



**EmployAbility Career Expo**  
**Sheraton Dallas Hotel 400 N Olive Street**  
**Dallas, TX 75201**  
**10:00 am – 2:00 pm**  
**September 27, 2017**



It is of high importance for us at SER Early Head Start – Child Care Partnership (EHS-CCP) to create and promote an environment where parents and families feel welcomed, valued, and encouraged to become involved in their child’s school readiness experience. **Each SER EHS-CCP center must have a Parent Committee**, which will meet monthly. Parent Committee meetings will provide opportunities for parents to develop leadership skills, as well as opportunities to advocate for their children. Parents can meet to set goals and focus on an agenda to support the center throughout the year.

Parents are elected into the officer positions of **President, Vice-President, Secretary, and Treasurer**. The Parent Committee is very similar to a PTA Meeting held at your local schools. We will provide training at our family events on topics that parents suggest during these meetings.

**Dr. Yolanda Wilder** will contact parents who are interested in participating in the Parent Committees at each childcare center.

We look forward to working with you!



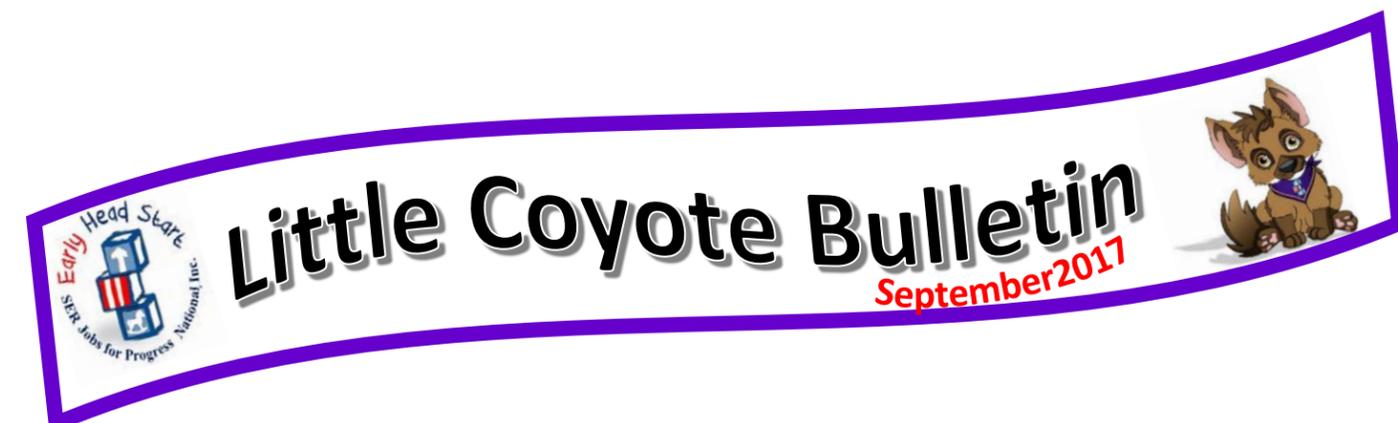
**Parent Meeting**  
**Thursday, September 14, 2017**  
**3:00 p.m. – 4:00 p.m.**



**Little Coyote Learning Center**  
 1100 N. Carrier Parkway  
 Grand Prairie, TX 75050  
 Phone: 972-522-2978

**Yolanda Shields, Site Supervisor**  
[Yolanda.Shamlin-Shields@GPISD.ORG](mailto:Yolanda.Shamlin-Shields@GPISD.ORG)  
**Roxanne Morales, Family Services Specialist**  
[RMorales@ser-national.org](mailto:RMorales@ser-national.org)

**Hours of Operation: 6:30 a.m. – 6:00 p.m.**



## HAVING FUN WITH MUSIC!

During the first 3 years of life, the human brain wires quickly. The brain connections occur as your child begins to organize the information he/she gathers through their senses. That is why it is important for young children to have multiple opportunities to hear and become familiar with different types of music. Your child’s teacher can share the songs your child is learning at school.

Young children LOVE music and it is a great way to wire the brain. Singing helps children to feel better when they are tired, grumpy or bored; it also helps you to feel better as well. You can repeat a favorite song and they will never get tired of hearing the song. You can add variety to the song by dancing, singing it softly, singing it loud, by pretending that a favorite stuffed animal is singing the song, etc. You can make up your own variations, just observe your child to see if he or she likes what you are doing. If you are having fun, your child will have fun with you. This simple activity helps you to feel close to your child, and this helps him/her get ready for preschool.



## 5 Nutrients to Improve Your Kid's Brain Health

**Give your child's cognitive development and academic performance a boost with healthy foods.**



Research shows that anthocyanins, the nutrient behind the purple and blue pigment in fruits like blueberries, may support brain health. (Getty Images)

Your child's report card hinges on more than study skills, classroom participation and math tutors. It also depends on breakfast, lunch and dinner ... and the right snacks never hurt.

After all, when children reach school age, the impact of nutrition on cognitive performance becomes arguably as clear as it ever will, says Matt Kuchan, discovery scientist and global lead for the partnership between health care company Abbott and the Center for Nutrition Learning and Memory at the University of Illinois. After all, the nutrients your child eats play a huge role in establishing the brain's neural connections, cell signaling and structure – with the right foods potentially resulting in everything from easier learning to improved test scores.

So what nutrients do you need to include in your kid's lunchbox this school year? Here, experts dig into five of the most important nutrients for childhood cognitive health and performance – as well as the best ways to get your kids to actually eat (and even like ) the foods that pack them.

## September is National Infant Mortality Awareness Month

The death of a baby before his or her first birthday is called infant mortality. The *infant mortality rate* is an estimate of the number of infant deaths for every 1,000 live births. This rate is often used as an indicator to measure the health and well-being of a nation, because factors affecting the health of entire populations can also impact the mortality rate of infants ([CDC.gov](https://www.cdc.gov)).

September is Infant Mortality Awareness Month and the Office of Minority Health is encouraging everyone to get involved to help reduce the infant mortality rate, particularly in minority communities.



## Infant Mortality and Minority Populations

According to the Health Resources and Services Administration's Maternal and Child Health Bureau, the risk of infants dying in their first year of life is declining in the U.S., with an all-time low infant mortality rate.

But the U.S. still ranks 27<sup>th</sup> among industrialized nations, and disparities by race and ethnicity persist. For example, the infant mortality rate among African Americans is more than twice that of non-Hispanic whites. The rate for 60 percent higher among American Indian/Alaska Native infants and 40 percent higher among Puerto Rican infants, as compared to non-Hispanic whites.