

**Young Parents in Lafayette County** have been finding parenting assistance and support from the Young Parent Support Group for the past eleven years. This support group is provided to young parents in Lafayette County and the surrounding community by the Lafayette County Health Department. Parenting is one of the hardest jobs any of us will attempt to do. It is very important for these young parents to have the opportunity to build their parenting skills and learn about resources available for them. To provide more resources to our young families, the Young Parents Support Group has been placed under the umbrella of the Building Tools for Young Parents.



Through this expansion we are now providing cribs to qualifying families and have received support from The Children's Trust Fund of Missouri. Other areas of support include a monthly newsletter, a room full of gently used baby clothes, an infant care class and infant massage kits to local parenting programs.

Every decision we make as a community should reflect our concern for our children. The experiences they have as children will have a huge impact on the choices they will make later in life. . Education and resources we provide to parents during this critical time will only improve the cultural and social environment for the entire community.



*This program is sponsored with funds from the Lafayette County Health Department and the Children's Trust Fund. Do you want to be a part? Purchase a Children's Trust Fund License Plate, and the funds raised by the sale of this special plate will benefit local child abuse prevention projects. To order, send \$25 to Prevent Child Abuse Missouri, PO Box 1641, Jefferson City, MO 65102-1641 or call or call 1.888.826.KIDS (5437)*



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# Building Tools for Young Parents Presents the Parent Chat Newsletter For the Young Parents Support Group

**When:** February 8, 2011

**Time:** 7:00 p.m.

**Where:** Lafayette County Health Department



# Current Events

## Expectant Parent Class

If you are expecting, don't miss this opportunity to receive valuable information. Be the best parent you can be. Sign up for the Expectant Parent Class on March 19, 2011 from 9:00am to 4:00. Please call for the exact date. The cost for this program is \$20.00 and lunch will be provided. For those qualifying, a scholarship is available.

Nutrition      Fetal development      Overall safety  
Early newborn care      Breast feeding      Postpartum  
Relaxation and breathing  
Minimize discomforts of pregnancy

To register or for more information, call 259-4371 to speak to Carolyn.

## Cribs

Every child needs a safe place to sleep. A crib is the only safe place designed to leave a child unattended while you are sleeping. If you are pregnant or have a child under three months old, you may

qualify to earn a crib through the

Lafayette County Health Department's Crib Program. The Crib comes with a mattress and crib sheets.. Call 259-4371 and speak to Donna to find out more details..



## Immunization Clinics:

Every Monday 1-4 pm

Every Wednesday from 8:30 a.m. to 4:00 p.m.

Last Tuesday of each month 8:30-7 pm

Non-Clinic day by appointment only.

Immunization record is required.

# Emergency Planning

Create a Plan, Prepare a Kit and Listen for information.  
Are you Prepared?

Don't wait until you have an emergency to happen to see if you are prepared. The whole point of emergency preparation is to do as much as possible before an emergency happens. There are steps you can take to develop your own emergency plan.

## 1. Create a plan for your family.

Each family has different needs. You need to create a plan that will provide for your families needs for three days. This will be for whether you stay in your home or if you need to leave. Let your family know where you should meet if you are unable to go stay in your home. Talk about different situations. A tornado will bring different issues compared to a snow storm. Know you contact information.

## 2. Prepare a kit.

Having a few things ready can make a big difference. Here is a list of suggestions to consider for your kit.

- Have one gallon of water per person per day.
- Food that does not have to be refrigerated.
- Flashlights with extra batteries
- A change of clothes
- Pet food for animals
- Small first aid kit
- Personal hygiene items
- Medication
- Battery powered radio

## 3. Listen for information.

It is important to stay calm and listen to information as it becomes available. City, county and state officials have emergency plans in place. It is important to follow their instructions and advice. Depending on the extent of the emergency, it may take a few days before help can get to you. You need to be prepared to have what you will need for at least three days.

Being prepared is not a new concept. Our grandparents understood it. They prepared for winter by preserving food and made sure they were close to a well for water. We do not have to go to these extremes but we can learn a lot from their example.

Information from the: *Planning for Emergencies: Three Steps to be Prepared, A Family Safety Guide.*

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# Creativity Corner

## Valentine's Day Cards

### Materials:

- ♥ 8.5 x 11 construction paper or card stock in various colors and/or patterns
- ♥ Valentine and/or heart stickers
- ♥ Scissors
- ♥ Pinking shears (optional)
- ♥ Glue stick or white craft or school glue
- ♥ Glitter (pink, red, white)



### Instructions:

1. Begin by cutting a piece of construction paper or card stock into four equal pieces.
2. Fold quartered paper in half to make a card.
3. For the easiest version, appropriate for pre-schoolers, use stickers to decorate or cut out hearts from a different color of construction paper or card stock to glue onto your cards. Experiment with different patterns, florals look great contrasted with stripes on a solid background.
4. Younger children love glitter! Use a bottle of glue to "draw" on a heart or phrase (such as "Be Mine"). Sprinkle glue generously with pink, red or white glitter and let dry over night. Tap off excess glitter when completely dry.
5. For the older set, let them use pinking shears to cut out heart shapes and glue onto cards. Again, use contrasting patterns and colors to create a charming design.
6. Once glue is dry, cards may curl up a little. Place cards between the pages of a heavy cookbook or phone book and leave over night.

