

FAMILY NEWSLETTER

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NEARLY 40 CHILDREN INJURED EACH MONTH

When kids are young and active, they look for new places to explore. That sometimes includes climbing on dressers or bookshelves, or reaching for things in high places that causes furniture to tip-over.

Every 43 minutes, a child in the U.S. is injured from a TV or furniture tip-over. Properly mounting or anchoring a TV or heavy piece of furniture can prevent these tragic incidents. To prevent a tip-over, follow these safety tips :

- Anchor furniture to the wall. Install low-cost anchoring devices that can prevent TVs, dressers, bookcases, furniture, and appliances from tipping.

- Always place TVs on a low base and push the TV as far back as possible, particularly if anchoring is not possible.

- Avoid storing items, such as toys and remotes, in places where kids might climb to reach for them.

- Store heavier items on lower shelves or in lower drawers.

- If purchasing a new TV, consider recycling the old one. If moving the older TV to another room, be sure it is anchored properly to the wall.

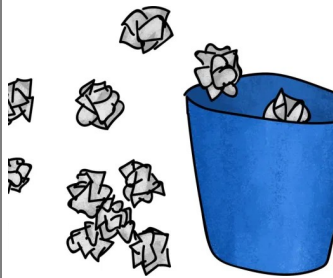
- Keep TV and cable cords out of reach of children.

- Supervise children in rooms where these safety tips have not been followed.





**My body is private.
My body belongs
to me.**

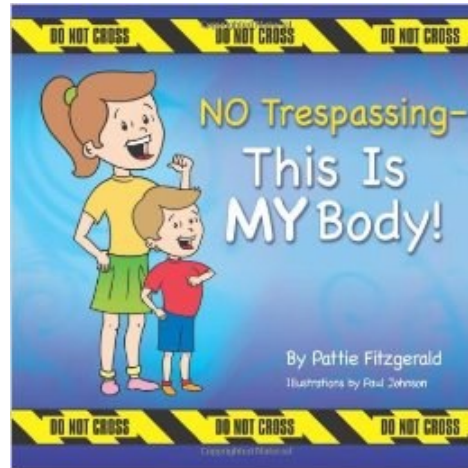


**This game costs
nothing and is fun
to play!**



THIS IS MY BODY

We teach children to be safe and look both ways when they cross the street. We also need to teach them how to keep their bodies safe. Help your child understand body boundaries by creating "rules" for their bodies. Some suggestions could be:



parts, those are yours. (Private parts are where your swim suit covers you).
2. It's not ok for someone to show you their private parts.
3. It's ok to tell someone NO if they want to touch you, even if they are a grown up.

4. There are no secrets about our bodies, you can tell me anything!

1. No one can touch your private

PAPER BALL TOSS

This is a fun indoor game that anyone can play. Place a plastic bucket or bowl on the floor. Mark a line with tape where your child should stand or sit to throw.

try to throw the paper balls into the bucket or bowl. Adjust the size of the bowl or bucket to your child's ability. If tossing is easy for them, use a smaller bowl or bucket. Get a larger bowl if tossing is hard.

Make several paper balls. Crumple newspaper, magazines, or grocery ads into 4 inch size balls. Have your child stand behind the line and

Take turns throwing the balls into the bowl with your child. Count how many went in and how many are outside.

CRUSTLESS SPINACH PIE

1/4 cup of margarine
3 eggs
1 cup flour
1 cup low fat milk
1/8 tsp. garlic powder
1 tsp. baking powder
12 oz. shredded cheese
4 cups frozen chopped spinach (squeeze water out of spinach)

Wash hands.

1. Preheat oven to 350 degrees.
2. Melt margarine in 9"x13" pan.
3. Beat eggs well. Add flour, milk, garlic powder and baking powder.
4. Stir in cheese and spinach and put mixture into the pan.
5. Bake for 35 minutes or until lightly browned.

OUT OF MY HAIR



Anyone can get head lice.

- ⇒ Shampoos, creams, lotions and some home remedies can end lice.
- ⇒ However, it can take about 5 days for the itching to stop.

Want to know how to prevent head lice?

- ⇒ Do not share
 - ⇒ Hats
 - ⇒ Combs
 - ⇒ Brushes
- ⇒ Examine your child's hair if they have been with a person who has head lice.

For more information about Head Lice check the *Guide to Childhood Illness in the Health Section of your Drake University Parent Handbook.*

HELP YOUR CHILD LEARN TO TALK

Sharing books is a good way to help your child learn to talk.

Find a quiet place. Turn off the TV, radio, and cell phones.

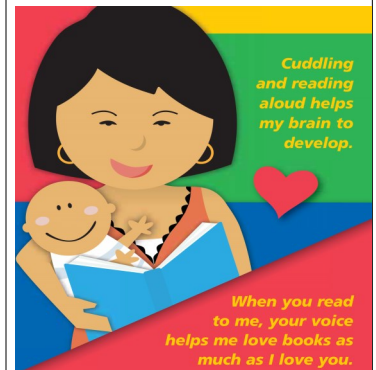
As well as reading the story, talk about the pictures. If there's a dog in the picture talk about a dog that you know.

Read for a short amount of time.

Young children get bored quickly, so don't read for too long.

When you share books with your child, you are helping them learn to talk and to love books.

Share favorite books again and again.



Share favorite books again and again.

WE ARE ON FACEBOOK!

Drake University Head Start is on Facebook.

Join our group at:

<https://www.facebook.com/groups/DrakeHeadStart>

Make sure you are signed up to receive texts and emails about important information and reminders. Parents can receive texts and email through our confidential agency database. Once you have opted in the message will be sent by School Message (schoolmessage@childplus.net). Messages are sent regarding days off of school, breaks, event reminders and all closings.

Are you signed up to receive text and email reminders. Ask your staff for a *Text Opt In* form. Complete the form and return it to your teacher.

Drake University Head Start

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*... "Better preparing young children
and their families for life
experiences now and in the future."*



Pandemics can be stressful

**For information
about job
opportunities at
Drake University
Head Start go to**

www.drake.edu/hr/

COVID-19 can be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Mental health is an important part of overall health and wellbeing. If stress is getting in the way call:

Student Assistance
1-800-327-4692 or
(in Des Moines only)
515-244-6090

You can speak
with a counselor

- ⇒ 24 hours a day
- ⇒ 7 days a week
 - ⇒ All services are **free** to Head Start families



Call
1-800-327-4692 or
515-244-6090