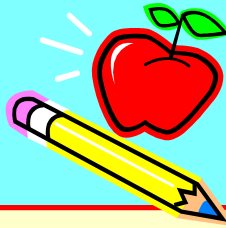




# NEWS TO KNOW



KIDS FIRST - LR  
Little Rock, AR

December 2011  
Volume 6, Issue 12

## KIDS FIRST - LR Newsletter Project Nurture

### Project Nurture

### Nurturing Idea for December

#### Babies and Holidays

Don't overbook this holiday season! You've got tons of people to see (and show baby off to), but don't forget to plan time for naps and playtime. If not, your baby is likely to get uncomfortable, tired, and cranky. You may even have to remind too-pushy relatives that scheduling some downtime is necessary and is not negotiable.



#### 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.

We will be closed December 23 through December 30 for the holidays. We will reopen on Monday, January 2, 2012.



### Santa Claus is Coming to KIDS FIRST-LR!



KIDS FIRST staff would like to invite all parents/guardians of children who attend KIDS FIRST to a Holiday Breakfast on Monday, December 19 at 8:30 am. The breakfast will be held in the Grape Room this year. Bring any holiday CDs you want to hear or share. We will eat breakfast and do a fun activity. Then you can go to your child's room and assist the classroom staff in escorting children to the front playroom for their pictures with Santa. Pictures will be taken of each child with Santa Claus and will be available for purchase for only \$1 each. You will be able to place your order that day or send the money with the number of prints you would like.



### Welcome New Employee!

#### Shanique McGaughy

Child Care Technician (Rm. 10)  
Welcome to KIDS FIRST!  
We're glad you're here.

#### Children

- Mayra P.A. - 13<sup>th</sup>
- Daimeun R. - 17<sup>th</sup>
- JaeShawn B. - 18<sup>th</sup>
- Christian J. - 22<sup>nd</sup>
- Wesley M. - 22<sup>nd</sup>
- Prentis J. - 23<sup>rd</sup>
- Markus J. - 28<sup>th</sup>
- Willie L. - 31<sup>st</sup>



#### Staff

- Sheila W. (Secretary) - 1<sup>st</sup>
- Suzanne S. (Clinical Director) - 9<sup>th</sup>
- Kitty A. (PT) - 14<sup>th</sup>
- Marla G. (OT) - 15<sup>th</sup>
- Tomicka C. (Room 5) - 15<sup>th</sup>
- Glenn B. (Room 2) - 22<sup>nd</sup>
- Amy P. (PT) - 23<sup>rd</sup>

## Choosing Good Toys

The toy-buying season seems to be in full swing. It's an exciting time, but families can feel overwhelmed when trying to stretch their dollars and at the same time make their children's dreams come true. If you haven't already done so, take a few minutes to put together a guide to good toys and distribute it to your families.

What is a toy? Toys are tools or props that children use for play. Many safe household items make excellent toys and don't require parents to spend a penny: plastic bowls and cups, dress-up clothes, empty boxes of different sizes, paper sacks.

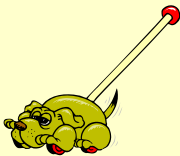
What makes a good toy? The best toy can be played with in many ways-it doesn't do just one or two things. A good toy is well made and attractive, it matches the child's age and interests, and it stimulates development of the child's physical, cognitive, social, and/or emotional skills.

What are some good toys?

- For infants: rattles, busy boxes, stacking toys, shape sorters, soft baby dolls, board books



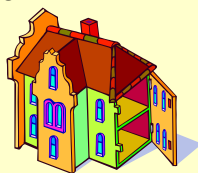
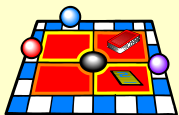
- For toddlers: balls, push and pull toys, stuffed animals, crayons, play dough, simple puzzles



- For preschoolers: dolls, rubber or plastic animals, vehicles, blocks, art materials, balls



- For school-agers: board games, construction sets, doll house, roller skates, puppets, art materials



## Cold Weather

As the weather gets colder, we want to take a minute to remind you to send your child in appropriate clothes for outdoor play.

At KIDS FIRST, all of the children are given the chance to play outside every day, as long as the weather and air quality conditions allow. Outdoor play provides an opportunity for learning in a different environment as well as many health benefits.

You can help your child enjoy the outdoors during cold weather by dressing him or her in layers and sending a warm coat, cap, and gloves or mittens to wear. Also, make sure your child has on socks with his/her shoes.



**(Please remember to label everything with your child's name.)**

When the weather is cold, we will watch your child carefully and come inside if needed. If the weather is too cold, with wind chill at or below 15 degrees F, as identified by the National Weather Service, we will restrict the children to indoor play only. Please remember to take home your child's extra summer clothes and bring in extra winter clothes.

# Winter

## KIDS FIRST – INCLEMENT WEATHER POLICY

If we are closed due to bad weather, it will be reported to Channels 4, 7, and 11. Channel 4 will only place the information on their website, [www.arkansasmatters.com](http://www.arkansasmatters.com). There will also be a message placed on the KIDS FIRST phone at 364-7510. If it is determined that the clinic will have a delayed opening, we will open 2 hours late (at 9:00am). **Please be sure that we have all your correct phone numbers so that we can reach you in case of a weather emergency and we need to close the clinic early.**

