

FAMILY NEWSLETTER

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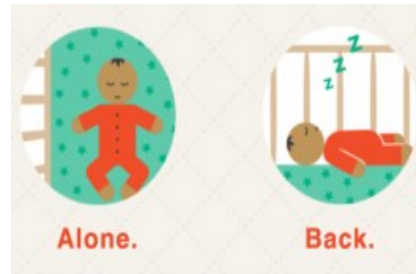


Will I spoil my child if I give too much praise?

No!

ALWAYS ON THEIR BACK

The safest way for babies to sleep is alone in their own bed and not sharing a bed or co-sleeping with their parents, other children, or animals.



There should be no pillows, blankets, toys, clothing, sleep positioners, bumper pads, or other items in the baby's sleep area.

every time they are put to sleep! This is important for naps, nighttime sleep, sleep after feedings, and when other caregivers are putting the baby to sleep. A baby who normally sleeps on its back but is then placed on its stomach to sleep is at an especially high risk of SIDS (Sudden Infant Death Syndrome).

Babies should always be placed to sleep on their backs

PRAISE IS IMPORTANT

Praise helps children try new things and know that you like what they are doing. Praise helps children learn how to:

- Share
- Respect others
- Feel good about themselves

portant. Praise can be a hug, a smile, a touch, or a few words such as:

- Good listening
- Thanks for trying
- You tried hard
- You'll get it
- You can do it

Praising small things is im-

WHO NEEDS A FLU VACCINE?

www.flu.gov

Great Information!

- A. You
- B. You/Child
- C. You/Baby
- D. All of the above



should get a flu vaccine.

⇒ Protect yourself.

⇒ Protect those around you.

The answer is D.

All of the above.

⇒ For more information go to www.flu.gov.

⇒ Or talk to your healthcare provider.

⇒ Healthy people can get the flu.

⇒ It can be serious.

⇒ Everyone 6 months and older

JEALOUSY IN YOUNG CHILDREN

Spend quality time alone with each child.

Jealousy is a strong feeling for children and it is common.

Here are some tips for managing jealousy:

1. Do not compare



children to each other.

2. Find the special qualities in each child.

3. Spend time alone with each child.

4. Set clear limits.

5. Teach children to respect each other.

BISCUIT PIZZA

Let your child help by spreading sauce on each pizza. They can also sprinkle the cheese.

- 1 tube biscuits
 - 4 oz. pizza sauce
 - 6 oz. mozzarella cheese
- Wash hands.

1. Preheat oven to 350 °.
2. Flatten biscuits.
3. Put pizza sauce on each biscuit.
4. Add cheese.
5. Bake for 12 minutes.

* You can use English muffins for the biscuits.



HOURS OF FUN ON A COLD DAY



Look at what you can do with blue painter's tape on the floor!

SCHOOL CLOSINGS

If your local schools close due to bad weather then:

- Early Head Start Classrooms
- Head Start Home Program
- Head Start Home Based Classrooms
- All Home Visits are cancelled.

Questions?

Talk with your:

- Teacher
- Specialist
- Family Engagement Specialist
- Or review your Parent Handbook
- If a program closes, there may be a make-up day with children

Weather closings are announced on local television and radio stations.

1-800-222-1222

Put your medicines up and away and out of sight.

**Use it right
Close it tight
Out of sight**



Contact a Poison Control Center right away if you suspect a poisoning.

Don't guess what you should do.

Knowing is safer than guessing and quick action could save a life.

Drake University Head Start

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Fax: 515-635-0716



**Need another opinion about a life problem,
relationship issue, or mental health concern?**

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Outside Des Moines
1-800-327-4692



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