

# FAMILY NEWSLETTER

**INSIDE THIS ISSUE:**

Virtual Classrooms	<b>Page 2</b>
Eating Apples Safely	<b>Page 2</b>
How Much Toothpaste to Use?	<b>Page 2</b>
Children Need to Run and Jump	<b>Page 3</b>
Help Your Child Make Choices	<b>Page 3</b>
Children Need Attention	<b>Page 3</b>
Help is a call away!	<b>Page 4</b>

## ATTENTION PARENTS:

If your child is sick or anyone in your household is sick and showing ANY signs/symptoms of COVID-19 it is your responsibility to keep your child home!

cause the entire classroom to close for up to 14 days or more.

It is your responsibility to be accurate and honest when answering the daily health screening questions when you drop your child off at school.

If your child has symptoms of COVID-19 you must take your child to their medical provider and provide Drake University Head Start with a statement of the illness that the child has or documentation of a Negative Covid-19 test to re-enter the program.

Please see the daily health screening questions below.

Bringing your child to school when they are sick could

**Bringing your child to school when they are sick, could cause the entire classroom to close for up to 14 days!**



## DAILY HEALTH QUESTIONS

Do you or anyone in your household have any common symptoms of COVID-19 including cough, shortness of breath or a body temperature of 100.4° (38.0°C)

home been diagnosed with COVID-19?

Have you given your child or has anyone in your household taken any fever reducing medication in the last 72 hours for fever?

Since your child last came to school has your child been exposed to someone that has been diagnosed with COVID-19?

Since your child last came to school has anyone in your

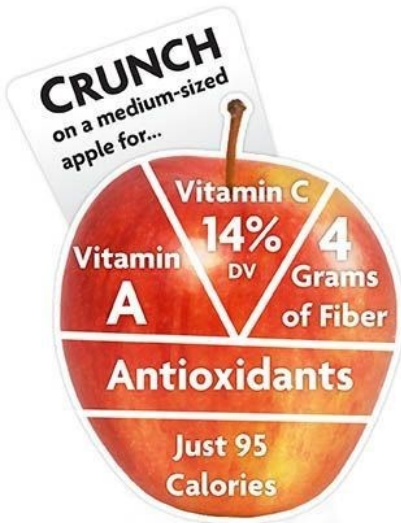
home been exposed to someone that has been diagnosed with COVID-19?

## IS YOUR CHILD IN A VIRTUAL CLASSROOM?



This is the virtual classroom for kids who are learning from home this fall! We are excited to have teachers helping to make this fun for families. The teachers are making videos each week to help kids learn from home! Families will be sent a new link each week. Kids and families can click links to see the teachers and try new things. Teachers will also call families once a week to see how kids are doing. Although teachers would love to see kids in classrooms, they are hopeful that this will be fun for families!

## APPLES, APPLES, APPLES



Apples are very nutritious. This means they are good for you. Apples are filled with:

- potassium
- vitamin C
- carbohydrates
- fiber
- antioxidants

All of these keep our bodies healthy.

Apples are also in season so prices can be lower.

### ***Are apples a choking hazard for babies?***

Yes. Raw apples and dried apple pieces are choking hazards for babies and children. Cook the apples to make applesauce and they are safe to eat.

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

## WONDERING WHEN TO START YOUR CHILD USING TOOTHPASTE?

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



## CHILDREN NEED TO RUN AND JUMP

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

⇒ Children need to play, run, and jump.

⇒ Exercise helps children grow strong and healthy.

⇒ Encourage lots of exercise.

⇒ Be a good role model.



⇒ Exercise with your child.

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

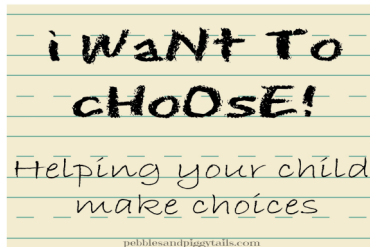
**Playing and jumping is good exercise!**

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

## MAKING CHOICES

Children love to make choices. By making small choices when they can, it is often easier for them to go along when there is no choice.

There are many ways that children can help to make decisions. Parents can provide two choices and have their child pick one. Examples might be:



Would you like:

⇒ The red shirt or the blue shirt to wear

⇒ Orange juice or apple juice to drink

⇒ Strawberry yogurt or vanilla yogurt to eat

⇒ This book or that book to read  
Make sure the choices are available and appropriate.



**Which book would you like to read?**

## CHILDREN AND ATTENTION

All children need attention. If they don't get attention being good, they may act out. Children do what parents notice. If you notice your children being good, they are more likely to be good.



they will likely continue.

Instead, try giving specific, positive attention to the behavior you want to see. This will teach your child what you want them to do, as well as increasing the likelihood of that behavior happening again.

If you notice them misbehaving

**Catch your children being good and tell them what you like!**

## Drake University Head Start

3800 Merle Hay Road Suite 323  
Des Moines, IA 50310

Phone: 515-271-1854  
Fax: 515-653-0716

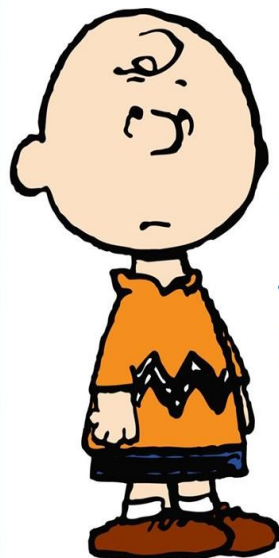
[www.drakeheadstart.org](http://www.drakeheadstart.org)



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

## HELP IS JUST A PHONE CALL AWAY

**For information  
about job  
opportunities at  
Drake University  
Head Start  
go to  
[www.drake.edu/hr/](http://www.drake.edu/hr/)**



**It's OK to  
talk to  
someone. . .**

**. . . especially  
if you're  
having a bad  
day.**

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**