

THE FAMILY CONNECTION

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HOURS OF OPERATION

MON-THUR 8:00-3:00

The Family Connection



May Newsletter

THE FAMILY CONNECTION

MAY 2010

WHAT'S UP THIS MONTH:

- If you would like to know more about joining Partners for a Healthy Baby or Toddler programs please give us a call at 385-4090.
- Healthy Henry County Communities will be sponsoring a recreation trail event at East Lake Park on June 2.
- Randy Cermak is teaching 123 Magic at our 6:00 class throughout the month of May.

1 2 3...Magic!

I don't suppose you've ever gotten so frustrated with your toddler or preschooler that you wonder if one of you is going crazy, have you? If so, you are like every other parent in the world! We all have discipline issues at one time or another. The 6:00 parenting class is spending the month of May learning about how to handle discipline in a way that won't make you lose your mind, or

harm your relationship with your child.

The method is called 123...Magic, and was developed by Thomas Phelan. He advocates a simple method of counting down and either immediate consequences or natural consequences, depending on the age of your child. He also has strategies for getting your child to start certain activities on their own, such as picking up their toys or getting dressed by themselves.

If you would like to learn more about 123...Magic, come to the Tuesday night Parenting Class, at 6:00. Randy Cermak is doing the classes, and would be more than happy to answer your questions.

Amy Clark
Program Coordinator

THE FAMILY CONNECTION

Talk to me, baby!

It can be pretty frustrating sometimes figuring out what your baby is trying to tell you. Particularly in the middle of the night when you are only half-awake and she is telling you her opinion at the top of her lungs!

There are clues, however, to what your baby is meaning, if you just know what to look for. Here are some tips to decoding your baby's cries and expressions:

Fascination

The signs: zooming in on something with the eyes, mouth slightly open. May squeal, point, or move toward the thing she's focused on.

What to do: let her play

with the object of fascination, assuming it's safe. Encourage her interest in new experiences by describing what she sees.

Distress

The signs: corners of the mouth turning down, both eyebrows arching up in the middle. If he's not crying, it's likely his chin is quivering! What to do: these distress signals show that your baby has probably had too much stimulation, and if you don't act fast, it could morph into a complete meltdown. Take him someplace quiet and give him some time to chill out.

Boredom

The signs: trying to get your

attention by yelling, crying, or even throwing a toy. He may also smile or laugh when you react.


What to do: It's actually a compliment when your baby shows he wants your attention, because it means you are bonded. Engage your infant by playing the usual games in a different way by changing the tone or rhythm.

Anger

The signs: red-faced crying, may push or bat your hand away.

What to do: babies have simple emotions; if she's not sick or in pain, she's probably hungry or tired.

 **MAY 2010** 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Chic Chat	3	4 Madres Parent Class	5	6	7	8
9 Mother's Day	10	11 PHT Madres Parent Class Dad's Class	12	13 F.U.T.U.R.E.	14	15
16 Chic Chat	17	18 Madres Parent's Class	19	20 PHT, 6:30	21	22
23 30	24 31 	25 Madres Parent Class Dad's Class	26	27 F.U.T.U.R.E.	28	29

For more information on Partners for a Healthy Toddler (PHT) please call us at 385-4090, Tiny Tot Gym please 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

May 4

Alcohol Use
4:30-5:30pm

What kind of example did you get from your parents regarding alcohol? What kind of example are you setting for your kids? Leo Clark joins the discussion as we talk about the effect alcohol can have on a family.

123 Magic
6:00-7:00pm

Randy Cermak talks about 123 Magic, a discipline method that is designed to keep your blood pressure from soaring and house calm.

May 11

12 Steps to Keeping Your Kid Drug Free
4:30-5:30pm

Tonight we continue our discussion of substance abuse as we discuss the effect of drug use on a family. If you would like to know how to keep your kid away from drugs, we welcome you to come and join the discussion.

123 Magic
6:00-7:00pm

Join us for Part 2 of our training on 123 Magic, a discipline method developed by Dr. Thomas Phelan. Randy Cermak, our DAD's facilitator, will be leading the class.

May 18

Dating, Love, and Rejection
4:30-5:30 pm

Hopefully, we all have someone in our life that we love and that loves us. It could be your partner, your mom or dad, and certainly your child. Some kinds of love relationships are healthy and good for us, some are not. Tonight we will talk about the various kinds of love, and the rejection that sometimes takes its place.

123 Magic
6:00-7:00pm

Part 3 of our training on this discipline method, lead by Randy Cermak, will be discussing how the approach is working for you and answering any final questions you have.

May 25

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

Tonight we are talking a break from our heavier topics and looking at nutrition, especially the importance of whole grains in our diet. Pat Huessman will show us ways to enjoy eating whole grains, and get our kids to eat them!