



Child Care Matters

Newsletter 269

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INSIDE THIS ISSUE:

Your Voice	2
Tu Voz	2
Salud	2

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Child Care Matters

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Celebrating Hispanic Heritage Month!

Many communities and schools are joyfully celebrating National Hispanic Heritage Month which begins September 15 and ends October 15 of every year. The theme for this year is "Esperanza: A Celebration of Hispanic Heritage and Hope".

Through gatherings that include festivals, food, games, street dancing, speeches, and gala performances, we take time to recognize the history, cultures, and contributions of Americans whose ancestry is from Central and South America, Mexico, Spain, and the Caribbean.

Your daycare may ask you to bring a special dish and come to hear all the children sing in Spanish. The upper grades will include this important heritage in their diversity lessons. Around the dinner table, children will want to tell their

parents about prominent Hispanic Americans: U.S. Supreme Court Justice Sonia Sotomayor, advocate for social justice and immigrant protection who believes in "Building bridges, not walls."

Your children will also learn about Dr. Ellen Ochoa, inventor and the 1st female Hispanic astronaut in space. Her goal has been to do something larger than herself that benefits the earth. The whole family will applaud the U.S. Secretary of Education, Dr. Miguel Cardona, who is committed to 'equity and excellence for all learners.' Each Hispanic contributor's story can be told to motivate and inspire all children to learn, study and achieve.

Twenty-two percent of children attending schools and daycare in New Jersey are of

Hispanic heritage. Education is how they will achieve their dreams. The Pew research found that 61% of Spanish and English-speaking Hispanics identify themselves as Hispanic; 29% prefer to be called Latino because they are from Latin America; and 4% like to be called Latinx, a gender-neutral term. American Hispanic communities are very diverse, vibrant, and evolving.



Hispanic
Heritage Month
September 15-October 15



Send Your Child to School Ready to Learn!

Kids who eat breakfast have a better attention span, concentration, and memory; they are less likely to be absent and they do better in school.

Make sure to provide breakfast foods that are rich in whole grains, fiber, and protein and low in added sugar.

Running late some mornings? Send along fresh fruit, nuts, yogurt, or half a peanut butter and banana sandwich.

Most school-age children need 10 to 12 hours of sleep a night. Insufficient sleep can make them irritable and hyperactive. Also, your child should stay

home if sick. If sick a lot, talk to your doctor and teacher.

Make time to hear about the day's activities to stay on top of your child's adjustment and progress. It's important!



Your Voice: October 2021

In his Declaration of Hispanic Heritage Month speech, President Biden stated Hispanic Americans must share equally in the benefits of the country's recovery and investments.

He cited that the American Rescue Plan provided much-needed relief to the Hispanic community during the pandemic; the Paycheck Protection Plan funding for small businesses and rental assis-

tance has helped families stay in their homes, and the Child Tax Credit helping lift Hispanic children out of poverty.

The President further committed his administration to provide access to early education and other resources that support working families and improve educational outcomes. Also, his top priority is to create a pathway to citizenship for undocumented Hispanics—especially Dream-

ers, Temporary Protected Status holders, farmworkers, and essential workers through desperately needed immigration reform.



Tu Voz Octubre 2021

En su discurso de la Declaración del Mes de la Herencia Hispana, el presidente Biden afirmó que los hispanoamericanos deben compartir por igual los beneficios de la recuperación y las inversiones del país.

Citó que el Plan de Rescate Americano proporcionó un alivio muy necesario a la comunidad hispana durante la pandemia; el financiamiento del Plan de Protección

del Cheque de Pago para pequeñas empresas y la asistencia para el alquiler ha ayudado a las familias a permanecer en sus hogares, y el Crédito Tributario por Hijos ayuda a sacar a los niños hispanos de la pobreza.

El presidente además comprometió a su administración a brindar acceso a la educación temprana y otros recursos que apoyan a las familias trabajadoras y mejoran los

resultados educativos. Además, su principal prioridad es crear un camino hacia la ciudadanía para los hispanos indocumentados, especialmente los soñadores, los titulares de estatus de protección temporal, los trabajadores agrícolas y los trabajadores esenciales a través de una reforma migratoria que se necesita desesperadamente.



Envíe a su hijo a la escuela listo para aprender

Los niños que desayunan tienen mejor capacidad de atención, concentración y memoria; es menos probable que estén ausentes y les vaya mejor en la escuela. Asegúrese de proporcionar alimentos para el desayuno que sean ricos en granos integrales, fibra y proteínas y bajos en azúcar agregada.

¿Llegas tarde algunas mañanas? envíe fruta fresca, nueces, yogur o medio sándwich de mantequilla de maní y plátano. La mayoría de los niños en edad escolar necesitan de 10 a 12 horas de sueño por noche. El sueño insuficiente los vuelve irritables e hiperactivos. Además, su hijo debe quedarse en casa si está

enfermo. Si se enferma mucho, hable con su médico y maestro. Tómese un tiempo para escuchar sobre las actividades del día para estar al tanto de los ajustes y el progreso de su hijo. ¡Es importante!