

# FAMILY NEWSLETTER

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Your child's first writing will look like scribbles.

## IS THERE A GUN IN THE HOUSE?

Nearly half of the homes in the U.S. have guns. If you own a gun make sure your child never gets a hold of it.

Run away  
Tell an adult  
Before letting your child visit a friend's house:

- Never keep guns:
- ⇒ Under a bed
  - ⇒ In an un-locked drawer
  - ⇒ Loaded

It is an adult responsibility to make *sure that children never* get a hold of a gun.

Ask if there are guns in the house.

Ask how the guns are stored.

Make sure the gun has a child-proof trigger lock. Store the gun in a lockable case.

Be aware that children are fascinated by guns. Tell your child that if they see a gun to:

- ⇒ Stop
- ⇒ Not touch it

**1,700,000**  
children live with unlocked, loaded guns

## SCRIBBLING IS IMPORTANT!

The more children write, the more they learn about print. Just as children crawl before they walk, children scribble before they print.

Here is how writing develops:

1. Children's first marks will look like scribbles.
2. Soon their marks will be

replaced by letter-like marks.

3. Then letters appear. Early writing is not about learning to properly form letters. It is about practice. Make writing fun.

Praise your child generously, just as you did when they were learning to talk.

A final note- this process takes a L O N G time.

## QUALITY TIME

**A few minutes of quality time can make all the difference.**



Life can become so busy that it can be hard to find time with your child. At the end of a busy day it is nice to slow down and spend a few minutes together.

- ⇒ Remember, quality time doesn't need to be long.
- ⇒ It doesn't need to cost money.
- ⇒ Walking, reading, and talking are good activities.
- ⇒ Your full attention is what your child will like the most.
- ⇒ Bedtime can be a good time of day to spend time with your child.

## KEEP KIDS AWAY FROM THE STOVE

**Keep a “kid free zone” of 3 feet while cooking! Put colored tape on the floor so children can see the line to stay behind.**



- To avoid accidents while cooking:
- ⇒ Keep children away from the stove.
  - ⇒ Make a “kid free” zone of 3 feet around the stove while cooking.
  - ⇒ Keep pot handles turned into the middle of the stove.
  - ⇒ Use the back burners of the stove.

## SODA IS NOT GOOD FOR CHILDREN

**Soda makes a child feel full so they are less likely to eat meals.**



**ReThink Your Drink**

Drink more water and fewer sugary beverages.

**16-18 teaspoons of sugar in a 20 oz. Soda**

# EVERYDAY LEARNING

For young children, everyday activities can be fun and a great way to learn.

Young children are curious and want to explore. They like to do things by themselves. They feel proud when they can help.

Teaching your children how to do household chores will give them confidence. If the job is too difficult, teach children how to do a small part.



Children can learn from:

- ⇒ Making the bed
- ⇒ Folding the laundry
- ⇒ Putting toys away
- ⇒ Setting the table
- ⇒ Cleaning their room
- ⇒ Feeding a pet
- ⇒ Raking the lawn
- ⇒ Putting the groceries away



**Putting toys in a basket can be a good way to learn.**

# HEAD START IS SCHOOL

One of the most important things that parents, grandparents, and family members can do to help a young child be successful in Head Start/Early Head Start is to make sure they have regular attendance.

Children learn and grow best if they regularly attend school. Give your child the encouragement he/she needs to be successful.

Young children need routines, so creating the habit of getting up and going to school every day helps children develop the skills they need in Head Start and in school.

Research shows that children chronically absent in kindergarten and 1st grade are much less likely to read at grade level by the end of 3rd grade.

**Regular attendance at Head Start and Early Head Start is a school readiness skill. Sometimes we don't think attendance matters in Head Start but it is important for later school success.**

# WONDERING WHEN TO START YOUR CHILD USING TOOTHPASTE?

What age should you begin using fluoride toothpaste?



How much toothpaste should be used?

1. Six months
2. One and two years old
3. Three years old

Begin brushing your child's teeth with a smear of fluoride toothpaste between the ages of one and two. Use a soft bristled toothbrush.



**Begin brushing your child's teeth with a smear of toothpaste between the ages of one and two.**

## Drake University Head Start

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*"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/](http://www.drake.edu/hr/)**

## HELP IS JUST A PHONE CALL AWAY



Are you wondering what to do as you face day to day challenges and stress?

All Head Start and Early Head Start families receive free 24 hour telephone help. In addition, families can receive 3-5 sessions of counseling that is confidential and free of charge.

Call  
**1-800-327-4692**

**24 Hours a day  
7-Days a week**