



SECOND STEP CORNER – Children in the Garrett County Head Start centers and pre-kindergarten classes are taught through the local Second Step program the importance of putting their hands on their tummies and taking a deep breath when they want to calm down, a spokesperson said. In the Yough Glades Head Start classroom, Austin Conn, Kileian Collins, and Harley Sisler, pictured above from left, also know that exercise helps to calm down strong feelings. Parents may call their child's teacher to receive more information about Second Step activities. In Garrett County, Second Step™ is supported by the Community Action Committee, the county board of education, health department and APPLES for Children (Alliance for Parent, Provider, and Local Employer Solutions). For more information about Second Step, persons may call their child's school, or the health education and outreach office of the Garrett County Health Department at 301-334-7730 or 301-895-3111.