

KIDS FIRST POCAHONTAS

POCAHONTAS KIDS FIRST NEWSLETTER

MARCH 2011

NURTURING IDEA FOR MARCH

Help Your Toddler Sleep through the Night

Make sure bedtime is a quiet time. Take her outside during the day for play and fresh air, even on colder days. Consider shortening his naps. If she wakes up during the night, don't play. Reassure her that she's ok, keep the lights off, and keep it quiet. Also, keep in mind family stresses that may contribute to irregular sleep.

Mostly, remember that he will soon settle into a regular sleep pattern, and you both will be getting a good night's sleep.

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.

SPEND TIME OUTDOORS WITH YOUR CHILDREN

March is a time for saying good-bye to the harsh weather of Winter and hell-o to the milder days of Spring. It is a good time to enjoy the great outdoors with your child by going for a picnic, walking around the neighborhood or flying a kite. Daffodils and other early Spring flowers are in bloom and nature is coming alive! Vitamin D is an important part of your child's growth and development and although we get it from other sources, the best source is from sunshine. This is so important for your young, growing child!! Don't forget to take jackets for the cooler mornings. They can always be shed as the day starts warming up.



Nurse's Notes

Parents, we must always get an updated copy of new immunizations for our records.

March is National Nutrition month. Nutrition plays a vital role in your child's health. KF is staffed with certified nutritionist that are available to answer any questions you may have pertaining to your child's eating habits.

Don't forget to order your KF tee shirts!! Order forms are located at the front entrance and must be turned in by March 15th along with payment.



March Birthdays

Nathan

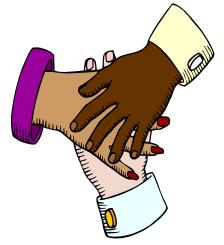
NEWS FROM THE TREATMENT ROOMS.....

THE **BABIES** ARE BUSY LITTLE BEES THIS MONTH. THEY ARE ENJOYING THEIR HEALTHY FRUITS AND VEGETABLES DURING NATIONAL NUTRITION MONTH AND LOVING THE BEAUTIFUL SUNSHINE. WE WILL MISS OLLIE WHEN SHE TRANSITIONS TO THE TODDLER II ROOM IN A FEW WEEKS.

TODDLERS II ARE ALSO EATING HEALTHY AND PRACTICING WALKING SIDEWAYS AND JUMPING IN PLACE. THEY HAVE READ "JOHNNY APPLESEED" AND "HOW TO GROW A PUMPKIN PIE".

TODDLERS I AND **BIG KIDS** HAVE BEEN LEARNING ABOUT ST. PATRICKS DAY AND THE MAIL SYSTEM. BIG KIDS WOULD LIKE TO WELCOME ADDISON TO THEIR ROOM.

BOTH **PRE-K** ROOMS ARE LEARNING ABOUT THE MAIL SYSTEM. THEY HAVE DRESSED LIKE MAIL CARRIERS, ARE WRITING LETTERS TO EACH OTHER AND DELIVERING THEM TO THE MAIL BOX OUTSIDE THE ROOMS.

Thought for the Day

**Coming together,
sharing together,
working together,
succeeding together.**

**FOUR TYPES OF PARENTING FROM
Mrs. LA TOYA, LSW****AUTHORITARIAN PARENTING STYLE**

THE AUTHORITARIAN PARENT IS HIGHLY CONTROLLING AND FAIRLY UNRESPONSIVE TO THEIR CHILD'S NEEDS AND WANTS; IT IS CHARACTERIZED BY THE PARENT'S NEED FOR CONTROL AND THEIR LACK OF EMPATHY AND WARMTH TOWARDS THEIR CHILD.

PERMISSIVE PARENTING STYLE

THE PERMISSIVE PARENT IS VERY RESPONSIVE TO THEIR CHILD'S NEEDS AND WANTS BUT DOESN'T EXERT MUCH CONTROL OF THE CHILD.

AUTHORITATIVE PARENTING STYLE

THE AUTHORITATIVE PARENT IS HIGHLY RESPONSIVE TO THEIR CHILD AND ALSO HIGHLY CONTROLLING; IT IS THE MOST BENEFICIAL TO CHILDREN AND IS RECOMMENDED BY EXPERTS.

UNINVOLVED PARENTING STYLE

THE UNINVOLVED PARENT SHOWS A LOW LEVEL OF BOTH CONTROL AND RESPONSIVENESS IN THEIR PARENTING; OF THE FOUR PARENTING STYLES, THIS IS THE LEAST BENEFICIAL TO CHILDREN.

WHAT IS YOUR PREDOMINANT STYLE?

MOST OF US SLIP INTO ALL THE DIFFERENT STYLES DEPENDING ON THE CIRCUMSTANCES, BUT WE WILL EACH HAVE A PREDOMINANT STYLE THAT IS USED MOST OF THE TIME. TAKE TIME TO THINK ABOUT HOW YOU PARENT YOUR CHILD AND MAKE CHANGES IF NECESSARY. IT'S ALL ABOUT CONSCIOUS PARENTING, NOT PARENTHOOD ON AUTOPILOT.

**March is National
Social Work Month**

We would all like to send a special thanks to Mrs. La Toya Scott for the wonderful job she does with our children and their families. If you have questions or concerns regarding your child, any transportation issues, financial assistance for diapers or other needs, you may contact her during business hours at the clinic. Parents, please let her know how much you appreciate the help she has given to you and your child.

Daylight Savings Time

begins Sunday, March 13.
Don't forget to spring forward and set your clocks one hour ahead on Saturday night when you go to bed.