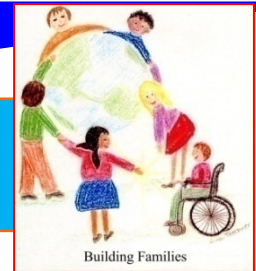


## Building Families Empowerment

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



## Parenting Pal- August

### Traveling with Kids

- Maintain your child's routine; including nap times, feeding times, and diaper changes.
- Bring along all the necessities for your child, then bring extra!
- Don't forget sunscreen or bug spray! Only 10% Deet in bug spray is recommended for all children.
- Bring along a pacifier for flying to avoid ear pain and motion sickness.
- Look up local hospitals in your destination for emergencies on the trip.
- Bring easily digestible foods, like juice and fresh fruit packs for snacks.
- Pick age appropriate activities for your children so they won't be bored or too overwhelmed. An all day trip to the Zoo is a great experience for older children, but for toddlers it can become a long hot day where they struggle with being out of routine with eating and napping schedules.
- Remember you don't have to have extravagant vacations to create memories with your child. Just having fun with you is a vacation in any child's eyes!!
- Go to [http://familyfun.go.com/family-travel/road-trips/specialfeature/sumagg\\_roadtrips/](http://familyfun.go.com/family-travel/road-trips/specialfeature/sumagg_roadtrips/) for some more summer fun ideas from *Family Fun Magazine*.



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



You can find past Parent Pals, learn about our programs, and read our newsletter on our website  
<http://www.buildingfamilies.net/>

### Prevent Child Abuse Iowa Council

Building families is having a Prevent Child Abuse Iowa Council Meeting on August 5<sup>th</sup> from noon-1:00 at the Building Families Offices with a light lunch provided. This council will be made of parents and service providers to help Hamilton and Wright County work on how to make our communities and families safer. If you would like to attend or join the council contact Amy Muller Building Families Office is located at 500 Fair Meadow Dr. Webster City

## Parent Education

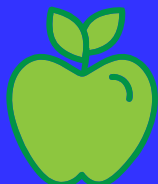


Helping You and Your Child  
Grow as a Family!



In-home visits are available for parents. Please call Amy Muller at 515-832-1791 to schedule in-home visits to help parents with discipline, support, and to find out what other services are available

Upper Des Moines Opportunity is having a Back-to-School Bash in Humboldt August 4<sup>th</sup> from 5-7 and Webster City August 7<sup>th</sup> from 5-7. This is for families who are struggling with providing school supplies for their children. There are limited supplies so please contact your closest UDMO office for more details and to get your name on the list. Food and Fun provided!!



Questions or Comments? Contact Amy Muller at [amuller@hamiltoncountvmhsb.org](mailto:amuller@hamiltoncountvmhsb.org) or call

### Lifetime Dads

Father Advocate, Mike Simcho, is currently leading a weekly program for dads called, "24/7 Dads". This program covers the common aspects of fatherhood and is open to men of all cultures and backgrounds. If you would like to find out more about the program or become involved, contact Mike Simcho at 515-576-7886 or [msimcho@udmo.com](mailto:msimcho@udmo.com). This program is free and includes free child care.

Building Families will be offering a six week series called "Positive Solutions for Families" in Humboldt and Hamilton counties and a young parents group in Wright County starting in this fall. If you are interested in the series or the young parents group coming to your area and would like to host or know of a great location to hold the series please contact Amy Muller at 515-832-1791 or [amuller@hamiltoncountymhsb.org](mailto:amuller@hamiltoncountymhsb.org).

### 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.

If you have any questions call Kim Mohr at 515-890-1128.

#### Humboldt

August 11<sup>th</sup> and 25<sup>th</sup> at United Methodist Church from 5:00-7:30 Meal included. Free Child Care.

#### Webster City

August 7<sup>th</sup> and 21<sup>st</sup> at Asbury United Methodist Church from 5:30-7:00pm. Meal included. Free Child Care.

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](mailto:amuller@hamiltoncountymhsb.org)

**Partnering in Communities is a community project piloted with ISU Extension. Webster City is one of the few cities this program is being piloted. This project helps parents and the communities become more involved in children's lives. Over the period of four months people came together to set up a plan to help Webster City. These people included community service providers, school principals, AEA, Department of Human Services, churches, child care providers, the hospital, and the city. This group worked hard to generate ideas and plans to help Webster City's community become more aware of parent's needs and more prevalent in the children's lives. Here are the projects that are being implemented now.**

### **Group 1: Supportive Communities/Caring Adults**

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PROVEN PRACTICE: A family-friendly community culture helps kids learn.

**What we want to impact:**

- All adults will talk to youth and show interest in them in positive ways

**What we plan to do:**

- Each team member will share a piece of information at each organization meeting
- Information will be distributed through school newsletter, website, and cable channel
- Develop posters to communicate our message
- Develop a presentation to deliver at all service clubs
- Use personal stories of who made a difference for us in all sharing opportunities.
- Distribute the Proven Practices cards as appropriate

### **Group 2: SOS (Strengthen our Students)**

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PROVEN PRACTICES: Good nutrition helps kids learn; Physical activity helps kids learn; Sleep helps kids learn; Routines at home help kids learn; Learning at home helps kids learn at school; Love and limits help kids thrive and learn.

**What we want to impact:**

- Create conversations in the community
- More nutritious menus at local food establishments
- Activities for families at times cognizant of sleep needs for kids
- Increased involvement in kid's lives: homework help, mealtime, and physical activity

**What we plan to do:**

- Clips and public service announcements to cable and radio stations
- Tips in monthly hospital newsletter and Chamber newsletter
- Speak at local service clubs and provide brochures about helping kids as learners
- Provide message table tents to Chamber for organizations to pick up and use

### **Group 3: Let me introduce myself...I am your child**

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PROVEN PRACTICE: Proven practices for communities to support kids as learners; Kids learn more at school when supported by parents, school staff, and community members; When parents share ideas with each other on how to help their kids and home, they create support for all kids.

**What we want to impact:**

- More families will have access to information about helping their children thrive as learners through establishing routines in the home

**What we plan to do:**

- Brochures about parenting classes in school registration packet, at daycare providers, with pizza deliveries, and through ACE
- Presentations to service groups, churches, businesses using many of key slides from Partnering in Communities presentations
- Information for parents available from social services to businesses and UAW

### **Group 4: Good Routines = Successful Children**

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PROVEN PRACTICE: Routines at home help kids learn.

**What we want to impact:**

- Families will have access to information to promote positive behaviors in families

**What we plan to do:**

- Information brochures out to all service organizations dealing with young families
- Develop a kiosk with parenting resources
- Outreach to other agencies, community groups, and service clubs

