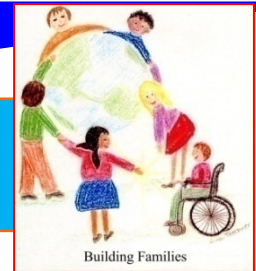


Building Families Empowerment

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



Parenting Pal- September

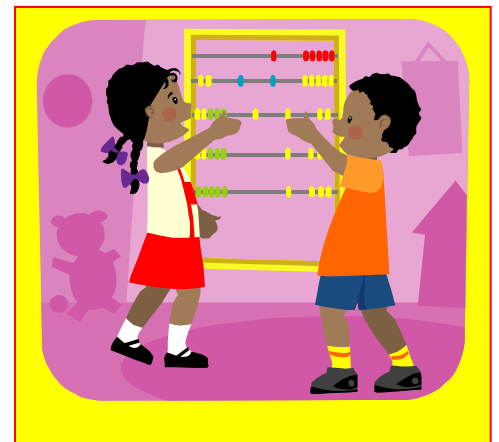
Getting Ready for School

Big changes come around the time school starts, especially if school is something new for your child. Here are few tips that will to make the transition from summer to school easier on you and your child.

- Read with your child every day.
- Meet the new teacher before the first day of school, take your child to see their new classroom, and ask the new teacher what the schedule is going to be like in the classroom.
- Stay involved. Talk to your child's teacher regularly and attend special events the classroom has.
- Before school starts, make sure your child has all the necessary and up-to-date immunizations. Also visit the dentist and the eye doctor. This makes it easy to remember to do it next year- right before school starts.
- Adjust morning and bedtime routines a couple of weeks before school starts to get your child used to the routine of waking up for school and going to bed early enough.
- Make school sound fun and exciting.
- Let your child's teacher know of special events, days your child will be gone, and what is going on at home with the family. This will help the teacher plan for his/ her day and understand and help your child.
- Have the school supplies in the book bag, clothes set out, and have something fun for breakfast for the first day of school.
- Practice playing school. Switch being the teacher and the student.
- Practice saying, "Good-bye" to your child for the first day of school.

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

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 to help!



Parent Education



Helping You and Your Child
Grow as a Family!



Building Families is creating a Prevent Child Abuse Iowa Council. Meetings will be held from noon-1:00 at the Building Families Offices. 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

Meeting Dates

- December 2, 2008
- February 3, 2008
- April 7, 2009
- June 2, 2009
- August 4, 2009

Wright County Young Parents Support

Building Families is holding a Young Parents Support group at the Presbyterian Church in Clarion. It will start September 25th and will be held from then on from 5:30-7:30 every second and fourth Thursday of the month from September to May.

Parents will learn effective parenting skills, get support from others, and achieve personal goals.

Free meal and child care provided.

Please contact Amy Muller to register if you would like to participate.

Building Families will be offering a six week series called "Positive Solutions for Families" in Humboldt and Hamilton counties this fall. If you are interested in the series 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.

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 welcomed to support families in their community.

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

Humboldt

September 8th and 22nd from 5:00-7:30. Meal included. Free Child Care provided.

Webster City

September 11th and 25th at Asbury United Methodist Church from 5:30-7:00pm. Meal included. Free Child Care provided.

Preparing for Kindergarten

Parents/caregivers can do a lot to help prepare their child for Kindergarten before the big 'first day'. Below is a list of skills that will be useful for children starting Kindergarten. We recognize that not all children will have these skills as everyone develops at a different pace, so this is intended only as a guide so that starting school may be just a little easier. Encourage your child to attempt the things mentioned below, but don't worry if your child can't do all of them. Talk to the Kindergarten teacher, and together you can support and assist your child's learning.

Language

- talks to other people about familiar objects and events
- answers and asks simple questions
- makes needs known
- follows simple instructions
- uses books for enjoyment or for looking at pictures
- identifies pictures in books, magazines, on television or video
- uses a variety of things (pens, pencils, paintbrushes, sticks in the dirt) to draw, to scribble or to write
- joins in singing familiar songs

Mathematics

- recognizes that numbers can be used to count
- uses words such as many, a lot, more, less
- identifies things in a group that are different
- sees differences in shapes
- differentiates between opposites - up and down, under and over, in front and behind, day and night

Personal/Social Skills

- uses the toilet independently
- can say own name and address
- adapts to unfamiliar settings and new experiences
- can finish a task, and tidies up afterwards
- plays cooperatively with other children - shares and takes turns
- can sit still to listen to a story for a few minutes
- is curious about the world
- can share an adult's attention with several other children
- participates in imaginative play

Physical Skills

- uses scissors to cut along a straight line
- enjoys a variety of indoor and outdoor play
- can put on and take off jumpers, shoes, socks independently
- makes and designs things using a variety of materials

