

LEARNING AND SHARING NEWSLETTER

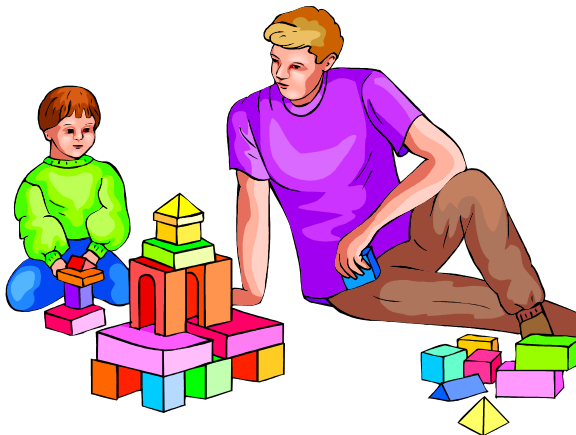
FOR PARENTS

Ideas for Strengthening Relationships Between Dads and Kids.

Research tells us that children with active dads receive benefits that kids without involved fathers don't get.

Children with active dads have better grades, positive problem solving skills, good health, ability to maintain close friendships, higher levels of empathy and compassion.

Kids who have involved fathers become adults with a higher sense of satisfaction with life, more education, higher income, more stable jobs, stronger and longer marriages.



Involved dads provide physical care such as feeding, bathing, clothing and general care. They take children to doctor appointments, school conferences, child care, etc. Involved dads play and interact in ways that show love and limits to their children. They know their child's likes, dislikes, and routines.

Active dads know the important people in their child's life like friends, teachers, and coaches. They connect with their children on an emotional and spiritual level as well as reconnect with their children after an absence.

Although you are not with your child every day, you are devoted to your children. How you handle your situation will make an impact on your children.

Read more about this topic at <http://www.extension.iastate.edu>> Home and Family > Children > Me and My Dad > Me and My Dad web site.

CULTURAL CORNER

Use of cognates

One strategy to increase the vocabulary of the English language is the use of cognates. The cognates are similar in spelling, pronunciation and meaning between two languages or more.

Spanish and English share a group of cognates. These cognates between Spanish and English are derived from Latin language.

In this way, people who their first language is Spanish can use words from their first language as a resource to learn new words in English.

Also, people who speak Italian, French and Portuguese can benefit from this strategy. Here are examples:

English	Spanish
adult	adulto
animal	animal
class	clase
company	compañía
different	diferente
nervous	nervioso(a)
special	especial
vegetables	vegetales

NUTRITION AND HEALTH TIP

Good Personal Hygiene Is Best Way to Fight Variant H1N1 Influenza

Practicing good personal hygiene is the best way to control the potential spread of variant H1N1 influenza — also known as swine flu, says Iowa State University Extension food safety specialist Sam Beattie.

It’s OK to eat pork. “Flu viruses are typically not spread through food very readily,” Beattie said.

As with any type of influenza, practice good personal hygiene to reduce the potential spread of the virus, Beattie said. Use a tissue when sneezing or coughing to prevent phlegm from getting into the air, and then properly dispose of the tissue.

Beattie also recommends “proper, diligent hand washing” several times in a day, particularly after touching shared items such as ATM keyboards, handrails and door handles.



Alcohol-based hand sanitizers are effective against this type of virus, he said.

“If your hands are clean without visible soil, use an alcohol-based sanitizer. That will kill the influenza virus,” he said.

“If you get influenza, don’t be a hero.” Beattie said. “Don’t go to work. Stay at home and limit contacts with others.”

To read the whole article, go to: <http://www.extension.iastate.edu> > Food, Nutrition and Health

For questions and suggestions about this letter contact:

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