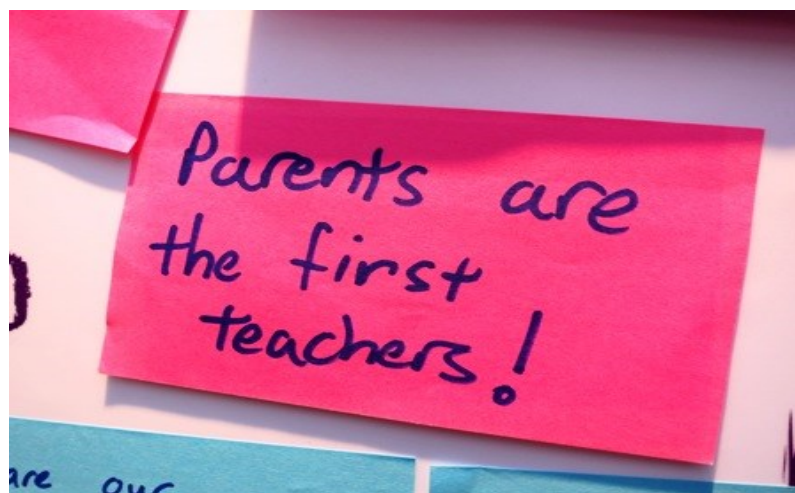


FAMILY NEWSLETTER

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BUILDING RELATIONSHIPS



Parent and child relationships are like a bank account.

deposits with your child?

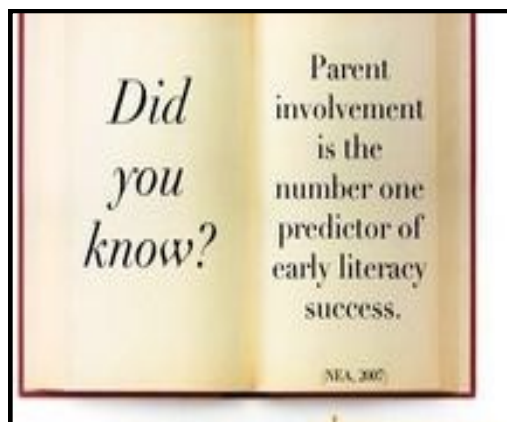
We have to put deposits into the account so that we don't overdraw.

Examples are:

- reading to your child
- playing with your child
- special one on one time

What do you do to make

INDOOR NINJA TRAINING



Here's an idea for a cold day!

Make an obstacle course by taping crepe paper strips across a hallway. Let your children crawl under and over the obstacle course.

Don't have crepe paper in the house? Use toilet paper, ribbon, and long scarves, etc. Make sure children are **supervised** during this activity because scarves and ribbons can be possible choking hazards.

Great Information!
www.flu.gov

For more information go to **www.flu.gov**. or talk to your healthcare provider.

WHO NEEDS A FLU VACCINE?

- A. You
- B. You/Child
- C. You/Baby
- D. All of the above

The answer is **D**.

All of the above.

- ⇒ Healthy people can get the flu.
- ⇒ It can be serious.
- ⇒ Everyone 6 months and older should get a flu vaccine.
- ⇒ Protect yourself.
- ⇒ Protect those around you.
- ⇒ It is not too late to get a flu shot.



JEALOUSY IN YOUNG CHILDREN

Spend quality time alone with each child.

Jealousy is a strong feeling for children and it is common.

Here are some tips for managing jealousy:

1. Do not compare children to each other.
2. Find the special qualities in each child.
3. Spend time alone with each child.
4. Set clear limits.
5. Teach children to respect each other.

BISCUIT PIZZA

Let your child help by spreading sauce on each pizza. They can also sprinkle the cheese.

- 1 tube biscuits
- 4 oz. pizza sauce
- 6 oz. mozzarella cheese

Wash hands.

1. Preheat oven to 350 degrees.
2. Flatten biscuits.
3. Put pizza sauce on each biscuit.
4. Add cheese.
5. Bake for 12 minutes.

* You can use English muffins for the biscuits.



VIRTUAL CLASSROOMS



These two pictures are examples of virtual classrooms.

Here is an example of what our classrooms look like now. The left is Early Head Start and the right is Head Start. In these uncertain times, the virtual classrooms are prepared if and when they are needed. We hope you will join us.

INDOOR BALL TOSS

Here's an idea for a cold day!

Make an indoor ball toss with laundry baskets.

Don't have enough balls? Crinkle some paper towels, newspaper, or tissue paper.



Use plastic bowls or cardboard boxes if you don't have laundry baskets.

ONLY YOU CAN PREVENT COOKING FIRES

Stand by Your Pan

Unattended cooking is a leading cause of home fires.

Always **stay in the kitchen** while cooking.



Unattended cooking is the leading cause of home fires!

Make sure your home is fire safe.

**Drake University
Head Start**

3800 Merle Hay Road Suite 323
Des Moines, IA 50310

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



**For information about
job
opportunities at
Drake University Head
Start
go to
www.drake.edu/hr/**

**Helping you find
solutions!**

Student Assistance Program

The Student Assistance Program is available to help you and your family by finding solutions to your concerns.

The Student Assistance 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 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 on line.

Tell them you have a child in Drake University Head Start.