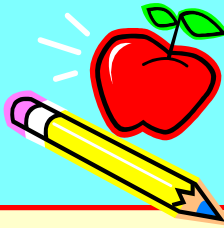




# NEWS TO KNOW



KIDS FIRST - LR  
Little Rock, AR

June 2011  
Volume 6, Issue 6

## KIDS FIRST - LR Newsletter Project Nurture

### Project Nurture

#### Nurturing Idea for June

##### Father Knows Best

In his *Special Address: Paternal Engagement and Mental health in Early Childhood* at the 2010 Zero to Three National Training Institute, Dr. Kyle Pruett noted that fathers are equally as likely as mothers to identify emotional milestones in their children, such as when they can feel fear and sadness. They are more likely than mothers to identify when children can sense parental anger, and equally likely to identify readiness for toilet-training. Finally, fathers are less likely than mothers to be satisfied with their work/family balance.



##### WHAT IS PROJECT NURTURE?

Project Nurture is KIDSFIRST's Infant Mental Health Program. Our goal is to promote the social and emotional well-being of KIDSFIRST infants, toddlers, and families through secure and nurturing relationships.

##### Children

Dayami F. – 6<sup>th</sup>  
Kamron R. – 8<sup>th</sup>  
Zoe P. – 17<sup>th</sup>  
D'Asia E. – 20<sup>th</sup>  
Christopher W. – 30<sup>th</sup>



##### Staff

Angela O. (Room 6) – 10<sup>th</sup>  
Ina B. (PTA) – 21<sup>st</sup>

#### Welcome New Employee!!!

##### Glenn Buirse

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

Water Play will occur every Friday beginning June 17. Please send a bathing suit (or an extra set of clothes) and a towel for your child. Don't forget that flip-flops & sandals are not safe for young children.



#### VERY IMPORTANT

It is extremely important that we always have current phone numbers for parents/guardians. In case of emergency, we ALWAYS need the most current phone number in order to contact you. Please make sure you call the clinic at 501-364-7510 to let us know of phone number changes. Or, you can tell the front desk when you are here. Thank you so much for your cooperation in this matter.

Congratulations to our 2011 Graduates going to Kindergarten!

The following children will be attending Kindergarten in August when school starts.



Andres (Andy) V.  
Christian M.  
Claysha B.  
Emily L.

Jenferzon M.  
Joshua H.  
Joshua P.  
Nelbria W.

Serenity B.  
Shamar T.  
Thomas (Mason) I.  
Vanessa V.

William (Alex) P.

## Outdoor Safety Tips

Child Care Licensing requires an hour of outdoor play per day in suitable weather. The following are guidelines/precautions that should be taken:

- \* When the heat index is forecasted to be 90 degrees or above, outdoor play should be scheduled early in the day; if in the afternoon, the length of time should be reduced to avoid heat stress
- \* Offer water before going outside
- \* Apply sunscreen at least 30 minutes before going outside
- \* Babies under 6 months should be kept out of direct sunlight
- \* Play in a shaded area and offer water frequently
- \* Offer water even if children don't appear thirsty
- \* Monitor for signs of heat stress; excessive sweating, reddened skin, pale skin, muscle cramps, fatigue/tiredness, headache, nausea or vomiting
- \* Check all playground equipment prior to use to ensure that it is not too hot for the children to play on – burns can happen from hot playground equipment

**KIDS FIRST follows these guidelines and we recommend that you do as well when playing outside, whether it's in your yard, at the park, or at the pool.**



### Tricycle Safety



Injury Prevention Center  
archildrens.org

It only takes a moment.

**Because preschool-aged children are not ready to ride bicycles, they ride tricycles. Teach your child how to be safe while riding a tricycle or toy car.**

#### Before riding or wheeling:

- Have your child wear a well-fitting helmet. The helmet should bear a sticker saying it meets standards set by the Consumer Product Safety Commission (CPSC). The helmet should be worn when the child is riding their own tricycle/bike and when the child is a passenger on an adult's bike.
- Always buy tricycles and bicycles that are the right size for the child.
- Always take the child to the store when buying a helmet. Have the child try the helmet on to make sure it fits.

#### During riding or wheeling:

- Always watch your children closely.
- Never allow children to ride in the street.
- Do not let children wear long or loose clothing. This includes dresses and wide-legged pants. These items can get caught in bike chains or wheel spokes.
- Don't allow children to ride when it's dark.

Source: Safe Kids USA

**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.**