

# March & April 2011

## Newsletter

The Family Connection  
127 N. Main  
Mt. Pleasant, IA 52641  
385-4090



THE  
Family  
Connection



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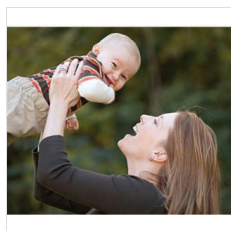
### Family Connection March Classes

## *Positive Behavior Intervention & Support*

### *Making it Happen!*

In March we will continue to talk about the social-emotional development of the young child.

We will be discussing the importance of play as a very powerful parenting practice and share some ideas that you can use to help your child build friendship skills.



### *Why Children Do What They Do?*

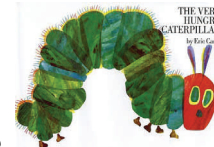
We will also take time to look at *Why Children Do What They Do*. We will share some of the behaviors you would like to see either less or more of and how you might encourage your child. We will also discuss how we can try to determine the meaning of our child's behavior. The importance of being clear about our expectations and how to develop and teach household rules will be covered.

### Family Connection April Classes

## *Family Storyteller*

### The Very Hungry Caterpillar

During our first class in April, we will continue on with the Family Storyteller series. Parents will learn the importance of pointing to words as they read to their child. We will also discuss the importance of reviewing and retelling the story, as children love knowing what is going to happen next and find comfort in hearing the sound of familiar words and rhymes.



## *Family Interaction Night*

Parents and children will have time to interact with one another during our class time on Tuesday, April 19. Child care will not be available on this night. Come enjoy a night of springtime fun!



## *Upcoming Healthy Toddler Classes*

Tuesday, March 15—9:30 a.m. &

Thursday, March 31—6:30 p.m.

Brigance Developmental  
Screenings

We will be completing the Brigance Developmental Screenings with the children in our Partners for a Healthy Toddler group in March. Each screening should take 10-15 minutes. Staff from the Family Connection will be there to help with the screens. While the screenings are taking place, the child care rooms will be open and there will be activities for the children and parents to do together!

*If you are unable to attend class in March, and would like your child to be screened, please contact Jenny Petty to set up another screening time.*

Thursday, April 14—6:30 p.m. &

Tuesday, April 19—9:30 a.m.

Love Sets Limits: Beyond the "NO" Stage

Children in the toddler stage are learning about rules, expectations, and consequences for their misbehavior.

During our April classes, we will be discussing the importance of setting clear limits while providing positive guidance in a warm, loving relationship.



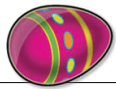
# MARCH 2011



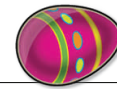
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Madres 4:15 pm Parent Class 5:30 pm	2	3 Loving Your Family 5:30 pm	4	5
6	7	8	9	10 Loving Your Family 5:30 pm F.U.T.U.R.E. 5:30 pm	11	12
13	14	15 PHT 9:30 am Madres 4:15 pm Parent Class 5:30 pm	16	17	18	19
20	21	22	23	24 F.U.T.U.R.E. 5:30 pm	25	26
27	28	29	30	31 PHT 6:30 pm Scholastic Book Orders Due		

### March Classes for Family Connection:

March 1 & March 15—Positive Behavior Intervention & Support



# APRIL 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Madres 4:15 pm Parent Class 5:30 pm	6	7	8	9
10	11	12	13	14 F.U.T.U.R.E. 5:30 pm PHT 6:30 pm	15	16 Easter Eggstravaganza Downtown
17	18	19 PHT 9:30 am Madres 4:15 pm Parent Class 5:30 pm	20	21	22	23
24	25	26	27	28 F.U.T.U.R.E. 5:30 pm	29 Scholastic Book Orders Due	30

### April Classes for Family Connection:

April 5—Family Storyteller & April 19—Family Interaction Night

# Wishing Anita Well

It's a good thing I'm sitting down. I've done something I never thought I could do. March 1 I will be leaving early childhood education, Family Connection, Healthy Henry County Communities, and Iowa State University Extension for a new job as Director of Alumni and Parent Relations for Iowa Wesleyan College. In many ways, it will be like going home. I graduated from IWC only a few years ago (!) and owned and operated Grasshopper Green Preschool on the Campus for twenty years before coming to Extension ten years ago. And now I'll be returning to campus once again. Early Childhood has been my whole professional life, my love, my avocation, and the kind of work that made it fun for me to come to work every day. And for playing I get paid!! What an absolutely wonderful life shared with children I have had. Thank you so much for giving of yourself for your children. They are so worth the investment of time and energy.

You may see me from time to time as there are several projects in the works that I must complete. Certainly know that if you have questions or need help, you will certainly be able to call on me. You have been an important part of my life for ten years. Thank you for sharing your children with me.

When one works with children, one must relate to each individual child as if there is no other child in the world at the moment. I have had so many, many, many moments through the years that have meant so much to me. However, for everything there is a season. Closing the door to this part of my working life is necessary, but I know it won't be easy. Rest assured, I will always be an advocate for your children!

—Anita Hampton

*Thanks, Anita, for all you have done  
for The Family Connection.  
You will be missed!*



*The Family Connection--improving the quality of life for children and parents.*

## What to Do With the Plastic Eggs...

This spring you may find yourself with a few extra plastic eggs lying around the house. Here are a few ideas of activities you can do with your child to make use of those colorful eggs.



**Egg-on-Spoon Race** — Give your child a long wooden spoon and have them race from one side of the room to the other without dropping their egg. If their egg drops, no problem, just put it back on the spoon and try it again! You're sure to have less mess if you use the plastic eggs!

**Color Sort**—Have your child sort his or her eggs by color. Talk about the colors of the eggs and count how many are in each pile. You can also ask them to hand you one blue egg or two pink.



**Snacks for the Diaper Bag**—Place some cereal, crackers or other snack item into an egg and put it in your diaper bag. Pull the egg out when your child needs a little snack!

**Hidden egg**—Place a small toy in a plastic egg. Hide the egg for your child to find. Let them open it to see what's inside.

**Color Match**—Mismatch eggs by putting a different color on the top and bottom. Then have children race to place the eggs back to one color.

# Healthy Recipes

Loving Your Family  
Feeding Their Future  
Nutrition Education Through The Food Stamp Program

Please enjoy these recipes from the *Loving Your Family Feeding Their Future* Classes. Recipes come from the Iowa State University Extension *Healthy Families* program.

## Quick Black Bean Salad

Yield: 6 servings

### Ingredients:

- \* 1 - 15 ounce can of black beans, drained
- \* 1 - 15 ounce can corn, drained
- \* 1 - 16 ounce jar salsa
- \* Tortilla chips or flour tortillas



### Instructions:

1. Stir to mix first three ingredients in a medium mixing bowl.
2. Serve as a dip for baked tortilla chips or roll up into a flour tortilla.

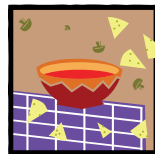
Tips: Try other canned beans such as garbanzo, red, or pinto.  
Use 1 1/2 cups frozen corn instead of canned corn.

## Baked Tortilla Crisps

Yield: 48 crisps

### Ingredients:

- \* 6 whole wheat flour or corn tortillas
- \* Cooking oil spray
- \* Salt (optional)



### Instructions:

1. Preheat oven or toaster oven to 400 degrees F.
2. Lightly grease a baking sheet with cooking spray
3. Cut tortillas into 8 wedges using a knife or pizza cutter (like cutting a pizza) and place on a baking sheet.
4. Spray tops of tortilla wedges with cooking spray and lightly salt, if desired.
5. Bake for 8-12 minutes, until crisp and light brown, watching closely so the crisps don't burn.
6. Remove from baking sheet and cool on paper towels or cooling rack.

Tips: Store tortilla crisps in an airtight container.  
Serve alone, with salsa, or with quick black bean salad.

Please note...

## Child Care Update

The play activities in the childcare rooms at the Family Connection are for children ages 0-5. Older children require a different type of play that we are not able to offer due to our funding requirements. If school-aged children (kindergarten & up) attend class with their parents, they must remain in their parents care and sit next to them during class. **Please bring quiet activities for them to do.** If the child is disruptive you will be asked to leave with him or her. We would strongly encourage parents to find alternative care for their school-aged children during class time.



## Family Connection Staff



Amy Clark  
Family Support Specialist



Stephanie Gardner, LMSW  
& Jenny Petty  
Family Support Specialists



Adriana D'Amato  
Family Support Specialist for Madres

### Office Hours:

Monday, Tuesday, Wednesday, & Thursday  
10 am - 3 pm

Learn more about The Family Connection at: [www.healthyhenrycounty.org/family\\_connection.htm](http://www.healthyhenrycounty.org/family_connection.htm)

## Family Connection Programs are funded and supported by:



Healthy  
Henry County  
Communities



IOWA STATE UNIVERSITY  
University Extension