

## Ideas to Strengthen the Family

1. Give your children more time. Set aside a daily meal, a family day, or time before bed to reconnect with your children. Turn off the TV and explore family interests, activities, and rituals.
2. Find places that bring your family together. Choose places where your family feel cozy, safe, and connected. Examples might include the front porch, a nearby park, a mountain trail, a fishing pond, a museum, a ball field, or a pizza parlor.
3. Do things together. Play music, dance, collect stamps, grow flowers, groom pets, play sports, work for charity, attend religious services, and do it all as a family.
4. Celebrate! Assemble the generations for national holidays, birthdays, anniversaries, and personal achievements. Send cards, phone, make videos, and take pictures.
5. Start rituals. Hold a family reunion, interview elders, record your family history, and include your children in stories (not gossip) about relatives and friends.
6. Show family videos. Look at photo albums and recall memorable events, adventures, and family trips. Talk about Aunt Jane’s famous apple pie and retell grandpa’s favorite story.

February and March 2010



## Referral Department

Finger-plays are a fun way to capture a little ones attention and to also work on those important fine motor skills.

### MARCH

When March comes in like a lion, a lamb trots out, we hear. (MOVE FINGERS AS IF TROTGING)

But when the lamb comes first, my friend, it’s the roar going out that we fear. (MOVE FINGERS AS IF RUNNING)

So each and every boy and girl should watch as March comes in. (SHADE EYES WITH HAND AS IF LOOKING AROUND)

We’ll know the way the month might end, if we know the way it begins!!!



## Personal Pizzas

### Ingredients

- English muffins
- Shredded Mozzarella Cheese
- Jarred pizza sauce
- toppings such as pepperoni or sausage,
- olives, mushrooms

### Preparation

English muffin halves as ready-to-go crusts. You can buy a can of pizza sauce. Depending on the age of your little guests, you can have kids squeeze pizza sauce onto their pizza from a plastic squeeze bottle or spread on from a bowl. Have kids assemble their own personal pizzas! Bake at 425 degrees for 10-15 minutes or, if using English muffins, bake 5-10 minutes or until cheese is melted.

### SAVE THE DATE!

**Date:** Saturday, March 27, 2010

**Time:** 9:00am to 3:00pm

**Location:** Marion County –Southside

**Cost:** \$20.00

**Why you should attend:** Keeping informed helps us to prevent Child Abuse from happening. Cherish the Children.

**Keynote Speaker:** Sgt. Terry Hall, IPD

Good Touch, Bad Touch  
 (Body Safety Program)

- Call Child Care Answers for more information – 317-636-5727
  - **Registration is required**
- Informational booths and breakout sessions
  - Light breakfast and lunch provided