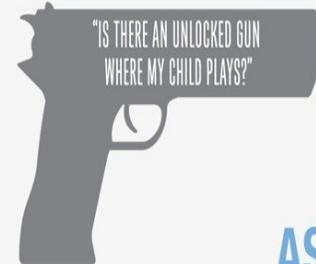


# FAMILY NEWSLETTER

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ONE QUESTION COULD  
SAVE YOUR CHILD’S LIFE.



**ASK**  
ASKINGSAVESKIDS

FOR MORE INFORMATION ON HOW TO KEEP YOUR CHILD SAFE, VISIT [WWW.ASKINGSAVESKIDS.ORG](http://WWW.ASKINGSAVESKIDS.ORG)

Nearly half of the homes in the U.S. have guns.

**It is an adult responsibility to make sure that children never get a hold of a gun.**

Make sure the gun has a child-proof trigger lock. Store the gun in a

If you own a gun:

locked case.

⇒ Make sure your child never gets a hold of the gun

Be aware that children are fascinated by guns. Tell your child that if they see a gun to:

Never keep guns:

- ⇒ Under a bed
- ⇒ In an unlocked drawer
- ⇒ Loaded

- ⇒ Stop
- ⇒ Not touch it

**Playing and jumping is good exercise!**

**Take your child outside to run and jump.**

## CHILDREN NEED TO RUN AND JUMP

⇒ Infants, toddlers, and preschoolers need to move, stretch, and exercise.



⇒ Encourage lots of exercise.

⇒ Be a good role model.

⇒ Children need to play, run, and jump.

⇒ Exercise with your child.

⇒ Exercise helps children grow strong and healthy.

⇒ Be sure your child has a safe place to be active inside.

## QUALITY TIME

**A few minutes of quality time can make all the difference.**

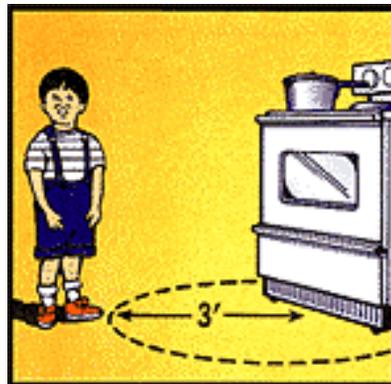


Life can become so busy that it can be hard to find time with your child. At the end of a busy day it is nice to slow down and spend a few minutes together.

- ⇒ Remember, quality time doesn't need to be long.
- ⇒ It doesn't need to cost money.
- ⇒ Walking, reading, and talking are good activities.
- ⇒ Your full attention is what your child will like the most.
- ⇒ Bedtime can be a good time of day to spend time with your child.

## KEEP KIDS AWAY FROM THE STOVE

**Keep a “kid free zone” of 3 feet around the stove while cooking!**



To avoid accidents while cooking:

- ⇒ Keep children away from the stove.
- ⇒ Make a “kid free” zone of 3 feet around the stove while cooking.
- ⇒ Keep pot handles turned into the middle of the stove.
- ⇒ Use the back burners of the stove.

## THREE BEAR'S PORRIDGE



**Read Goldilocks and the Three Bears and make this recipe!**

2 cups cooked oatmeal  
 1 1/2 cup diced apple  
 1/2 cup chopped nuts  
 1/2 cup raisins  
 1/4 cup molasses  
 1/2 tsp. cinnamon

1. Wash hands.
2. Preheat oven to 400 degrees.
3. Mix all ingredients and pour into a lightly greased casserole dish.
4. Bake 20 minutes. Serve warm with milk.

Makes 7 servings.

## EVERYDAY LEARNING

For young children, everyday activities can be fun and a great way to learn.

Young children are curious and want to explore. They like to do things by themselves. They feel proud when they can help.

Teaching your children how to do household chores will give them confidence. If the job is too difficult, teach children how to do a small part.



Children can learn from:

- ⇒ Making the bed
- ⇒ Folding the laundry
- ⇒ Putting toys away
- ⇒ Setting the table
- ⇒ Cleaning their room
- ⇒ Putting the groceries away
- ⇒ Feeding a pet
- ⇒ Raking the lawn

**They may not do it perfectly, but they will be proud of their work.**

## HEALTHY FAST FOODS

Here are some tips to choose healthier fast foods:

- Choose single patty hamburgers without the sauces, mayo, bacon, or cheese.
- Avoid fried sandwiches.
- Try the grilled chicken sandwich.
- To decrease fat, use mustard, ketchup, BBQ sauce, tomatoes, lettuce, and onions.
- A roast beef sandwich is a good

choice versus a burger. Roast beef is leaner.

- Say “no” to “Super-Size.” Try healthier sides instead of fries. Choose
  - Salads
  - Baked potatoes
  - Soups
  - Apples
  - Say “no” to sodas. Order low-fat milk or ice water.



## WONDERING WHEN TO START YOUR CHILD USING TOOTHPASTE?

How much toothpaste should be used when a child begins getting teeth?



For infants:  
Cover a finger with a gauze pad or soft cloth and gently wipe infant’s gums.

## Drake University Head Start

3206 University  
Des Moines, Iowa 50311  
Phone: 515-271-1854  
Fax: 515-271-2199

[www.drakeheadstart.org](http://www.drakeheadstart.org)

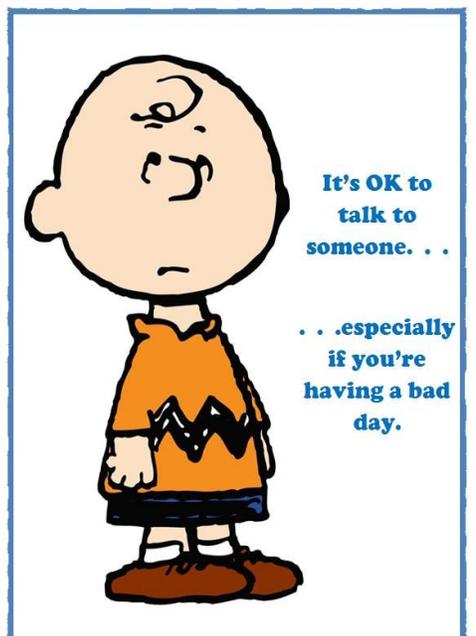


**HEAD START:**  
Educating Kids,  
Empowering Families,  
Changing Communities

## HELP IS JUST A PHONE CALL AWAY

**24 Hours a day  
7-Days a week**

**Help is just a  
phone call  
away!**



Are you wondering what to do as you face day to day challenges and stress?

All Head Start and Early Head Start families receive free 24 hour telephone help. In addition, families can receive 3-5 sessions of counseling that is confidential and free of charge.

**1-800-327-4692**