

FAMILY NEWSLETTER

MAKING FRIENDS

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Children who do the best in school are children who:

1. Know how to make friends.
2. Can play with others.
3. Can control their feelings.

- ⇒ “Tell me what happened and why you are upset.”
- ⇒ “Look at Sarah’s face... Can you tell she is angry?”
- ⇒ “Who wants to help set the table today?”

That is why in Early Head Start and Head Start, we work everyday with your child to develop self-confidence, self-control, and the ability to make friends.

These words help children understand the feelings of others and to feel good about themselves.

In our classrooms, teachers can be heard saying things like,

By making similar comments, parents can also help children practice these skills and gain self confidence.

Adapted from:
A Parent’s Guide to Preschool



Hard to get those little ones to bed?

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.

Age	Daily Sleep Need
Newborns (0-2 months)	12-18 hours
Infants (3-11 months)	14-15 hours
Toddlers (1-3 years)	12-14 hours
Preschoolers (3-5 years)	11-13 hours
School-age children (5-10 years)	10-11 hours
Teens (11-17 years)	8.5-9.5 hours
Adults, including elderly	7-9 hours

LEARNING AT HOME



Children learn important things by helping sort and fold laundry!

Research has found that speaking multiple languages at home provides a great benefit to young children.

Use your home language every day!

Always supervise your child during meals and snacks to prevent choking.

Daily activities can be a learning time for children. Below are some ways to include your child in these activities.

While putting away the groceries, have your child sort the:

- Canned goods
- Boxed goods
- Fruits
- Vegetables

Once the canned goods are sorted, ask your child to put them away by color.

Read and point out the names on the boxes and cans to your child.

- For example, “green beans.”

Your child can help sort the laundry by:

- Washcloths
- Towels
- Socks

Then they can match the socks by:

- Big
- Small
- Color

When you put away clean dishes, your child can sort the forks and spoons.

Help your child pick up their room and sort their toys. For example, trucks on one shelf and blocks on another.

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



Serve with :

- Celery
- Cauliflower
- Broccoli
- Cucumber
- Pepper

Cut all veggies into small bite sized pieces

Wash hands. Beat all ingredients with a hand beater or in a blender. to prevent choking. pieces.

HAS YOUR CHILD BEEN TESTED FOR LEAD?

About 310,000 U.S. children ages 1 to 5 have elevated blood lead levels, which can accumulate over months and years and cause serious health problems.

Effects on children

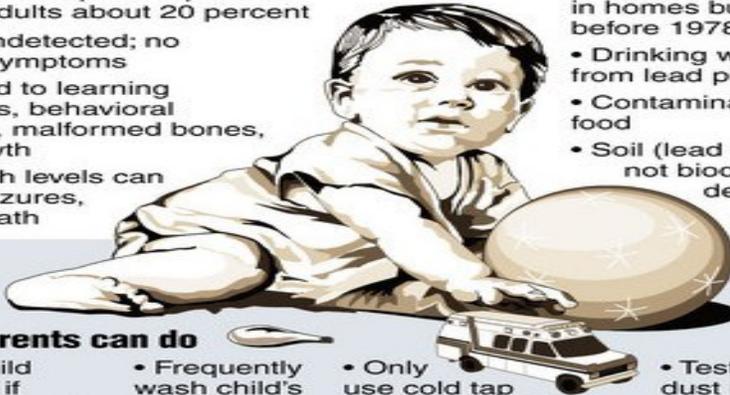
- Kids absorb up to 70 percent of lead, adults about 20 percent
- Often undetected; no obvious symptoms
- Can lead to learning disabilities, behavioral problems, malformed bones, slow growth
- Very high levels can cause seizures, coma, death

Sources

- Lead-based paint, contaminated dust in homes built before 1978
- Drinking water from lead pipes
- Contaminated food
- Soil (lead does not biodegrade, decay)
- Toys*

What parents can do

- Have child screened if there is concern of lead exposure
- Frequently wash child's hands, toys, pacifiers
- Only use cold tap water for drinking, cooking
- Test paint, dust in home if it was built before 1978



Beginning at age one, children should be tested for lead.

**For more Information
Iowa Department of Public Health
1-800-972-2026**

ARRIVING ON TIME

When a child arrives late at Head Start and Early Head Start, it causes a distraction in the classroom.

It can also be embarrassing for children to be late and have everyone's attention



on them.

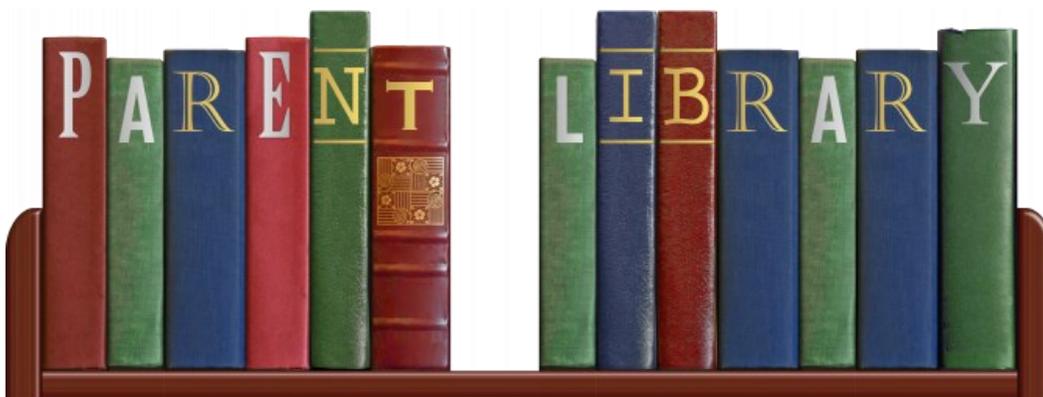
Children who arrive late miss out on important group time.

Make sure your child arrives on time.

Children who arrive late miss out on important learning time in the classroom.

Arriving on time helps children be successful.

LENDING LIBRARIES



Do you know where the lending library is at your child's center?

There is lots of information, books and activities for you and for your child.

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.”

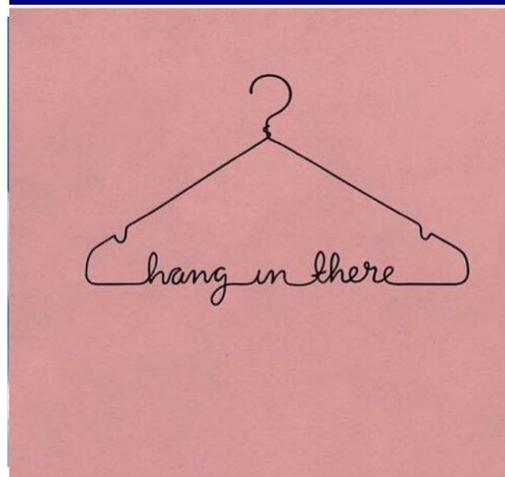


**Are you feeling over-
whelmed and not
sure which way to
turn?**

Call 1-800-327-4692

**This advice is free!
The solutions
are real!**

**Need another opinion about a life problem,
relationship, or every day concern?**



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

**Student Assistance
Program**

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

**Did you know that Head Start is always looking for
qualified staff.**

For more information-visit www.drake.edu/hr