



Families Matter

December 2011 issue

The Pocatello/Chubbuck SD#25 Head Start
Parent/Community Involvement Newsletter

5 Ways to Build Your Child's Confidence

Explore Together- Brainstorm a list of activities no one in your family has done before, then try some. By tackling new things as a family, you can help teach your child not to be intimidated by the unfamiliar.

Put Your Child In Charge- Give your child the opportunity every day to take the lead. Teach him/her how to accomplish tasks like checking out library books, or paying for small purchases. This teaches skills to make your child more independent.

Hand Your Child Tools- when your child is old enough, teach him/her to work with tools, such as a screwdriver, hammer & pliers. Skills are learned by testing these skills to make a small project or repair.

Make a Can-Do List- Remind your child of all s/he is capable of by helping make a list of accomplishments, like can hop on one foot, can make my bed, can answer the phone, etc. Hang this up, and re-do list every six months.

Teach Your Child a New Trick- Mastering a cool new skill feels good no matter how old you are.



Teach your child how to skip a stone, tie an intricate knot, or pull off a card trick.

Mom Matters



A Daily Appointment with Mom

This success story was shared by Stormi Shelton from Graham, WA

"When my kids get home from school, they put permission slips, artwork, and other paperwork in personalized plastic trays. Then we set the trays aside and have Mom Time. Each of my kids gets at least 15 minutes alone with me to talk about the day or relay messages from teachers. The quality one-on-one attention helps them decompress after school, and they tend to be more open because they don't have to worry about a sibling overhearing our conversation."

Idea courtesy of September 2011, Family Fun Magazine

Fingerprints

Press your fingers and/or your child's fingers onto an ink pad with washable ink, then onto paper or a card.

Dad Matters



Use a pen or marker to add features, such as eyes, arms, legs, etc. These unique pictures can be used to create your family's own holiday letters or cards to send to family and friends.



WARNING SIGNS

One out of four people with type 2 diabetes don't even realize it. If you experience any of these symptoms, discuss them with your doctor— especially if you are older than 45, overweight, or have a family history of diabetes.

- ⇒ Frequent urination
- ⇒ Excessive thirst
- ⇒ Extreme hunger
- ⇒ Unusual weight loss
- ⇒ Increased fatigue
- ⇒ Blurred vision

Learn more at: <http://diabetes.webmd.com/>

FREE Holiday Stuff!

- ◆ Free Holiday Printables— gift tags, gift certificates, cards, and more!
<http://www.allthingschristmas.com/printables.html>
- ◆ Several festive craft creations, plus holiday images for the kids to color!
<http://www.christmas-activities.com/>
- ◆ Save postage costs and send holiday greeting cards online!
<http://www.christmas-greetings.com/>
- ◆ Santa's 50 Favs— 50 great websites with free holiday stuff!
<http://www.all-4-free.com/santa50/autorank.html>
- ◆ Holiday Freebies! All kinds of free things for the holiday season!
<http://www.squidoo.com/christmas-freebies>

Gift Sized Sugar Cookie Mix

2 cups Flour 2 tsp. Baking Soda 1 tsp. Salt 2 cups Sugar

Layer ingredients in a quart jar in the order given. It is helpful to tap jar lightly on a padded surface (towel on counter) as you layer ingredients to make all ingredients fit neatly. Use scissors to cut a 9-inch diameter circle from fabric of your choice. Center fabric circle over lid and secure with a rubber band. Tie on a yarn or ribbon bow to cover the rubber band. Attach a card with the following directions:

Sugar Cookies

Empty cookie mix into a large mixing bowl. Stir mix with a large wooden spoon to evenly distribute ingredients. Add 1 cup sour cream, 1 cup vegetable shortening, 2 eggs and 2 teaspoons vanilla. Mix until completely blended but do not beat with electric mixer. Mixture will be thick. Roll out onto floured surface and cut shapes, or shape into walnut sized balls, then roll in sugar and place onto a greased cookie sheet 2 inches apart. Flatten sugar coated cookies with bottom of a glass drinking glass. Bake at 350 degrees F for 7—10 minutes until edges are lightly browned. Cool 5 minutes on a cookie sheet and then place cookies on baking racks to finish cooling.

May your holiday season
be decorated...
with love and happiness!



Recipe courtesy of www.realfood4realpeople.com

\$305,781.00

\$250,000.00

\$200,000.00

\$175,000.00

\$150,000.00

\$100,000.00

\$41,883.54

\$50,000.00

\$0.00

In-Kind
Progress

Be sure to watch our progress toward our Grant Match in each issue! Every hour you volunteer is worth over 15.00 toward our goal!

*This publication was made possible by Grant #10-CH-0073 from the US Dept. of Health & Human Services. Its contents are solely the responsibility of Pocatello/Chubbuck Head Start and do not necessarily represent the official views of the US Dept. of Health & Human Services. **In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Ave SW, Washington, DC 20250-9410 or call (800)795-3272 or (202)720-6382(TTY). USDA is an equal opportunity provider and employer.