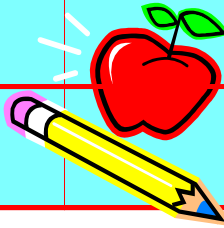


# NEWS TO KNOW



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Rock, AR

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## KIDS FIRST - LR Newsletter Project Nurture

We will be closed December 20-24 for Christmas and December 31 for New Year's.



### Project Nurture

### Nurturing Idea for December

#### Cooing

Your baby's cooing may not sound like much right now, but he's actually talking to you, listening closely to what you say, and learning how to communicate.

Hold your baby close and make eye contact. Talk to him in gentle, loving tones. Imitate his sounds and facial expressions. Play sing-song games like "Pat-a-Cake", "Peek-a-Boo" and "The Itsy Bitsy Spider".

Your baby will let you know when he's ready to stop by looking away.



#### 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.**

### 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

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## Special Thanks

Special thanks to our parents - who are supportive of their children, the treatment they receive, and our clinic. We also appreciate it when you tell your friends and family about our program. Thanks for your referrals.



## Social Work Spiel

With the winter season approaching, there will be a greater need/use of electric and gas utilities. If you are experiencing problems paying your bill, help may be available. CADC often provides assistance in *crisis situations*, such as a disconnect or shut off notice. Entergy offers Project Deserve & Power to Care, which provides assistance towards the household's electric bill. Arkansas Western Gas offers the Hearts Warming Homes Program, which operates from November to April. Finally, CenterPoint Energy offers the Good Neighbor Fuel Fund, which helps with utility costs. There are specific guidelines for eligibility and assistance. If you would like more information, you may contact the following: CADC at (501) 603-0909; Entergy at (800) ENTERGY, Hearts Warming Homes at (800) 563-0012; and CenterPoint at (800) 992-7552.

Happy Holidays from your KIDS FIRST Social Workers!!!!

## Perfect Attendance

The following 15 children had perfect attendance during November. They each received an entry into a drawing for a special prize.

Julian A.	Christian G.	William P.
Courtney B.	Kennedy H.	Zoe P.
Claysha B.	Giselle H.	Mia S.
Breniah B.	Markus J.	Shamar T.
Lyric G.	Jenferzon M.	Breeana T.

The winner of November's prize is Claysha B.!



KEEP UP THE GREAT WORK EVERYONE!!!

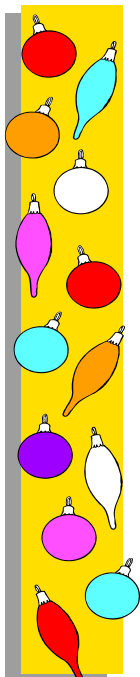


### Children

Joshua P. – 1<sup>st</sup>  
 Nelbria W. – 2<sup>nd</sup>  
 Daimeon R. – 17<sup>th</sup>  
 JaeShawn B. – 18<sup>th</sup>  
 Wesley M. – 22<sup>nd</sup>  
 Jamarius D. – 28<sup>th</sup>  
 Markus J. – 28<sup>th</sup>  
 Andres V. – 30<sup>th</sup>  
 Willie L. – 31<sup>st</sup>

### Staff

Sheila (Secretary) – 1<sup>st</sup>  
 Joyce (Rm. 5) – 8<sup>th</sup>  
 Suzanne (Clinical Director) – 9<sup>th</sup>  
 Marla (OT) – 15<sup>th</sup>  
 Tomicka (Rm. 7) – 15<sup>th</sup>  
 Amy (PT) – 23<sup>rd</sup>



## Toy and Gift Safety

**Keep kids safe this holiday season by choosing safe and suitable gifts.**

1. Select toys that are right for a child's age and skills. Toys that are too hard for a child to use can be unsafe.
2. Toys with strings more than 12 inches in length can be a choking hazard for babies.
3. Children under three can choke on small parts in toys and games.
4. Children under 10 years should be given toys that use batteries and do not have to be plugged in to avoid electric shocks and burns.
5. Please read all the instructions before allowing a child to play with a toy.
6. Children under age 16 should not ride 4-wheelers (ATVs).

Source: American Academy of Pediatrics, Consumer Product Safety Commission

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.