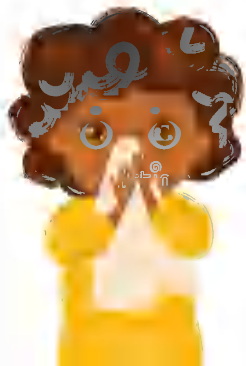


FAMILY NEWSLETTER

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Allergies can cause sneezing, sniffles, and coughing.

MANAGING PARENT ANGER

We've all been there: Our child is throwing tantrums, nagging while we are on the phone, or refusing to clean up. We are angry and our nerves are frayed. 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. No matter what the cause of your anger, experts agree that shouting and attacking children's character is hurtful and won't fix the problem.

Many behaviors can trigger anger, especially if you are already upset by something

else. So it's important to identify the specific behaviors that you find most difficult. Then you can develop strategies for handling them. Heading the list for many parents is: whining, not following directions, stalling at bedtime, and arguing with siblings.

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

If you find it helpful to talk about your anger, see [page 4](#) of this newsletter. This service is [free and confidential for all families](#).

ALLERGIES

Talk to your doctor if your child has allergies. You may be able to control some of the causes.

Common causes may be:

- ⇒ House Dust
- ⇒ Pollen
- ⇒ Medicines
- ⇒ Foods
- ⇒ Cigarette Smoke
- ⇒ Insect bites

It is also helpful to not use:

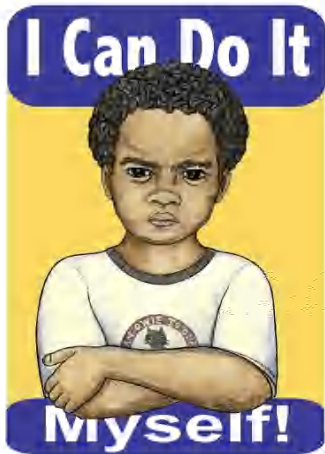
- ⇒ Hair spray
- ⇒ Perfume
- ⇒ Air fresheners around the child or in the house.

If your child does have allergies:

- ⇒ Do not use over-the-counter nose sprays or medicines.
- ⇒ Only use what the doctor recommends.
- ⇒ Never smoke around your child!

Children need parents to stay calm.

Children need structure. They need consistency and predictability.



I CAN DO IT MYSELF!

When children know how to do things for themselves they feel confident. To help your child learn how to do things for themselves:

⇒ Buy shoes and clothing that are easy to buckle, zip, and fasten on their own.

- ⇒ Let your child get dressed and put on their own clothes.
- ⇒ Let your child do simple chores, like setting the table, picking up the toys, helping with the trash.

I can do it!

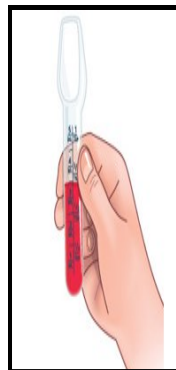


Always give medicine with the cup or dropper that came with the medicine.

Lose the Spoon

Do not use a kitchen spoon to measure medicine for your child. You can give too much or too little.

Always give medicine with the medicine cup or dropper that came with the medicine.



If you lose it, ask the pharmacy to give you another one.

Always give the correct amount of medicine. Too much medicine can cause poisoning.

WHEN
LITTLE PEOPLE
are overwhelmed
 BY BIG EMOTIONS
IT IS OUR JOB
to share our calm
 NOT TO
JOIN IN ON
their chaos



PREVENTING TOOTH DECAY

Tooth decay is caused by bacteria and sugar in the mouth, but you can help prevent it.

BRUSH HER TEETH TWICE A DAY.



AVOID sticky, chewy, high-sugar foods.



DON'T let her carry around a bottle or sippy cup of milk, juice, or sugary drinks between meals.



DON'T put her to bed with a bottle or food.



Take her to a dentist around her first birthday.

- Never put your baby to bed with a bottle.
- Wipe your baby's gums with a clean, damp wash cloth after each feeding.
- Never put juice or pop in a bottle.

WEAR A HELMET

Make sure your child wears a helmet whenever riding a trike, bike, or skates. It is important that it fits well.

⇒ It should not be too big or too small.

⇒ Place the helmet level on your child's head so that it covers the forehead.



⇒ The straps should always be fastened.

⇒ Make sure the chin strap fits tightly.

Make sure your child has a helmet on their head before riding bikes and scooters.

YOU CAN MAKE THIS GAME ANYWHERE!

This is a fun activity for kids that you can make just about anywhere: at home, at a restaurant, at Grandma's, etc. You can make your game as simple or as complex as you like.



Gather up some items from whatever room you're in and trace them onto a piece of paper. Then have your child match the object to the paper. This is an instant activity to help your little ones.

This is a fun activity to help your child with matching.

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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**

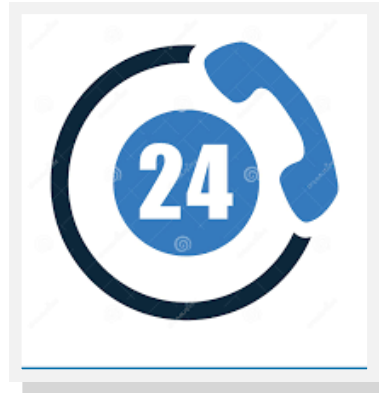
www.drake.edu/hr/

NOT SURE WHICH WAY TO TURN?

Are you wondering what to do during the summer with all the challenges and stress?

All Head Start and Early Head Start families may receive **free 24** hour telephone help.

Families receive help with concerns such as:



- ⇨ Stress
- ⇨ Family Problems
- ⇨ Emotional Problems
- ⇨ Parenting
- ⇨ Balancing Work/Family
- ⇨ Sadness
- ⇨ Single Parenting
- ⇨ Divorce
- ⇨ Alcohol
- ⇨ Drug Use

In Des Moines call
244-6090

Outside Des Moines
1-800-327-4692

1-800-327-4692