

THE FAMILY CONNECTION

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HOURS OF OPERATION

TUES, WED & THUR
10:00AM-3:00PM
TUES EVENING CLASSES
4:30-5:30PM &
6:00-7:00PM

WHAT'S UP THIS MONTH:

• **The Fellowship Cup is hosting a coupon class this month with Kerri McKim, Feb. 18th. Call 385-3242 for more information and to sign-up.**

• **Tiny Tot Gym is a great way to get your child active, and it only costs 50 cents per child! For more information contact Lori with the REC Department at 385-1475.**

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The Family Connection

February Newsletter



THE FAMILY CONNECTION

FEBRUARY 2010

Show yourself some love!

Whether or not you have a special someone in your life, you can use this month as an excuse to do something nice for yourself. Taking a few minutes to “spoil” yourself can recharge your body and soul, and make you a happier person and therefore a better parent.

Here are some ideas to get you started:

1. Drink lots of water.
2. Give yourself a manicure and pedicure
3. Say no to something that’s bad for you.
4. Take a walk
5. Do something you’ve been putting off.
6. Set aside 10 minutes every day and read.
7. Be silly
8. Laugh
9. After your kids go to bed, watch your favorite movie.

Whatever you end up doing, I hope you have a great Valentine’s Day!



REDUCING THE SIDS RISK



We have lots of babies joining our group right now, and we want them all to enjoy a long life. Sadly, some babies do not get to have a long life. SIDS, or Sudden Infant Death Syndrome, is the cause of death for about 50 deaths per 100,000 babies. The reason? “A small number of babies are thought to be unable to rouse from sleep normally and become deprived of oxygen when they rebreathe too much carbon dioxide,” quoted an article in January’s Parents Magazine. The following tips can help protect your baby:

1. Remove all loose bedding, stuffed animals, bumpers, and pillows from your crib. Try using a sleep-sack, which is basically a wearable blanket that doesn’t cover the face.
2. Always lay your baby face up in his crib.
3. Don’t let your baby get too hot. Sweating, damp hair, and a rash are signs she is too hot. Set the thermostat in your baby’s room to between 61 and 67 degrees.
4. Fans can increase the air flow in the room, making it less likely that carbon dioxide will get trapped.
5. Use an approved crib, with narrow slats, and a firm mattress. Crib bumpers are not recommended as they can cause suffocation.
6. Don’t share sleep surfaces! Soft mattresses, pillows, and fluffy blankets are meant for older children and grown-ups, and are not safe for babies.
7. Don’t smoke while pregnant or even near your baby. Secondhand smoke has been linked to SIDS as well.
8. Offer a pacifier when your child is going to sleep.
9. Make sure your daycare or baby-sitter is also following these guidelines.

-Amy Clark

Program Coordinator



FEBRUARY 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Tiny Tot Gym	4	5	6
7 Chic Chat	8	9 PHT, 9:30 Madres Parent Class Dad's Class	10 Tiny Tot Gym	11 W.O.R.K. F.U.T.U.R.E.	12	
14 Valentine's Day	15	16 Madres Parent Class	17 Tiny Tot Gym	18 PHT 6:30pm	19	20
21 Chic Chat 28	22	23 Madres Parent Class Dad's Class	24 Tiny Tot Gym	25 W.O.R.K. F.U.T.U.R.E.	26	27

For more information on Partners for a Healthy Baby (PHB) please call our office, Tiny Tot Gym see page 1

Class Times

- Parent Class
4:30-5:30pm and 6:00-7:00pm
- Madres
4:30-5:30pm
- Chic Chat
4:00-5:00 pm
- Dad's Class
6:00-7:00pm

February 2nd

4:30-5:30pm and 6:00-7:00pm

Hopes and Fears

What are your hopes for the future? What are your fears? Come join our discussion on achieving our hopes and learning what is holding us back.

February 9th

4:30-5:30pm and 6:00-7:00pm

Assessing Parenting Strengths

No matter how much you feel to have to learn, you have things you do really well. Tonight we are talking about what are our individual parenting strengths. By the time you leave, you will be feeling great!

February 16th

4:30-5:30pm and 6:00-7:00pm

Family Interaction Night

The importance of reading with your child cannot be stated strongly enough. Besides the language and fine-motor benefits, simply spending the time close together helps strengthen your bond and creates positive memories. Bring your child to class with you tonight and snuggle in with a book. Tonight we are also doing the Brigance Assessment, so Amy will be working with your child individually.

February 23rd

4:30-5:30 pm and 6:00-7:00pm

Change, Growth, and Letting Go

Change and growth are usually topics that make people uncomfortable, but they don't have to be. Join us as we do some fun activities that help us see how we can be open to change in our relationships and encourage those around us to be open as well.

Too Much Love?



Anita Hampton
Early Childhood Coordinator

The Family
Connection,
improving
the quality
of life for
children
and their
parents.



Stephanie Gardner (left) and
Jenny Petty (right),
Partners for a Healthy Baby Program



Staying Healthy When Your Child is Sick.