

# KIDS FIRST POCAHONTAS

POCAHONTAS KIDS FIRST NEWSLETTER

JULY 2010

## NURTURING IDEA FOR JULY

Choose a simple project to show love to someone this week. Brainstorm with your child, who may have great ideas and will "own" the idea more if they are involved in the planning. Some suggestions: Help care for an elderly neighbor's yard; Have a yard sale and/or lemonade stand and donate the money to a special cause; Make a meal and card for someone who has been sick and needs some "tender loving care."



### 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.

With the summer months upon us and temperatures reaching the nineties we must keep our bodies hydrated with plenty of fluids throughout the day. Our children may not always realize they are thirsty so parents and care givers should offer them water and other fluids frequently. While popsicles and fruity drinks will keep a child from becoming dehydrated, remember they also contain sugar that some children may not need.

No beverage will replace the benefits of a glass of cold water!!!

## JULY EVENTS

**KIDS FIRST will be closed for the 4th of July holiday on Monday, July 5th.**

**We would like to wish everyone a safe and happy holiday.**



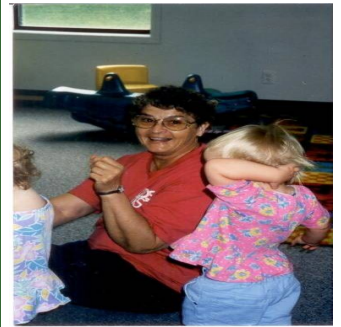
**Water play will continue on Friday mornings throughout July.**

**Please bring your child dressed for water play.**

**Don't forget to bring another pair of shoes so your child will have dry shoes to wear the rest of the day.**

### Staff Spotlight

Mrs. Fran Herring has been a caregiver at KIDS FIRST since September 8, 1997. She loves working with all ages but the babies are her passion. The most rewarding moments come when a child accomplishes a task or goal. She won the most coveted Beverly Bursk award in 2006 for her devotion to the work she does and her caring personality.



### July Birthdays

Sharon

Ashlynn

Abbygale

Kolten

Aleah



**NEWS FROM THE TREATMENT ROOMS**



Kelsey has joined the Baby Room and Nicholas has joined the Toddlers. We would like to welcome them to KIDS FIRST. We are excited to have them here.

We will all be learning lots of interesting things during the month of July.

**Social Worker News**

As a friendly reminder, Mrs. La Toya must be advised in advance of any scheduled vacation plans you have so we will not be concerned about your child's absence.

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Please call and let us know any time your child must miss or be late for any reason.

THE MONTH OF JULY WILL BE A VERY BUSY TIME FOR KIDS FIRST. WE WILL BE LEARNING ABOUT SUMMER TIME FUN AT THE BEACH AND TALKING ABOUT LAKES AND RIVERS, SAND AND SURF AND ALL THE FUN THAT GOES ALONG WITH IT! WE WILL TALK ABOUT ALL THE WONDERFUL FRESH FRUITS AND VEGETABLES THAT WE GET FROM OUR GARDENS AND WE MAY EVEN GET TO SAMPLE SOME OF THEM!!

THE JULY 4TH CELEBRATION WILL BE LOTS OF FUN WITH OUR FAMILIES BUT WE WILL STAY SAFE BY WEARING OUR LIFE JACKETS WHILE IN THE WATER AND BEING VERY CAREFUL AROUND ALL THE FIRE WORKS.

ENJOY THE SUMMER WITH YOUR FAMILIES!!



**Fireworks Safety Tips**

*Enjoy fireworks responsibly this Independence Day with these safety tips from Security Choice.*

- **Obey all laws:** Consult local and state laws about fireworks and follow them
- **Store properly:** Transport and keep fireworks in a cool, dry place away from children
- **Keep kids away:** Don't let kids play with or get near fireworks, including sparklers
- **Have water on hand:** Always have a bucket of water or water hose nearby
- **Use outdoors only:** Launch fireworks on a hard, flat surface away from homes and flammable materials
- **Designate a shooter:** The person in charge should not drink alcohol before or during setting off fireworks
- **Dispose properly:** Let fireworks cool and soak in water before throwing in trash can

**Nurses Notes**

If your child is scheduled for any kind of medical procedure, please let Ms. Leah know beforehand. This will assist her in preparing for the care that must be given to your child upon their return to the clinic.