

# FAMILY NEWSLETTER

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## NO HOLIDAY CELEBRATIONS IN HEAD START



Head Start welcomes families from all cultures and provides an objective program.

does not observe any holidays or traditions including birthdays.

This means that Head Start

## I CAN SERVE MYSELF

Here are some ideas to help your children learn to serve themselves:

- Put food in cereal size bowls.
- Use soup spoons for serving.
- Milk or juice can be put in a cream pitcher or spouted measuring cup.
- ⇒ If the pitcher is not filled full, your child can

lift it with one hand.

When children choose the size of their own serving, they are more likely to eat it.

This might not work at every meal. However, in a short time most children serve themselves and eat more willingly.

**YOU  
ARE YOUR CHILD'S  
FIRST  
TEACHER.**

# WASH, WASH, WASH



**Washing hands helps to keep your family healthy.**

Wash hands for about 20 seconds with soap and water. The ABC Song or Row, Row, Row your Boat last about 20 seconds.

Wash before:

- ⇒ Touching food
- ⇒ Eating
- ⇒ Diapering

Wash after:

- ⇒ Handling food
- ⇒ Using the bathroom
- ⇒ Blowing your nose
- ⇒ Coughing and sneezing
- ⇒ Touching a pet
- ⇒ Handling garbage
- ⇒ Changing a diaper
- ⇒ Wash when you come inside

## IF YOUR CHILD IS ABSENT

**If you have not called with a reason for your child's absence one of your child's teachers will call you shortly after class begins!**

Head Start is school. We expect children to be there on time every day.

If your child is going to be absent or late, please call the center before 8:00 a.m.



You can leave a message anytime at your program/center. Answering machines are available 24/7.

If you have not called with a reason for your child's absence one of your child's teachers will call you shortly after class begins!

## PUMPKIN DIP



**Pumpkin is rich in vitamin A.**

2 cups pumpkin  
 1 package cream cheese  
 1 cup brown sugar  
 1 tsp. cinnamon  
 1/2 tsp. ginger  
 1/2 tsp. nutmeg  
 Wash hands.

1. Mix the pumpkin with the cream cheese into a large bowl.
2. Add the rest of the ingredients.
3. Mix until smooth and creamy.

4. Put in the refrigerator for at 4 hours.
5. Serve with graham crackers, celery, carrots, etc.
6. Children under 4 should be monitored closely while eating these foods. They should be cut into small pieces or partially cooked to chew more easily.

## PROTECT YOUR CHILD FROM SECONDHAND SMOKE

Protect your children from cigarette smoke. Smoke can cause serious health problems. Children who breathe secondhand smoke are more likely to get:

- Chest colds
- Pneumonia
- Asthma attacks

Infants exposed to secondhand smoke are at risk for:

- Sudden Infant Death Syndrome or SIDS.

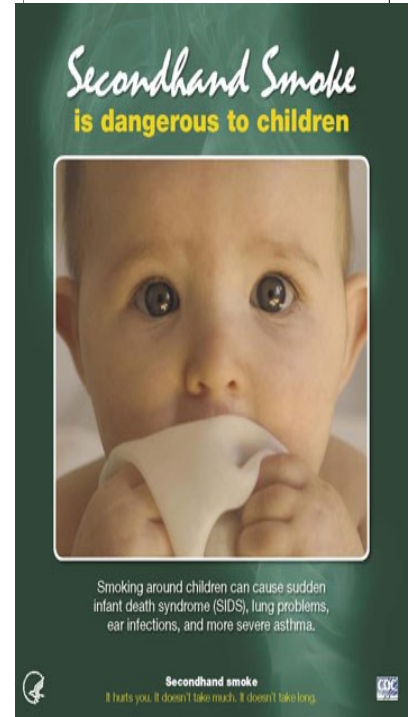
It is not enough to:

- Turn on a fan.
- Use candles and air fresheners.

Be a hero. If you must smoke, do it outside away from your child.

If you would like information about smoking cessation, call the

Quitline Iowa  
1-800-784-8669  
Calls are taken in English and Spanish.



## BUILDING RELATIONSHIPS



Parent and child relationships are like a bank account.

We have to put deposits into the account so that we don't overdraw. What do you do to make deposits with your child?

Examples are:

- reading to your child
- playing with your child
- special one on one time

**You are your child's most important teacher!**

## ACTIVE IS BEST

Children need to be active! They love to move and explore.

Make sure you include plenty of active time in each day.

Television and video games are not



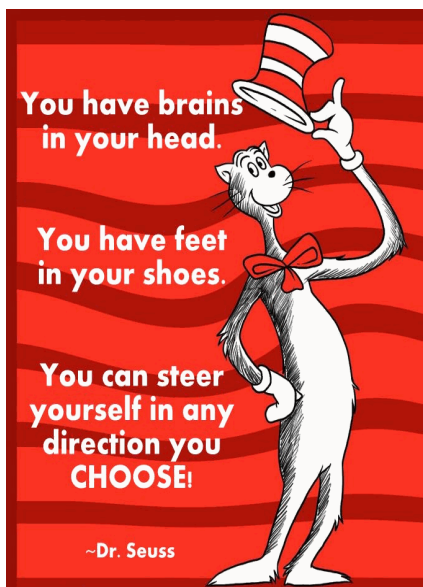
active time, so these are best kept to a minimum.

**Boxes of all shapes are good for building big towers. Children love to build with them.**

## Drake University Head Start

3206 University  
Des Moines, Iowa 50311

Phone: 515-271-1854 or  
1-800-44-DRAKE ext. 1854  
Fax: 515-271-2199



Helping you find  
solutions!

## AVAILABLE FOR ALL FAMILIES

The Student Assistance Program is available to help you and your family find solutions to your concerns.

The Student Assistance Program is available for in-person counseling and telephone consultation for Drake University Head Start and Early Head Start families.

**It's free!**

You will receive three in-person counseling sessions and 24/7 telephone assistance at no cost to you.

**Confidentiality**

Services are confidential. No one will be given information about your visit without your permission.

To schedule an appointment,  
Call 515-244-6090

For Telephone Assistance  
1-800-327-4692

Counselors are available 24 hours a day, seven days a week. When you call the numbers above, you can choose to talk to a counselor by phone or schedule an appointment with a counselor in person.

Tell them you have a child in Drake University Head Start.

## FREE AND CONFIDENTIAL