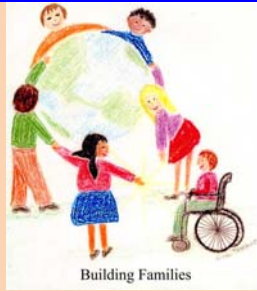


Building Families Empowerment



Building Families Vision:

Every child, beginning at birth, will be healthy and successful.

Building Families Mission:

Building Families' mission is for children, youth, and families to live in safe and nurturing environments that promote health, independence and success. Building Families will create a continuum of supports and services that embrace children and their families.

June Newsletter 2008

Announcements

If your agency would like to sponsor a parenting tip for your newspaper, please contact Ann. If you would like to start a parenting support/ education group, please contact Parent Coordinator Amy Muller at 515-832-1791.

Parent Coordinator, Amy Muller, is sending out an email called "Parent Pal", which includes parenting tips, fun activities to do with kids, and upcoming family and parenting events. If you would like to be added to the email list or add something to the Parent Pal email, please contact Amy Muller at amuller@hamiltoncountymhsb.org or call 515-832-1791.

If you would like to receive the newsletter by email contact Ann at 832-1791 or astewart@hamiltoncountymhsb.org

Iowa Public Television has "Ready to Learn" book clubs for families and child care providers. Contact Dena Goplerud at dena@iptv.org or 515-242-6568 or Tammy Lorch at tammy.lorch@iptv.org 515-242-6283.

Building Families Early Childhood Survey for Parents with Young Children has been sent out to a variety of child care centers and home providers. If you are a child care provider and did not receive surveys to pass out to your families, there is still time to participate! Please contact Amy Muller at 515-832-1791 or amuller@hamiltoncountymhsb.org if you would like the survey for your families!

Haven't heard about the Pilot Summer Preschool Program Grant? Call Ann Stewart to find out more information!

**IMPORTANT DATES
RESCHEDULED**

**JUNE 12TH: PROGRAM
COMMITTEE MEETING AT
10:00**

**JUNE 12TH: FINANCIAL
COMMITTEE MEETING AT
1:00**

Parent Tip -Because Kids don't come with directions...

Parents, having trouble getting your children to eat their meals? Here are some tips to get your children back to the table.

Snacks

- Have a snack drawer/ shelf in the refrigerator or the cupboard. Provide snacks that are low calorie and individually sized, this way your child gets a choice. Some good ideas are yogurt, string cheese, carrots, fruits, and other vegetables. For the cupboard have cookies, crackers, or your favorite chips, but notice the serving sizes and give only one serving at a time for a snack. Special snacks are encouraged, but not as an everyday occurrence. You can get snack sized Ziploc bags and put one serving of the snack in them and then you can grab and go! Snacks are not meant to get your children full, they are simply used to curb your child's appetite and give them energy for a couple of hours until meal time.

Juice

- Juice is wonderful for children. It gives them nutrients from fruits and kids love it! BUT some juices can have more sugar than juice. Try to buy 100% Juice and take a look at the serving size. Too much juice, even 100% juice, has sugar that will fill your child up so they won't be hungry for their regular meals. You want to have a balance of juice, milk (2 cups a day for children 2-6 years of age), and water.

Regular Meal times

- It is important to have a regular meal time for children. Children need food for energy about every two hours or so. When children know a meal time is coming soon, they will know they will have to wait.
- Children only need about 1,000 to 2,000 calories a day. That doesn't seem like a lot so it is important for your child not to fill up on "empty calories" like some juices and sodas (these have a lot of calories and not a lot of nutritional value)
- Try to eliminate too many distractions during meals times. This helps the child focus on what they are eating.
- Eliminate the "Clean your plate" rule. Children need to learn to recognize their internal cues for when they are full or hungry.
- It is important for your child to try new foods, but just remember if they say they don't like it that is ok. Parents have foods they don't like either.

Building Families Open House

In April, Building Families hosted the Chamber Coffee for Webster City and also had an Open House. The chamber coffee was largely attended with wonderful entertainment provided by the Riverview preschool class from Webster City. After the chamber coffee we served sandwiches and desserts to those who attended the open house. We want to thank all of you who attended the chamber coffee and the open house and for your continued support of Building Families and all we do for the children in our communities. And a special thanks to the Riverview preschool class for taking time out of their busy day to make everyone's day brighter with fun songs!

From left to right: Marj Wonderlich, Amy Muller, Ann Stewart, Amy Shannon.



The Chamber Coffee watching the preschoolers sing their adorable songs!



This was by the sidewalk to our door to let everybody know where we were.



This display shows some of our programs and what we do for the children in our communities.

Training Page

Interested in renewing CPR/First Aid? Call Amy Shannon at 832-3140.

Go to www.iowaaeec.org to find more information about going to college with support from T.E.A.C.H.

Creative Curriculum In Action For Preschool Teachers

- o Classes will be held on June 16th and 17th from 8:30 to 4:00
- o Classes are limited to 20 participants and will be located in the Building Families Office at 500 Fair Meadow Drive in Webster City. \$15 REGISTRATION FEE is REQUIRED WHEN YOU REGISTER. Hamilton, Humboldt and Wright County teachers have first priority to participate.

Below is a listing of CCR&R Trainings.

*For CCR&R trainings register with JoAnn at 800-245-6151 or by mailing payment to UDMO
P.O. Box 519, Graettinger, IA 51342.*

Mandatory Reporter & Universal Precautions June 2 at Humboldt High School 6:30 to 9:30 PM. Cost \$5.

Orientation for new providers June 16 at UDMO in Fort Dodge 6:30 to 8:30. Cost \$5.

Interested in a NAC course. New classes are available go to www.nccanet.org to find out more information!

