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KIDS FIRST - LR Newsletter

Project Nurture

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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 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.

We will be closed November 25 & 26 for Thanksgiving.



We will be closed December 20-24 for Christmas and December 31 for New Year's.



Social Work Spiel

Fire/Burn Prevention

- Keep a working smoke alarm on every level of the home, and in every sleeping area.
- Test smoke alarm batteries every month.
- Change smoke alarm batteries every 6 months.
- Make a fire escape plan with your family. Mark 2 exits from every room. Choose a safe meeting place.
- Practice your family fire escape plan twice every year.



Do you own your home and need smoke alarms? Do you rent an apartment or home and do not have a working smoke alarm? Landlords are required to have a working fire alarm installed in rental properties. If you have one, check and make sure the batteries are in working order. Contact Susan at 364-3793 for resources to obtain smoke alarms or further information.

Let's Move!!!

During the month of October, KIDS FIRST staff and children had a wonderful time learning to move and exercise.

We had Arrival Time Boogie every Friday morning from 7 AM until 8 AM. Bobbie Courtney, one of our ECDs, led staff, van drivers, children, and their parents in fun movement activities and exercises. No one could enter the building without doing some type of movement. Energetic music was played while people exercised, danced, and used hula-hoops. Thank you Bobbie for organizing and leading this every Friday!



We also had Fantastic Friday Fitness where everyone participated in fun games and special events.

Room 12 made a "Getting Fit" book. It showed Ms. Becky, Ms. Terra, Ms. LaMonica, and the children using hula-hoops, stretching on the floor, and dancing. They had a great time getting fit.



Room 5 got fit by touching their toes, wiggling, bending, and reaching. They made a wonderful poster with pictures of the children getting fit.

Beth Cottrill-Weiss from the UAMS Fitness Center came over during staff lunches on October 19 to lead staff in exercises. We worked on abs, butts, and guts exercises. We really appreciate her time.

We ended the month with a special performance by Brian and Terri Kinder. (See separate article.)

Thanks to all staff and parents for your participation and support! Let's keep it up.

Children

- William P. – 2nd
- Samonne O. – 7th
- Breniah B. – 8th
- Jalen B. – 8th
- Shamar T. – 10th
- Angel C. – 18th
- Nicky L. – 18th
- Christian G. – 23rd
- Giselle H. – 29th
- Caleb J. – 20th

Staff

- Linda G. (Rm. 11) – 1st
- Veronica J. (Rm. 8) – 5th
- Addie H. (Director) – 19th
- Becky D. (Speech) – 29th



Perfect Attendance

The following 16 children had perfect attendance during October. They each received an entry into a drawing for a special prize.

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|-------------|--------------|--------------|------------|
| Julian A. | Lyric G. | Giselle H. | William P. |
| Courtney B. | Terry G. | Markus J. | Shamar T. |
| Rudnick C. | Damarious G. | Jenferzon M. | Breanna T. |
| Fernando F. | Kennedy H. | Joshua P. | Andres V. |

The winner of October's prize is Julian A.!



KEEP UP THE GREAT WORK EVERYONE!!!

Secondhand Smoke: Avoid Dangers in the Air

Exposure to the toxins in secondhand smoke can cause asthma, cancer and other serious problems. Know what you're breathing – and consider practical steps for clearing the air.

What's in secondhand smoke?

- Benzene
- Carbon monoxide
- Chromium
- Cyanide
- Formaldehyde
- Lead
- Nickel
- Polonium

The dangerous particles in secondhand smoke can linger in the air for hours. Breathing secondhand smoke for a short time can irritate your lungs and reduce the amount of oxygen in your blood. Prolonged or repeated exposure to secondhand smoke is all the more dangerous. The smoke isn't the only concern. The residue that clings to a smoker's hair and clothing, as well as cushions, carpeting and other goods – sometimes referred to as thirdhand smoke – also can pose risks, especially for children.

Secondhand smoke causes or contributes to serious health problems including lung disease, heart disease, and cancer. It poses additional risks for children including low birth weight, sudden infant death syndrome, and infections (ear and upper respiratory).

To avoid secondhand smoke:

- Don't allow smoking in your home.
- Don't allow smoking in your vehicle.
- Keep your distance from smokers.