



February



KIDS FIRST POCAHONTAS

Project Nurture

Nurturing Idea for February

Show Love for Your Child This Valentine's Day

The following are Valentine's Day tips from the American Academy of Pediatrics (AAP).

- Use positive words with your child. Avoid using sarcasm. Children often don't understand it, and if they do, it creates a negative interaction.
- Respond promptly and lovingly to your child's physical and emotional needs and banish put-downs from your parenting vocabulary.
 - Make an extra effort to set a good example at home and in public. Use words like "I'm sorry," "please," and "thank you."
 - Help your child foster positive relationships with friends, siblings and members of the community.



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.

February Birthdays

Cory
Gracelynn
Clifford



A note from Nurse Leah...

Just a reminder: if your child is diagnosed with conjunctivitis (pink eye) this is considered contagious and your child must have a round of eye drops before they can return. If I send your child home for possible pink eye they must have a doctor's note to return.



Terry Robinson, representative for Kay's Jewellers, donates stuffed bears to KIDS FIRST.

Donated bears will be used as door prizes for a Project Nurture Playgroup program planned for KF children and their families. The program will be a six-session weekly Child-Parent Psychotherapy group, which is designed to provide families of children ages 0 -3 with a safe and fun environment in which they may learn new and more effective strategies for supporting one another socially and emotionally. Project Nurture Playgroups are a part of

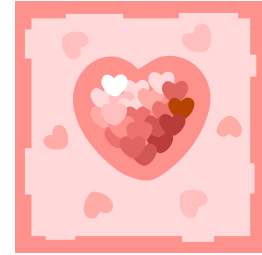
"Project Nurture", KIDS FIRST's Infant Mental Health program.

What's Going On in the Treatment Rooms?

In the treatment rooms, we are all learning about heart health, Valentine's Day, Black history month, dental hygiene. We will have a special visit from dentists while we learn about our teeth and taking care of them!

Valentine's Party

Treatment rooms will have a Valentine's party on Tuesday, February 14th at 2:00.



On Friday, February 3, 2012, National Wear Red Day[®], Americans will wear red to show their support for women's heart health. This observance promotes the Red Dress symbol and provides an opportunity for everyone to unite in life-saving awareness-to-action movement by putting on a favorite red dress, red shirt, red tie. Together, we will continue to urge women to protect their hearts, as heart disease is the #1 killer of women.

February is National...

- ◆ Black history month
- ◆ American heart month
- ◆ Dental Hygiene month
- ◆ Chocolate month

Kohl's Department Store conducts a program called **KOHL'S Cares** to support kids' health and education initiatives in communities throughout the states. 100% of the profit is donated to support this.

They offer special early childhood hardbound books for \$5.00, with stuffed toy animals to match the books for another \$5.00 a piece. Each month a different author is chosen. This month, Eric Carle is the featured author! It is the end of the month, but there may be a few books in your area. They make this affordable for parents to purchase quality books for their family library too.

5 Tips to Simplify Your Life:

1. Get ready the night before. Put out clothing and accessories; find all paperwork, even set the kitchen table for breakfast. Create a list of the 5-7 things you are going to do the next day.
2. 30 second rule. Spend 30 seconds putting something away. It is easier to hang up one outfit at the end of the day than it is to hang a weeks worth.
3. Rule of 80/20. You use 20% of your stuff 80% of the time-your favorite shirt for example. We all have stuff that we don't need, getting rid of it is the hard part. Box, tape, date and dump or donate.
4. Start small, break large tasks down into small to-do items. Don't burn yourself out, set a timer for 20 minutes and stop when the bell rings.
5. Go through your mail daily by a recycling bin with your calendar handy. Toss junk, keep bills and for things like party invitations, check the date and write it in the calendar.

