

FAMILY NEWSLETTER

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*A Child's
Self-Esteem
Starts
at Home*

- HealthyPlace.com -

IT CAN START INNOCENTLY

Opioid addiction is one of the fastest growing substance abuse problems in Iowa. It can be as innocent as visiting your doctor for pain.



There is a feeling of safety when a drug is coming from a doctor. The problem is when prescription opioids are not used by the person they were intended or in the amount prescribed.

As people use opioids, their tolerance increases. This can lead them to switch from prescription drugs to cheaper

ones like heroin.

If you or someone you know is dealing with opioid addiction and would like help call

Iowa Substance Abuse Information
866-242-4111

Are you or a family member dealing with an opioid addiction?

**There is help!
866-242-4111**

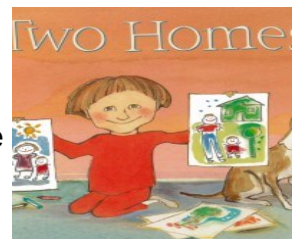
CO-PARENTING

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

- Divorce
- Work
- 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



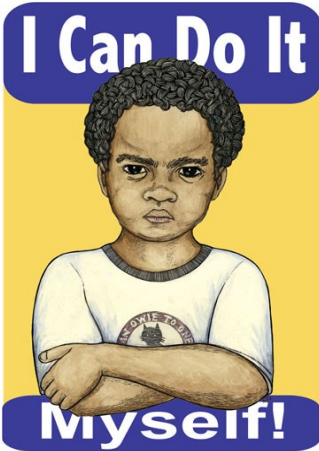
allow each parent to have time to themselves and time for the child to have a relationship with both parents.

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.

YOUR CHILD WILL FOLLOW YOUR EXAMPLE, NOT YOUR ADVICE.

Expect It.....Teach It

- We must model the behaviors we expect from our children.
- In reality, they watch and learn from us.
 - Talk to your children at their level, eye to eye.
 - Stop what you are doing to completely listen when your child is telling you something that is important to them. We expect them to stop and listen, why shouldn't we?



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.

put on their own clothes.

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

- ⇒ Say thank you and praise your child.

- ⇒ Let your child get dressed and

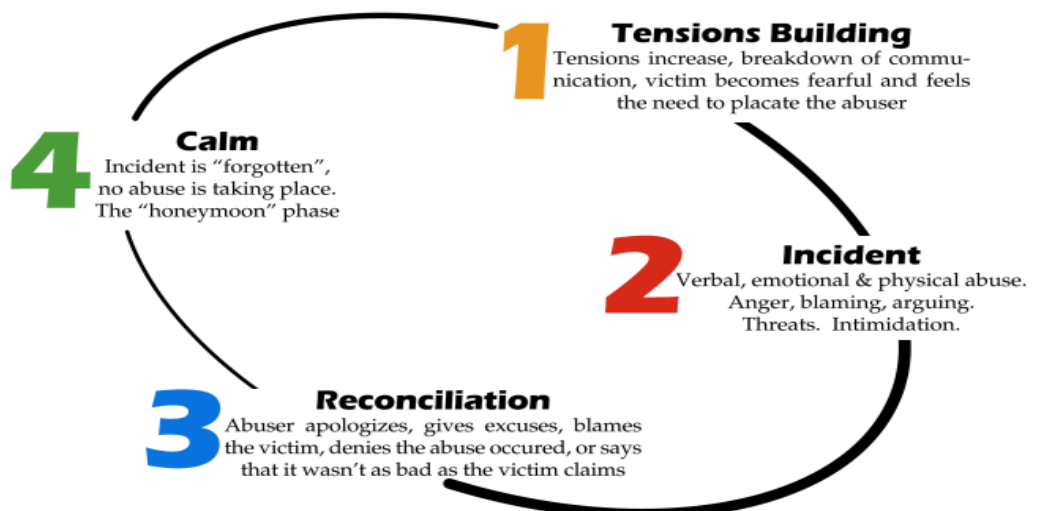
I can do it!

If you are in a Cycle of Abuse and need help-

Call 1-800-327-4692

A free service available for parents of Head Start/ Early Head Start enrolled children.

Cycle of Abuse



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 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.

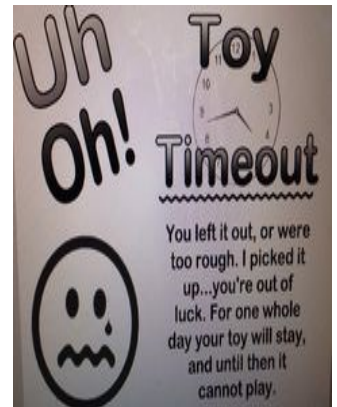


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LOGICAL CONSEQUENCE

Creative Consequence Idea #3

If you find yourself constantly reminding your children to clean up put their toys in time out.



PRAISE IS IMPORTANT

Praise helps children try new things and know that you like what they are doing. Praise helps children learn how to:

- Share
- Respect others
- Feel good about themselves

Praising small things is important. Praise can be a hug, a smile, a touch,

or a few words such as:

- Good job
- Good listening
- Thanks for trying
- You tried hard
- You'll get it
- You can do it

Praise is most effective when it is specific.



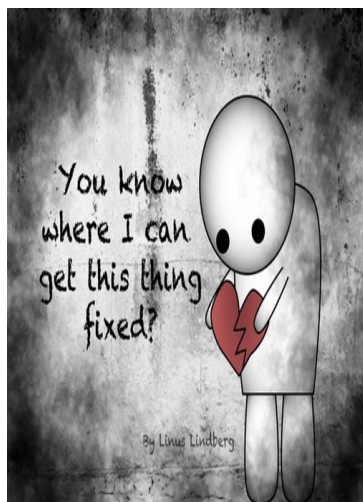
**Will I spoil my child if I give too much praise?
No!**

Drake University Head Start

3206 University
Des Moines, Iowa 50311

Phone: 515-271-1854 Fax: 515-271-2199

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



**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
- ⇒ Drug Use

In Des Moines call
244-6090
Outside Des Moines
1-800-327-4692

1-800-327-4692