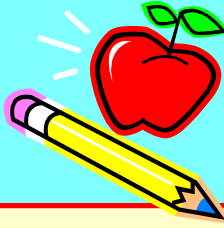




# NEWS TO KNOW



KIDS FIRST - LR  
Little Rock, AR

April 2011  
Volume 6, Issue 4

## KIDS FIRST - LR Newsletter Project Nurture

### Project Nurture

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

### Springtime Recipe

Spend some time with your child making and eating something healthy and yummy.

#### Yogurt Popsicles

- 1 cup plain yogurt
- 1 banana, sliced
- 1 teaspoon vanilla
- 1 cup unsweetened fruit juice or fruit chunks



Blend all ingredients together in a blender and pour into small paper cups. Freeze. Place a plastic spoon or a Popsicle stick in each cup when yogurt mixture is half frozen. To serve, turn cups upside down and run hot water over them until the Popsicle slips out. Makes 4 to 5 small Popsicles. Popsicles made with orange juice or peach chunks are favorites.

#### Children

Joshua H. – 2<sup>nd</sup>  
Ronin H. – 6<sup>th</sup>  
Thomas "Mason" I. – 8<sup>th</sup>  
Christopher P. – 12<sup>th</sup>  
Kaylen B. – 30<sup>th</sup>



#### Staff

Courtney (Rm. 1) – 14<sup>th</sup>  
Lola (Kitchen) – 26<sup>th</sup>  
Fran (Rm. 3) – 27<sup>th</sup>  
April (Rm. 10) – 28<sup>th</sup>

### AR Children's Week

Arkansas Children's Week is April 11-15<sup>th</sup> Early childhood programs and day care centers around the state will focus on the theme "Let's Explore Science." KIDS FIRST/Little Rock has several special events planned this week.

**Tuesday April 12<sup>th</sup>** Everyone will wear their Arkansas Children's Week t-shirts. If you ordered one for your child, please have him/her wear it on this day.

**Tuesday, April 12<sup>th</sup>** The Farm Bureau Federation will send a life-size, automated cow that has utters children can milk. The cow will be at the clinic from 9:00-11:00. Each room will have an opportunity to see the cow and try milking it. Children will hear stories, sing songs, and do activities about cows throughout the day.

**Thursday, April 14<sup>th</sup>** Susan Staffeld from Pinnacle Mountain will present a reptile program to our children.

Throughout the week, each room will be involved in science activities and simple experiments. Packets of science activities and information about free places to take your children to expose them to the wonders of science will be sent home.

## Earth Day – April 22, 2011

### Special Guests!

Kim Dade, a drama and communications teacher from LR Central High School, will be bringing some of her students to tell stories and sing songs about Earth Day (ways to take care of the Earth). She will have several students go to each of our 5 preschool rooms on the following days and times. We would love for you to come join us in the fun.

**Thursday, April 28<sup>th</sup>, 9:15–10:00 and 1:40–2:00 AND Friday, April 29<sup>th</sup>, 1:40–2:00 and 3:00-3:30**

What can you do to celebrate Earth Day? Go for a nature walk in a state park, or watch the bird feeder in your back yard.

**April 16, 9am – 5pm – Little Rock Zoo *Wonders of Water: An Earth Day Celebration*** is a green festival featuring educational activities and information all about our environment. Visit the different educational booths around the Zoo and learn what non-profits, government agencies and area businesses are doing to GO GREEN!

**Arkansas Earth Day – Saturday, April 23** – You'll find live music, kid's crafts and information about green. The event is from 10 a.m. to 3 p.m. at the North Shore Riverwalk in NLR. Free to the public. The festival will be held rain or shine.



## Medication Safety



Injury Prevention Center  
archildrens.org

It only takes a moment.

### Everyday items in your home can be dangerous for kids.

Children like to explore. They may try to eat or drink anything within their reach, including poisonous items like medicine and cleaners.

- Lock up medicine out of children's sight and reach.
- Keep products in their original containers.
- Never refer to medicine or vitamins as "candy."
- Always read labels and follow directions.
- Safely store house cleaners and poisons out of reach.
- Keep the National Poison Control phone number near all phones: 1 (800) 222-1222

Sources: American Academy of Pediatrics, Safe Kids USA, and the U.S. Centers for Disease Control and Prevention

Call the Injury Prevention Center at Arkansas Children's Hospital at 1 (866) 611-3445 or visit [www.archildrens.org/injury\\_prevention](http://www.archildrens.org/injury_prevention) to learn more.