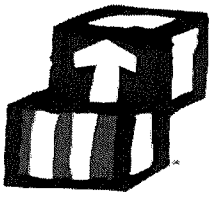
WCMCA Head Start
Family Connections Newsletter
November 2016



Turning "No" into "Yes"

Sometimes you can stop your child from doing something you don't want them to do without saying "no". Instead of saying no, you can redirect their behavior and offer them a different activity.

Tell or show your child a better choice.
If your child is about to knock down his brother's tower, you might say "Hey, Look! I see more blocks over there. Do you want to build your own tower?" A gesture, without words, is sometimes enough, especially if you use it consistently.

Use a firm but gentle touch to redirect your child, especially if they are about to do something unsafe.
If your child is about to hit their brother, hold his arm gently. "What happened? Is there something you want to say?" This works especially well when your child is younger and understands language less.

Encourage your child whenever they choose positive behavior
Praise your child for making this choice. "That was so kind of you. You let your friend have a turn feeding your baby doll."

October is Fire Prevention Month

Did you know that if a fire starts in your home you may have as little as two minutes to escape? During a fire, early warning from a working smoke alarm plus a fire escape plan that is practiced regularly can save lives. Learn what else you can do to keep your loved ones safe!

- ✓ Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- ✓ Test smoke alarms every month. If they are not working, change the batteries.
- ✓ Talk with all family members about a fire escape plan and practice it twice a year.
- ✓ If a fire occurs in your home, GET OUT, STAY OUT and CALL FOR HELP. Never go back inside for anything or anyone.

Source: www.redcross.org

Getting everyone together for a meal...

It can seem like an impossible task. But the benefits of eating together make family mealtime a tradition worth pursuing.
Why eat together?

Nutrition. Studies show most people eat more balanced meals and a wider variety of foods when they eat with family or friends. Shared meals also save money.

Tradition. Food served at the family table helps to shape and give lasting meaning to your cultural heritage. Positive food memories created during childhood are cherished for life.

Family Bond. One strength of emotionally healthy families is spending time together. This includes eating meals together one routine basis. Family meals offer a chance to communicate, helping to build a stronger bond and commitment to one another.

Random Acts of Kindness...

Try these random acts of kindness:

- ♥ Give another driver your parking spot.
- ♥ Leave a treat or handmade note of thanks for a delivery person or mail carrier.
- ♥ Tell your employees how much you appreciate their work.

"Your life does not get better by chance; it gets better by change."
-Jim Rohn

A WCMCA Head Start Publication Serving Douglas, Grant, Otter Tail, Pope, Stevens and Traverse and Wadena Counties

The information contained in this newsletter is meant for referral purposes only; the articles are not meant as advice for individual situations. If you ask, we will give you this information in another form, such as Braille, large print or audiotape. If you have questions or would like more information on any of these resources, please contact 1-800-492-4805.

Recipe Corner

Chow Mein Noodle Casserole

- 1-pound ground beef
- 1 onion, chopped
- 2 stalks celery, chopped
- ½ cup slivered almonds
- 1 cup cooked rice
- 1 10.5 oz. can cream of chicken soup
- ½ cup water
- 3 tablespoons soy sauce
- 5 oz. chow mein noodles

1. Preheat oven to 350 degrees.
2. In a large skillet sauté ground beef on medium heat for 5 minutes. Add the onion and celery and sauté for 5 more minutes.
3. In a separate medium bowl, combine the almonds, rice, soup, water and soy sauce. Mix together well and add to the beef mixture. Place this into a lightly greased 9x13 inch baking dish. Top with chow main noodles.
4. Bake at 350 degrees for 20 minutes.

Tornado Twist

- 36 fluid oz. Cranberry-Raspberry Juice
- 3-12oz. cans or bottles of lemon-lime flavored sparkling water

1. In a large pitcher, mix the cranberry-raspberry juice with the lemon-lime sparkling water. Pour over ice and serve!

Peanut Butter Banana Smoothie

- 2 bananas, broken into chunks
- 2 cups milk
- ½ cup peanut butter
- 2 tablespoons honey
- 2 cups ice cubes

1. Place bananas, milk, peanut butter, honey, and ice cubes in a blender.
2. Blend until smooth, about 30 seconds.
3. Serve in a glass with a straw or spoon

Community Action Connections

West Central MN
Communities Action, Inc.
218-685-4486 www.wcmca.org

Mahube-OTWA Community
Action Partnership
218-847-1385 www.mahube.org

PLUS Kids:

PLUS Kids is a supervised visitation and safe exchange center program designed to provide a safe, neutral, appositive, interactive environment for children and their families. To promote the well-being and sense of security for children along with encouraging a non-violent and cooperative relationship between parents.

Who is eligible?

Any family wishing to create healthy relationships between children and both parents despite custody difficulties.

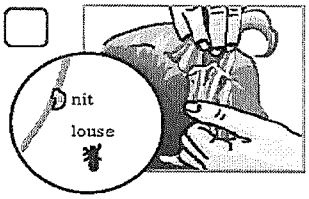
For an appointment call: 320-762-4100

SNAP Outreach:

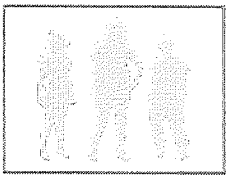
SNAP is regular monthly financial assistance for the purchase of food items. These funds can be used to purchase groceries, plant seeds, senior meal plans and some nutrition based programs. Funds are put on an Electronic Benefits Card (EBT).

Community Action can assist families to find out if you may be eligible for the program, completing the application and connection you with your local Social Service Office to start receiving benefits.

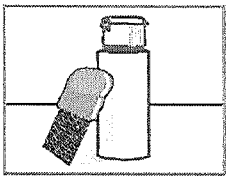
Lice Survival Guide Checklist

1 ☐ 

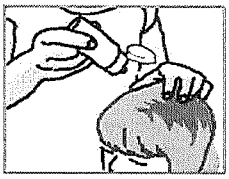
Confirm presence of lice by looking closely at your child's scalp, especially behind the ears.

2 ☐ 

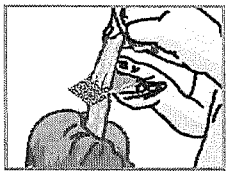
Check other kids and adults in your home and begin treatment of everyone affected ASAP.

3 ☐ 

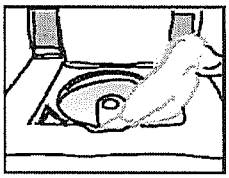
Buy a metal lice comb and OTC lice treatment, or call a lice salon for an appointment.

4 ☐ 

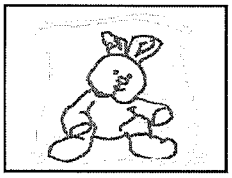
Apply lice treatment to hair, following package directions exactly.

5 ☐ 

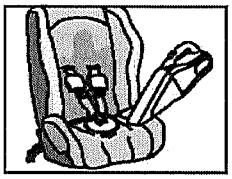
Comb out hair carefully (see "How to do a lice comb-out" for tips).

6 ☐ 

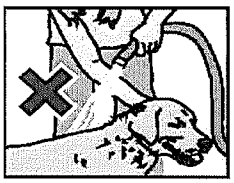
Wash or soak bedding, towels, hair care items in hot water, or dry in hot dryer.

7 ☐ 

Wash beloved stuffed animals, or put in a bag for two weeks (optional).

8 ☐ 

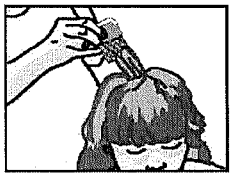
Vacuum fabric-covered items where child's head has rested (furniture, carpets, car seats).

9 ☐ 

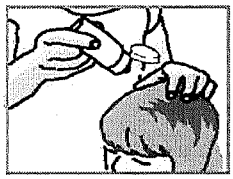
Don't wash your pets (they can't carry lice) or clean your whole house (it doesn't help!).

10 ☐

Tell teachers, friends, and caregivers, so other children can be checked promptly.

11 ☐ 

Repeat comb-outs every 1 or 2 days for 10 days.

12 ☐ 

Repeat the lice treatment 9 days after first application.

Don't worry. Lice are a hassle, but they don't carry disease or pose any health hazard.

For more details, visit our **Lice Survival Guide** at www.babycenter.com/lice.

November Read Together: Read books about trees and their leaves. For babies, try: Chicka Chicka Boom Boom by *Bill Martin Jr.,* File Little Monkeys Sitting in a Tree by *Eileen Christelow.* For toddlers: Caps for Sale by *Esphyr Slobodkina* Go Dog Go by *P. D. Eastman,* and The Acorn and The Oak Tree by *Lori Froeb.*

Home Fire Escape Plan

American Red Cross

Use the graph to draw your home's floor plan, and plot your home fire escape routes.

Tips for creating and practicing your escape plan:

- Everyone in your household should know *two* ways to escape from each room in your home.
- Decide where to meet once you get outside.
- If a fire starts, you may have just **two minutes** to get to safety. So time your fire drills and find out: what's your escape time?

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- Smoke is dangerous. Practice low crawling.
- Teach household members what to do if their clothes catch fire: stop, drop and roll.

If a fire starts in your home, get out to safety, then dial 911.

Or call your fire department's emergency phone number:

_____

My address is:

_____

_____

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