

The Head Start Connection



February
2023

107 3rd Ave SE – phone 277-3010 – toll free 1-877-546-9420 – fax 701-225-1968

A quick look at what's happening in February

3rd
Hettinger County Closed

8th
Policy Council Meeting 3:00

10th
Health Advisory Committee Meeting 12:00

13th through 16th
Dickinson Center Home Visits

15th & 16th
Hettinger County Home Visits

20th
Head Start Closed

24th
Child Team Staffings



CHILD TEAM STAFFING DATES

February 24th

March 10th

April 21st

If you are interested in scheduling a staffing please contact Brittany Brown or your child's teacher.

You work. Let EITC work for you!

For more than 40 years, the Earned Income Tax Credit made life better for millions of workers. You may have extra money waiting for you. If you qualify and claim the credit, it could be as much as **\$6,935** from the IRS for some workers.

Don't be the one in five that misses this credit. If you or someone you know earned less than **\$59,187** from wages, running a business or farm or from Form 1099 MISC, check it out.

It's easy to find out if you qualify. Use the [EITC Assistant](#), available late January, and answer questions about yourself and other family members to see if you qualify and estimate the amount of your credit.

EITC eligibility depends on several factors, including income and family size. If you don't have a qualifying child and earned under **\$16,480** (**\$22,610 married filing jointly**), find out if you qualify for a smaller credit, worth as much as **\$560**. Don't guess about EITC eligibility use the [EITC Assistant](#) (<https://www.irs.gov/credits-deductions/individuals/earned-income-tax-credit/use-the-eitc-assistant>) to find out if you do qualify for EITC, And, see what other [tax credits](#) are available.

It's easy to find free tax help to prepare and file your taxes. Use the VITA locator tool on [IRS.GOV](#) to find a volunteer site near you. Or, you can prepare and e-file your own taxes with brand-name software using IRS's [Free File](#).

VITA Locator: <https://irs.treasury.gov/freetaxprep/>

Free File: <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

For more information on tax credits – go to: <https://www.irs.gov/credits-deductions-for-individuals>



Volunteer Income Tax Assistance (VITA)

VITA is a free tax preparation service provided by Community Action Partnership for low income individuals,

individuals with a disability and the elderly. Returns are electronically filed. This is a basic service and does not file complex returns such as self-employment, business or complicated deductions.

**They will begin taking appointments in February
Call Community Action Partnership**

701-227-0131



My child has a fever, but stores near me are out of over-the-counter medicines for kids. What can I do?

As a parent, it can be stressful when your child doesn't feel well. With viral illnesses on the rise for children, parents are looking for ways to manage symptoms—including reducing fevers. And many are coming up short on locating over-the-counter acetaminophen and ibuprofen products for infants and children.

If you find yourself in this situation, stay calm: it's important to know that over-the-counter fever-reducing medicines are strictly for comfort. They won't cure an illness or shorten its severity or duration. In addition, there are several things besides fever-reducing medicines that you can do to help make your child more comfortable.

A fever is a sign of the body's immune system doing its job to fight off an infection. We often treat fevers in children because it helps them be more comfortable when they are sick. The good news is there are other ways to help your child feel comfortable, such as making sure they get plenty of fluids and allowing them to get plenty of rest.

Non-Medical Methods for helping a child - Encouraging children to drink plenty of fluids is key! Try giving small frequent sips of liquid or even popsicles. Dress your child in comfortable and breathable clothes and give them a blanket if they have chills. A lukewarm bath may feel nice, but avoid ice baths and cold-water baths. These will cause your child to shiver and actually create more heat.

Name brand vs generic acetaminophen or ibuprofen - Generic or store brand medications have the same active ingredients as the name brand medications. So, you can give your child either one if needed. If a child is old enough, chewable tablets or dissolvable powders may also be an option. Just make sure to read the label and pay attention to the dosing instructions, which are based on the weight and age of your child. For example, ibuprofen is generally not recommended for babies under 6 months old.

Also, call your pediatrician before giving fever medicine if your child is under 2 months old.

Cough and cold medicine that has fever reducer in it – Combination medications for children that are labeled to tackle a variety of symptoms including fever and cough are not typically recommended. The fever-reducing medication can be under-dosed when given this way, making it less effective. Stick to identifying the symptoms you want to help and avoid the combo approach.

When to call your Pediatrician – Most viral illnesses causing fevers in children will resolve after a week. Focus on how your child looks and acts while they're sick—if they have a fever but are playful, they will likely do okay at home.

However, call your pediatrician or seek immediate medical care if your child:

- has concerning symptoms such as acting very sleepy or weak, peeing less than usual, showing signs of [dehydration](#) or difficulty breathing.
- is younger than 3 months old and has a temperature of 100.4°F (38.0°C) or higher, even if they seem fine and show no other signs of illness.
- is younger than 2 years old and the fever lasts for more than 24 hours
- is 2 years of age or older and the fever lasts for more than 3 days (72 hours)



Parks & Recreation Department offers a wide variety of indoor and outdoor activities year-round for adults and children. Membership fees can be monthly, quarterly or weekly. Families can **look into reduced prices based on income**. Please contact Park & Recs at [\(701\) 456-2074](tel:7014562074). They are located at 2004 Fairway St, in Dickinson.