

FAMILY NEWSLETTER

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Wondering how many days until Head Start begins? Early Head Start Toddlers open in July and Head Start Centers/Programs begin the end of August 2017!

Head Start requires up to date physical exams, immunizations, and dental exams! It is important to schedule appointments now

FREE SUMMER MEALS



School's Out!
POWER UP
 for
Summer Fun!

SUMMER MEALS for KIDS & TEENS
 Being Served in Your Community

To find a nearby site:
 Call 1-866-348-6479
 Go to www.fns.usda.gov/summerfoodrocks
 Text FOOD to 877-877 operated by a USDA partner

Open to all children 18 and younger
NO Enrollment, NO Cost!

USDA | Food and Nutrition Service | USDA is an equal opportunity employer and provider.

What do you know about Summer Meal Programs through the USDA ?

Myth: The programs are only for young children.

Fact: Anyone 18 and under can receive meals through USDA Summer Meal Programs.

Myth: I have to sign my children up ahead of time.

Fact: The meal sites are open to the community and do not require that children sign up in advance.

Myth: I receive SNAP so my children cannot receive meals from this program.

Fact: Regardless of what other assistance your family may receive, open Summer Meal Program sites will provide meals for

your children.

Myth: I am doing better than some other families, and I don't want to take a meal away from someone who needs it more.

Fact: Meals are prepared based on the number of children that come to their sites. If there is an attendance increase, more meals will be prepared.

Myth: I have to submit personal information about my family in order for my child to participate.

Fact: Parents are not required to give personal information in order for their child to receive free meals.

Call **1-866-348-6479** to find the meals sites in your area.

SCARY EVENTS ON TV

Each time a scary event is shown over and over on TV, preschool children may think the event keeps taking place. This can increase their fear.

Disasters like tornados and violent acts on TV can be scary for children. When preschool children see the news on TV, they may not know that the event is shown again and again. They may think the scary event keeps taking place.

Here are some ways to help your child:

- Do not let your child watch the event over and over. It can make them more stressed and fearful.
- Provide children with a chance to talk about what they see on TV.
- Answer questions at a level a child can understand.
- Don't give more details than the child asks for.
- Limit your child's news viewing.
- Watch the news with your child.
- Keep your family routine.
- Give lots of hugs and reassurance.

WHAT IS MISSING?

This memory game can be played anywhere.

Test your child's memory. Place a few objects in front of her. Allow her to study them.

Then have her close her eyes and remove one.



See if she knows "what's missing". Then, it is your turn to see if you know what is missing.

Use items that are not small enough for your child to choke on.

READING TO YOUR CHILD

A visit to the public library is a great way to spend a hot summer morning or afternoon with your child.

Reading together and just looking at pictures in books is great fun for infants, toddlers, and preschoolers. Here are some tips about reading to your child.

- ⇒ Make reading time as short or as long as your children seem happy.
- ⇒ Learning to read and write begins at home when children are very little.
- ⇒ Reading does not need to be long.
- ⇒ Read at least 3-4 times a week.
- ⇒ Pick books with simple pictures and familiar objects.

TRYING NEW FOODS

Did you know that young children need to see a new food seven times or more before they might taste it? After being offered a new food several times a child may be more willing to try it.

With more fresh fruits and vegetables available in the spring and summer, it can be a good time to encourage your child to try new foods. Provide “tiny tastes”. Trying one taste of broccoli can be a giant step toward becoming a food taster.

Also, remember that if children see parents eating a food, they are more likely to try it.

Experts say that young children need to be offered new foods 7 or 8 times before they will like and accept it!

If children see parents eating a food, they may be more likely to try it.

OFFER A CHOICE ABOUT HOW TO TAKE MEDICINE

While not taking the medicine is not an option, offering simple choices gives the child a needed sense of control.

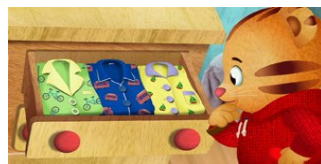
You might ask, “Do you want the medicine before you get dressed or after?”



Offer a Choice About How to Take Medicine

MAKING CHOICES

Children love to make choices. By making small choices, it is often easier for children to go along where there is no choice.



- Orange juice or apple juice to drink
- Strawberry yogurt or vanilla yogurt to eat

There are many ways that children can make decisions. Parents can provide acceptable choices and have their child pick one. Examples might be:

- The red shirt or the blue shirt to wear

- A banana or an apple for a snack

Making choices helps children develop self-confidence.

There are many ways to help children develop confidence. One way is to allow children to make choices.

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



Are you not sure
which way to turn
during the summer?

Summer can be very
challenging and
overwhelming for
parents.

Need another opinion about a life problem,
relationship issue, or mental health concern?



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

**Student Assistance
Program**

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

1-800-327-4692