

# FAMILY NEWSLETTER

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## DROPPING OFF CHILDREN DURING COVID-19

Head Start wants to ensure that children, families, and staff are safe during COVID-19, so we are following recommendations of the Iowa Department of Public Health and the Center for Disease Control.



This includes a daily health screening when children arrive at the center. There are also daily health screening questions:

- Do you or anyone in your household have any common symptoms of COVID-19 including cough, shortness of breath or a body temperature of 100.4° (38.0°C)?

- Have you given your child any fever reducing medication in the last 72 hours?
- Have you or anyone in your household taken any fever reducing medication in the last 72 hours?
- Since your child last came to school has your child or anyone in your home been diagnosed with COVID-19?

Only one adult may come to the door when dropping off and picking up your child. Staff will take your child's temperature daily and assess your child's health before the adult dropping off your child leaves.



**No personal items (blankets, stuffed animals) can be brought to school with your child.**

**Staff will take your child's temperature daily and assess your child's health before the adult dropping off your child leaves.**

## CHANGES AT HEAD START

- At times, our staff will be wearing masks.
- Your child's classroom will be cleaned daily.
- We will not be using the play equipment on the playgrounds until DHS or OHS says it is safe to do so.
- You will not be able to enter or visit your child in the classroom until DHS guidance allows for visitors.
- All of the meals provided for your child will be served by our staff and will not be served family-style.
- Toothbrushing will not be done in the classroom until DHS or OHS guidance allows. As more information is available, we will pass along any changes to you. If you have questions please contact, Heidi J. Ball, RN, Health & Nutrition Manager, Drake University Head Start 515-271-3771.

**Caution!** Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed.

[Keep it out of reach of young children and supervise their use.](#)

Guidelines for  
**SLEEP**

| AGE              | NAPS     | NIGHT        | TOTAL       |
|------------------|----------|--------------|-------------|
| Newborn-2 Months | 3-5 naps | 8-9 hours    | 16-18 hours |
| 2 to 4 Months    | 3 naps   | 9-10 hours   | 14-16 hours |
| 4 to 6 Months    | 2-3 naps | 10 hours     | 14-15 hours |
| 6 to 9 Months    | 2 naps   | 10- 11 hours | 14 hours    |
| 9 to 12 Months   | 2 naps   | 10- 12 hours | 14 hours    |
| 12 to 18 Months  | 1-2 naps | 11- 12 hours | 13-14 hours |
| 18 to 24 Months  | 1 nap    | 11 hours     | 13-14 hours |
| 2-3 years        | 1 nap    | 10-11 hours  | 12-14 hours |
| 3-5 years        | 0-1 nap  | 10-11 hours  | 11-13 hours |
| 5-12 years       | n/a      | 10-11 hours  | 10-11 hours |

**There is a lending library at every Head Start Center. Check out the books so you can surround your child with print. If you are a home-based parent, ask your Specialist or Teacher how you can get books in your home.**

# PROTECT YOUR FAMILY

The best way to prevent COVID-19. You can take steps to slow the spread.

1. Maintain social distance (about 6 feet). This is very important in preventing the spread of COVID-19.



2. Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

3. Routinely clean and disinfect frequently touched surfaces.

4. Cover your mouth and nose with a [cloth face covering](#) when around others.

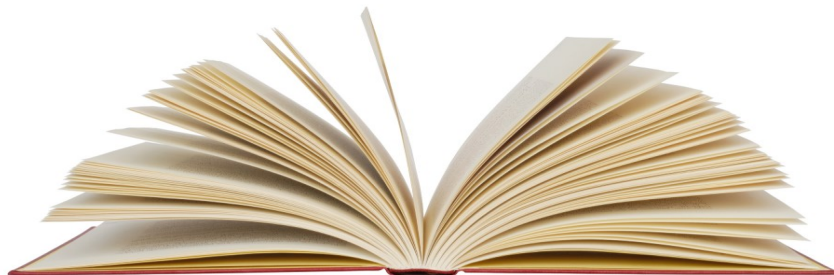
## START A BEDTIME ROUTINE

Bedtime starts before it is time to say goodnight. It is helpful to do the same things as part of your child's bedtime routine each night.

- Do calm and relaxing things before bedtime to help your child settle down.
- Whatever you are doing, remind your child that bedtime is next.
- Try speaking in a quieter voice.
- Read together, or sit and talk with your child. This can help your child calm down after a busy day.
- Avoid chase games or television programs that may get your child excited.
- If you give your child a snack, remember that foods with caffeine, like pop and chocolate, can keep children awake.

## 4 Tips for Raising A Reader:

- Surround them with print
- Read to them regularly
- Let them see you reading
- Engage them in conversation



# YOUR CHILD NEVER LEFT ALONE IN CAR!

Children should never be left alone in the car, even for a short period of time such as dropping off or picking up at Early Head Start or Head Start. If you have younger children, staff can help you identify ways to drop off and pick up so that no one is left in the car.



Accidents happen within moments of leaving a child alone.

Even if you will only be gone a few seconds, children should not be left alone in the car.

Use stores that have drive-thru windows.

- Ask grocery store clerks to help load your bags into your car and return your cart.
- Use a debit card at the gas pump.

It is tempting to leave children in the car while running a quick errand. Before you do, think twice. Stop and think about what could happen.

**The inside of a car heats up VERY quickly! Even with the windows cracked, the temperature inside a car can reach 125 degrees in minutes. Cracking the windows does not help slow the heating process OR decrease the temperature.**

## HEADSTART PROGRAM

*Put Your Family On The Path To Success!*

Did you know that your child will do better in school if you are involved? Research shows that a child whose parents are involved is more likely to:

- ⇒ Get higher grades
- ⇒ Graduate from high school
- ⇒ Go on to other training

At Head Start, we want to hear your voice! We offer many ways for you to be involved. Some ways to be involved in Head Start :

- ⇒ Read to your child.
- ⇒ Help your child with their goals.
- ⇒ Make sure your child attends school everyday.
- ⇒ Get involved in Parent Committee or Policy Council.

You are your child's first and most important teacher. Becoming involved in your child's education will make a lasting difference!



**Parents are their child's first and most important teacher.**

## HELP HEAD START SAVE MONEY ON UNEATEN LUNCHES

Calling when your child will be absent saves Head Start money. You can leave a message, day or night, to say that your child is ill.



not call before 8:00 am, a lunch will be ordered for your child. Each ordered lunch costs Head Start \$3.50 per child, per day.

If your child is absent and you do

If everyone calls before **8:00 am**, it can save thousands of dollars!

**Each ordered lunch costs Head Start \$3.50 per child per day.**

**The cost of all lunches for one school year for our program = \$242,116.00!!**

**Drake University Head Start  
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Des Moines, IA 50310**

Phone: 515-271-1854 or  
Fax: 515-635-0716

[www.drakeheadstart.org](http://www.drakeheadstart.org)

*"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/)**

**Now accepting  
applications for  
Head Start!**

**Call 515-271-1854 to schedule an application  
appointment.**

**Tell your family and friends  
About Head Start!**