

FAMILY NEWSLETTER

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When you call the Poison Center, a poison specialist will ask you questions to determine the severity, then provide recommendations.

PARENT ANGER

We've all been there: Our beloved child is throwing tantrums, nagging us while we are on the phone, or refusing to clean up. Our blood is boiling and our nerves are frayed and what's an angry parent to do?

Anger is one of the most common feelings, and it is natural to become angry with your children. However, how you cope with that anger is important to a good relationship. And it's not just our kids who can raise our anger - spouses, parents, in-laws, and siblings can cause anger and elevate our stress level. No matter who is the cause of your anger, experts agree that shouting and attacking their character is hurtful and won't fix the problem.

Many behaviors can trigger a

parent's anger, so it's important to identify the specific behaviors that you find most aggravating. Then you can develop strategies for handling them. Heading the list for many parents is whining, not following directions, not getting ready in the morning, stalling at bedtime, and arguing with siblings.

Giving yourself a cool-down period, expressing your feelings using "I" and not "you" statements, and having compassion for your child can help everyone get through difficult moments.

If you would like more ideas about how to handle these challenges, turn to the information about the Student Assistance Program on page 3. The service is free and confidential.

DON'T GUESS-MAKE THE CALL

When you call 1-800-222-1222, you are automatically connected to the Poison Center that serves your area.

Poison Control is available 24 hours a day to provide free, expert, and confidential guidance in a poison emergency.

When you call, you will talk to your local poison control specialists.

**Program the
Poison Help
number into
your phone.**

1-800-222-1222

WHICH IS BETTER FOR KIDS?

**Milk is a nutrient hero.
Pop is a nutrient zero.**

In addition to caffeine in soda, there is 12 teaspoons of sugar in a 12 oz. can of soda.



Vitamin D
Potassium
Magnesium
Phosphorus
Vitamin A
Protein
Riboflavin
Niacin
Vitamin B12



Most 12 ounce cans of soda have 12 teaspoons of sugar or more.

When children fill up on the empty calories in soda they may no longer be hungry for healthy meals and snacks.

Some soda has caffeine.



FIVE STEPS TO WASH YOUR HANDS

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for 20 seconds. Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

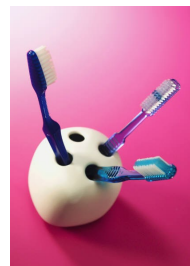
<https://www.cdc.gov/handwashing/when-how-handwashing.html>

TOOTHBRUSHES

Toothbrushes should be stored standing up.

Change your child’s toothbrush every two months or when the bristles are worn.

Change the toothbrush after your child has been ill.



Let toothbrushes air dry.

Toothbrushes should be stored standing up.

Only use toothbrushes with soft bristles.

Store toothbrushes so that they do not touch each other.

TRYING NEW FOODS

Did you know that young children need to see a new food 8-10 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.



Experts say that young children need to be offered new foods 8-10 times before they will like and accept it!

If children see parents eating a food, they may be more likely to try it.

THIS SERVICE IS FREE AND AVAILABLE FOR YOUR FAMILY

The Student Assistance Program assists families with help managing a wide variety of personal and family challenges.

Services include telephone consultation, in person meetings, and referrals to community resources if needed. All services are confidential.

All families receive free 24 hour telephone and in-person help! Student Assistance Program

In Des Moines call 244-6090
Outside Des Moines 1-800-327-4692



Call 1-800-327-4692

WARM WEATHER IS HERE!

As the weather gets warmer, take some time to go outdoors and get some fresh air. Here are some ideas to get you started:

- ⇒ Take your child on a walk. Stroll outdoors and follow your noses. What do you notice? Green grass? Blossoms?
- ⇒ Listen to the wind. What do you hear? Birds? Wind Chimes?

- ⇒ Take a walk and look for signs of spring. Flowers, green grass, birds, and bunnies.
- ⇒ Take some books outside. Spread out a blanket and read outside while keeping your social distance from others.
- ⇒ Remember to keep the 6 feet of social distance from others for both you and your child.



Drake University Head Start

3800 Merle Hay Road Suite 323
Des Moines, IA 50310

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

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



JOIN US AT THE ZOO ON MAY 1

Please join us at
the Blank Park Zoo
on May 1 from
9:00 am.-5:00 pm.

Each enrolled child
in Head Start/Early
Head Start and one
adult will be
admitted free.

Admission for other
family members will
be \$5.00 each.

Children 2 and under
are free. Masks are
required except
children under 2.

DRAKE HEAD START AND EARLY HEAD START DAY AT THE ZOO



WHEN:	WHERE:	WHAT:
Saturday, May 1, 2021 (9:00 am- zoo close (5:00 pm)	Blank Park Zoo, 7401 SW 9th St., Des Moines, IA	Enjoy the Zoo and family activities!

ADMISSION:
Each enrolled child in Drake Head Start and
Early Head Start and one adult will be admitted
for free. Admission for other family members
will be \$5.00 each. Children 2 and under are
free. Masks required except children under 2.

