



ZERO TO FIVE MESSENGER

FALL

WELCOME BACK!

Greetings from Dr. Sauce-
Executive Director of Elementary Education

In the midst of these unprecedented times, our steadfast purpose remains the same: to partner with all of you in the most feasible ways to cultivate kindergarten readiness for Spalding County's youngest children. The GSCS Zero to Five Initiative will continue to function as a collaborative partnership, just as we have since its inception. Our aim is to provide the families of Spalding County with resources and information to facilitate kindergarten readiness experiences with their children at home, and in the community. Through our collective efforts, we know that we will continue to address the needs of children from birth to five, to enable them to eventually enter school ready for kindergarten. To achieve this goal, we all must work together with our shared common desire to serve the children of Spalding County to the best of our abilities, with patience and compassion- especially as we navigate the present challenges of COVID-19. Please also access and share our GSCS Zero to Five Initiative website, at: www.TinyURL.com/GSCSZeroToFive for announcements, resources, and information related

Nutrition Update

From: Dr. R. Wheeler, GSCS Nutrition Director

All Georgia Schools are now eligible to serve school breakfasts and lunches under the Seamless Summer Option. This means that if a School food Authority elects to serve meals under this option, meals can be served free of charge to all students and other children in the community ages 0-18. On August 31, 2020, USDA released seven nationwide waivers extending flexibilities for the Seamless Summer Option (SSO). With these waivers, School Food Authorities (SFA's) can choose to operate the Seamless Summer Option through December 2020 or until federal money is no longer available, whichever is sooner.

Growing Up with Vaccines: What Should Parents Know?

Infant and Toddler Years
Ages 1-3

As your child grows into the toddler years, he or she will need chickenpox (varicella) vaccine; measles, mumps, rubella (MMR) vaccine; and hepatitis A vaccine, as well as additional doses of vaccines administered in the first year. If your child missed any vaccines or fell behind on the recommended schedule in the first year, this is a good time to catch up. For more information on recommended vaccines and immunization schedule, please visit: <https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html>

Screen Time for Young Children

Young children learn best from face-to-face interactions with caring adults. It's best to keep their screen time to a minimum: For children under 2 years old, screen time is not recommended.

For children 2 to 5 years old, limit routine or regular screen time to less than 1 hour per day.

Why should I limit screen time?

Very often, screen time is a lost opportunity for your child to learn in real time: from interacting, playing outdoors, creating or enjoying social 'downtime' with family. Too much screen time also increases your child's risk of becoming: Overweight * Sleep-deprived * Less school ready * Inattentive * Aggressive * Less able to self-soothe. For more information, please visit:

<https://www.caringforkids.cps.ca/handouts/screen-time-and-young-children>

October is Fire Safety Month!

Safety tips to practice at home:

1. Install or test smoke alarms
2. Keep lighters and matches out of sight
3. Keep space heaters 3 ft. away from flammable material
4. Create an escape plan and practice drills with your child



4 Fire Safety Tips

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For more tips and fun ways to practice fire safety with your child, visit <https://sparkyschoolhouse.org/#video-modal>

Flu Prevention

Back to School means flu season is right around the corner. Follow these links for more information about how you can help prevent flu in yourself, your students, and community. Remember, getting vaccinated with the seasonal influenza vaccine each year is the best defense against flu!

<https://www.cdc.gov/flu/school/index.htm>

<https://dph.georgia.gov/influenza-what-you-need-know>

<https://www.cdc.gov/flu/season/flu-season-2019-2020.htm>



Free Things to Do with Kids Under 5 During Covid-19 Quarantine

1. Make a simple [ball ramp](#) out of cardboard.
2. Play free games featuring Elmo, Daniel Tiger and more at pbskids.org
3. [ABCmouse.com](https://www.abcmouse.com) offers a 30-day free trial of their interactive lessons and games
4. Try out [Post-It-Match](#), a DIY name recognition activity
5. Watch astronauts read children's [books from space](#).
6. Right now, Other Goose is offering their charter school-approved [curriculum](#) free.
7. Sign up for Dolly Parton's [Imagination Library](#).

For detailed instructions on how to DIY projects with your child or play free interactive games with your child, visit <https://www.daveramsey.com/blog/things-to-do-with-kids>

The Best Social and Emotional Development Activities for Toddlers by Kayla O'Neill

Using social-emotional development activities is something you can begin at an early age. However, like all areas of development we need to teach our little ones about emotions and how to respond to them as well, so they can develop healthy relationships with others as they grow older. Social emotional learning activities do not need to be complicated. They can be worked into your everyday routines. Keep in mind that ALL children develop differently and social skills can look different in every child. Here are a few of the skills that typically emerge between 12-36 months.

- Uses rituals and routines
- Shows a sense of humor
- Plays ball cooperatively
- Expresses affection
- Tries to comfort others
- Obeys simple rules
- Shows independence
- Plays ball by himself

<https://www.parentingexperttomom.com/how-to-teach-your-toddler-about-emotions-every-day/>

Suggested Reading List Birth to Five Years Old

We're Going to Be O.K. by Ebony Jade Hilton & Leigh-Ann Webb

Together: Living Life During Covid-19 by Kevin Poplawski

Coronavirus: A Book for Children by Elizabeth Jenner, Nia Roberts, Kate Wilson

Buzz by Janet S. Wong

Bedtime for Peppa Pig by Barbara Winthrop

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Moo, Baa, La La La!, by Sandra Boynton

