



Schmieding KIDS FIRST Clinic News

www.arpediatrics.org/kidsfirst/

November 1, 2010

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Teaching Children to Be "Thankful..."

Dates to Remember:

Fall Picture Day Nov. 2 & 3

"Fall Back" Time Change Nov. 7th

Thanksgiving Holiday Nov. 24th & 25th

With Thanksgiving and Christmas just around the corner, we think and talk about being thankful. What does being "thankful" mean to a child? When asked, "What are you thankful for?" lots of children will say "my toys, candy, etc." How do we instill a sense of gratitude in our children? How do we teach them to see the good and the wonder of their lives and appreciate all that they have? Take time to consider how to teach a thankful attitude in your child lives by following a few simple steps:

Give love, not just rewards: We've all used stickers, candy, even money to get the results that we want. But when we reward our children this way for every accomplishment or act of good behavior, we set up an attitude of "what's in it for me?" Rewards are great for really special accomplishments, but expressions of love, pride, and hugs are great for your child self-esteem.

Be A Role Model: Children watch what we do. They learn how to do *everything*, including how to interact with people, by watching us. Some things we can do to show children a thankful attitude include:

- o Thanking others on a regular basis for services and jobs well-done
- o Talking about the needs of others, especially children and acting on them (donating used clothes or toys to a shelter organizing a food, coat, or blanket drive, etc.)

Make Thankfulness A Year-Round Project:

Don't forget to talk about giving and doing for others when the holidays are over. Children are hungry, homeless, or in some sort of need throughout the year. Practice thankfulness and giving throughout the year with your children. Remember, thankful, loving children grow to be thankful loving adults.

Construction Update:



Construction is scheduled to be completed by November 11th, 2010! We are almost done. Thank you all for your patience and understanding during our remodel. After the first of the year we will be having a formal grand reopening celebration.



Thank you parents who joined us For our Trick or Treating and Costume Parade!



Thank you so much to the staff of Schmieding Development Center and ACH Regional Clinics for all of the hard work you put into the Fall Festival!



Thank you to staff who helped make Trick or Treating Bags!

Thank you to Chick-fil-a for bringing your cow mascot to join in the fun!



NEWS FROM THE CLASSROOMS.....

114 Nursery: We had so much fun during the Fall Festival! Everyone thought we were so cute in our costumes. We also can't wait to show you our pictures from Picture Day this month! We are excited to meet our new friend, **Clayton**.

115 Mobile Infants: Welcome **Chole!** We have been enjoying the cooler temperatures of fall. We are getting ready for Thanksgiving! We are learning about Thanksgiving Foods. Also, we have been working with different textures during sensory play.

116 Toddlers: We are so thankful to have **Gabriel** join our class! This month we are focusing on Family. Thank you to our Mommies, Daddies, and Grandparents that get us to school every day.

122 Toddlers: Welcome **Molly and Andrea!** We are glad you joined our room. We are busy making fall crafts during art time. We even went on a leaf hunt!

105 Preschool: This month we are focusing on our friends at school. We are learning to work together during center play. We are happy to welcome **Alfredo** and **Emma** to our class.

106 Preschool: This month we are thankful for our friends and family. We are doing many cooperative activities to help us learn about working together. Check our backpacks for exciting notes about classroom events. We are thankful that **JJ** came to school at KF.

107 Preschool: There are so many exciting things going on in our room. We are so thankful for the new skills we are developing. This month, we will be learning about our families. We are also focusing on self-help skills. You can help by sending us to school in elastic waist pants or ones with snaps so we can help get ourselves dressed after we go potty. Welcome **Maddox!**

108 Preschool: This month we will be giving thanks for our families and friends at KIDS FIRST. We are also learning our numbers and working on counting objects. Everyone stop by and meet **Jaxon!**

Welcome New Staff



Wolfie Turner
Classroom Aide
Room 115



Helen Schlegel
Administrative
Secretary

The weather outside is getting colder... Please send a jacket, gloves, and a hat for your child to wear during outdoor play.

November Parenting Classes.....

November 4-Holiday Spending

This course is about budgeting and savings fundamentals

November 11-Dyslexia

Information about young children having difficulty learning to read.

November 18- Family Traditions

Offers parents and providers valuable insight into the importance of developing family traditions.

**Classes are held at the Jones Center for Families 479-751-3463. All classes are free. Child Care is Available. To arrange child care please call 479-756-8090 ext 2118

Stay Tuned for news on all of the exciting activities planned at the Clinic in December....

Pictures will be in around Thanksgiving. We will send home notices a day and time for you to come view and purchase your child's photos.

October Employee of the Month



Congratulations AJ! AJ was nominated by Aubrey's mom for the time she spent helping Aubrey transition into her "big girl class!"

Happy Birthday To You!

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|--------------|---------------|
| Hayden 11/22 | Eric R 11/3 |
| Issac 11/29 | Jesus 11/11 |
| Vanessa 11/7 | Kalijah 11/20 |
| Aubrey 11/23 | Erika 11/12 |



Project Nurture

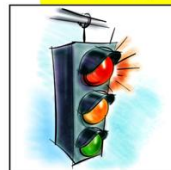
Nurturing Idea for November

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 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.