

FAMILY NEWSLETTER

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IS THERE A GUN IN THE HOUSE?

1,700,000

children live with
unlocked, loaded guns



Nearly half of the homes in the U.S. have guns.

If you own a gun make sure your child never gets a hold of it.

Never keep guns:

- ⇒ Under a bed
- ⇒ In an unlocked drawer
- ⇒ Loaded

Make sure the gun has a

It is an adult responsibility to make *sure that children never* get a hold of a gun.

child-proof trigger lock. Store the gun in a locked case.

Be aware that children are fascinated by guns. Tell your child that if they see a gun to:

- ⇒ Stop
- ⇒ Not touch it
- ⇒ Run away
- ⇒ Tell an adult

1 in 3

homes with children have guns, many unlocked or loaded.



80%

of unintentional firearm deaths of kids under 15 occur in the home.



3 in 4

children ages 5-14 know where firearms are kept in the home.



QUALITY TIME

A few minutes of quality time can make all the difference.



Life can become so busy that it can be hard to find time with your child. At the end of a busy day it is nice to slow down and spend a few minutes together.

- ⇒ Remember, quality time doesn't need to be long.
- ⇒ It doesn't need to cost money.
- ⇒ Walking, reading, and talking are good activities.
- ⇒ Your full attention is what your child will like the most.
- ⇒ Bedtime can be a good time of day to spend time with your child.

KEEP KIDS AWAY FROM THE STOVE

Keep a “kid free zone” of 3 feet while cooking! Put colored tape on the floor so children will see the line to stay behind.



- To avoid accidents while cooking:
- ⇒ Keep children away from the stove.
 - ⇒ Make a “kid free” zone of 3 feet around the stove while cooking.
 - ⇒ Keep pot handles turned into the middle of the stove.
 - ⇒ Use the back burners of the stove.

SODA IS NOT GOOD FOR CHILDREN

Soda makes a child feel full so they are less likely to eat meals.



ReThink Your Drink

Drink more water and fewer sugary beverages.

16-18 teaspoons of sugar in a 20 oz. Soda

EVERYDAY LEARNING

For young children, everyday activities can be fun and a great way to learn.

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

Teaching your children how to do household chores will give them confidence. If the job is too difficult, teach children how to do a small part.



Children can learn from:

- ⇒ Making the bed
- ⇒ Folding the laundry
- ⇒ Putting toys away
- ⇒ Setting the table
- ⇒ Cleaning their room
- ⇒ Feeding a pet
- ⇒ Raking the lawn
- ⇒ Putting the groceries away

We use the Planned Language Approach to improve language and literacy for all children. Did you know?

Children with 2 languages develop strong thinking skills and learn other languages easier?

HEALTHY FAST FOODS

Here are some tips to choose healthier fast foods:

- Choose single patty hamburgers without the sauces, mayo, bacon, or cheese.
- Avoid fried sandwiches.
- Try the grilled chicken sandwich.
- To decrease fat use mustard, ketchup, BBQ sauce, tomatoes, lettuce, onions.
- A roast beef sandwich is a good

choice versus a burger. Roast beef is leaner.

- Say no to “Super-Size.”
- Try healthier sides instead of fries.

Choose

- Salads
- Baked potatoes
- Soups
- Apples
- Say no to sodas. Order low-fat milk or ice water.



PREVENT TOOTH DECAY?

What age should you begin using fluoride toothpaste?



Smear



Pea-size



Regular

Babies: Wipe the gums and tongue after meals and nursing. Use a clean washcloth or gauze.

Children under 2: Brush your child’s teeth and tongue with a “smear” of fluoride toothpaste.

Ages 2-7: Brush your child’s teeth and tongue with a pea sized amount of fluoride toothpaste.



Begin brushing your child’s teeth with a smear of toothpaste between one and two.

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



**24 Hours a day
7-Days a week**

**Help is just a
phone call
away!**

HELP IS JUST A PHONE CALL AWAY



Are you wondering what to do as you face day-to-day challenges and stress?

All Head Start and Early Head Start families receive free 24-hour telephone help. In addition, families can receive 3-5 sessions of counseling that are confidential and free of charge.

Call

**1-800-327-
4692**