



What's going on at Taos Pueblo in Early Learning?

Right now is a really exciting time at Taos Pueblo for Early Learning! For the first time we have an Early Learning Committee, we have two home visiting programs, and Taos Pueblo HeadStart and My 1st School are still providing great services and child care for our kiddos at no cost or very little cost for families.

The Early Learning Committee consists of various pro-

grams involved in Early Learning such as: Taos Pueblo Head start/My 1st School, BabyFACE, Tiwa Babies, Taos Pueblo Public Health Nurse and Community Health Representative, Taos Pueblo Fitness Specialist, Taos Pueblo Department of Education, Taos 1st Steps, Los Angelitos, and Oo oo nah Art Center. The committee's goal is to work together and provide the best possible resources for families at Taos Pueblo.

At our last meeting we decided that it would be great to put a newsletter together for parents, grandparents, teachers, and community members so we could keep everyone informed on what is going on at the Pueblo for our youngest members. We hope parents, grandparents and the community will step up and become more actively involved in our children's lives. We hope you enjoy- Merry Christmas!

Changes at Head start and My 1st School

Taos Pueblo HeadStart and My 1st School has a new director! As of October 7, 2013, Rebecca D. Martinez has been moved up from being the Lead Teacher/Home-based teacher for the Earth's classroom. Rebecca has been a teacher since September 2011. Rebecca has her AA in ECME and Bachelors of University Studies with a minor in Health Education. She would like to thank TPHS

and My 1st School staff for all their support.

Her plan for the school is moving forward in positive ways. For example: listening to staff for up coming events throughout the year, team work with staff/ having each classroom work as TEACHING TEAMS, and making sure the needs of children are met, including having input from parents and guardians. Ms. Martinez is very excited to be

the new Director at the Taos Pueblo Head Start & My 1st School.

She is mostly interested in giving back to the community and working with all the different programs to make sure our resources for Taos Pueblo community are out in the open. Tah-ah, Rebecca looks forward to working with everyone.

Good luck Rebecca, we wish you the best!

Early Learning Committee Newsletter

Volume 1, Issue 1

December 2013

Contributors

- ☺ Taos Pueblo HeadStart and My 1st School
- ☺ BabyFACE
- ☺ Tiwa Babies Home Visiting Program
- ☺ Taos Pueblo Department of Education
- ☺ DHCS PHN/CHR
- ☺ Taos Pueblo Fitness Program
- ☺ Oo oo nah Art Center
- ☺ Holy Cross Hospital 1st Steps
- ☺ Los Angelitos

Inside this issue:

10 Things	2
Flu Prevention	2
Parenting Classes	3
PAK Training	3
Christmas Cookies	3
Upcoming Events	4
ELC	4

10 Things to do with your kids over Christmas Break

10. Have a snow day! Make a snowman or snow angels, or have a snow ball fight. You can paint the snow by mixing a couple drops of food coloring into a water bottle and spray away!

9. Make Christmas cookies and give them to your neighbors, family and friends.

8. Build a bonfire and enjoy it with a cup of hot cocoa and maybe even a marshmallow or two.

7. Put together a shoe box for the Oo oo nah Art Center's annual Christmas shoe box event. Talk to your child about giving to others and the im-

portance of helping people in our community.

6. Have a sleepover in the living room or build a fort out of blankets. Talk to your child about games you played as a kid.

5. Have a movie night and watch a Christmas movie.

4. Get active and shovel snow. Remind your children that snow removal is an important part of maintaining our pueblo houses.

3. Write a letter to Santa Claus.

2. Teach or learn new Tiwa words re-

lating to Christmas such as:

Nu-pah Christmas/bonfires

Pbiel-tse-mah New Year

Duuah-yee Quiet time

Thalh-qah-an Pitch wood

1. Spend as much quality time with them as possible. Enjoy your family and be grateful for all that you have!



7 Ways to Keep your kids safe from the flu and colds

It's that time of year again, and here are some tips to help keep your kids safe.

1. Wash your hands!

When you keep your hands clean, viruses lose one of their favorite ways to travel. Teach your family to wash their hands after using the bathroom, before and after eating, and after coughing or sneezing. Use soap and warm water, and wash for 15 to 20 seconds long, long enough to sing two rounds of "Happy Birthday." Make sure anyone who takes care of your child knows to wash up often, too.

Tip: Keep alcohol-based hand gel in the car and in your purse for cleanup on the go. And use the wipes provided at the supermarket to swipe the cart handle before shopping.

2. Disinfect.

Cold and flu viruses can live on surfaces for as long as three hours, so consider washing counters and tabletops with a virus killing disinfectant or a bleach and water solution (1/4 cup bleach in a gallon of water), espe-

cially if someone in the house is already sick. Wipe the light switches, telephones, doorknobs, keyboards, and other things that family members share. Wash cups and eating utensils well with soap and hot water between uses. Don't share!

3. Get flu vaccinations.

Your whole family needs protection from the viruses that make the rounds during flu season, from school and daycare to home to work and back again. The CDC recommends that almost all children (starting at 6 months) and adults get the flu vaccine every year, preferably in October or November; the earlier the better. The nasal spray flu vaccine is an effective alternative to the shot, starting at age 2.

Tip: If you're pregnant, you may wonder whether you can or should get the flu shot. The answer is yes.

4. Ban secondhand smoke.

Secondhand smoke puts children at higher risk for upper respiratory problems. Kids who live with cigarette

smokers have more colds and their colds last longer than those of children who aren't exposed to smoke. Be aware of secondhand smoke in other environments as well, such as when you're visiting friends or relatives.

5. Contain coughs and sneezes.

To avoid spreading germs, teach your children to sneeze or cough into the crook of his/her arm. The next best method is to use a disposable tissue. If they sneeze into a tissue (or into bare hands), they'll need to wash their hands.

6. Avoid exposure.

Protect your kids by avoiding close contact with people who have a cold or the flu. If your child's best friend is sniffing and sneezing, it isn't a good time for a sleepover.

Tip: Avoiding exposure goes both ways. Try to keep your kids home when they're sick, and stay home when you're ill.

This article came from the following site:

http://www.babycneter.com/0_how-toprotect-your-family-from-colds-and-flu_10300011.bc

Parenting with Emotional Intelligence and Picky Toddlers Class

Taos Pueblo HeadStart will be hosting two different parenting classes in December. They will be taught by Katherine Chavez, from Holy Cross Hospital 1st Steps Program. Katherine has taught other classes at the HeadStart, including Love and Logic.

The Picky Toddlers class will teach parents how and what to feed their picky toddlers. This class will help make meal time fun and less stressful. Katherine will demonstrate how to

make foods that appeal to your child and ways to present the food that makes children want to eat it.

Parenting with Emotional Intelligence will help your children recognize and use emotions to increase self-awareness and compassion and learn to handle feelings in a healthy way. Emotional Intelligence increases health, success and strong relationships, skills every family can use.

These classes are only open to par-

ents at the Head start and child care will be provided. The Picky Toddlers class will be held on Thursday, December 5, 2013, from 4:00pm to 6:30 pm. Parenting with Emotional Intelligence will be held Thursday, December 12, 2014 from 4:00pm to 6:30 pm.

To sign up or for any other information please contact Melanie Maestas at 575-758-5819.

PAK Training

The PAK workshop is focused on Staying on the Active Path in Native Communities...a lifespan approach! PAK consists of traditional and contemporary Native American games and dances to emphasize active lifestyles across all ages. This workshop is brought to the Pueblo of Taos in partnership with the Taos Pueblo Fitness Program through Health & Community Service Division and Indian Health Service Health Promotion Disease Prevention (HPDP) efforts. We are offering a one day PAK workshop for

the Pueblo of Taos on Friday, January 17, 2014 from 10 AM - 3 PM at the Taos Pueblo Community Center. All are invited and welcomed to attend at no cost! Please register in advance. Please wear comfortable shoes and clothes as we will be demonstrating and modeling physical activities. You will receive a PAK tool kit and a folder of information to take home with you.

The PAK workshop encourages a team approach to assist one another with delivering PAK training into schools, meetings, conferences, elder centers,

Head Start, communities, and other venues. Sessions will include the PAK activity kits for young people, adults and families, older adults, modified American Indian games and dances, exercise breaks and resources based on evidenced based approaches to address overweight and obesity. You will have the opportunity to learn and experience fun and easy to use physical activities that you can share with any age group in schools, communities and youth programs. You may contact Paula T. Romero at 575-758-7824 x 123 to obtain a registration form .

Christmas Cookie Recipe

Cranberry Hootycreeks

INGREDIENTS:

- 5/8 cup all-purpose flour
- 1/2 cup rolled oats
- 1/2 cup all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup packed brown sugar
- 1/3 cup of white sugar
- 1/2 cup dried cranberries
- 1/2 cup white chocolate chips
- 1/2 cup chopped pecans

- 1 egg
- 1 teaspoon of vanilla
- 1/2 cup soften butter

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Grease a cookie sheet or line with parchment paper.
3. In medium bowl, beat together butter, egg and vanilla until fluffy.
4. Add the rest of the ingredients together by hand until blended.
5. Drop heaping spoonfuls onto pre-

pared baking sheets.

6. Bake for 8 to 10 minutes or until edges start to brown. Let cool and enjoy!



Early Learning Committee

Division of Health and Community Services
230 Rotten Tree RD
PO Box 1846
Taos, NM 87571

Phone: 575-758-7824 ex 130
Fax: 575-758-3346
E-mail: jmcoffman@taospueblo.com



Taos Pueblo's Early Learning Committee was formed under the Tiwa Babies Home Visiting Program in January of 2012. The goal of the committee was to have all the programs involved in early learning at Taos Pueblo come together once a month and discuss program updates, resources, etc, and have a monthly topic discussion on how our programs can work together to provide the best possible outcomes for children and families at Taos Pueblo. Meetings are usually held the third Friday of every month at 9:00am at the Health and Community Services Conference Room. The meetings are open to everyone and we encourage parents, grandparents, tribal leaders, and community members to attend. Our next meeting will be held December 27, 2013 at 1:00pm. Lunch will be provided.



ANNOUNCEMENTS

The Division of Health and Community Services is seeking donations of gently used children's clothing and winter jackets. If you would like to donate items please bring them to their office at 230 Rotten Tree RD. Your donations are greatly appreciated! Merry Christmas and Happy New Year!

Upcoming Events for December

Head start/ My 1st School

1st Week of December—ASQ re-screening, due back 2nd week of December

December 5th— Picture Day!

December 5th— Parenting with Emotional Intelligence 4:00-6:00pm Child care provided

December 9th— Native American Task Force Meeting at 6:00pm Red Willow Center

December 10th— PCC Meeting 5:30-7:00 Dinner and child care provided

December 12th— Picky Toddlers Nutrition Class 4:00-6:30pm Childcare provided

December 13th or December 18th— Tentative dates for Christmas Party

Tiwa Babies

December 10th— Dads Dinner Discussion 5:30-7:00pm Location to be announced

December 13th— Christmas Themed Playgroup 3:00-3:45pm Health and Community Services Conference Room

December 13th— Early Learning Committee Meeting 1:00-2:30pm Health and Community Services Conference Room

December 27th— Infant and Toddler Open Gym 3:00-4:30pm Community Center

January 3rd— Infant and Toddler Open Gym 3:00-4:30pm Community Center

Oo oo nah Art Center

The Oo oo nah Art Center is asking for your help and support for its annual Shoebox Christmas Drive. The Shoebox Christmas Drive is designed to bring a smile to young and old here at Taos Pueblo. We are asking each individual to save a standard size shoebox and fill it with some necessary items and some fun items for either an elder man or woman or a child.

These shoeboxes can be delivered to the Oo oo nah Art Center the first week of December. For more information or a list of items needed please call 575-224-7414 or 575-779-0105.

Arts and Crafts Fair

December 7-8th and 14-15th