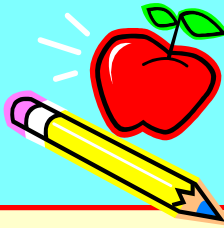




# NEWS TO KNOW



KIDS FIRST - LR  
Little Rock, AR

March 2011  
Volume 6, Issue 3

## KIDS FIRST - LR Newsletter Project Nurture

### Project Nurture

#### 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.

Thanks to Scholastic

#### 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

Thomas T. - 1<sup>st</sup>  
Legend J. - 3<sup>rd</sup>  
Jamel R. - 4<sup>th</sup>  
Damarious G. - 5<sup>th</sup>  
Courtney B. - 9<sup>th</sup>  
Christian M. - 15<sup>th</sup>  
Mia S. - 19<sup>th</sup>  
Macy M. - 20<sup>th</sup>  
Zoe F. - 24<sup>th</sup>  
Dequavion S. - 26<sup>th</sup>  
Elijah C. - 27<sup>th</sup>

#### Staff

Ann (Rm. 9) - 8<sup>th</sup>  
Carmen (OT) - 10<sup>th</sup>  
LaMonica (Rm. 7) - 13<sup>th</sup>  
Shayla (Speech) - 18<sup>th</sup>

## National Social Work Month

March is NATIONAL SOCIAL WORK MONTH!!! Your KIDS FIRST Social Workers are Susan Leslie (364-3793) and Sanchia McCall (364-5177). Our Social Work Intern, Arielle, is also here on Thursdays and Fridays. We are available for discussion, referral(s) and/or support of your child in the program. If you have questions, concerns or needs in areas that we may be of assistance, please call us. Thank you.

**THANK YOU**

Special thanks to our social workers and our social work intern for all of their hard work. Stop by and give them your thanks the next time you're here.

## Don't Forget...

Daylight Savings Time begins on Sunday, March 13, 2011. Remember to spring forward and set your clocks ahead 1 hour when you go to bed on Saturday night.



## Social Work Spiel

The KIDS FIRST Social Workers and Social Work Intern, Arielle, would like to thank all of our parents who attended the parent meeting on Friday, February 25, 2011—"Brain Development in Young Children". We were so happy to see you. ☺ I hope that you found the information to be helpful to you. We would like to encourage more parents to attend our events, as they offer education and materials that will help you to understand your child's needs and challenges better. As a part of program policy, it is required that you attend parent meeting(s) at our center (refer to your ABC parent handbook). We look forward to seeing you more in the near future. If you would like to contribute in any way or have any suggestions, we welcome your ideas!!!

~Special thanks to Jessica Martin who presented such great information to our parents.~

## March is National Nutrition Month

### Let Color Be Your Guide to Nutritious Meals

While the drab days of winter may still be lingering you can still find color in your meals. KIDS FIRST/UAMS is celebrating National Nutrition Month this March with the theme "Eat Right with Color."

All month long the children at KIDS FIRST will be learning to add a splash of colorful seasonal foods to their plate to make for a festive meal." A rainbow of foods creates a palette of nutrients, each with a different bundle of potential benefits for a healthful eating plan," says American Dietetic Association spokesperson Karen Ansel.

Along with learning the benefits of eating healthy, the children will be participating in reading, art activities, and games that reinforce the nutritional value of eating right. We encourage parents to cook with their child. Try the recipe below.

#### Strawberry Kiwi Smoothies

2 Kiwis

$\frac{1}{2}$  cup low fat milk

1 cup frozen whole strawberries

1 container (6 ounces) low-fat strawberry yogurt



1. Peel the kiwi and cut into chunks
2. Put the kiwi chunks, strawberries, yogurt, and milk into a blender
3. Cover the blender with the lid. Blend on high until mixture is smooth. Turn the blender off and on or "pulse" if needed, to break up strawberries.
4. Pour into glasses. Serve with straws.

\*\* If children are sensitive to lactose in dairy products, substitute 1 container of strawberry soy yogurt for the dairy strawberry yogurt and enriched soymilk for the low fat milk.



## Home Safety



**Injuries to children often occur in the home. Follow these tips to make your home a safer place.**

- Install a smoke detector on every level of the home. Test the batteries monthly. Change the batteries every six months.
- Draw a fire escape plan. Mark two exits from each room. Practice the plan two times a year.
- Keep all poisons locked up, out of children's reach. Poisons include medicines, cleaning products, and beauty products.
- Inspect your child's toys. They should be age-appropriate, clean, and unbroken.
- Keep all sharp objects out of children's reach.
- Learn first aid and CPR. Learn how to help a child who is choking.

For more information, including a thorough Home Safety Checklist, call or visit the Injury Prevention Center at Arkansas Children's Hospital at 1 (866) 611-3445 or [www.archildrens.org/injury\\_prevention/](http://www.archildrens.org/injury_prevention/).