

# NEWSLETTER

Parents as Teachers    Early Head Start    Head Start



## APRIL Important Dates

April 5	9:30-10:30 am	Hays Playgroup	Hays Public Library
April 5	10:00-11:00 am	Russell Playgroup	Russell Library
April 7		NO SCHOOL	
April 12	10:00-11:00 am	La Leche	Crosspoint Church
April 10		NO SCHOOL	
April 21	9:00-10:00 am	Rush Co. Playgroup	Barnard Library
April 22	9:30-11:00 am	Daddy & Me	Hays Municipal Airport

## NOW ENROLLING

For the 2023-2024  
School year

### Offering

Center-Based    Home Based    Pre-School Classes

785-623-2430

[www.usd489connections.com](http://www.usd489connections.com)



Scan QR code

# easy meal and snack ideas

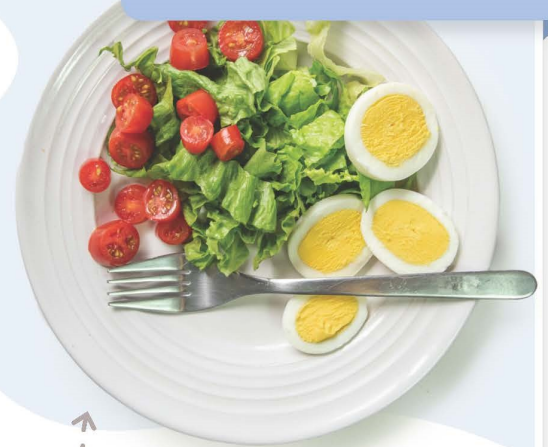
Get the nutrients you need  
most while breastfeeding!



Enjoy a bowl  
of cereal with  
low fat milk.  
Top with berries  
or sliced banana.

**Eating healthy  
doesn't have to take  
too much time.**

## Breastfeeding Tip



Top lettuce with  
chopped hard cooked egg  
and chopped tomatoes.



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# ideas fáciles para comidas y bocadillos

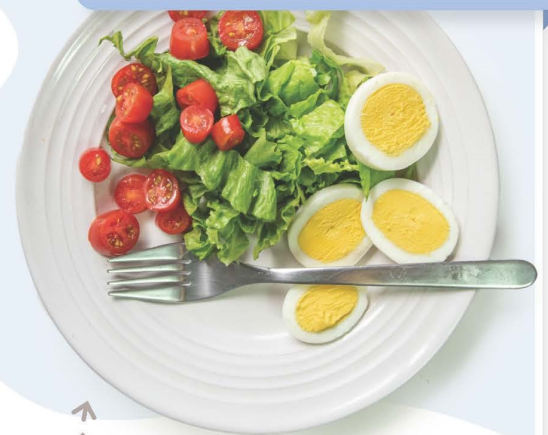
¡Recibe los nutrientes que más  
necesitas cuando das el pecho!



Disfruta de un bol  
de cereales con leche  
baja en grasa. Agrega  
frutos del bosque o  
banana en rodajas.

**Comer sano no  
tiene por qué llevar  
mucho tiempo.**

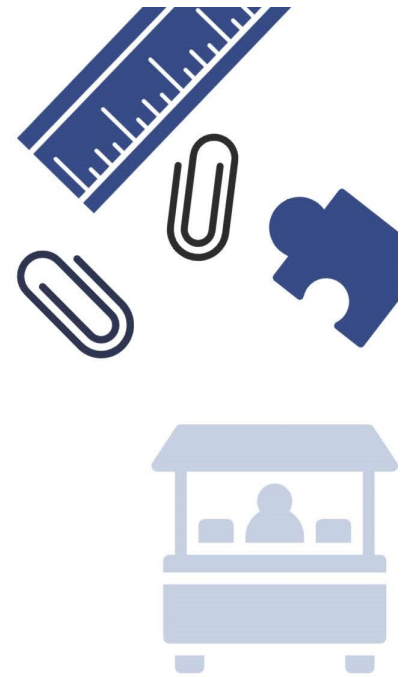
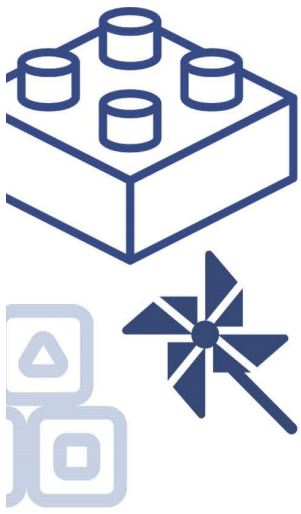
## Consejo de lactancia



Cubre la lechuga  
con huevo duro picado  
y tomates picados.



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# SAVE THE DATE

## #BUILDINGTOGETHER

PREVENTION IN PARTNERSHIP PARKING LOT PARTY

Communities build foundations for strong, thriving families. Join your community, DCF and KCSL to honor Child Abuse Prevention month as we Build Together to support and partner with families!

**2250 E. 22ND ST.,  
HAYS**

 **APRIL 19**

 **11:00 AM TO  
2:00 PM**

### ACTIVITIES WILL INCLUDE:

-  **FREE FOOD**
-  **COMMUNITY RESOURCES**
-  **GAMES AND PRIZES**
-  **MUSIC**
-  **FOOD TRUCK**
-  **PINWHEELS**

#WearBlue - The official color of Child Abuse Prevention





# HOW CAN DCF HELP ME?

The Kansas Department for Children and Families is available to assist with child care and child support, employment education and training, food and cash assistance, support for youth who have experienced foster care and more. Scan the QR code or speak to your region's resource agent for more information!



Supporting your family



Support for youth and young adults who experienced foster care as a teenager



Food assistance/cash assistance



Fostering/adoption



Employment, Education and Training



Adult Protective Services



Income-based Programs, household expenses, child care expenses



Child Support



[www.dcf.ks.gov](http://www.dcf.ks.gov) | If you would like more information, please contact DCF Customer Service Assistance: 1-833-765-2003.



## 10 Tips for Parents of Young Children

### 1. Read aloud to your child every day

- Read to babies even before they can talk
- Let your child see and touch the book
- Play with voices and the sounds of words

### 2. Create a print-rich home environment

- Have a wide variety of books available to children
- Encourage children to look at books on their own
- Set aside a family reading area and a family reading time

### 3. Model reading and writing

- Make use of the family reading area on your own
- Let children see you reading for work or to learn something
- Let children see you reading for pleasure

### 4. Use grocery shopping to encourage reading

- Have children help you search for specific brands
- Use the aisle markers with your child to find items
- Match coupons to products

### 5. Cook with your child to develop literacy

- Show your child how to read a recipe
- Read the labels on ingredients together
- Make a family cookbook of favorite recipes

### 6. Explore books together

- As you read, point out important features about the book
- Ask your child questions
- Point out new vocabulary

### 7. Tell stories together

- Talk together about your family history
- Look at old vacation photos, and discuss your memories of the trip
- Tape your storytelling

### 8. Sing and rhyme with your child

- Choose songs with rhymes and word play
- Play rhyming games (e.g., what other words sound like cat?)
- Challenge your child to sing or say rhymes as fast as he can

### 9. Write with your child

- Provide lots of writing materials: chalk, markers, crayons, and pencils
- Encourage your child to draw and write on her own
- Encourage your child to write thank you notes to grandparents

### 10. Visit the library often

- Make weekly trips
- Encourage your child to get her own library card
- Take advantage of library programs such as story hour



**Free Family  
Fun!**



## Encouraging Language Through Easy Activities

There are easy activities you can do at home with your child to encourage language development and expand vocabulary.

Put household objects in a box and have your child name each one as he removes it.

Look at photo albums and name the people you see.

Make basic books by cutting and gluing favorite picture from old magazines.

Play easy games such as naming body parts, food or articles of clothing.

Put simple storybooks in a basket for you and your child to choose from everyday.

Sing simple songs such as Old MacDonald and leave words out for your child to fill in.

## What's So Important About Good Relationships?

Relationships are important throughout the life span. For very young children, they are critical to survival itself. Infants depend on adult caregivers to meet their physical as well as their emotional needs. As babies get older and become more self-sufficient, they continue to need physical care and to depend on the emotional nurturance of the important adults in their lives.

All children are born wired to form relationships. Establishing a close, nurturing bond with a primary caregiver is a major developmental task for infants and toddlers. The process of relationship building begins in pregnancy, continuing throughout the infant's first 12 months and beyond.

Research shows that supportive relationships have a tangible, long-term influence on children's health development, contributing to optimal emotional and cognitive development for infants and toddlers. As a child grows, supportive relationships with parents and caregivers shape his or her self-image and provide the child with the resilience needed to face new challenges.

Nurturing, sensitive adult-child interactions are crucial for the development of trust; empathy; compassion, generosity, and conscience. These relationships are far reaching; research has shown that they provide a context for supporting the development of curiosity, self-direction, persistence, cooperation, caring and conflict resolution skills. Healthy maternal-child relationships are a precursor of school readiness for older children. Throughout the life span, nurturing and supportive relationship experiences provide a model to loving relationships.

Do you need help with learning or remembering childhood songs, nursery rhymes, or finger plays to share with your child? Visit this RIF site for an abundance of information....there are clips to show you actions and words.

[http://www.rif.org/kids/leadingtoreading/en/babies-toddlers/finger-plays/open\\_shut\\_them.htm](http://www.rif.org/kids/leadingtoreading/en/babies-toddlers/finger-plays/open_shut_them.htm)

[http://www.rif.org/kids/leadingtoreading/en/preschoolers/sing/wheels\\_on\\_the\\_bus.htm](http://www.rif.org/kids/leadingtoreading/en/preschoolers/sing/wheels_on_the_bus.htm)



Weekday Lasagna

9 Servings    Prep: 35 min. Bake: 1 hour + standing

### Ingredients

- 1 pound lean ground beef (90% lean)
- 1 small onion, chopped
- 1 can (28 ounces) crushed tomatoes
- 1-3/4 cups water
- 1 can (6 ounces) tomato paste
- 1 envelope spaghetti sauce mix
- 1 egg, lightly beaten
- 2 cups (16 ounces) fat-free cottage cheese
- 2 tablespoons grated Parmesan cheese
- 6 uncooked lasagna noodles
- 1 cup (4 ounces) shredded part-skim mozzarella cheese

### Directions

- In a large saucepan, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the tomatoes, water, tomato paste and spaghetti sauce mix. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes, stirring occasionally.
- In a small bowl, combine the egg, cottage cheese and Parmesan cheese. Spread 2 cups meat sauce in a 13-in. x 9-in. baking dish coated with cooking spray. Layer with three noodles, half of the cottage cheese mixture and half of the remaining meat sauce. Repeat layers.
- Cover and bake at 350° for 50 minutes or until a thermometer reads 160°. Uncover; sprinkle with mozzarella cheese. Bake 10-15 minutes longer or until bubbly and cheese is melted. Let stand for 15 minutes before cutting. Yield: 9 servings.

**Nutrition Facts:** 1 piece equals 280 calories, 7 g fat (3 g saturated fat), 65 mg cholesterol, 804 mg sodium, 29 g carbohydrate, 4 g fiber, 25 g protein. **Diabetic Exchanges:** 3 lean meat, 2 vegetable, 1 starch.

This recipe suggests for a weekday, you might consider making it when you have more time (weekend) and then reheating it OR making it up, so you only have to bake it for your family at supper time. This is a healthy and cheap meal—great for toddler, preschoolers—one the whole family will like.

taste of home

## FAMILY TIME

### Keeping Family a Priority

With so many activities going on each day, it is difficult for a family to find time to spend together, especially if you are a single parent. Although it may be a challenge, the benefits of having time together are worth the effort. There are many opportunities for you to enjoy time with your children. "Family Time" is an important way to build and strengthen relationships within the family.

It is easier than you think to create ways to spend quality time with your children, Doing chores together, cooking as a family, and playing together are all opportunities to talk and spend time with one another, Regular time with your children gives them a sense of security, love, and belonging and emphasizes that family is a priority.

#### WORKING TOGETHER

There are many ways to spend time at home together, while at the same time, completing tasks that need to be done. These times can be fun and easy, especially when you do them together.

- In a jar, place slips of paper with small tasks to do around the house. Your child is more likely to do small task that requires short amounts of time (for example: dusting, vacuuming, putting away laundry).



- Prepare a meal together. Your child can help with simple tasks (for example: finding the vegetables for salad, pulling out utensils, mixing Ingredients).



- Put groceries away together. For young children, this provides a great opportunity to begin reading and math skills. Your child can sort the items by color, count the items as they put them away, or search for letters among the items.

- Set up an area and time for you and your children to complete work together. At the dining table, you can take care of bills, homework, or other paperwork while your children draw, color, or do their homework. This way you can also help them with their projects.



#### BALANCING YOUR TIME

As dedicated parents, all of your efforts at work, school, and in other settings help make your family successful. In addition, the special moments of enjoying one another keep your family healthy. It is helpful to sort out which activities are most important for your family's needs. This allows you to balance your time and energy between being with your children and fulfilling other responsibilities.

## April Community Resource High Light



607 E 13th St., Hays, KS 67601

**Phone:** 785-623-2800

**Fax:** 785-623-4590

[firstcallforhelp@outlook.com](mailto:firstcallforhelp@outlook.com)

If you are needing up-to-date information about services available in Ellis County, First Call for Help is here for you. Many of the resources are "hidden gems" and until we are in need of a service or resource we often don't know where to turn.

Our mission is to connect you with services for children, food resources, pregnancy counseling, employment services and transportation services--all are within reach and available in the community.

We also provide food assistance between distribution dates of other pantries and when available, diapers and wipes, and hygiene items such as shampoo or toothpaste can also be provided. These items come from community member donations and from the St Joseph food pantry. To donate any of these items, drop them off at our office located 607 E 13th St., Hays. We also have blankets that have been cleaned and donated for the chilly winter months.



# Breastfeeding? Planning

Come and find support and encouragement with La Leche League, through personal help to those women who want to nurse their babies. La Leche League founded in 1956 by seven women who wanted to make breastfeeding easier and more rewarding for mother's and babies, La Leche League is now an international organization. La Leche League is the world's foremost authority on mothering through breastfeeding.

Volunteer Leaders, accredited and trained through La Leche League International are experienced breastfeeding mothers. They are familiar with current research and breastfeeding management techniques and offer practical and moral support to nursing mother through weekly meetings and telephone help. All Leaders services are free of charge.

La Leche League meetings are geared to the expectant or new mother. Grandmothers, experienced nursing mothers, nurses or other health care providers are welcome.

Ideally, the time to come to a La Leche League meeting is during pregnancy. Attending LLL meetings before the baby is born gives women the chance to meet her LLL Leader. Mother-to-mother support has been found to be important in successful breastfeeding. A support network set up before the baby's birth can assist the mother so she can get answers to her questions before a minor concern develops into a distressing problem.

Meeting information: LLL meets the 2<sup>nd</sup> Wednesday of the month at 10:00 at Cross Point Church. Please feel free to bring whatever you need to keep your children comfortable (snacks, water, blankets, etc.). Babies and non-separating children are always welcome at our meetings. For more information call or text Monique at 785-623-5102 or email at [holmesbunch@mac.com](mailto:holmesbunch@mac.com).