

THE FAMILY CONNECTION

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HOURS OF OPERATION

MON-THUR 10:00-3:00

The Family Connection



June Newsletter

THE FAMILY CONNECTION

JUNE 2010

WHAT'S UP THIS MONTH:

•Don't forget that June 20th is Father's Day. Show all the fathers in your life that they mean something special to you and your family. Visit <http://familyfun.go.com/fathersday/> for some fun ideas for Father's Day!

•Community Partnership for Protecting Children will be sponsoring events at the Safety Day on June 12th from 10:30-2:00 in the HyVee Parking Lot

•Healthy Henry County Communities is also doing a Magical Kingdom event at East Lake Park on June 2nd.. It goes from 4:30 pm-6:30 pm. Rain date is June 3, same time and place.

What Did He Say?!

"My son, Carter, 3, was taking honey for a cough. When Nana was with him and asked where the honey was, Carter said, 'I'm here, Nana!'"

—excerpt from Parents Magazine

Plant A Garden With Your Kids

Growing a garden with your kids is a great way to save money, eat fresh produce all summer, and teach your children about how plants grow. But it can be challenging to find positive ways to include young children in the process. Below are some ideas that might help:

1. Create a loving garden: when you are trying to decide what to plant, consider asking your close friends and family members what they like best. You could plant "Aunt Lisa's Irises", or "Poppy's Peonies".
2. Grow veggies from veggies: planting a vegetable garden really helps kids understand where their food comes from. To help them understand where seeds come from, have your child pick some seeds from her own vegetables, such as green beans or peppers, and save them in a paper bag for a year. Next summer, you'll have seeds to plant for your own crop!
3. Watch a plant take root: it's hard for kids to wait for a plant to grow. To help them see progress earlier, take a tip from the classroom—plant your seeds in a clear

plastic cup, close to the side. Your child can watch the roots sprout from the seed.

4. Make weeding a game—How do you get your kids to weed when they might now know what a weed is? Pull one yourself and then tell them to pull only things that match it.

I hope you all have fun this summer learning about gardens and playing in the dirt!

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Summer Safety

Summer is one of the best times of the year! There are so many wonderful things to do. Summer is a great deal of fun, but we also must be aware of some of the common dangers and safety concerns during summertime.

Sun Safety

- Apply sunscreen at least 30 minutes before going outside
- Use sunscreen even on cloudy days
- Use sunscreens with AT LEAST a 15 SPF
- Reapply sunscreen at least every 2 hours and after swimming or sweating
- Take extra sunscreen precautions around sand and water as these reflect sun rays and can cause skin to burn more quickly
- Limit sun exposure during peak sun hours 10am-4pm
- Try to stay in the shade as much as possible to avoid excessive sun exposure
- Cover up when you go outside - use a hat, sunglasses, and light weight cotton clothing
- It is recommended that children under 6 months of age avoid sun

exposure all together - if a child under 6 months is going to be exposed to the sun, dress the child in lightweight long pants, long-sleeved shirt and wide brimmed hat

Pool Safety

- Install a fence that is at least 4 feet high around all sides of the pool - avoid any holes, openings or protrusions that a small child could slip through
- Never leave a child alone in or near a pool - even for a moment - infants and children in or around water should have an adult within arms reach providing "touch supervision"
- Keep rescue equipment (such as a life preserver and shepherd's hook) and a portable phone near the pool
- Avoid swimming aids such as "floaties" - they are not a substitute for approved life vests and can give a child a false sense of security
- Wait to start your children in swimming lessons until after their fourth birthday - before the age of 4 children are not developmentally

ready for swimming lessons

Lawnmower Safety

- Make sure that you pick your yard up prior to mowing to ensure that rocks, toys, or other small objects are not thrown from your lawnmower while mowing
- Do not let children ride as passengers on ride-on mowers
- Keep children and pets indoors while mowing to prevent any accidents

Bug Safety

- Avoid perfumes, hairspray and other scented body washes/sprays - these types of products attract all kinds of bugs
- Make sure you read the entire label on bug repellents - follow all manufacturer recommendations (including recommended ages for use)
- Avoid dressing your child in bright colors and flowery prints that could attract bugs
- If you choose to use a bug repellent, insure that your child washes the repellent off when they return indoors

Have a fun and safe summer!



JUNE 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Parent's Class Madres	2	3	4	5
6	7 PHT, 6:30 pm	8 PHT, 9:30 Parent's Class Madres Dad's Class	9	10 F.U.T.U.R.E.	11	12
13 Chic Chat	14	15 No class	16	17	18	19
20	21	22 Madres Parent's Class Dad's Class	23	24 F.U.T.U.R.E.	25	26
27 Chic Chat	28	29 Madres Parent's Class	30			

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

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

June 1st

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

Children's Brain Development

Have you ever wondered why sometimes your kids pick things up easily and other times it's a struggle? Come learn the best times to teach your child certain skills.

June 8th

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

Family Interaction Night

Tonight we will have fun with our kids, using Creative Curriculum techniques. Your child will also have the opportunity to make a Father's Day gift.

June 15th

There will be no class tonight. Amy and Adriana will both be at a training in Missouri.

June 22nd

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

The Male and Female Brain

Sometimes it seems like men and women come from two completely different worlds. Tonight we will be discussing some of the differences between the two genders. This is especially helpful for moms who are raising a son, or dads who are raising a daughter.

June 29th

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

Potty-Training

Do you have a two or three-year-old? Are you ready to start potty-training but unsure how to do it? Are you in the middle of potty-training but finding it challenging? Have you survived potty-training and lived to tell the tale? Tonight we will discuss the do's and don't's of this big milestone.