

KIDS FIRST POCAHONTAS

POCAHONTAS KIDS FIRST NEWSLETTER

APRIL 2011

NURTURING IDEA FOR APRIL

Brain Food

When preparing foods for your child, you are careful about what goes into their bodies. You make sure that what they eat is good for them. Do you take the same care when selecting what goes into their minds? Specifically, consider the music you listen to around the house or in the car. Your child is listening too!



Now, let's be realistic. You don't necessarily have to listen to *Silly Songs with Clappy the Clown* every day, just pay attention to be sure what you're feeding your child's mind isn't "junk food".

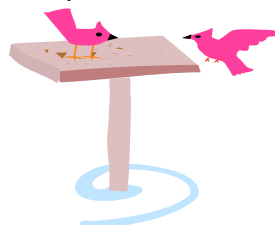
WHAT IS PROJECT NURTURE?

Project Nurture is KIDS FIRST's Infant Mental Health Program. Our goal is to promote the social and emotional well-being of KIDS FIRST infants, toddlers, and families through secure and nurturing relationships.

Kiwanis Project to benefit KIDS FIRST

Several members of the Pocahontas Kiwanis Club, as well as KF staff, have volunteered their time and services on Saturday, April 2 to take on a "HONEY DO" list of things needing to be completed around the clinic. Anyone having a suggestion, please see Director Jennifer Ray or drop a note in the box on her door and it will be added to the growing list of projects to be completed.

April 22, 2011 is Earth Day. We are looking for donations of flowers or trees to plant around the clinic. We would also love to have donated birdseed or bird feeders to put outside the treatment room windows so the children can enjoy watching the birds and their funny antics!!



Nurse's Notes

With allergy season approaching, you may notice an increase in runny noses or watery eyes. This alone is no reason to keep your child home. If you feel allergies may be the problem, please talk with your child's PCP about over the counter allergy medications before administering them. If your child has asthma please provide an extra inhaler to be kept at the clinic if frequent treatment is required.

Always bring us a note if your child has a doctor appointment or surgery scheduled.

April Birthdays

Daniel

Jannie

Jared

Koncela

Trinity

Dylan

Remington

HAPPY BIRTHDAY!!

NEWS FROM THE TREATMENT ROOMS.....

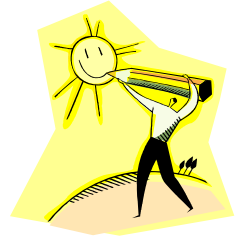
JUST FOR FUN....ALL TREATMENT ROOMS HAVE BEEN GIVEN NEW NAMES.

THE **BABY ROOM** IS NOW **BIRDS NEST** AND THEY WANT TO WELCOME AURORA AND SADLY SAY GOOD-BYE TO OLLIE WHO HAS TRANSITIONED TO THE TODDLER II ROOM. **TODDLER II** IS NOW THE **FROG POND** AND THEY WELCOME OLLIE. THROUGHOUT THE MONTH OF APRIL BOTH ROOMS WILL LEARN ABOUT THE RAIN, EASTER, AND ALL THE BARNYARD BABIES. WE MIGHT EVEN HAVE A VISIT FROM SOME OF THE BARNYARD ANIMALS!!

TODDLERS II, NOW THE **BEEHIVE** WANTS TO WELCOME JESUS. THEY ALONG WITH **BIG KIDS**, NOW **TIGER TUNDRA**, WILL BE TASTING DIFFERENT FRUITS AND PREPARING FOR THE EASTER HOLIDAY.

IN CONJUNCTION WITH NUTRITION MONTH IN MARCH, **PRE-K I**, NOW **LIONS DEN** AND **PRE-K II**, NOW **BEAR CAVE** TALKED ABOUT ALL THE DIFFERENT FRUITS AND VEGETABLES AVAILABLE TO EAT. WHAT PRETTY AND UNUSUAL PICTURES THEY PAINTED USING CORN, CARROTS, AND APPLES AS THEIR PAINT BRUSHES!

Thought for the Day



Nothing great was ever achieved without enthusiasm!!



AS PART OF THE DAILY TREATMENT ROOM ACTIVITIES, ADDISON AND REMINGTON ENJOY FREE TIME BY READING AND LOOKING AT BOOKS TOGETHER. THIS ACTIVITY HELPS ENCOURAGE AND IMPROVE SOCIAL SKILLS AND WILL BENEFIT EACH CHILD WHEN THEY TRANSITION TO THE PUBLIC SCHOOLS.

GOOD PARENTING TIPS FROM OUR SOCIAL WORKER.....

◆ IF YOU LOVE YOUR KIDS—PUT YOURSELF FIRST

SELF- CARE SHOULD NOT BE CONSIDERED A LUXURY FOR PARENTS-IT NEEDS TO BECOME A NECESSITY. LIVING WITH STRESSED OUT PARENTS IS NOT FUN FOR YOUR CHILD. IF YOU ARE REPEATEDLY BURNING THE MIDNIGHT OIL, YOU MAY BE ON THE BRINK OF PARENT BURNOUT AND THAT IS NOT A PLEASANT THING FOR YOU OR YOUR FAMILY.

◆ IF MARRIED—PUT YOUR MARRIAGE BEFORE YOUR KIDS

MANY CHILDREN TODAY ARE RAISED WITH AN UNHEALTHY SENSE OF ENTITLEMENT BECAUSE THEIR PARENTS HAVE MADE THEM THE CENTER OF THE UNIVERSE. WITH DIVORCE RATES HOVERING AROUND 50%, CHILDREN ARE COPING WITH UNHAPPY, FAILING MARRIAGES AND DIVORCE WHICH IS MUCH WORSE FOR THEM THAN NOT GETTING THE TOYS OR DESIGNER JEANS THEY MAY WANT.

◆ CHERISH YOUR CHILDREN

STRIVE TO REMEMBER HOW FORTUNATE YOU ARE TO HAVE YOUR CHILDREN. THOUSANDS OF PEOPLE THAT CAN'T HAVE CHILDREN WOULD LOVE TO TRADE PLACES WITH YOU. HUG YOUR CHILD AT LEAST THREE TIMES A DAY AND LET THEM KNOW HOW GRATEFUL YOU ARE TO HAVE THEM IN YOUR LIVES.

◆ FOCUS ON WHAT YOU LIKE, NOT ON WHAT YOU DON'T LIKE

IF CHILDREN AREN'T BEING APPRECIATED OR GETTING ATTENTION FOR WHAT THEY DO WELL OR FOR WHEN THEY BEHAVE WELL, THEY WILL LEARN TO GET ATTENTION FOR **NOT** BEHAVING WELL. THE MORE YOU NOTICE WHAT YOU LIKE ABOUT WHAT THEY'RE DOING, THE LESS LIKELY THEY ARE TO MISBEHAVE.

WATCH FOR MORE PARENTING TIPS IN THE MAY NEWSLETTER.



KF celebrated the March 2nd birthday of Dr. Seuss by making "Cat in the Hat" hats to wear!!



Nutrition month (March) was observed in the Beehive treatment room with colorful fruits and veggies.

KF tee shirt orders are due to arrive by the first week of April. Arrival announcement will be posted on the door.