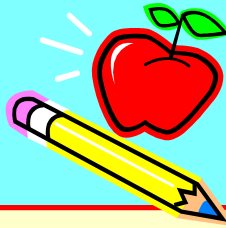




NEWS TO KNOW



KIDS FIRST - LR
Little Rock, AR

February 2011
Volume 6, Issue 2

KIDS FIRST - LR Newsletter



KIDS FIRST/Little Rock "Bake Sale"
will be **February 25th** from **8:00 AM**
until all the goodies are gone.

Parents, KIDS FIRST/Little Rock staff, and staff from POC are invited to buy delicious homemade baked goods at the Little Rock clinic.

Come check out the "goodies" in the front playroom. Proceeds from the sale will help raise funds for our KIDS FIRST clinics. Thank you for participating and helping us make a difference in the lives of our children!

Welcome New Employees!!!

Sharon Wilson

RN, Clinical Coordinator

Karla Chenault

Occupational Therapist

Welcome to KIDS FIRST!
We're glad you're here.

News Flash From Rooms 9 and 10

Bobbie Courtney ECDS

Denise Steen & Ann Perkins, Caregivers Room 9

April Haynes Caregiver Room 10

Children in rooms 9 and 10 who will go to kindergarten are excited about getting ready for graduation. Ms. Bobbie reports they are thinking about the graduation theme and preparing a special program for parents and friends.

Because they are "big kids" now they are learning to follow classroom rules just like they do in kindergarten. The children are working hard at putting toys back where they belong, following directions and learning to use the bathroom independently. Washing hands is one of their favorite parts of the toileting experience. Children are also very conscious of following good hygiene by washing their hands after wiping their noses.



Children

DeAndre W. – 3rd
Jostarria D. – 14th
Adrian R. – 20th
Mheki G. – 27th



Staff

Bobbie B.
(Nurse – 16th)

Parent Meeting



Topic: "Brain Development in Young Children"

Date: Friday, February 25, 2011

Time: 2:30 PM - 3:30 PM

Place: KIDS FIRST Conference Room

This month we will be having a parent meeting about brain development in young children. Jessica Martin, our Early Childhood Special Educator and Training Coordinator, will be presenting information on how the brain develops and influences on brain development. In addition, she will offer tips to help you help your child's brain develop. Please join us for this informative parent meeting. We look forward to seeing you!

SAVE THE DATE

What: Pre-K Graduation

When: Friday, June 10, 2011

Where: Liberty Hill Baptist Church



Perfect Attendance

Julian A., Rudnick C., Jostarria D., Markus J., Chelsea N., Mia T., Elanena W., and Trayvon W. all had perfect attendance during January. They each received an entry into a drawing for a special prize.

The winner of January's prize is Elanena W.!

FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Dental Care for Children:

Why is tooth care important? Tooth decay is the major cause of tooth loss in children. Parents need to teach, watch and help children brush their teeth to avoid decay. Avoiding sugary foods and regular dentist visits can also greatly lower the chance of getting cavities. Taking care of your child's teeth takes both parent and child to make it happen. You should start teaching your child about brushing as soon as your child has teeth.



How can I help my child? Babies can get tooth decay from having the sugar from milk or juice sit in their mouths for long periods of time. Never let your child walk around with a bottle all day or lie down with a bottle to go to sleep because it can damage teeth. You can also help your child by following these tips: Wipe your baby's teeth with a damp washcloth. Once the molars come through begin to use a toothbrush. Use a child-size toothbrush with soft bristles. Replace the toothbrush every 3 months. Use fluoride toothpaste regularly once your child learns to spit out the toothpaste. Put a pea-sized amount on the toothbrush and brush your child's teeth after every meal and before bed. If your child swallows the toothpaste this small amount should not hurt him. Once all baby teeth are in, begin flossing. Floss before brushing. Introduce gradually and make sure it is fun. By age 7, your child should be able to brush his teeth alone. By the age of 8, children should be able to floss their own teeth.

When should my child visit the dentist?

The best time for children to start to see a dentist is between 1 and 3 years of age. Thereafter, a dental appointment is generally recommended every 6 months.

Your child should also go to the dentist:

As soon as you or your child notice a dental problem

Before he or she starts playing contact sports

If there are dark spots in the pits or fissures of the teeth

If the upper and lower teeth do not come together correctly (malocclusion).



Burn Prevention



Injury Prevention Center
archildrens.org

It only takes a moment.

Small children are curious and don't always know danger when they see it. That's one reason they are more likely to get burned. It's our job as adults to protect them! Here are a few ways to do that:

- **Watch small children closely at all times.**
About 30 percent of all burns happen to children younger than age 5.
- **Keep small children out of the kitchen!**
Kids get burned in kitchens more than any other room of the house.
- **Keep working smoke detectors near all sleeping areas.**
- **Practice fire escape plans with your family so that everyone will know how to exit safely in case of a fire.**

Source: The Burn Center at Arkansas Children's Hospital

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