

FAMILY NEWSLETTER

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NO HOLIDAY CELEBRATIONS IN HEAD START



Head Start welcomes families from all cultures and provides an objective program.

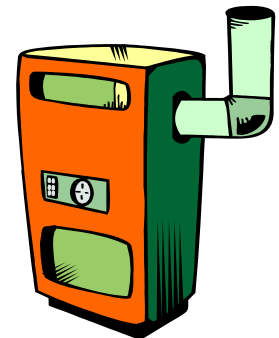
This means that Head Start does not celebrate holidays including birthdays.

ENERGY ASSISTANCE

Do you need help with your utility bills? There is help. This year all families living in Boone County, Story County, Jasper County, Warren County, Marion County and Polk County may call the three offices below to schedule a phone application appointment.

For more information, use the following list to make an appointment for a telephone application for energy assistance.

- Ankeny 515-681-8537
- Boone Co. 515-432-5052
- Polk Co. 515-518-4770



Cost of heating got you down? Qualified households may receive a one-time payment!

**YOU
ARE YOUR CHILD'S
FIRST
TEACHER.**

WASH, WASH, WASH

Keep your family healthy.

Wash hands for about 20 seconds with soap and water. The ABC Song or Row, Row your Boat last about 20 seconds.



COLDER WEATHER IS HERE!



As the weather gets colder, it is important to send your child to Head Start and Early Head Start with:

- Hats
- Mittens
- Winter Coats and Boots

All children play outside at Head

Start and Early Head Start programs each day if the weather allows. Fresh air is good for children. It helps reduce the spread of illness. If your child is in need of warm clothing, please speak with your Family Engagement Specialist, Early Head Start Specialist, or Home Based Teacher about resources for warm clothing.

Do you know what is on your kitchen sponge?

One of the most dangerous sources of virulent bacteria, including E. coli, Salmonella, Staphylococcus and others, is the kitchen sponge and 'dish cloths' in American homes.



Sudden Infant Death Syndrome

The safest way for babies to sleep is alone in their own bed and not sharing a bed or co-sleeping with their parents, other children, or animals. There should be no pillows, blankets, toys, clothing, sleep positioners, bumper pads, or other items in the baby's sleep area.



every time they are put to sleep! This is important for naps, nighttime sleep, sleep after feedings, and when other caregivers are putting the baby to sleep. A baby who normally sleeps on its back but is then placed on its stomach to sleep is at an especially high risk of SIDS.

Babies should always be placed to sleep on their backs



Homelessness and/or housing insecurity is a very real struggle for many families. If you or someone you know would like some assistance, we can help.

Please feel free to talk with your Family Engagement Specialist, Home Visitor, Teacher, or other Head Start/Early Head Start staff member.

You can also call 211 or if you live in Polk County contact Polk County Health Centralized Intake at 515-248-1850.

Home Forward Iowa is a state-wide program and can be reached at 319-491-4432.

Babies should be placed to sleep on a firm, flat sleep surface, such as a mattress in a safety-approved crib. The mattress should only have a fitted sheet on it. Babies should never sleep in adult beds, on couches, or anywhere that is not a safety-approved crib or bassinet.

STRUGGLING WITH HOUSING?

Many of us need to use a food pantry regularly.

One out of 7 households in America are using food pantries.

You are not alone.



FOOD PANTRY

More people are turning to food pantries more often and for longer periods of time.

If you need information about local food pantries, contact your Family

Engagement Specialist, Infant Toddler Specialist, or Home-based Teacher at your program/center.

They have information that you might find helpful.

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/

Visit us at www.drakeheadstart.org!

THIS SERVICE IS AVAILABE FOR YOU!

The Student Assistance Program is available to help you and your family find solutions to your concerns. The program is available for in-person counseling and telephone consultation for Drake University Head Start and Early Head Start families.

It's free!

You will receive three in-person counseling sessions and 24/7 telephone assistance at no cost to you.

Confidentiality

Services are confidential. No one will be given information about your visit or call without your permission.

**To schedule an appointment,
Call 515-244-6090**

**For Telephone
Assistance
1-800-327-4692**

Counselors are available 24 hours a day, seven days a week. When you call the numbers above, you can choose to talk to a counselor by phone or schedule an appointment with a counselor in person.

Tell them you have a child in Drake University Head Start or Early Head Start!