

# FAMILY NEWSLETTER

## SUN AND YOUNG CHILDREN

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Sunburn can be painful and dangerous for children. They can get sunburns even if they are in the sun a short time. Here's some tips for using sunscreen to prevent sunburn:

- ⇒ For young children, use a sunscreen labeled SPF 30 to 45.
- ⇒ For older children, SPF of 30 is fine.
- ⇒ Apply sunscreen about half an hour before children go outdoors.
- ⇒ Use a sunscreen made especially for children. Choose one labeled PABA-Free.
- ⇒ Use sunscreen on all bare skin, including the ears

- and top of the head where the hair parts.
  - ⇒ Apply sunscreen even on cloudy days.
  - ⇒ Avoid sun from 10:00 a.m. to 4 p.m.
  - ⇒ Keep infants out of the sun as much as possible.
  - ⇒ Do not apply sunscreen to children under six months and never expose them to the sun.
  - ⇒ Skin can burn even in indirect sunlight.
  - ⇒ Dress in lightweight, light colored clothing, and wear a hat.
  - ⇒ Reapply sunscreen every two hours.
- Prevention is the best way to deal with the sun. From Hip on Health .

## FIRST AID KIT



Have you noticed that a fun bandage may stop tears?

For just a few dollars you can make a simple first aid kit to take with you when you travel.

You will need:

1. Plastic zipper bag
2. Bandages
3. Gauze and tape
4. Tweezers-to remove small splinters

5. Wash cloth
6. Non-latex gloves

The washcloth may be used for cleaning or to make an ice pack. The zippered bag will store everything and can also be used as an ice pack.

Look for bandages on sale. Small travel packages can cost less.

## LOOKING AT BOOKS WITH YOUR CHILD

**Learning to read and write begins at home when children hear language.**

Looking at books together is great fun for infants, toddlers, and pre-schoolers. Here are some tips for looking at books with your child:



- ⇒ Make the time as short or as long as your child is happy.
- ⇒ Learning to read and write begins at home when children are very little.
- ⇒ Reading or looking at books does not need to be long.
- ⇒ Read or look at books at least 4 times a week.
- ⇒ Pick books with simple pictures and familiar objects.
- ⇒ Re-read the same story many times so children can read along.
- ⇒ Stop and point to the words or just talk about the pictures.

**Provide “tiny tastes” of a new food.**

Did you know that young children need to see a new food seven times or more before they might taste it? After being offered a new food several times a child may be more willing to try it.

With more fresh fruits and vegetables available in the spring and

summer, it can be a good time to encourage your child to try new foods. Provide “tiny tastes”. Trying one taste of broccoli can be a giant step toward becoming a food taster.

Also, remember that if children see parents eating a food, they are more likely to try it.

From Tickle Your Appetite

## SLIP 'N' SLIDE

**Always watch your children during this activity!**

**Children should never be left alone around water.**

**You will need:**

- ⇒ Large plastic sheet from the hardware or dollar store (about \$1)
- ⇒ Soft grassy area away from streets and in the shade
- ⇒ Garden hose and sprinkler

**Here's how to put it together!**

Spread the plastic out flat or on a slightly sloping part of the lawn. Make sure that it is a safe area away

from the street.

Set up your sprinkler so it “rains” on the plastic sheet, making it slick. To use the slide, let your children slip and slide one at a time, making sure they avoid crashing into each other.

Running through the sprinkler feels great, but slipping and sliding can be something different.

## MAKE YOUR CHILD FEEL SPECIAL

What are some things that will make your child feel special? List **5 things** that you will try to do in the next week to “fill/refill” your child’s relationship tank. Ideas:

1. Make their favorite meal
2. Play a game with them
3. Ask them to teach you something
4. Let them help cook
5. Snuggle with them
6. Read/watch TV



**What are some things that will help build a positive relationship with your child?**

## OUTSIDE PLAY

Take your child outside with a large ball that bounces well. Show your child how to bounce the ball against a wall or the sidewalk. Have your child try to catch the ball after it bounces. Ask your child to catch the ball after it bounces:

- One
- Two
- Three times

Spread a small blanket on the grass. Place the ball in the middle of the blanket. Show your child how to hold onto two corners, while you hold onto the other two.

Lift the blanket off the ground, toss the ball up in the air and catch it in the blanket.

This activity is not only great fun but good exercise.



**Large balls help teach children how to move their hands and eyes together.**

## GO FOR A WALK

Now that the weather is warmer, one of the best ways you and your child can exercise is to go for a walk.

Walking together can be a special way to spend quality time with your child. It can be a time to talk about all the different things that you see on your walk.

As you walk, encourage your child to talk about what they see and hear in nature. Ask your child if they see birds, trees, and flowers.

Play I Spy game. Or you can also include active games such as Follow the Leader or have a question of the day.



**Ask your child to say what they see on their walk.**

## Drake University Head Start

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“Better preparing young children and their families for life experiences now and in the future.”



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

**[www.drake.edu/hr/](http://www.drake.edu/hr/)**

**Tell your family and friends!!!**

**Drake University Head Start and Early Head Start is  
NOW TAKING APPLICATIONS FOR FALL!!!**

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Head Start is a free school readiness program for eligible 3 & 4-year-old children and their families in Polk, Jasper, Marion, Boone, Warren and Story Counties (Ames only). Early Head Start provides home visiting and toddler classroom programs in Polk County only.

**CALL NOW TO COMPLETE AN APPLICATION!!**

If you or someone you know would like more information or would like to schedule an application appointment, please call:

**(515) 271-1854 or 1-800-44-DRAKE ext. 1854  
or visit our website at [www.drakeheadstart.org](http://www.drakeheadstart.org)**