

FAMILY NEWSLETTER

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The best security blanket a child can have is parents who respect each other.

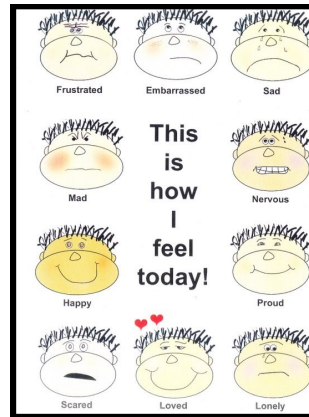
Co-parenting can make a big difference in a child's life and learning.

UNDERSTANDING FEELINGS

Teaching your child how to name and express their feelings is very important. Here's a simple way to start.

After your child has settled down from a difficult situation, try one of these activities when they are quiet.

1. Have your child draw a picture of happiness, sadness, and anger. This will help them tell the difference between emotions.



Help your child breath slowly while counting to ten.
1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Also, have your child draw a picture about how they felt.

2. Have your child slowly breathe in and out while counting to ten. This will teach them how deep breathing can help calm a person down.

3. Encourage your child to talk about their feelings. This will help them manage their feelings better.

CO-PARENTING

Not all children have an active relationship with both parents. This may be due to:

- Divorce
- Work arrangements
- Military service
- Other things may keep parents away from their children

One possible solution may be to think about co-parenting.

Co-parenting gives both parents the opportunity to be involved with their child. This will

allow each parent to have time to themselves and time for the child to have a relationship with both parents.

Studies show that children do better in school when both parents are involved. Head Start/Early Head Start can involve both parents in the program. If you are co-parenting and would like to make arrangements for parent-teacher conferences, etc., please let us know.

EVERYDAY LEARNING

They may not do it perfectly, but they will be proud of their work.

Household jobs can be a great way for young children to learn.



Children learn from activities such as:

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

- Making the bed.
- Folding the laundry.
- Putting toys away.

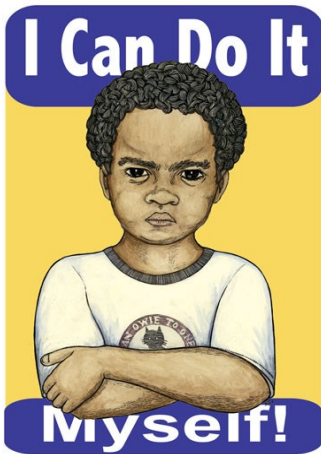
Setting the table.

Feeding a pet.

Cleaning their room.

Putting the groceries away.

Taking the time to teach your child how to do household jobs will help them feel confident. If the job is difficult, teach children how to do a small part.



I CAN DO IT MYSELF!

When children know how to do things for themselves they feel confident. To help your child learn how to do things for themselves:

⇒ Buy shoes and clothing that are easy to buckle, zip, and fasten on their own.

⇒ Let your child get dressed and

put on their own shoes.

⇒ Let your child do simple chores, like setting the table, picking up the toys, helping with the trash.

⇒ Things will not be done perfectly but this is how they are learning.

This is a fun guessing game to play with your child!

WHAT'S IN THE SOCK?

Put a spoon, a toy, or a ball in a sock. Have your child put one hand in the sock to feel the object. Can he or she guess what it is? Give clues.



to put in the sock so you can guess what it is. Ask your child to give you clues about the object. Keep taking turns putting things in the sock and guessing what they are.

After your child had guessed correctly, let him or her find an object

You can make the game more difficult by having your child feel the object through the sock.

TEMPER TANTRUMS

It can be frustrating when your child has a temper tantrum. It seems like they are out of control. They might not listen to a word that you say. It's comforting to know that tantrums are normal.

Children have temper tantrums for many reasons. It can be hard for children to control anger if they are:

- ⇒ tired
- ⇒ hungry
- ⇒ uncomfortable
- ⇒ sick

Children can learn how to manage their feelings at home. If they see parents letting their anger get out of control, they are more likely to copy what they see.

One way to teach your child how to control their anger is by controlling yours. If you begin to feel angry, make sure your child is supervised and remove yourself from your child. After things have cooled down, explain to your child how you handled your anger. It is a good way to teach positive behavior.



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PAY ATTENTION TO GOOD BEHAVIOR

The secret to encouraging good behavior from your child is to give positive attention when your child is behaving well. Even on the busiest of days, there are opportunities to quickly tune into what your child is doing and saying.

When kids get positive attention, they have less attention-seeking behaviors. They are less likely to whine

or ask the same question over and over when they've been given regular doses of positive attention.

The trick is to pay more attention to the behavior you want, and less to the behavior you don't want. "Catch" your child doing positive things. Attention to good behavior increases good behavior.

2 Ways Kids Seek Our Attention:

Good Behavior	Bad Behavior
	

MENTAL HEALTH=MENTAL WELLNESS

Head Start believes that children's mental health is very important.

A child's family is the most important part of helping children feel good about themselves and develop positive self esteem. They need to receive consistent messages that they are loved and valued.

Healthy social and emotional development is important to how children view themselves. It helps them feel confident and ready to try new things.

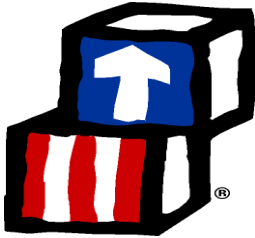
How can you help your child develop positive self esteem?

How can you help your child develop positive self esteem?

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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/

**All families receive
free 24 hour
telephone and in
person help!**

NOT SURE WHICH WAY TO TURN?

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

All Head Start and Early Head Start families receive **free** 24 hour telephone help.

Families receive help with concerns such as:

- ⇒ Stress
- ⇒ Family Problems
- ⇒ Emotional Problems



- ⇒ Parenting
 - ⇒ Balancing Work & Family
 - ⇒ Sadness
 - ⇒ Single Parenting
 - ⇒ Divorce
 - ⇒ Alcohol
 - ⇒ Drugs
- In Des Moines call
244-6090

Outside Des Moines
1-800-327-4692

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