

# NEWSLETTER



Parents as Teachers    Early Head Start    Head Start



## January Important Dates



4	9:30- 10:30 am	Playgroup at Hays Public Library
11	10:00-11:00 am	La Leche at Crosspoint Church
14	9:30-11:00 am	Daddy and Me @ Sternberg Museum
16		In-Service Day    NO SCHOOL/VISITS
18	10:00-11:00 am	Playgroup at Russell Public Library
30	12:00 -1:00 pm	Policy Council at ECC

**HOME VISITS RESUME ON JANUARY 3, 2023**

**CLASSES RESUME HAYS, RUSSELL & ELLIS- JANUARY 4, 2023**

### Staying Safe Indoors and in Vehicles

- Keep anything that can burn at least three feet away from heating equipment, including furnaces, fireplaces, wood stoves, and portable space heaters.
- Set up a three-foot “kid-free zone” around open fires and space heaters.
- Remember to turn portable heaters off when leaving the room.
- Test smoke alarms at least once a month.
- Vent all fuel-burning equipment to the outside to avoid carbon monoxide (CO) poisoning.
- Install and maintain CO alarms. Keep alarms at least 15 feet away from fuel-burning appliances.

If you need to warm up your vehicle, remove it from the garage as soon as you start it to avoid the risk of CO poisoning. Don't leave a vehicle running inside a garage.

If vehicles are parked outside, check to make sure the tailpipe is not blocked with snow, which can also cause problems with CO.

(The National Center on Early Childhood Health and Wellness)



**Kansas Children's Service League**  
Stronger families start here.



# VIRTUAL KINSHIP SUPPORT GROUP

Kansas Children's Service League's (KCSL) kinship support group is going virtual! Parents, grandparents and other relatives who are raising children can join us online for assistance, guidance and encouragement.

**2<sup>nd</sup> Saturday each month | 10 a.m.**

Meet us on Zoom!

**SIGN UP TODAY**

Contact Kayla Cary at 316-942-4261 x1344 or [kcary@kcsl.org](mailto:kcary@kcsl.org).



[kcsl.org](http://kcsl.org) |    

**Grandparents as Caregivers Assistance Program:** Provides monthly financial assistance to **grandparents** or other relatives **raising children**. –Contact your local Kansas Department of Children and Families for more information. 2250 E. 22<sup>nd</sup> Street Hays, KS 67601 (888) 369-4777

## Resolve to make your family stronger



**Spend more time with your children.** Research shows that children who feel connected to their parents develop better self-esteem and experience less emotional distress.

**Show affection.** By showing your children they are loved, you are telling them they are an important part of your life.

**Keep your promises.** Promise only what you know you can deliver. Let it be something meaningful to your child, like spending time together. Follow through on your promises.

**Be in touch with your emotions.** You teach your child through your actions. Gather your emotions and show your children it is always important to act in a respectful manner when interacting with others, no matter how difficult the situation.

**Become a better listener.** Take time to listen to your children's ideas and problems. Often, parents can do too much talking and not enough listening, particularly when children have done something wrong. Allow your children the chance to explain their understanding of a situation. And then listen.

**Discipline with love.** Children need guidance and discipline, not as punishment but to set reasonable limits. Remind your children of the consequences of their actions and provide meaningful rewards for good behavior.

**Be a good role model.** By teaching your children right and wrong and encouraging them to do their best, you help them make good choices.

**Get involved in your child's school life.** Attend parent/teacher meetings. Help with homework. Check for school notices and information. Ask your children how school is going. Know the names and personalities of your children's teachers and friends.

**Connect with other parents.** Create a network of parents who you can talk to and share the trials and tribulations of parenthood. Parents naturally have a common bond from shared experiences. Keep your sense of humor and be open to new ideas.

**Take the best possible care of your children.** Watch what your children eat, keep them active, and make sure they get enough sleep. The same goes for parents! It is easier to tackle the stresses of being a parent when you feel healthy.

# DADDY AND ME

Sternberg Museum

3000 Sternberg Dr, Hays, KS 67601

SATURDAY

January 14, 2023

9:30 am-11:00 am

Come Join The Fun!



## Online Tax Help

<https://www.irs.gov/coronavirus/coronavirus-tax-relief-and-economic-impact-payments-for-individuals-and-families>

IRS has several online resources to help taxpayers.

[Free File](#): Prepare and file your federal income tax return for free.

[Where's My Refund?](#): An online tool that will track your tax refund.

[Online Payment Agreements](#): Apply for a payment plan to pay your balance over time.

[IRS2Go mobile app](#): [Check](#) your refund status, make a payment, find free tax preparation assistance, sign up for helpful tax tips, and more.

[Online Account](#): View your tax balance and payment history.

["What Ifs" for Struggling Taxpayers](#)

## Friendly Reminders:

- Please do not park against the curb that is painted Blue on the West side of the School. This area is reserved for the Buses only.
- Please do not leave any children in your vehicle while dropping off or picking up your child.
- Please make sure you are using the enter and exit signs correctly when entering into or leaving the parking lot.

## 25 Healthy Snacks for Kids

**When a snack attack strikes, refuel with these nutrition-packed snacks.**



1. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
2. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy your “ants on a log.”
3. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
4. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
5. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
6. Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.
7. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
8. Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
9. Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
10. Spread peanut butter on apple slices.
11. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
12. Make a mini-sandwich with tuna or egg salad on a dinner roll.
13. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
14. Toss dried cranberries and chopped walnuts in instant oatmeal.
15. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
16. Microwave a cup of tomato or vegetable soup and enjoy with whole grain crackers.
17. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
18. Sprinkle grated Parmesan cheese on hot popcorn.
19. Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.
20. Sandwich Cut-Outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the shape and edges!
21. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
22. Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
23. Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with few miniature marshmallows.
24. Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
25. Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.

