as possible afterward.
- When you need to adjust a routine, start with small changes. Talk to your child about what is going to happen. They need you to let them know things are okay and their world is still safe.
- Your child takes pride in helping with daily routines. For example, they may help set the table before dinner or help put food away after shopping.
- As your child gets older, they will know what to do during a routine before you tell them. For example, they may get themselves dressed and ready in the morning.

For Babies

- For young babies, routine activities may not happen at the same time each day. Read and respond to your baby's cues, making sure they get regular feedings, diaper changes, and sleep.
- As your baby gets older, start setting regular routines, such as having naptime at the same time each day.

(continued)



Safety and Your Little Explorer

As soon as babies can move on their own, they want to explore everything. Exploring is how babies and young children learn. Creating safe places for your child to explore helps them learn new skills. This builds their curiosity and self-confidence. Children feel more comfortable exploring when they feel safe and secure with their caregiver. Creating safe places to explore also helps you relax and enjoy time with your child. Stay close and enjoy seeing the world through your child's eyes. "Wow, look what you found!" The whole world is interesting—indoors and out. Your child is learning to trust the world around them.

For Newborns

- Bring your newborn home to a safe, calm, happy home. This will help build your baby's sense of safety and security.
- Create a safe, calm, quiet sleeping area for your baby.
- Talk to your health care provider about safety and your newborn.
- Learn infant first aid and CPR. This may help you feel prepared to care for your new baby.

For Babies

- Create safe places to explore *before* your baby starts to roll over and move around. This helps you worry less too.
- Crawl around your house at your baby's level. What do you need to do to make the house safe? Move an electrical cord? Secure a book shelf or piece of furniture to the wall? Move your special treasures up and out of reach? Store the cleaning supplies in a different place? These are just a few examples of safety issues for your little explorer.
- Your baby wants to be near you. Babyproof the places where your baby spends time with you.
- Stay close to your baby and encourage them to explore the space and toys around them.

For Toddlers

- Create safe places to explore *before* your toddler starts to stand up and take steps.
- Walk around your house and notice what is at your child's level. What do you need to do to make the house safe? Think about your climbing explorer as well as your crawler and walker.

(continued)



Stress and Your Child

Stress occurs from many things, such as having too much to do, not having enough money, moving, or losing a job. Trauma occurs when someone experiences something that is physically or emotionally harmful. Are there times when your life is stressful? Have you or your child seen or experienced anything scary or frightening? Sometimes, adults think babies and young children are “too young to understand” or “too young to remember.” However, research shows that babies and young children do get stressed and do have memories of trauma. Both babies and children feel stress in their bodies and show stress through their behaviors. The good news is that you can do things to protect and help your child—even if life is stressful or you have experienced trauma. Remember, whatever is going on in your life is not your child’s fault. Take a deep breath when you are frustrated. With your love and protection, you can help your child feel safe.

Keep in Mind

- Babies and young children show stress through their behavior. Changes in your child’s behavior, such as in sleeping or feeding, might be a sign of stress.
- Long-term stress affects a child’s developing brain. It is important to recognize stress in your child so you can help reduce it.
- Here are some possible signs of stress in young children:
 - Eating disturbances
 - Difficulty sleeping
 - Regression in skills such as potty training
 - Clinginess; not wanting to leave you
 - Headaches or stomachaches
 - New fears; nightmares
 - Problem behaviors such as hyperactivity or aggression
- Your child might experience stress when developing and learning new skills—for example, when they begin to separate from you, or when they are toilet training.
- Young children don’t understand why they feel stress. You can help your child by naming their feelings and reassuring them that they will be okay.
- All families experience different types of stress. Children and families also react to stress in different ways. Your child learns to react by watching you.
- Your love, comfort, and gentle touch help to protect your child against stress.
- Behavioral health specialists can help you and your child deal with severe or ongoing stress. Talk to your health care provider.

(continued)