

# KIDS FIRST POCAHONTAS

POCAHONTAS KIDS FIRST NEWSLETTER

MAY 2011

## NURTURING IDEA FOR MAY

### Mother Knows Best

ZERO TO THREE's national survey of parents with children ages birth to 3 years—*Parenting Infants and Toddlers Today*—revealed that almost half of parents (47%) regularly turn to their mother or mother-in-law for information about child development and parenting.

Despite the wealth of child-rearing information available to parents— from blogs and websites to television shows, parenting books, and publications—our own mothers are one of the most powerful influences on our parenting decisions!



### 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.

### **Mill Creek Gardens donate plants to KIDS FIRST**

Amy Swann, owner and operator of Mill Creek Gardens on Highway 62 West in Pocahontas, and her assistant, Leah Swann, display an assortment of bushes and plants donated to KIDS FIRST. Earth Day was April 22 and planting these perennials was a wonderful way to celebrate and help with the beautification around the sign in front of our building. We are so appreciative of the wonderful people and businesses in Pocahontas and surrounding areas for their support of our program.



May is the month to honor many important people in your lives.

Take time to let these people know how much you appreciate them.

**May 8...**Mother's Day

**May 4-7...**Teacher & Staff Appreciation Week

**May 6-12...**National Nurses Week

**May 1-31...**Better Speech & Hearing Month



### May Birthdays

Makayla

Dallas

Kyler

Samuel



**NEWS FROM THE TREATMENT ROOMS.....**

THE CHILDREN IN THE **BIRDS NEST** TREATMENT ROOM WILL BE WATCHING THE BUSY BEES AND BUTTERFLIES FROM OUR HIGH CHAIRS WHILE WE ARE EATING. WHAT FUN!!!

THE **FROG POND** WOULD LIKE TO WELCOME OUR NEW FRIENDS, GUNTHER AND BRIANNA. THROUGHOUT THE MONTH OF MAY, WE WILL BE LEARNING ABOUT THE BIRDS, BEES, AND BUTTERFLIES.

DURING THE MONTH OF MAY, THE **BEE HIVE** AND **TIGER TUNDRA** TREATMENT ROOMS WILL BE CELEBRATING MOTHER'S DAY, LEARNING THE ABC'S, NUMBERS, COLORS, AND SHAPES AND LEARNING ABOUT OUR ENVIRONMENT, INSIDE AND OUT.

THE **LION'S DEN** IS ROARING WITH EXCITEMENT ABOUT THE ARRIVAL OF SPRING AND THE CHILDREN IN THE **BEAR CAVE** TREATMENT ROOM HAVE COME OUT OF HIBERNATION AND WANT TO PLAY IN THE BEAUTIFUL SUNNY WEATHER. BOTH ROOMS ARE LEARNING ABOUT NATURE AND THE GREAT OUTDOORS.

MRS. CALLY SHORE, 4-H PROGRAM ASSISTANT WITH UAMS DIVISION OF AGRICULTURE AND MS. KRystal WATSON, DAVIDSONVILLE HISTORIC STATE PARK INTERPRETOR VISIT WITH KIDS FIRST DURING CHILDREN'S WEEK



MRS. SHORE TALKED WITH THE CHILDREN ABOUT THE SUN'S ENERGY AND THE IMPORTANT ROLE THE SUN PLAYS IN OUR EXISTENCE.

MS. WATSON BROUGHT TURTLE SHELLS AND MANY SOFT ANIMAL FURS FOR THE KIDS TO TOUCH. SHE WANTED TO EMPHASIZE TO THE CHILDREN HOW IMPORTANT IT IS TO RESPECT NATURE WHILE OBSERVING AND ENJOYING IT.



**MORE GOOD PARENTING TIPS FROM OUR SOCIAL WORKER.....**

◆ **GIVE RESPECT AND EXPECT IT IN RETURN**

DON'T DO ANYTHING TO YOUR CHILD THAT YOU WOULDN'T WANT YOUR CHILD TO DO TO YOU. THINGS YOU DON'T WANT TO DO INCLUDES YELLING, HITTING, SPITTING AND PUT DOWNS. THERE ARE MANY BETTER WAYS OF HANDLING CONFLICT, STRESS AND COMMON MISBEHAVIORS. COMMIT TO LEARNING THESE "ULTIMATE PARENTING" TOOLS THAT ARE BASED ON MUTUAL RESPECT-NOT FEAR BASED PUNISHMENT THAT ONLY TEACHES OUR KIDS TO NOT GET CAUGHT NEXT TIME!

◆ **TEACH YOUR KIDS TO FISH.....DON'T FISH FOR THEM**

MANY PARENTS DO EVERYTHING FOR THEIR KIDS. THIS ROBS THE CHILD OF THE OPPORTUNITY TO LEARN SELF-RELIANCE WHICH IS VITAL TO BUILDING THEIR SELF-ESTEEM. HELP YOUR CHILD LEARN HOW TO DO THINGS FOR THEMSELVES.

◆ **A FAMILY THAT PLAYS TOGETHER STAYS TOGETHER**

HAVE FUN WITH YOUR CHILD. LAUGHING, TICKLING, AND ENJOYING ONE ANOTHER'S COMPANY IS THE FOUNDATION OF A HAPPY HOME. HAVING FUN CAN GO A LONG WAY TOWARDS PREVENTING MUCH OF THE NEEDLESS CONFLICT AND BEHAVIORS THAT DRIVE YOU CRAZY. IT ALSO PROVIDES YOUR FAMILY WITH MUCH NEEDED QUALITY TIME.

**BY TAKING TIME TO LEARN HOW TO BRING OUT THE BEST IN YOU AND YOUR CHILDREN, YOU WILL REAP THE REWARDS THAT COME FROM THE PEACE OF MIND KNOWING THAT YOU DID ALL YOU COULD TO SUPPORT AND NURTURE A HAPPY AND HEALTHY FAMILY LIFE FOR YOUR CHILD AND THIS WILL, UNDOUBTEDLY CARRY OVER INTO ADULTHOOD.**

Thought for the Day



**Your attitude, not your aptitude, will determine your altitude.**

**INFORMATION UPDATE**

Due to the recent flooding in our area, this is a good time to remind parents that we must **always** have a way of reaching you in case of an emergency. Natural disasters beyond our control can happen at any time, so please remember to supply us with address or phone number changes as soon as available. Although the KF clinic was not directly affected by the flooding, our food supply vendor was which caused the closing of our clinic. We will post any clinic closings on KAIT-TV for your convenience.

