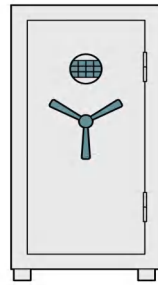


FAMILY NEWSLETTER

GUN SAFETY STARTS AT HOME

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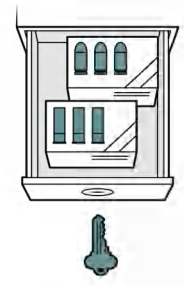
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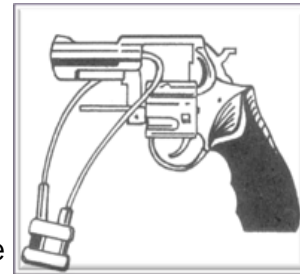
Store in a gun safe.



Store unloaded.



Store ammunition locked away from gun.



Nearly half of the homes in the U.S. have guns. *If you own a gun:* Make sure your child never gets a hold of the gun. *Never keep guns:*

- Under a bed
- In an unlocked drawer
- Loaded

Make sure the gun has a child-proof trigger lock. Store the gun in a lockable case.

Be aware that children are curious about guns.

FIRST AID KIT



Have you noticed that a 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.

NEVER LOOK AWAY



Never take your eyes off children in water. Even for a moment!



Here are some important rules for watching children in water:

- ⇒ Do not talk on the phone.
- ⇒ Do not rely upon "water wings".
- ⇒ Do not rely on other plastic water toys to keep your child safe.

- ⇒ Have a telephone handy.
- ⇒ Keep children in your sight at all times.
- ⇒ Do not read.
- ⇒ If your child cannot swim, stay within reach.

MAKING CHOICES



A banana or an apple for a snack?

Children love to make choices. By making small choices, it is often easier for children to go along where there is no choice.

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

- The red shirt or the blue shirt to wear
- Orange juice or apple juice to drink
- Strawberry yogurt or vanilla yogurt to eat
- A banana or an apple for a snack

IT CAN START INNOCENTLY!



Are you or a family member dealing with an opioid addiction?

There is help!

Opioid addiction is one of the fastest growing substance abuse disorders in Iowa. It can be innocent in how it starts. Visiting your doctor for pain.

There is a feeling of safety when a powerful drug is coming from a doctor. The problem is when prescription opioids are not used by the person they were intended or in the amount

prescribed.

As people use opioids, their tolerance increases. This can lead them to switch from prescription drugs to cheaper ones like heroin.

If you or someone you know is dealing with opioid addiction, call

The Iowa Substance Abuse Information Center
866-242-4111

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 with them



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

GROVER’S BANANA OAT SQUARES

WHAT YOU NEED

- 4 medium bananas
- 2 cups rolled oats
- 6 tbsp. peanut butter

DIRECTIONS

1. Mash bananas and combine with oats and peanut butter.
2. Spread into 9 x 13 baking pan and bake at 350 degrees for 20 minutes.



Made with three simple ingredients, Grover’s Banana Oat Squares make for a quick and healthy snack.

FREE SUMMER READING PROGRAMS

Libraries can be magical places during the summer, and they often have summer reading programs, book clubs, and events for kids like puppet shows and story-telling.

Check your library calendar for special events



throughout the summer.

Read aloud every day.

Try to find time each day to read aloud to your children. Read aloud in different places, from the porch to the park. And don't be afraid to use silly voices and act out the story.

The more that you read, the more things you will know.
The more that you learn, the more places you'll go.

~Dr. Suess
JustBareBones.com

Drake University Head Start

3800 Merle Hay Road
Suite 323
Des Moines, Iowa 50310

Phone: 515-271-1854

Fax: 515-635-0716

“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/

Tell your family and friends!!!

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

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

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 for children 0-3.

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