

# KIDS FIRST News

We are proud to announce our February employee of the Month:



Tamira Hillard  
Front Office

Congratulations Tamira on being chosen as our employee of the month. Tamira comes to work on time each day and is ready to go when she comes in the door. Tamira has worked at KIDS FIRST for 2 years.

Ms. Tamira lives locally with her husband Bruce and her three cats: Rachel Renee, Ashley Marie, and Katie Lynn



Please let us know if your address or phone number changes. We MUST have a working phone number in the event of an emergency.

## Thursday Night Parenting Classes:

Classes are held in Rm. 112 at the Jones Center for Families in Springdale. Call 751-3463 for info.

**March 4: Anger and Stress Issues**

**March 18: Parenting Boys**

Schmieding  
KIDS FIRST Clinic

519 Latham Drive  
Lowell, AR  
479-750-0130

March 2010

## Kids in the Kitchen



Having your preschooler help you in the kitchen is a good way to get your child to try new foods.

Kids feel good about doing something "grown-up". Give them small tasks. Praise their efforts. Children are less likely to reject foods that they helped make.

As preschoolers grow, they are able to help out with different tasks in the kitchen. Just remember, that all children may develop the following skills at their own pace.

### At 2 years:

- \*Wipe tables
- \*Hand items to an adult to put away (such as groceries)
- \*Place items in the trash
- \*Tear lettuce or greens
- \*Help "read" a cookbook by turning the pages
- \*Make faces out of pieces of fruits and vegetables

### At 3 years:

- \*Add ingredients
- \*Talk about cooking
- \*Scoop or mash potatoes
- \*Squeeze citrus fruits
- \*Stir pancake batter
- \*Knead and shape dough
- \*Name and count foods

salad

### At 5 years:

- \*Measure liquid
- \*Cut soft fruits with a safety or butter knife
- \*Use an egg beater

### At 4 years:

- \*Help assemble a pizza
- \*Peel eggs and some fruits, such as oranges and bananas
- \*Set the table
- \*Crack eggs
- \*Help measure dry ingredients
- \*Help make sandwiches and tossed



## Things to Remember:

- ☺ **March 14- Daylight Savings Time begins. Set your clocks ahead 1 hour.**
- ☺ **March 17- St. Patrick's Day. Remember to wear green!**
- ☺ **KIDS FIRST will be OPEN Spring Break!**
- ☺ **3rd Annual Spring Carnival April 16th! Join us!**

- **Clinic Hours: Classroom and Therapy services begin at 8:00. Your child needs to be at the clinic by 8:30. If you have an appointment, your child will need to be at KIDS FIRST by 10:00. We want your child to get their full amount of therapy and classroom time during the week if at all possible.**

## Notes from the Nurses:

Spring is almost here! Mornings are still chilly, but by afternoon it is warm enough for us to enjoy playing outside. Please dress your child in layers to accommodate the changing temperatures. Also, please remember that we need to wear shoes and socks to school so that we can play in the grass and go to physical therapy.

Ms. Angie & Ms. Nerissa want to remind parents that it is important to schedule and keep well child check ups!



Thank you to all of the families that joined us for Pastries with Parents. Several parents joined their children for breakfast on the morning of February 18! Stay tuned for more parent involvement opportunities!



## March is Social Work Month at KIDS FIRST



### The role of KIDS FIRST social workers is to:

- Provide support to families as they address the challenges of daily living;
- Assist in identifying and accessing community resources;
- Advocate for families with special concerns;
- Act as a liaison with other community agencies on behalf of families;
- Provide parenting education and guidance;
- Advance the concept of Family-Centered Care through working in partnership with families;

Promote the understanding of children's need for healthy social/emotional development through Project Nurture

Our clinic's social worker is Tonya Dean. She is always willing to help your family with any of the above issues. You can reach her at 750-0130.

## March is National Nutrition Month!

March in National Nutrition Month. Your child's class will be celebrating throughout the month of March. Your child will be taught the basics of good healthy eating using arts and crafts, physical activity games and fun animated songs. Not only will your child learn about healthy eating and fun physical activity, but he/she will also be using fine motor skills, gross motor skills, social/emotional skills, speech/language/cognitive skills, and communication skills.



In the next month, your child will:

Learn about physical activity and good nutrition practices by:

• Playing games that involve movement/physical activity along with learning.

- Try to eat 5 fruits and vegetables each day.
- Name his or her favorite fruit and vegetable.

We encourage all parents and guardians to continue to teach good healthy eating and physical activity each day. Ask your child what he or she learned today!

## Project Nurture

### 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.