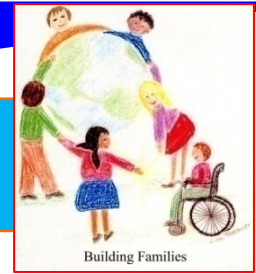


Building Families Empowerment
Every child, beginning at birth, will be healthy and successful.



Parenting Pal- April

Parenting Tip

Bedtime!!

- **Begin healthy sleep habits when your child is an infant. Give them a chance to fall asleep on their own, without you or a bottle.**
- **Have a comfort object like a soft toy or blanket, depending on your child's age. Pacifiers are good to use with babies over a month, recent research states pacifiers help prevent SIDS.**
- **Establish a bedtime routine, which can be flexible. Have a series of events that lead to a restful time to sleep, this includes a set number of books before bed or drink with "Good-night" that is the end.**
- **Children need sleep to replenish their bodies and keep their minds focused. Children 0-5 need 11-13 hours of sleep a day- including naps.**
- **Give a ten minute warning before you start getting ready for bed.**
- **Wind down for bed. Minimize television and exciting activities before or as part of the bed time routine.**
- **If children fall asleep to television, movies, or music have it only continue for 30 minutes so your child's sleep isn't interrupted through the night.**
- **Keep night lights or hall lights on and the door slightly open. This keeps the "monsters" away and helps your child find their way to the bathroom or your room if they need you.**
- **It is normal for children's sleep habits to change as they get older. Keep in mind your child's developmental stage and what is important for their age.**



Look and listen for parent tips and messages in your local newspaper and radio station!



Reply to amuller@hamiltoncountymhsb.org with subjects or tips you want to hear more about!

Playing With Your Children.

It is starting to get nice outside! Now is a great time to look for signs of spring with your children. Go for walks or to the park and look for grass turning green, the buds on trees, bugs and birds, and new flowers coming up! Explain these things to your children and make it a fun adventure and learning experience for the both of you!



You & Me Parent Education Gatherings



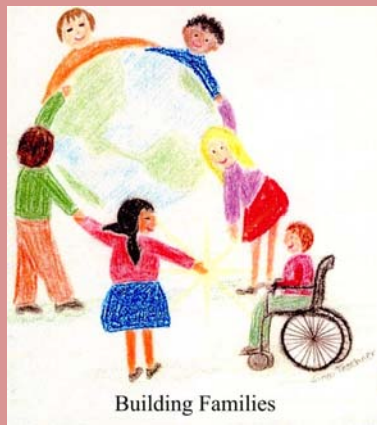
Helping You and Your Child
Grow as a Family!

"You & Me!" is a monthly gathering in Hamilton, Humboldt, and Wright counties for parents and their children. These gatherings are FREE and will include activities for parents and children, snacks, prizes, and transportation assistance if needed. "You & Me!" gatherings are designed for parents with children ages 0-5.

TOPICS

"Be a Lifetime Dad" A good male role model is so important in a child's life. Guys come and learn from "Lifetime Dads" how important you are to a child's life and their success. Moms are welcome too!

"Money Choices: Making the most of what you have". Learn how to handle your child's expenses and pay your bills!
"Books, teachers, and kindergarten. Oh My!" Find out what you need to know to get your child ready for kindergarten or preschool and what you need to know for the big first day!



Building Families

April and May "You & Me"

Webster City from 6:00-7:00pm

April 14th: "Money Choices: Making the most of what you have"

May 12th: "Books, teachers, and kindergarten. Oh My!"

Humboldt from 6:30-7:30

April 15th: "Money Choices: Making the most of what you have"

May 20th: "Be a Lifetime Dad"

Eagle Grove from 5:30-7:00

April 21st: "Money Choices: Making the most of what you have"

May 19th: "Books, teachers, and kindergarten. Oh My!"

Locations

Fuller Hall

Sampson Room
625 Bank St.
Webster City

Humboldt Library

Children's Area
30 6th St. N
Humboldt

Eagle Grove

United Methodist Church
421 W. Broadway St.
Eagle Grove

Please Register! Contact Amy Muller at
amuller@hamiltoncountymhsb.org or call 515-832-1791

C.A.R.E.S.

Become involved in a program that helps you develop a community support network, develop effective parenting skills, and help you meet personal goals.

Anyone in the community can be involved. Keeping children safe is everyone's business and community members are also welcomed to support families in their community. C.A.R.E.S. is offered in Webster City every 2nd and 4th Thursday of the month at Asbury Methodist Church and in Humboldt 2nd and 4th Monday every month. If you have any questions call Kim Mohr at 515-890-1128.

Feel free to forward this e-mail to others whom you think might enjoy it. If you would like to be added to the parent e-mail list, email Amy Muller at amuller@hamiltoncountymhsb.org

100 Ways to Celebrate Your Family

1. Read a book together.
2. Discover your neighborhood.
3. Turn off the television.
4. Say "I love you" to one another.
5. Enjoy a ride in the country.
6. Plant a flower garden.
7. Have a garage sale.
8. Visit a relative.
9. Bake cookies.
10. Start a "Once upon a time . . ." story and everyone add to it.
11. Go to a movie.
12. Plan a block party.
13. Organize a neighborhood recycle day.
14. Visit a local museum.
15. Go on a picnic.
16. Fly a kite.
17. Volunteer time at a hospital.
18. Babysit for a foster family.
19. Make a homemade pizza.
20. Invite another family for dinner.
21. Attend a local sporting event.
22. Go on a bike ride.
23. Plant a tree.
24. Jump in a pile of raked leaves.
25. Do homework together.
26. Sing old songs.
27. Clean the garage.
28. Go horseback riding.
29. Take a hike.
30. Visit the library.
31. Play leap frog.
32. Plan a neighborhood clean-up day.
33. Enjoy a concert.
34. Go caroling.
35. Have a banana split party.
36. Take cookies and visit an older neighbor or friend.
37. Go swimming.
38. Play a board game.
39. Roast marshmallows.
40. Volunteer at a food bank.
41. Experience your farmers' market.
42. Look at old family pictures.
43. Tell old family stories.
44. Go to a lake.
45. Lie on your back and watch the stars.
46. Volunteer for a local community service project.
47. Skip up and down the block.
48. Visit your state capital.
49. Give everyone a hug.
50. Talk about a television program.
51. Plan a neighborhood talent show.
52. Celebrate your heritage.
53. Learn more about the history, customs, and heritage of an ethnic group different from your own.
54. Put together a first-aid kit.
55. Blow bubbles.
56. Cook out.
57. Go fishing.
58. Play cards.
59. Attend a city council meeting.
60. Go to an airport and watch the planes come and go.
61. Have a scavenger hunt.
62. Watch an old black and white movie.
63. Gather wildflowers.
64. Splash in the rain.
65. Collect fall leaves.
66. Do your own exercise video.
67. Visit a zoo.
68. Talk to older persons about their lives.
69. Have a band with kitchen pans.
70. Write a letter to the editor of your newspaper.
71. Put a puzzle together.
72. Bury a time capsule.
73. Dream about the future.
74. Make, repair, paint, or refinish an object that would make your home nicer.
75. Hike on a fitness trail.
76. Watch a sunset.
77. Start a journal.
78. Help solve a community problem.
79. Make a collage with magazine pictures.
80. Discuss global issues.
81. Begin a wisdom list of quotations, sayings, and advice.
82. Fingerprint family and compare and contrast any similarities and differences.
83. Rent a movie and eat popcorn.
84. Invite an international exchange student to dinner.
85. Look under rocks in your yard.
86. Design your holiday and birthday cards.
87. Plant an herb garden.
88. Create a snow sculpture.
89. Go skating.
90. Plan a family feast.
91. Write notes to each other in the family.
92. Observe the media critically.
93. Give a compliment.
94. Roll down a hill.
95. Make homemade ice cream.
96. Whistle a song.
97. Visit a local historical site.
98. Draw pictures.
99. Run an errand for your neighbor.
100. Create a special events calendar. **ENJOY ONE ANOTHER!**

Source: Adapted from *100 Ways to Celebrate Your Family*, poster MF1171A. 1994.

Charlotte Olson, Cooperative Extension Service,
Kansas State University, Manhattan.

. . . and justice for all

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