



# CONNECTIONS

Connecting home, school and community

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## DIRECTOR'S CORNER

Valentine's Day reminds us to show those we love how much they mean to us. Take time to say "I love you" to your children each day to show them they are respected and appreciated. A hug and a smile as they leave the house sends them off to school ready for the day.

### Ten Commitments for Parents

1. **I will** always love and respect my child for who he/she is and not who I want him/her to be.
2. **I will** give my child space to grow, to dream, to succeed and to sometimes fail.
3. **I will** create a loving home environment and show my child that he/she is loved whenever and however I can.
4. **I will**, when discipline is needed, let my child know that I disapprove of what he/she does, not who he/she is.
5. **I will** set limits for my children and help them find security in the knowledge of what is expected of him/her.
6. **I will** make time for my child and cherish our moments together, realizing how important and fleeting these moments are.
7. **I will** not burden my child with emotions and problems he/she is not equipped to deal with, remembering that I am the parent and he/she is the child.
8. **I will** encourage my child to experience the world and all of its possibilities, guiding him/her carefully but not fearfully.
9. **I will** take care of myself physically and emotionally, so that I can be there for my child when he/she needs me.
10. **I will** try to be the kind of person I want my child to grow up to be: loving, fair-minded, moral, giving and hopeful.

~Lucy McClintic

## Children's Dental Health Month



February is Children's Dental Health Month. Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums. Parents should definitely help their children brush their teeth until they turn 6-8 years old, at least once per day (let them practice once per day to learn the proper technique). Up until that age, children do not have the ability to reach every tooth properly.

If your child does not like brushing his/her teeth, try turning it into a game. Sing a song, tell a quick story or go on a "germ" hunt. Make sure you go to your dentist twice a year and let your dentist know if you are having problems getting your child to brush his/her teeth.

**For information on your child's oral health or for referrals to a dentist, feel free to call Kory Stamper, Oral Health Specialist at 517-482-1504 ext. 132.**

## When Do Absences Become a Problem?



**CHRONIC ABSENCE**  
12 or more days

**WARNING SIGNS**  
7 to 10 days

**SATISFACTORY**  
6 or fewer absences

# Help Prevent Asthma: Keep Your Home Smoke-Free

## Why Is It Important?

- Children should be in places that are smoke-free all of the time.
- Secondhand and third-hand smoke are triggers for asthma, but you can avoid them.
- Cigarette smoke and e-cigarette smoke contains chemicals, including some that can cause cancer.

## What are E-cigarettes or Vapes?

- E-cigarettes produce vapor-containing flavored liquids and nicotine. The vapor is harmful and can damage children's growing lungs.

## What is Asthma?

- Asthma is a condition that causes swelling and narrowing of the airways. Asthma can cause chest pains and tiredness and make people wheeze and cough.

## What is Secondhand Smoke?

- Secondhand smoke is tobacco smoke in the air. It is the smoke that people breathe in from cigarettes, e-cigarettes (or vapes), pipe, and cigars.

## What is Third-hand Smoke?

- Third-hand smoke is smoke that stays on surfaces and fabric even after someone finishes smoking



## Things You Can Do To Help Your Child

- The most important thing you can do to help a child with asthma is to have a smoke-free home.
- Secondhand smoke is never safe.
- Secondhand smoke can cause infections.
- Because children are smaller and still growing, secondhand smoke is even more dangerous for them than it is for adults.
- Children are in the hospital for asthma more often than for most other health problems.
- Children with asthma miss more days of school than children without asthma.
- If a child has asthma, breathing in secondhand smoke can cause more severe asthma attacks.
- Being near secondhand smoke can cause children without asthma to have asthma-like symptoms.
- Chemicals from tobacco smoke (third-hand smoke) may stay in the air and on your clothes for days or weeks after a cigarette is put out.
- Third-hand smoke is never safe.
- Your pediatrician can help you or others quit smoking.

## FREE EVENTS

### Delta Township District Library

5130 Davenport Dr., Lansing

#### ***Paws for Reading***

Mondays 2/6 & 2/13, 4-5:00pm

Thursdays 2/2, 2/16, 2/23; 6-7:00pm

#### ***Evening Storytime***

Thursday, 2/9; 6:00pm

#### ***Family Movie Matinee***

Saturday, 2/25; 1:00pm

#### ***Big Playdate: Indoor Winterfest***

Saturday, 2/11; 10:30-11:30am

We're bringing some of the fun of outdoors inside (building snowmen, ice skating, snow-ball fights).

## CACS FREE TAX ASSISTANCE

CACS will be providing free tax assistance along with e-file again this year at the following Service Centers:

**Clinton County Service Center** (989) 224-6702

**Lansing Service Center** (517) 393-7077

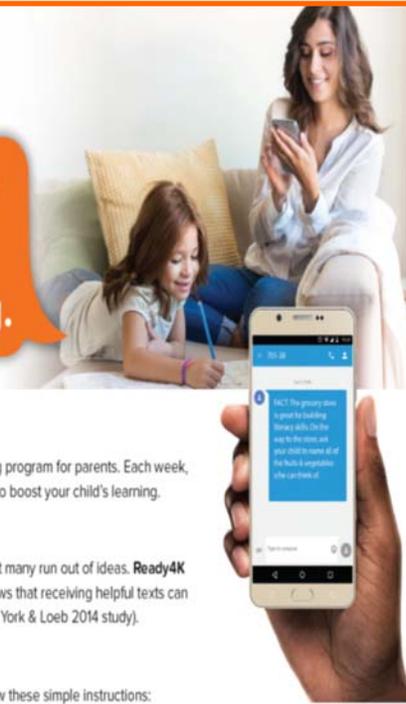
**Rural Ingham** (517) 676-1065

**Shiawassee Co. Service Center** (989) 723-3115



**Ready4K**

**Text messages to boost your child's learning.**



**What is Ready4K?**  
Ready4K is a research-based text-messaging program for parents. Each week, you will receive FUN FACTS and EASY TIPS to boost your child's learning.

**Why should I sign up?**  
All parents want their children to succeed but many run out of ideas. Ready4K can help! The research behind Ready4K shows that receiving helpful texts can significantly increase children's learning (see York & Loeb 2014 study).

**How do I sign up?**  
Signing up is easy. All you have to do is follow these simple instructions:

 If your child is 3 years old, text <b>R4K NC3</b> to <b>70138</b>	 If your child is 4 years old, text <b>R4K NC4</b> to <b>70138</b>	 If your child is in kindergarten, text <b>R4K NC5</b> to <b>70138</b>
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**How much does Ready4K cost?**  
While there is absolutely no cost for signing up, data & message rates may apply.

# Special Needs

## Ten Important Tips & Reminders for Parents of Children with Special Needs

- ◇ You are your child's best advocate!
- ◇ You have valuable information about your child. Teachers and therapists need your input.
- ◇ Put things in writing and keep a copy.
- ◇ Try to resolve problems at the lowest level, but don't hesitate to contact higher authority if you don't think your problem has been resolved.
- ◇ Reach out for help and ask questions to understand how to support your child's development.
- ◇ It's ok if you don't have all the answers. Live and learn! Important lessons are learned from successes AND failures.
- ◇ Have a sense of humor. It's good for you and your child.
- ◇ Remember to communicate with your child's service providers regularly.
- ◇ Encourage your child to make decisions. Give choices to reduce power struggles. Choose your battles!
- ◇ Parenting is hard sometimes – be patient and supportive. Love your children for who they are and don't forget to pat yourself on the back too!

## ¿Cuál es la deferencia entre el castigo y la disciplina?

(Proporcionado por universidad de Nuevo México: La Vida En Familia)



El castigo raras veces esta relacionado directamente con el mal comportamiento e incluye una acción que produce incomodidad o dolor. Por el contrario, la disciplina le enseña al niño lo que es el comportamiento aceptable. Un ejemplo: Cuando el castigo se liga a la comida, se crea una combinación peligrosa. Un niño depende de las comidas regulares para saber que los adultos lo van a alimentar y a cuidar. Cuando los padres le quitan la comida como una forma de castigo, el niño comienza a perder la confianza en los padres.

Quitarle la comida o el agua a un niño no le enseña a comportarse en forma apropiada. Por lo contrario, si al niño se le manda a la cama sin cena, puede que se concentre en que tiene hambre y ni siquiera piense en lo que hizo mal. La disciplina, sin embargo, le permite al niño experimentar las consecuencias de su propio comportamiento. Darle permiso al niño para que se retire de la mesa porque esta tirando la comida le enseña consecuencias lógicas: Que la comida no es para tirarse, y, que si la tira, el niño no podrá comer con el resto de la familia sino que deberá hacerlo solo.

Así como los alimentos nutren el cuerpo, el buen entrenamiento y la instrucción nutren la mente. Cuando los padres de familia le dan al niño limites consecuentes, puestos en practica con una firmeza bondadosa, el niño aprende formas de comportamiento apropiadas. Haga planes para aprovechar las horas de comida como oportunidades para que la familia vaya formando relaciones familiares sanas.

**Recuerde que usted es el primer maestro de su niño, y su hogar su primera escuela**

For more money-saving tips on planning, shopping, and tasty recipes to make at home, visit this website:

# Tracking Food Expenses

**SPEND SMART. EAT SMART.**

[spendsmart.extension.iastate.edu](http://spendsmart.extension.iastate.edu)



## KNOW YOUR NUMBERS!

Track what you spend on food for one month and look for opportunities to reduce spending.

When you finish tracking, ask yourself these questions.

	GROCERY STORE	CONVENIENCE STORE	PAID SCHOOL MEALS	RESTAURANTS	COFFEE SHOP	SPECIAL ACTIVITIES <small>(movies, concession stands, etc.)</small>
<b>COSTS</b>						
<b>TOTAL</b>	\$	\$	\$	\$	\$	\$

- Does anything surprise you?
- Do you eat out more than you expected?
- Can you share dinners with friends or have potlucks instead of eating out?
- Do you need to learn new skills or find new recipes to make eating at home more fun?
- Can you bring more food from home instead of buying it away from home?
- It is OK to start small and make one change each month. In time, the change will add up to big savings.