

ATTACHMENT D

Program Information Summaries

Parent Education

On September 11, fourteen Head Start Birth to Five parents attended a parent education session on guidance and discipline at Maryland Elementary in the Washington Elementary School District. The discussion covered building strong connections with children, using Conscious Discipline strategies, the importance of sleep, viewing behavior as communication, supporting children by naming and validating their feelings, and offering choices to meet their developmental needs. The parents received handouts on establishing healthy sleep routines in both English and Spanish.

Nutrition Grant Award

On September 23, the Head Start Birth to Five Program was notified that their grant application for additional one-time funding to support nutrition and healthy eating was approved. The proposal aims to promote healthy eating through classroom food activities, children's cookbooks for home use, countertop dishwashers for sanitizing bottles and utensils, and parent education on nutrition. The award amount is \$389,263.