

FAMILY NEWSLETTER

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When you call the Poison Center, a poison specialist will ask you questions to determine the severity, then provide recommendations.

READING TO YOUR CHILD

Reading together is great fun for infants, toddlers, and preschoolers.



read along.

⇒ Learning to read and write begins at home when children are very little.

⇒ Stop and point to the words as you read. You don't have to read every word.

⇒ Reading does not need to take a long time.

⇒ Encourage your child to talk about the story as you read together.

⇒ Read at least 4 times a week.

⇒ Make reading time as short or as long as your children seem happy.

⇒ Pick books with simple pictures and familiar objects.

⇒ If you speak another language at home, read in that language.

⇒ Re-read the same story many times so children can

DON'T GUESS-MAKE THE CALL

When you call 1-800-222-1222, you are automatically connected to the Poison Center that serves your area.

Poison Control is available 24 hours a day to provide free, expert, and confidential guidance in a poison emergency.

When you call, you will talk to your local poison control specialists.



WHICH IS BETTER FOR KIDS?

**Milk is a nutrient hero.
Pop is a nutrient zero.**

In addition to caffeine in soda, there is 12 teaspoons of sugar in a 12 oz. can of soda.



Vitamin D
Potassium
Magnesium
Phosphorus
Vitamin A
Protein
Riboflavin
Niacin
Vitamin B12



Most 12 ounce cans of soda have 12 teaspoons of sugar or more.

When children fill up on the empty calories in soda they may no longer be hungry for healthy meals and snacks.

Some soda has caffeine.



FIVE STEPS TO WASH YOUR HANDS

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for 20 seconds. Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

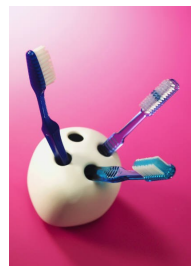
<https://www.cdc.gov/handwashing/when-how-handwashing.html>

TOOTHBRUSHES

Toothbrushes should be stored standing up.

Change your child’s toothbrush every two months or when the bristles are worn.

Change the toothbrush after your child has been ill.



Let toothbrushes air dry.

Toothbrushes should be stored standing up.

Only use toothbrushes with soft bristles.

Store toothbrushes so that they do not touch each other.

TRYING NEW FOODS

Did you know that young children need to see a new food 8-10 times or more before they might taste it? After being offered a new food several times a child may be more willing to try it.

With more fresh fruits and vegetables available in the spring and summer, it can be a good time to encourage your child to try new foods. Provide "tiny tastes". Trying one taste of broccoli can be a giant step toward becoming a food taster.

Also, remember that if children see parents eating a food, they are more likely to try it.



Experts say that young children need to be offered new foods 8-10 times before they will try it!

If children see parents eating a food, they may be more likely to try it.

THIS SERVICE IS FREE AND AVAILABLE FOR YOUR FAMILY

The Student Assistance Program assists families with help managing a wide variety of personal and family challenges.

Services include telephone consultation, in person meetings, and referrals to community resources if needed. All services are confidential.

All families receive free 24 hour telephone and in-person help!
Student Assistance Program
In Des Moines call 244-6090
Outside Des Moines 1-800-327-4692



Call 1-800-327-4692

WARM WEATHER IS HERE!

As the weather gets warmer, take some time to go outdoors and get some fresh air. Here are some ideas to get you started:



⇒ Take your child on a walk. Stroll outdoors and follow your noses. What do you notice? Green grass? Blossoms?

⇒ Listen to the wind. What do you hear? Birds?

⇒ Take a walk and look for signs of spring. Flowers, green grass, birds, and bunnies.

⇒ Take some books outside. Spread out a blanket and read outside.

TAKE YOUR CHILD ON A WALK OUTSIDE.

Drake University Head Start

3800 Merle Hay Road Suite 323
Des Moines, IA 50310

Phone: 515-271-1854
Fax: 515-515-653-0716

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



JOIN US AT THE ZOO ON MAY 7

Please join us at
the Blank Park Zoo
on May 7 from
9:00 am.-5:00 pm.

Each enrolled child
in Head Start/Early
Head Start and one
adult will be
admitted free.

Admission for other
family members will
be \$5.00 each.
Children 2 and under
are free.

**DRARE HEAD START AND
EARLY HEAD START**

DAY AT THE ZOO

WHEN:	WHERE:	WHAT:
May 7, 2022; 9:00 am- zoo close (5:00 pm)	Blank Park Zoo, 7401 SW 9th St., Des Moines, IA	Enjoy the Zoo and family activities!

ADMISSION:
Each enrolled child in Drake Head Start and
Early Head Start and one adult will be admitted
for free. Admission for other family members
will be \$5.00 each. Children 2 and under are
free.

  **Mask required and provided.**

