

FAMILY NEWSLETTER

HELP YOUR CHILDREN LEARN TO TALK

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

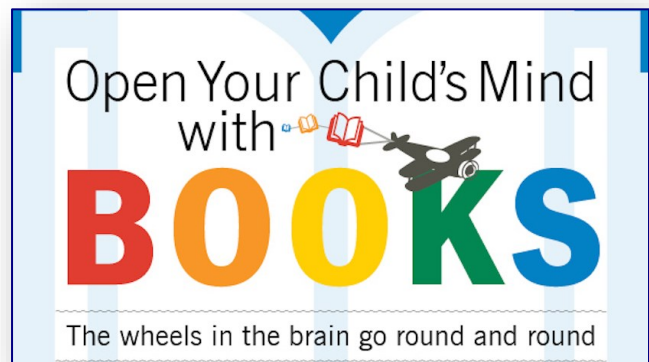
Read for a short amount of time. Young children get bored quickly, so don't read for too long.

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. It is ok just to talk about the story and pictures.

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

Share favorite books again and again.



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Hard to get those little ones to bed?

Daylight savings time begins on March 8!

SLEEP IS IMPORTANT FOR LEARNING

With the change in daylight savings time, it is still important to keep the bedtime 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.

Sleep Needs by Age		
Age	Total Hours	# Naps
1-8 Weeks	16-18 Hours	3-6 Naps
2-6 Months	14-16 Hours	3-4 Naps
6-12 Months	14-15 Hours	2-3 Naps
1-3 Years	12-14 Hours	1-2 Naps
3-5 Years	10-12 Hours	0-1 Nap
6-10 Years	10-12 Hours	0 Naps



Second hand smoke can trigger allergies.

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.

ALLERGIES

Talk to your doctor if your child has allergies. You may be able to control some of the causes.

Common causes may be:

- ⇒ House dust
- ⇒ Pollen
- ⇒ Medicines
- ⇒ Foods
- ⇒ Cigarette smoke/e-cigarette vapor
- ⇒ Insect bites

It is also helpful to not use:

- ⇒ Hair spray
- ⇒ Perfume
- ⇒ Air fresheners

around the child or in the house.

If your child does have allergies:

- ⇒ Do not use over-the-counter nose sprays or medicines
- ⇒ Only use what the doctor recommends.

Never smoke or vape around your child! This is important even if your child has no allergies.

Adapted from-Hip on Health

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



- Celery
- Cauliflower
- Broccoli
- Cherry Tomatoes (cut in half)
- Cucumber
- Pepper

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

Serve with :

- Carrots

Cut all veggies into small bite sized pieces to prevent choking and cut cherry tomatoes and grapes in half.

DO YOU WANT MORE CHILDREN'S BOOKS IN YOUR HOME?

Research shows that children benefit from having lots of books at home.

Raising a child in a home filled with books is important for their future success. Regardless of how many books you already have, each new book to the home library helps children do better. A book-filled home can promote reading and math skills. Books also



help children learn language.

Buy books from garage sales and thrift shops. You will also receive books from Head Start and Early Head Start. Check

out books at the Head Start library at your child's center. If the library is not available due to COVID-19, ask your child's teacher to check them out for your child.



Books inspire kids to dream and reach for the stars!

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 Grandmas. You can make your game as simple or as complex as you like.



from whatever room you're in and trace them onto a piece of paper. This makes an instant activity to help your little ones learn to match.

Gather some items

A fun matching game!

TOO MUCH JUICE?

Is it possible to give children too much juice?

Children who drink juice between meals may not be hungry when it is time to eat. If children are not hungry at meals, they eat less of the food that they need to grow and stay healthy.

When children are thirsty between

meals, try offering water. This is a helpful way to make sure they drink more water and are hungry at meal times.

When you do serve juice, 2/3 of a cup of 100% fruit juice is a serving of fruit.



When children are thirsty between meals try offering water.

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



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