

# KIDS FIRST POCAHONTAS

POCAHONTAS KIDS FIRST NEWSLETTER

NOVEMBER 2010

## Project Nurture

### Nurturing Idea for November

#### Red Light, Yellow Light, Green Light, Go!

As you are driving the car, use the traffic light as a way to help your child choose to do the right thing with his or her emotions.

What does the **red light** mean? (STOP) The first step to controlling our emotions is to STOP and think!

What does the **yellow light** mean? (CAUTION) Pause and consider the consequences! Ask, "What might happen if I do this?"



What does the **green light** mean? (GO) Choose to do what is right.

Review the steps with your child when he or she gets angry or upset.

#### 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.**

#### Social Worker News

Regular attendance is very important to your child's advancement in our program. Structure and stability are a vital part of the early years. Please make every effort for your child to attend daily to optimize the benefits he/she receives from enrollment in KIDS FIRST.

Mornings are chilly but the afternoons become warmer so as the seasons are changing, please dress your child in layers so they can shed a layer as the day warms up.

## NOVEMBER EVENTS

KIDS FIRST will host business after hours on Monday, November 15th from 5:30 to 7:00. Won't you please join us?



#### HOLIDAY CLOSINGS

- November 25 & 26
- December 20—24
- December 31

We would like to wish everyone a happy holiday season!!!

#### December Birthdays

Alexander  
Payton  
Elena  
Lauryn  
Layton  
Logan



OUR PRE-K THERAPY ROOMS HAD SO MUCH FUN DECORATING JACK-O-LANTERNS FOR HALLOWEEN!!!!

### Nurse's Notes

Flu season is upon us and Ms. Leah would like everyone to know how important it is to get your flu shot. Young children, the elderly, and anyone working with young children are especially vulnerable. Most clinics and health departments now have the flu vaccines available. We encourage you to schedule a flu shot for everyone in your family to help keep all your loved ones healthy this winter.

## THINGS WE ARE THANKFUL FOR.....

FALL IS IN THE AIR AND OUR STAFF AND CHILDREN ARE REALLY ENJOYING THE NEW SEASON. WE HAVE BEEN TALKING ABOUT THE CHANGING COLORS OF THE LEAVES AND THE HOLIDAYS THAT ARE AHEAD OF US. THIS IS A TIME FOR REFLECTING BACK ON THE YEAR THAT IS COMING TO A CLOSE AND REALIZING WHAT WE HAVE TO BE THANKFUL FOR. **MRS. FRAN & THE BABIES** ARE THANKFUL FOR FORMULA, DISPOSABLE DIAPERS, BABY WIPES AND A&D OINTMENT!! THEY ARE ALSO THANKFUL FOR THE GOOD, CLEAN ENVIRONMENT AT KIDS FIRST, BUT MOST OF ALL THEY ARE BLESSED TO HAVE GOOD PARENTS WHO LOVE THEM AND ALWAYS CARE FOR THEIR NEEDS. **MRS. DAWN & MRS. GOLDIE** ARE THANKFUL FOR ALL **THE TADPOLES** WHO ARE THANKFUL FOR THEIR FAMILIES. ALSO SAMUEL IS THANKFUL FOR ALEC, CAMDEN FOR NAPTIME, ASHLYNN FOR HER NANA AND THE TOYS SHE PLAYS WITH, JOEL IS THANKFUL WHEN NAPTIME IS OVER, ALEAH IS THANKFUL FOR SARA, AND KELSEY IS THANKFUL SHE CAN NOW CRAWL. **TODDLERS I** ARE THANKFUL FOR OUR WONDERFUL AND CARING FAMILIES, OUR SUPPORTIVE & LOVING CAREGIVERS AND OUR AWESOME THERAPISTS THAT MAKE US LAUGH. **MRS. CONA & MS. LORI** ARE THANKFUL FOR OUR HEALTH, OUR FAITH, AND OUR TROOPS, NEAR & FAR, FOR FIGHTING FOR OUR FREEDOM & FOR THESE LITTLE CHILDREN THAT MAKE EACH DAY A BLESSING. **MRS. HOLLY & TODDLERS II** ARE THANKFUL FOR THEIR FRIENDS AND OUTSIDE PLAY. **THE BIG KIDS** ARE THANKFUL FOR OUR MOMS & DADS, AND ALL THE GOOD FOOD WE WILL HAVE ON THANKSGIVING DAY. **MRS. JUDY & MRS. MARTY** ARE THANKFUL TO WELCOME ADRIANNA & RYLEIGH TO OUR CLASS AND TO BE ABLE TO TEACH ALL THE KIDS ABOUT THEIR FAMILIES & THE ANIMALS IN THE FOREST. IN THE **PRE-K I** ROOM, **MRS. FAYE** IS THANKFUL FOR HER FAMILY & HER HEALTH, **MS. MEDESSIA** IS THANKFUL FOR HER FAMILY & FRIENDS, **DANIEL** IS THANKFUL THAT HE ATE HIS BREAKFAST, **CORY** FOR HIS HOME, **DYLAN** FOR HIS TRACTOR, **DALLAS** FOR HIS MOMMY, **GARETTE** FOR GETTING TO GO FISHING, **MAKAYLA** FOR HER MOMMY, **KYLER** FOR HIS BLOCKS, AND **SHARON** IS THANKFUL FOR HORSES. **MRS. GLORIA & MRS. SHAWNA** ARE THANKFUL FOR ALL OUR KIDS IN **PRE-K II** AND THEIR PARENTS. WE ARE ESPECIALLY THANKFUL FOR OUR THERAPISTS THAT WORK SO DILIGENTLY WITH THE KIDS. THE KIDS ARE THANKFUL FOR THE NEW TABLE FROM RILEY'S FAMILY & ALL OUR MOMMY'S & DADDY'S. **MRS. BETTY** IS THANKFUL FOR FAMILY, FRIENDS, GOOD HEALTH & SUNNY DAYS. **MRS. CLARISSA & MRS. LATOYA** ARE THANKFUL FOR THE NEW ADDITIONS TO THEIR FAMILIES. **MRS. TERESA** IS THANKFUL FOR HER TWO SONS, HER DOCTORS, & HER STAFF, **JENNY, AMBER, AMY & JESSICA**. SHE IS ESPECIALLY THANKFUL FOR HAVING THE ABILITY TO HELP CHILDREN FULFILL THEIR POTENTIAL THROUGH THEIR THERAPY SESSIONS. **MS. LEAH** IS THANKFUL FOR FAMILY, FRIENDS, GOOD HEALTH, HAVING WONDERFUL PEOPLE TO WORK WITH & ALL THE PRECIOUS CHILDREN THAT SHE CARES FOR AT KF. **MRS. JENNIFER** IS THANKFUL FOR EVERY DAY....EACH ONE IS A BLESSING. **MS. ERIN & MS. SARA** ARE THANKFUL TO COME TO WORK EACH DAY AND GETTING TO ENJOY ALL THE CHILDREN IN THEIR THERAPY ROOMS. **MS. NATALIE** IS THANKFUL FOR HER FAMILY AND THEIR CONTINUED GOOD HEALTH. **MRS. SUSAN** IS THANKFUL THAT SHE IS FEELING BETTER AFTER HER SURGERY. **MRS. EDNA & MRS. TANYA** ARE THANKFUL FOR THEIR FAMILIES AND THEIR JOBS. **MS. CATHY** IS THANKFUL FOR HER WONDERFUL FAMILY AND TO HAVE A PEACEFUL EVENING.

**HAPPY THANKSGIVING TO EACH AND EVERYONE OF YOU!**