

FAMILY NEWSLETTER

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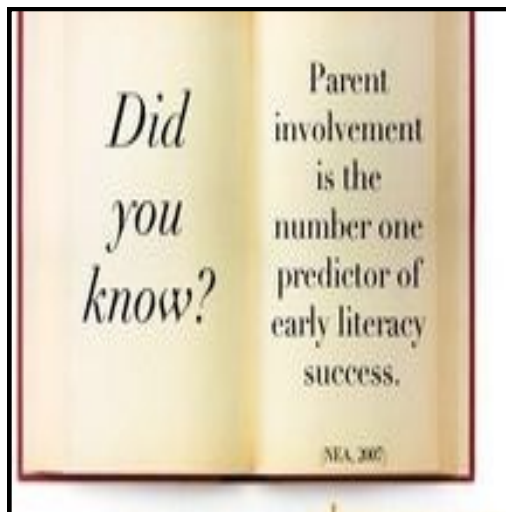
SO MUCH FUN!



Only use balls that will not go through a cardboard tube. If the ball is small enough to go through the tube it is a choking hazard.

Look what you can make out of cardboard tubes and tape! So much fun.

INDOOR BALL TOSS



Here's an idea for a cold day!

Make an indoor ball toss with laundry baskets.

Don't have enough balls? Crinkle some paper towels, newspaper, or tissue paper.



www.flu.gov

Great Information!

WHO NEEDS A FLU VACCINE?

- 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.

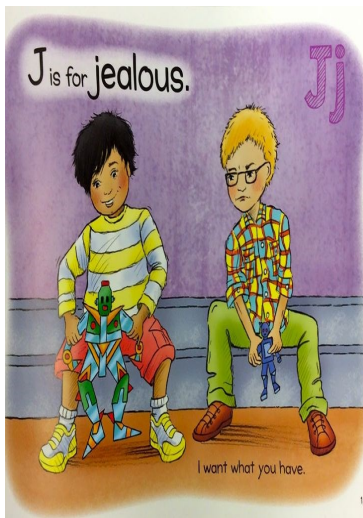
All of the above.

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

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.

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

BISCUIT PIZZA

Gather together:

- 1 Tube of 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



HOURS OF FUN ON A COLD DAY



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



The Safest Way to Cut Grapes to Avoid Choking

Choking hazard foods

- Hot dogs
- Nuts and seeds
- Meat/cheese
- Whole grapes
- Hard/sticky candy
- Popcorn
- Peanut butter
- Raw vegetables
- Gum

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

Praising small things is important.

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

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



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

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