

KIDS FIRST POCAHONTAS

POCAHONTAS KIDS FIRST NEWSLETTER

MARCH 2010

NURTURING IDEA FOR MARCH

Give each person, even Mom and Dad, a piece of paper and a pencil or crayons or markers. Ask them to draw a picture of a situation where they felt sad. After all are finished, let each person tell about their picture. Work together to think of words of comfort that would fit each situation and write it across the bottom of the picture.



WHAT IS PROJECT NURTURE?

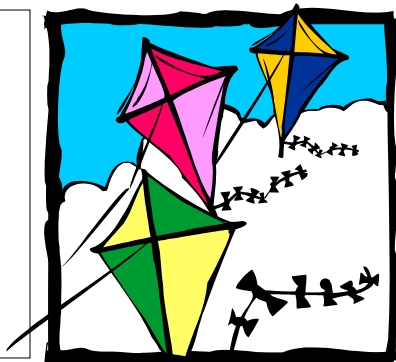
Project Nurture is KIDS FIRST's Infant Mental Health Program. Our goal is to promote the social and emotional well-being of KIDS FIRST infants, toddlers, and families through secure and nurturing relationships.

Arkansas Children's Week is April 11-17

Don't forget to order your t-shirt!! Mrs. La Toya will be sending orders for these very soon. If you would like to place an order, forms are located on the table at the entry and can be turned in to Mrs. La Toya or Mrs. Betty before March 31. Please include payment at time of ordering. KIDS FIRST will have various activities during the week of April 11-17 to celebrate Children's Week.

MARCH EVENTS

Daylight Savings Time begins March 14. Don't forget to set your clock one hour ahead!!!



St. Patrick's Day is March 17—wear Green!

Spring begins March 20



Director's Corner

We are all so thankful to be a part of your child's life. As a reminder, open communication is crucial to the success of our program. If you have a concern, idea, or general questions about our program or your child's day, please come by my office.....my door is always open.

We are now collecting household items to be used in training and for use in the treatment rooms. Please bring lids from laundry detergent, fabric softener or other large containers as well as capped plastic seasoning or other small containers. Please place these **CLEAN** items in the box at the front entry.

Jennifer Ray, BSE

March Birthdays

Kaleb B.

Triston

Jayden G.

Scarlet

Nathan



NEWS FROM THE TREATMENT ROOMS

The **Tadpole** Room is happy to have Elena and Kaelan join our class. We would like to thank our parents for the treats they brought for the Valentine Party. This month we will be talking about healthy eating, St. Patrick's Day, flying kites and the wind. The **Toddler I** Room now has two girls in our class and Mariah is so excited to have a girlfriend join her with all the boys! We enjoyed our Valentine Party and Valentine art last month and this month we will

learn about ourselves including hair and eye color, tall & short, and heavy & light. The **Toddler II** treatment room loved the snow but we're glad to be back to our routine. We celebrated President's Day by talking about Abraham Lincoln and George Washington and seeing their pictures on money. We will now be studying about Black History. **The Pre-K I** treatment room would like to welcome Riley and Stormy to

our class. We are learning ways we are all special. In February we made Valentine's and loved having our Moms and Dads as well as some of our grandparents at our Valentine party. The **Baby, Big Kids and Pre K II** treatment rooms all enjoyed a Valentine party and would like to thank their families for joining in the fun. Also the treats were all so yummy!!

Thought for the Day



Change is difficult but often essential to survival.

“Wear Red Day”

Children and staff at KIDS FIRST wore red on February 5th to promote women's heart health awareness.

Heart disease is the number one killer of women but the risk can be lowered by eating right, getting plenty of physical activity, not smoking and maintaining a healthy weight.

By changing our lifestyle now, we are also helping our children live a healthier life and reducing their chance of heart disease.



Meet our wonderful therapist!

- Ana Bernarte-Occupational
- Sharon Cole-Physical
- Natalie Walpole-Physical
- Amber Hudson-Speech
- Jenny Kazzee-Speech
- Teresa Britt-Speech



THERAPY NOTES

Licensed Speech, Occupational, and Physical therapist work with qualifying children daily in the KF clinic. Parents are encouraged to talk with your child's therapist any time you have questions or concerns about their treatment or progress.

