

# MARCH

## Healthy Infants

### Healthy Eyes

### Healthy Futures

Cooing, sitting up and crawling are signs that your baby is growing. Your baby's vision goes through important stages too. Did you know eye problems can occur without noticeable symptoms?

An eye and vision assessment is an important step in making sure your baby is learning to see properly.

The InfantSEE program provides a one-time, no cost eye and vision assessment for babies 6 to 12 months old.

To find a participating optometrist in your area, visit [www.infantsee.org](http://www.infantsee.org) or call (888) 396-EYES (3937).



## Make a Splash

February 25 @ 1:30 pm - 3:30 pm

*West River Community Center 2004 Fairway Street, Dickinson, ND*

Join us for **FREE** Open Swim offered by Southwest Water Authority! The free swim event is part of the 22nd Annual Water Festival.

**FREE**



## Walk with a Doc

February 25 @ 9:00 am - 10:00 am

March 11 @ 9:00 am - 10:00 am

March 25 @ 9:00 am - 10:00 am

*West River Community Center 2004 Fairway Street, Dickinson, ND*

We invite you to join us for Walk with a Doc to be held at 9:00 am on the 2nd & 4th Saturday of each month at WRCC.

**FREE**



## Legal Aid Information

Legal Services of North Dakota is a non-profit organization, providing legal assistance in a variety of matters to low income and elderly North Dakotans. Help is available by calling these toll free numbers.

- **Under age 60 call toll-free 1-800-634-5263**  
Monday, Tuesday, Thursday between 9 a.m. - 3 p.m. CST.
- **Age 60+ call toll-free 1-866-621-9886**  
Monday - Thursday between 8 a.m. - 5 p.m. CST.  
Friday between 8 a.m. - 2 p.m. CST.

Legal Services of North Dakota is a grantee of the Legal Services Corporation and thus provides free legal assistance to low-income or elderly individuals. Legal Services of North Dakota does NOT charge clients for legal services. If you have received a request to pay for legal services or a notice to remit payment, please contact Legal Services of North Dakota directly and do NOT send payment.

Legal Services of North Dakota does not discriminate on the basis of race, color, national origin, religion, sex, disability or age in the delivery of services.



## Tax Assistance

Voluntary Income Tax Assistance (VITA) is a free tax preparation service for low income individuals, individuals with a disability and the elderly. This program generally runs from the beginning of February through April 15th. Returns are electronically filed. This is a basic service and cannot deal with complicated returns such as self-employment, business and complicated deductions. For more information or to make an appointment call Community Action Partnerships 701-227-0131.

## Just for laughs...



Let's talk for a second about the hardest job in the entire world; parenting. It's the one job that doesn't come with a manual or handbook. Our children, especially our young ones, can be so confusing. As a mother of two boys (6 and 1 and a half), I can personally tell you that parenting is not easy. One day my 1 ½ year old will eat macaroni and cheese; and the next time I make it he won't touch it. For months my 6 year old won't have an accident in the middle of the night; the next week he will have one for 3 days in a row.

Even though being a parent isn't easy, it can be the most rewarding job out there. Your children look up to you. Whatever you do, they do. You are their model, their number one and most important educator. But to be present and be the best role model for your children, you need to take care of yourself. A healthy parent is the best thing for a child. If you ever find yourself in a hole that you just can't get out of, remember that your child's teacher, home visitor, case manager, or any Early Head Start staff, are here to lend a listening ear or provide you with information and other supports. "There is no such thing as a perfect parent. Just be a real one."

Jennifer Braun, HS/EHS Director

