

FAMILY NEWSLETTER

HELP YOUR CHILDREN LEARN TO TALK

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Sharing books is a good way to help your child learn to talk.

Find a quiet place. Turn off the TV, radio, and cell phones.

As well as reading the story, talk about the pictures. If there's a dog in the picture talk about a dog that you know.



Read for a short amount of time. Young children get bored quickly, so don't read for too long.

When you share books with your child, you are helping them learn to talk and to love books.

Share favorite books again and again.



Daylight savings time begins on March 13th!

Don't forget to move clocks forward.

SLEEP IS IMPORTANT FOR LEARNING

With the change in daylight savings time it is still important to keep the bed-time routine the same.

Sleep is important to help children learn, stay healthy, and be at Head Start and Early Head Start on time. Make sure your child has enough sleep so they can be successful at school.

Age	Daily Sleep Need
Newborns (0-2 months)	12-18 hours
Infants (3-11 months)	14-15 hours
Toddlers (1-3 years)	12-14 hours
Preschoolers (3-5 years)	11-13 hours
School-age children (5-10 years)	10-11 hours
Teens (11-17 years)	8.5-9.5 hours
Adults, including elderly	7-9 hours

For Babies and Children under 3

- After each feeding, wipe your child's gums with a clean, damp gauze pad or washcloth.
- When your child's teeth come in, brush them gently with a child-size toothbrush and a smear (grain of rice sized amount) of fluoride toothpaste until the age of 3.
- Brush the teeth with a pea-sized amount of fluoride toothpaste from ages of 3 and up.

Parents and other family members are key to maintaining the home language.

Use your home language every day!

Always supervise your child during meals and snacks to prevent choking.

DON'T FORGET !

Make sure that your child brushes their teeth in the morning and before they go to bed.

Tooth brushing should be a part of your child's morning and bedtime routine.

Here's a song to sing while brushing:

Brush, brush, brush your teeth.
Make them nice and clean.



Scrub up and down and all around. Now it's time for bed.

Sung to:
Row, Row,
Row Your Boat

Parents play an important role in helping their children develop good dental habits. It is important for your child to see you brushing your teeth too!

USE HOME LANGUAGE EVERY DAY

Help your child learn your family's language and become successful in school. Use your home language every day.

Many families worry that using their home language will confuse their children. In fact, children can easily

GIVE YOUR
CHILD A WORLD
OF OPPORTUNITY
A 2nd language is within their reach



learn several languages at the same time. Research has found that speaking multiple languages at home provides a great benefit to young children. They have an easier time learning English and other things when they have a strong foundation in their first language.

CREAMY VEGETABLE DIP

1 2/3 C. milk
8 oz. cottage cheese
1/8 tsp. garlic powder
Dash of pepper
2/3 tsp. onion salt
3 T. mayonnaise



Serve with :

- Carrots
- Celery
- Cauliflower
- Broccoli
- Cherry Tomatoes
- Cucumber
- Pepper

Wash hands. Beat all ingredients with a hand beater or in a blender.

Cut all veggies into small bite sized pieces to prevent choking.

DANGERS OF FURNITURE TIPOVERS

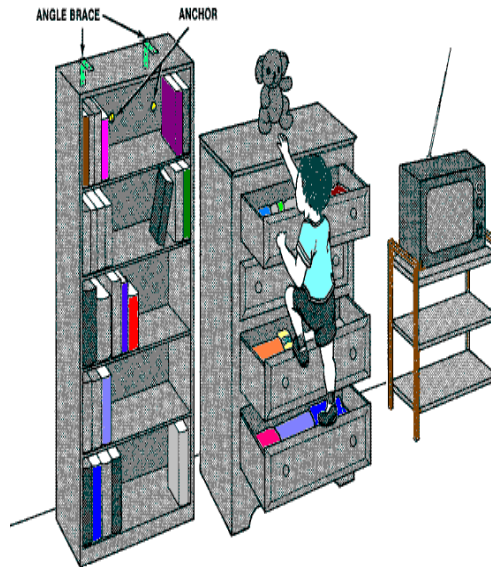
Children can be injured from climbing on:

- Shelves
- Bookcases
- Dressers
- TV tables

Help protect your child.

- Fasten heavy furniture to a wall.
- Keep heavier items on low shelves.
- Put toys on low shelves.
- Place TVs on low shelves.

Do not place items that you do not want your child to have within their sight.



For more information go to:
www.safekids.org
www.cpsc.gov

Furniture tip overs are a leading cause of accidents for young children.

YOU CAN MAKE THIS MATCHING GAME ANYWHERE

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



Gather some items from whatever room you're in and trace them onto a piece of paper. An instant activity to help your little ones learn to match.

Have your child help gather some of the items for this game!

SCARY EVENTS ON TV

Disasters like tornados and violent acts on TV can be scary for children. When young children see the news, they may not know that the event is shown again and again. They may think the scary event keeps taking place.

Here are some ways to help your child:

- Do not let your child watch the event over and over. It can make

them fearful.

- Provide children with a chance to talk about what they see.
- Answer questions at a level a child can understand.
- Don't give more details than the child asks for.
- Limit your child's news viewing.

Each time a scary event is shown over and over on TV, preschool children may think the event keeps taking place. This can increase their fear.

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



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