

KIDS FIRST POCAHONTAS

POCAHONTAS KIDS FIRST NEWSLETTER

JUNE 2011

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 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.

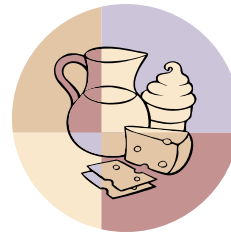
Social Worker News



To celebrate Father's Day, Mrs. La Toya would like to invite all Dads and Grandads to a Donuts for Dads event on Thursday, June 16th between 7:30 and 8:30. Bring your child to KIDS FIRST and we will have a special place for you to spend a little time and have a donut and drink with your little one before he or she goes to the treatment room. Please join us for this special treat!!

June is National Dairy Month

To celebrate National Dairy Month, KIDS FIRST will host an ice cream social and parent meeting. Please check your child's folder for more information on the date and time.



GOT MILK?

Milk provides nine essential nutrients your whole family needs. The unique combination of nutrients in milk is especially important for growing children. In fact, milk is the single greatest source of calcium, vitamin D, and potassium—three of the "nutrients of concern" identified in the 2010 Dietary Guidelines Advisory Committee's report—lacking in the American diet. No other food contributes more of these essential nutrients. Serving milk with meals is one of the best strategies to ensure that children and teens don't fall short of the nutrients they need—which is particularly important during these critical growth years. Turn to page two for simple and delicious recipes that you and your child are sure to enjoy!

June Birthdays

Triniti
Corey
Coria
Audrey
Dash
Camden
Addison

HAPPY BIRTHDAY

NEWS FROM THE TREATMENT ROOMS.....

ALL THE TREATMENT ROOMS ARE LEARNING ABOUT SUMMER TIME FUN. WE ARE ENJOYING THE SPECIAL PICNIC LUNCHES WE ARE HAVING ON WEDNESDAYS AND ARE HAVING LOTS OF FUN WITH WATER PLAY ON FRIDAYS. WE DON'T LIKE WEARING WET, SOGGY SHOES AFTER WATER PLAY SO WE WANT OUR MOMS OR DADS TO BE SURE AND SEND A CHANGE FOR US.

SUMMER TIME IN ARKANSAS INCLUDES LOTS OF CREEPY CRAWLY BUGS AND SNAKES SO EVERYONE SHOULD BE ON THE LOOKOUT AND NOT GET TOO CLOSE!!

WE WOULD LIKE TO WISH OUR DADS, GRANDADS AND ALL THE SPECIAL MEN IN OUR LIVES A VERY HAPPY FATHERS DAY.

PLEASE CHECK THE ACTIVITY CALENDAR FOR JUNE AND DRESS US ACCORDINGLY SO WE CAN JOIN IN THE FUN.

Water Play Begins

KIDS FIRST will be having water play on Fridays throughout the summer months. Please bring a bathing suit or change of clothing for your child. Water shoes or old tennis shoes also need to be provided for your child. Please do not send flip flops or sandals for water play since they are not appropriate foot wear for young children especially during water activities. Picnic lunches will also be provided on Wednesday's each week in June, July and August.

**Thought for the Day**

We cannot direct the wind, but we can adjust the sails.

Nurses Notes

During the extreme heat that Arkansas has been experiencing, parents should be aware that young children and the elderly are more prone to dehydration than most. They may not even be aware that they are thirsty so please be sure to encourage and supply lots of water during summer months to avoid dehydration and heat exhaustion.

Children that receive Physical Therapy at the clinic should wear comfortable tennis shoes to get the most benefit from their treatment.

Power Orange Smoothie

2 cups fat free milk

1-6 oz. can frozen OJ concentrate

1/2 cup sifted powdered sugar

1 teaspoon vanilla extract

4-6 ice cubes

Strawberry Banana Smoothie

1 cup fat free milk

1/2 cup ice

2 bananas

1 1/2 cups strawberries

1 1/2 teaspoons honey

Blend in electric blender until smooth and frothy. Pour into tall glasses and serve immediately. These smoothies can also be poured into freezer-pop containers for a cool, refreshing treat!

HAPPY FATHER'S DAY!!

