



UAMS/KIDS FIRST FOCUS ON FORT SMITH

KIDS FIRST WISH LIST

At this time of year we always have parents ask what they can bring to KIDS FIRST. Below is a list of items that every classroom can use. For a more specific list, check with your classroom staff.

- Glue sticks
- Liquid glue
- Construction paper
- Age appropriate books
- Dramatic play/dress up items
- Musical instruments
- Acrylic or tempera paint
- Naptime/playtime CDs
- Cotton balls
- Playdoh
- Paper plates (for art projects)

We know that times are tough in this economy. Please do not feel compelled to bring items. Any items will be greatly appreciated.

EMPLOYEE OF THE MONTH

December's employee of the month is Angela Scoggins. Angela has been with KIDS FIRST for 12 1/2 years. Angela is the supervising teacher in the Old Owl's Nest, better known as the Baby Room and Kanga's Roos. Angela has two sons, and four grandchildren. When



not working Angela enjoys jewelry making and camping in her travel trailer. Be sure to congratulate Angela when you see her.



DIRECTOR'S CORNER

Dear Families,

Be on the look out for all the magical things getting ready to happen at our clinic.. The staff is turning the clinic into a Holiday Winter Wonderland. You will see changes on a daily basis.

We will be having a Holiday Open House on Friday, December 11th. This will be drop-in, from 12:00-3:00 pm. All family and friends are welcome to come.

Santa will be visiting us on Friday, December 18th, starting at 9:00 a.m. (A schedule of times for each class will be provided for you.)

Looking forward to all the fun, magical activities----
Happy Holidays!

Karen Tyler, Administrative Director, M.Ed., CDA
KIDS FIRST-Fort Smith

CALENDAR OF EVENTS

- Dec. 11* *Holiday Open House*
- Dec. 18* *Santa and BACA Visits*
- Dec. 21-25* *KIDS FIRST closed*
- Jan. 1* *KIDS FIRST closed*

DECEMBER ANNIVERSARIES

Two employees celebrate anniversaries in December. Amber McClellan, floater, celebrates two years and Sara Ray, caregiver in Pooh Corner has been with us for three years. Congratulations to both of them.

KIDS FIRST Cerrara
21 al 25 de Diciembre por
Navidad
1 de Enero del 2010 por
Ano Nuevo

Project Nurture

Nurturing Idea for December

Something as simple as turning on a light, getting into or out of bed, or selecting clothes for the day can give young children opportunities to express choice and make decisions. Developing these skills begins early in life, and you can provide these opportunities to your child in your home in various creative ways.



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.

OUTSIDE PLAY AND COLDER WEATHER

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

- Germs that cause infections are generally less concentrated in outside air.
- Light exposure provides children with Vitamin D that growing chil-

dren required.

- Open spaces encourage children to exercise and develop their gross motor skills in ways that are difficult to duplicate indoors.

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. 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 32° F., as identified by the National Weather Service, we will restrict the children to indoor play.



With all the holiday cooking and baking going on this time of year, we thought it was a great time to talk about truly having fun with food. Your child loves to be doing what you are doing. Letting them help in the kitchen, at their own level, is a great bonding experience and a great learning opportunity as well. Older children are capable of measuring ingredients (cognitive), while younger children can help by pouring, stirring, and mixing (fine and gross motor). If you have more than one child helping, you can reinforce turn-taking and sharing (social). Don't forget to name all the ingredients and steps (communication) to make the experience a memorable, fun activity that they will remember for years to come. Whether it's rice crispy treats or a 7 course meal, you can find a job for almost any age child. The more you encourage your child to try, the more he or she will gain skills that build confidence and self reliance (adaptive). Enjoy your holidays and enjoy your children!



NOVEMBER PERFECT ATTENDANCE

Seventeen students had perfect attendance this month. They are: Guy R, Jimmy G, Maci D, Madilyn D, Mark D, Chris G, Gage M, Sandy T, Ariel J, Demondrea J, Ella T, Clyde S, Emma P, Yovani A, Eathan T, Michael S, and Roberto E. This month's prize winner is Ariel J. Ariel will receive a collection of books as her prize. Thanks to all our parents who get their children here on a consistent basis. A grand prize will be given for attendance will be given to the family on Friday, December 18th for the child who attended most during the year.

DECEMBER BIRTHDAYS

The birthday list for December at KIDS FIRST includes: Abbagale B, Moncerrat C, Rachel C, Maci D, Madilyn D, Mark D, Gabrielle H, Eathan T, Sandy T, and Keaton W. Staff celebrating are: caregivers Mehgan Gray, and Miriam Newton, ECDS Tracy Lewis, and secretary Barbara Houston-Blatchford. Happy birthday to everyone.

