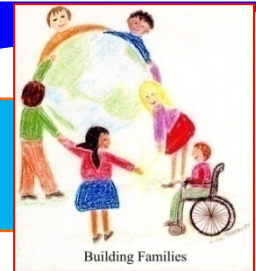


Building Families Empowerment
Every child, beginning at birth, will be healthy and successful.



Parenting Pal- February

Parenting Tip

How to control your anger

- Be a good role model. Anger is a natural feeling and we all feel it. The difference is how we deal with it. If you yell and scream when are angry, what do you expect your child to do?
- Never hit when angry
 - When we are angry we don't realize how hard we can be on our children
- Take a "Time Out"
 - Put your child in a safe place (bedroom, corner, chair) and then go to a safe place for you. This gives you and your child the opportunity for you both to calm down, then you can talk about their actions and what punishment will follow
- Apologize to your child for getting angry with them. This shows them what to do when they get angry with you.
- Practice Consistent Discipline
 - If you say no sometimes and yes other times, it confuses your child about what they are supposed to and not to do

How to control your child's anger

- Talk about and practice what you should do when we get angry. Go through it step by step.
- Comment on your child's good behavior. Catch them being good.
- Figure out what may have triggered the anger
 - Many times anger is triggered in children when they are frustrated, embarrassed, hurt, lonely, or have anxiety.
- Remove the child from the situation and go to a "safe place"
- Have an "Angry Area" or "Calming Corner" for your child to go to express their anger.



In-Home Visits

Parent Coordinator,
Amy Muller, is
offering to work with
you and your family
one-on-one and in your
home.

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

Playing With Your Children.

Make one of your child's favorite books into a play. Help your child by being one of the characters, use costumes, and different voices and personalities to make the book come alive!

Have your child help you write letters to family and friends. Include pictures, coloring pages your child did, or have your child write the letter themselves!

It is a good activity to talk about these people and how much they mean to your family, to show how to address and send letters, plus the recipients will love to get something from there



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

"Quality and Child Care. What is quality child care?" We are going to talk about what you should look for in child care and where you can find quality for child to thrive!

"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!

February and March "You & Me"

Webster City

Feb. 11th: "Be a Lifetime Dad"

Mar. 10th "Quality and Child Care"

Humboldt

Feb. 19th: "Quality and Child Care"

Mar. 18th "Books, Teachers, and Kindergarten. Oh My"

Eagle Grove

Feb. 18th: "Be a Lifetime Dad"

Mar. 17th "Quality and Child Care"

Locations

Fuller Hall

Sampson Room
625 Bank St.
Webster City

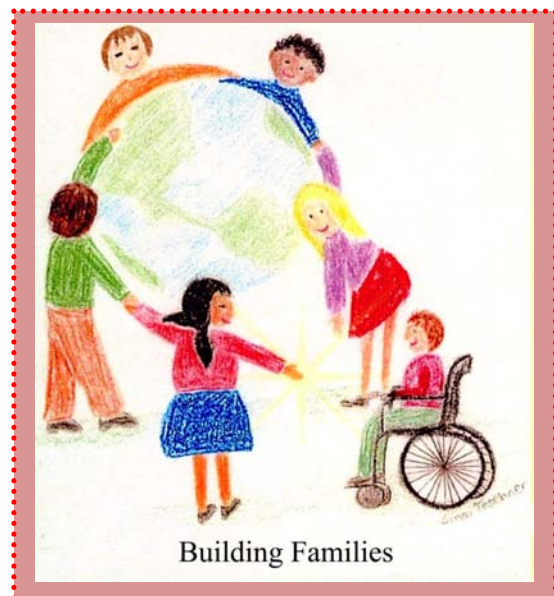
Humboldt Library

Children's Area
30 6th St. N
Humboldt

Eagle Grove

United Methodist Church
421 W. Broadway St.

Questions or Comments? Contact Amy Muller at amuller@hamiltoncountymhsb.org or call 515-832-1791



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

Are you Stressed?

1. I am angry and irritable.
 - a) Always
 - b) Sometimes
 - c) Never
2. I don't have enough time to get everything important done.
 - a) Always
 - b) Sometimes
 - c) Never
3. I need to be in control of as many things as possible.
 - a) Always
 - b) Sometimes
 - c) Never
4. I wear myself down and get sick easily.
 - a) Always
 - b) Sometimes
 - c) Never
5. If I start to feel stressed or overwhelmed, I ignore my feelings and keep going.
 - a) Always
 - b) Sometimes
 - c) Never
6. I get less than 7 hours of sleep a night.
 - a) Always
 - b) Sometimes
 - c) Never
7. I consume at least 5 alcoholic beverages a week.
 - a) Always
 - b) Sometimes
 - c) Never
8. I have trouble paying all of my bills and expenses.
 - a) Always
 - b) Sometimes
 - c) Never
9. I don't have enough energy for my family and friends.
 - a) Always
 - b) Sometimes
 - c) Never
10. I find myself feeling worried, anxious, or nervous.
 - a) Always
 - b) Sometimes
 - c) Never
11. I wake up in the morning feeling rested and remain vigorous all day.
 - a) Always
 - b) Sometimes
 - c) Never
12. I exercise at least 30 minutes four or more times a week.
 - a) Always
 - b) Sometimes
 - c) Never
13. I feel satisfied with myself and my life.
 - a) Always
 - b) Sometimes
 - c) Never

14. I have hobbies and leisure activities that I enjoy.
 - a) Always
 - b) Sometimes
 - c) Never
15. Overall, I feel the quality of my life is good.
 - a) Always
 - b) Sometimes
 - c) Never
16. I feel I have a supportive and loving family and a social network of friends and colleagues
 - a) Always
 - b) Sometimes
 - c) Never
17. My job/school is stimulating and rewarding to me.
 - a) Always
 - b) Sometimes
 - c) Never
18. I rely on stimulants such as excess caffeine, alcohol, and even drugs.
 - a) Always
 - b) Sometimes
 - c) Never
19. In the last year, how many of the following major life events have you experienced: a births, a death, a move, a job loss, a marriage, a divorce or a serious illness.
 - a) One
 - b) Two
 - c) More than two
20. I have enough money to meet basic needs (housing, groceries, clothing, and medical).
 - a) Always
 - b) Sometimes
 - c) Never

Mostly A's

Congratulations! You are handling daily stress well.

Lifestyle habits, like getting enough sleep and exercise, are natural stress reducers. And taking time out to relax with friends is important as well.

Mostly B's

You are a bit stressed out.

You are under stress, but for the most part you are handling it well. Lifestyle habits, like getting enough sleep and exercise, are natural stress reducers. And taking time out to relax with friends is important as well.

Mostly C's

You are dealing with a high level of stress!

The answers you have reported show that you are dealing with a number of concurrent stressful situations in your life. It is important not to underestimate the effects of stress on your health. Research has shown that daily stress and anxiety can trigger headaches, tense muscles, and even raise your blood pressure. Stress also suppresses the immune system, making you more vulnerable to illness. The good news is there are lifestyle changes you can make to lighten your load. Lifestyle habits, like getting enough sleep and exercise, are natural stress reducers. And taking time out to relax with friends is important as well.

Courtesy of Ladies Home Journal