

EARLY BEGINNINGS NEWSLETTER



Play Groups

PLAYGROUPS ARE HAPPENING NOW!!

This is a great way to connect with other families in the community!

Play groups will be held twice a month and will be led by Julie and Alicia! These groups will be located at Early Beginnings, 339 S Johnson St. Macomb, IL

What to expect:

Activities centered around your child's development, family interaction, music, reading, games, and much more!

Contact your Parent Educator for more information regarding Play Groups!



Early Beginnings uses the Parents as Teachers (PAT) Curriculum to serve their families. Here are some of PAT's goals:

1. Increase parent knowledge of early childhood development and improve positive parenting practices
2. Provide early detection of developmental delays and connection to services
3. Prevent child abuse and neglect
4. Increase children's school readiness and success
5. Improve parent, child, and family health and well-being
6. Improve family economic well-being
7. Strengthen community capacity and connectedness

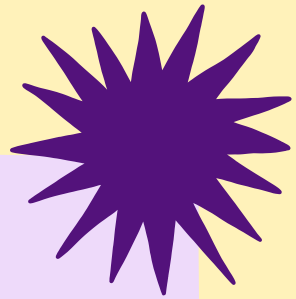
In 2023, Parents as Teachers served 186,499 families and 222,549 children. Professionals using PAT have recorded 1,762,159 total visits and made 143,908 resource connections.

Hear from Our Parents!

What has been the most helpful thing about the program?

“The ability to learn information about raising our child, learning about his development, and the support of the educators in their program”

“They are very helpful by helping out with diapers and wipes when I don’t have money. They help our by giving out helpful advice. They really do a great job. I do like when they come out to show me what things to do and not to do”



“When I need answers or someone to be there, the PE is always there!! The most helpful has been her just coming when scheduled and being here :) for any questions I have to ask. She’s always teaching me and my child something new and fun and we appreciate her!”

“Muchas gracias que Dios les bendiga por todo”

“I love and appreciate this program. It’s helped so much as a young adult and mother of 3 boys”

Let's Hear from a Parent Educator! ✨ ✨ ✨

I grew up in Adair, IL, and I went to Macomb schools. I recently graduated in Sept 2023 with my bachelor's from University of Arizona Global Campus. (UAGC) I am a single mom of three kids: two boys ages 19 and 15, and one daughter age 12. I also have 5 dogs. 4 dachshunds and 1 mixed breed.



I started with Early Beginnings in Sept 2023 part-time. I was blessed to become full time December of 2023. I have known of the Early Beginnings program since before it was Early Beginnings.

My oldest and I would attend playgroups, and my other two children were enrolled in the program when they were young.



Because of Early Beginnings I was able to become a better parent and have been passing on what I have learned to friends and acquaintances.

So far, I have learned that everyone has a very unique story of their own and no one way to parent is going to work for everyone. Every child is very different.

I am excited to continue to share what I have learned by being in the program and learning the program itself. I am excited to give back what I was given when in the program and to help my families be better versions of themselves.

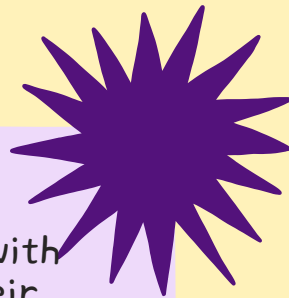
The Importance of Parent Child Interaction

By: Christine Nicholson, Early Beginnings Program Director

Did you know that your baby was born for interaction? From the first moments after birth, your baby's brain is being built! Parents As Teachers notes that the interactions between parents and their child during the first three years of life contribute to early literacy, school success, communication skills, and emotional well-being. You are so important!



The time that you spend in play with your child has a big impact on their development. But, we are busy adults with adult responsibilities, right? Interactions can happen throughout the day while we are carrying out our regular household or parenting tasks! Babies and children learn throughout all of their interactions with caregivers. When parents spend time assisting learning and intentionally connecting, this will boost their development and strengthen parent-child bonds.



IDEAS FOR INTERACTING WITH YOUR BABY



- Hold your newborn 6-8 inches from your face and open and shut your mouth or stick out your tongue. Watch your baby for responses!
- When you are feeding, dressing, or bathing your baby, get into the habit of explaining what you are doing. "Now I am putting on your diaper. Next I'll pull up your pants."
- Spend time on the floor next to your baby talking about what toys he is picking up and what he is doing.
- Hold your baby when you walk around; point out and talk about things that you see.
- Play games like "This little piggy went to market."
- Play in front of a mirror with your baby. Point out facial features and make funny faces.
- When your baby babbles, respond to her as if she were telling you something. Have conversations!
- Roll a ball back and forth.
- Give your toddler time to linger and explore through play.
- Let your toddler help you in your work by giving him tasks that he can do. Toddlers love to help hand you silverware out of the dishwasher or throw paper away in the trashcan.
- Provide safe areas (such as a cabinet with plastic containers or pots and pans) for your toddler to explore.
- Let your toddler experiment with sand and water with supervision.

There are infinite ideas to be found online. You do not have to have expensive toys or be prepared to create elaborate crafts to provide your baby or toddler with rich interactive experiences. All they really want is you!



Macomb Public Library Events:

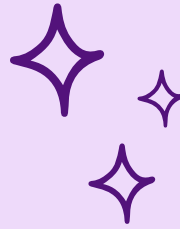
Itsy Bitsy Baby Story Time:
This group meets every Monday from 9:30 - 10:00 am. It is for children ages 0 - 2 years. Join Itsy Bitsy Baby Story Time for songs, stories, and games especially for little ones!

Move and Groove:

This group meets every Tuesday from 10:30 am - 11:00 am. Move and Groove is for children ages 0-3 years. Shake your egg, beat your drum, and twirl your scarf to the beat of new lap songs and old favorites throughout this existing story time!

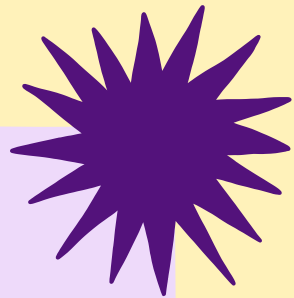


Carthage Public Library Events:



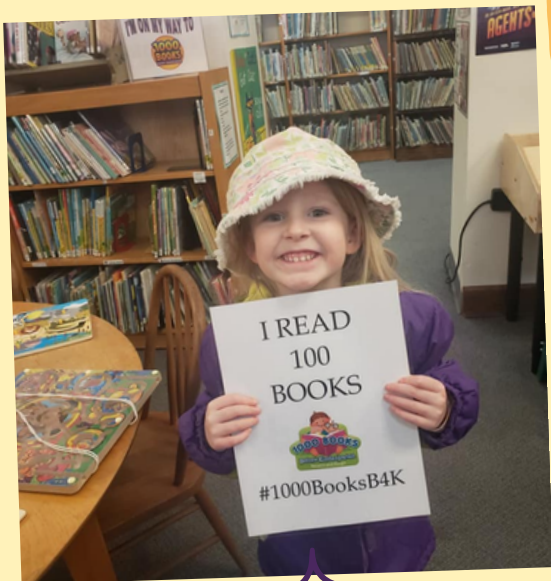
Rhythm & Movement and Storytime:

These events are for babies, toddlers, and preschoolers. The sessions are made up of active story time that includes music, rhythm instruments, movement, fine motor, gross motor and sensory activities. They are every Tuesday at 10 am at the Carthage Library!



1,000 Books Before Kindergarten:

This is a free, at your own pace, program for families to complete at home. Families can enroll in the program anytime from the time their child is born all the way up until they are in kindergarten. Learning to read begins long before a child enters kindergarten. Reading to your children is the best way to prepare them. In as little as fifteen minutes a day, families can build the skills for future success in school and life. You do not need a library card to participate!





Carthage Public Library Events Continued:

Every Wednesday this summer at
11:30 am, join the Carthage Library
for games, books, and more at
Jaycee Park!

On June 10th at 1:30 pm, Wild Times
Exotics will visit Carthage, IL at the
First Baptist Church. Children and
Families are invited to pet the
animals at the event!



SCAN ME





Colchester Public Library Events:

Move and Groove:
Starting on April 1, Move and Groove will meet from 10:00-10:30 am every Monday morning! This group is open to all aged children and caregivers!





SUMMER READING PROGRAMS

Macomb Public Library: Read, Renew,
Repeat!

The Macomb Summer Reading Program is
open to children of any age! For more
information, scan the QR code for their
flyer!

SCAN ME



Carthage Public Library: Read, Renew, Repeat!

The Carthage Library is hosting their Summer Reading Program
from June 1 to July 31! It is open to all ages, event adults! Check
in at the library to keep track of your reading!

SCAN ME



The Parlin-Ingersoll Library- Canton, IL:
There will be a summer reading program,
but details have not been released yet.
Check back in on their website closer to
time!

Colchester District Library: Both adults and children are encouraged
to sign up for this reading program! The summer reading program
will be from June to August.

MOBILE FOOD PANTRY

Please arrive no more than 30 minutes before distribution begins. Distribution will be outdoors and can take up to an hour. Laundry baskets are great for the Mobile Food Pantry!

Bushnell:

- Friday, May 24, 2024: MCDONOUGH – Fitch Manor 1500 NW Main Street, BUSHNELL
- Friday, August 30, 2024: MCDONOUGH – Greenbriar 770 W. Hurst Street, BUSHNELL

Colchester:

- Friday, June 28, 2024: MCDONOUGH – Friendway Park 500 East Roberts Street COLCHESTER
- Friday, Sept. 27, 2024: MCDONOUGH– Friendway Park 500 East Roberts Street COLCHESTER

WIU:

- Friday, March 22, 2024: MCDONOUGH – WIU
- Friday, November 1, 2024: MCDONOUGH – WIU (Macomb Holiday Mobile)

Macomb:

- Friday, April 26, 2024: MCDONOUGH – Eisenhower Tower 322 W. Piper St., Macomb
- Friday, July 26, 2024: MCDONOUGH – Prairieview Townhomes 425 N. Prairie Ave, Macomb

Updates and posts will be made by Samaritan Well. Scan the QR code and follow their page for more updates!

SCAN ME



SCAN ME



For more resources, scan the QR code and select your county for a social service guide

Other Resources

Birthright of Macomb

At Birthright, we understand the challenges related to unplanned pregnancies. Birthright is available to women for as long as they need us. We offer love, friendship, and support to women who are pregnant or think they may be pregnant.

The Good Food Collaborative- Macomb

We operate the Good Food Pantry, a choice-based food pantry. The pantry is available to residents of McDonough County. The Pantry also gives out fresh, in-season vegetables sourced from the GFC garden, the Master Gardeners program, and local commercial and home producers.

Shephard's Gate Clothes Closet- Macomb
Clothing/accessories for the family free of charge for those in need.

The First Baptist Church Food Pantry- Canton

Each Monday they serve approximately 900 households that come through the pantry, which is approximately 2,339 individuals. They also have home delivery bags that are filled to take to shut-ins and elderly people who cannot get to the church. Volunteers deliver these bags.

Lewistown Food Pantry- Lewistown

The mission of the Lewistown Assoc. of Churches Food Pantry is to provide food items to those who need it.

