

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)

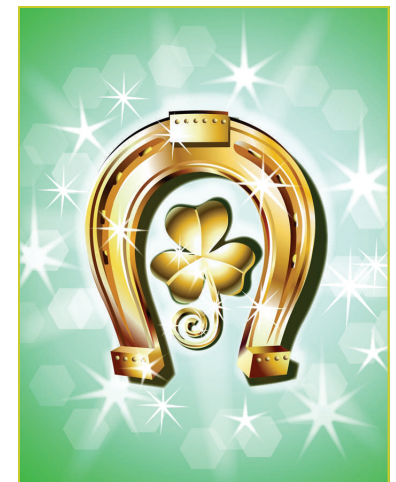


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**Building Tools for Young Parents
Presents the
Parent Chat Newsletter
For the
Young Parents Support Group**

Date: **March 9, 2010**
Time: **7:00 p.m.**
Where: **Lafayette County Health Department**

Chris Creason will be our speaker for the evening. Come visit with other parents, enjoy refreshments, and pick up a package of diapers!



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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 6, 2010 from 9:00am to 4:00.** 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..



While Supplies Last

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.

Dinner Together, is it just a meal?

We hear a lot of discussion about the Importance of eating meals together. Families today have very busy schedules which keep everyone running at a rampant pace. If something is left out of the day, it is usually meal times together. It seems like such a simple thing. Dinner together is such a small thing to do and yet can have such a great impact on our children. This time around the table helps our children to have better nutrition, closer bonds with parents, and higher levels of asset development.

Research shows that families that eat "meals together everyday or almost everyday, generally consumed higher amounts of important nutrients such as calcium, fiber, iron, vitamins B6 and B12, C, and E, and consumed less overall fat compared to families who "never" or "only sometimes" eat meals together." (Archive of Family Medicine, March 2000)

Another bonus of a simple meal together is that children tend to do better in school. A survey of high-achieving teens showed that those who regularly eat meals with their families tend to be happier with their present life and their prospects for the future. Children who have this time with their parents test consistently with positive associations found between the frequency of family dinners and all developmental assets both external and internal. (J. Adolesc Health 2006 July) What this means is that just eating together as a family increases your child's commitment to learning, positive values, social competencies and decreases family stress.

We are not talking about an eight course meal. We are just talking about families spending one hour together at the table, not distracted by the TV, sharing time, bonding together and building memories. Can you make this time? Remember, dinner time is not just a meal.



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Services Provided on a Non-Discriminatory Basis

Creativity Corner

Rainbow In A Cup

Materials:

- ♥ Red, orange, yellow, green, blue, and purple JELL-O
- ♥ Hot and cold water
- ♥ Clear plastic cups
- ♥ Refrigerator



Directions:

1. Make the red Jello according to instructions on the box. Pour a small amount in the bottom of each clear glass (about one sixth of the cup).
2. When the red Jello has set (this will take hours or overnight) repeat step one using the orange Jell-O.
3. Repeat steps one and two with the yellow, green, blue, and purple Jell-O's.
4. You now have rainbow Jell-O to help you to celebrate St. Patrick's Day.

