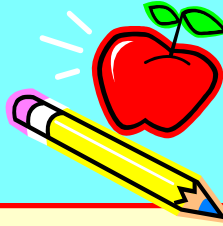




NEWS TO KNOW



KIDS FIRST - LR
Little Rock, AR

November 2011
Volume 6, Issue 11

KIDS FIRST - LR Newsletter Project Nurture

Project Nurture

Nurturing Idea for November

Teaching Thankfulness

There are many little things you can do every day to teach your child to be thankful. Let him hear you thank the cashier at the grocery store and the worker at the drive-thru window. Thank him for any acts of kindness he may show throughout the day, or simply for following your directions. Or maybe work together on a thank you card or small gift for a relative or friend of the family.



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.

We will be closed November 24 & 25 for Thanksgiving.



We will be closed December 23 through December 30 for the holidays. We will reopen on Monday, January 2, 2012.



BEV Award 2011 winner is Sandra Robinson

The Bev Award is awarded annually to 12 people in the state, one from each KIDS FIRST clinic and Program Operations Center. It is named for Beverly Bursk, a longtime KIDS FIRST employee, who died in 2001. Beverly was highly regarded by all who know her. Employees may be nominated by co-workers, families, and visitors in whose opinion, the employee demonstrates care and concern for all, and best exemplifies the qualities in the BEV award guidelines.

- B = Balance and behavior
- E = Excellence and Encouragement
- V = Values and Vigilance

This year's honoree is **Sandra Robinson**. Sandra has been with KIDS FIRST for 20 years. Sandra is an Early Childhood Developmental Specialist who has worked with all ages at our clinic. Sandra is a perfect example of what we look for in a BEV Award Candidate.

Congratulations Sandra!

Santa Claus is Coming to KIDS FIRST-LR!



Santa will be here on Friday, December 16 at 9:00 am. More information to come.

Children

- Lanyah M. – 7th
- Breniah B. – 8th
- Angel C. – 18th
- Giselle H. – 29th
- Caleb J. – 30th



Staff

- Veronica J. (Room 3) – 5th
- Addie H. (Director) – 19th
- Becky D. (Speech) – 29th

Social Work Spiel

As you are cleaning out your closets to make room for winter clothing, if you have any boy's pants sizes 2-6 short or long you are going to throw away, please consider giving them to us for our KIDS FIRST clothes closet. Girl's pants up to size 6 would also be welcome. If your child has come home in clothing other than your own, more than likely it was from our clothes closet. Please send the clothing article(s) back to us wrapped in a bag and we can wash it and reuse it for any future emergencies that arise. Also, it is always helpful to make sure an extra set of warm clothes are sent for your child, then we do not have to utilize the clothes closet at all. Thanks in advance for your assistance in helping the children stay clean, warm, and dry.

Toilet Training – Six Signs Your Child is Ready

You don't have to wait until your toddler is showing all of these readiness signs to begin potty training – but it may be easier for both of you if he's making the necessary connections.



1. He's showing interest in the process (i.e., he watches you go to the bathroom or imitates you by pulling down his pants or squatting).
2. He has some awareness of when he's peeing or pooping (i.e., his facial expression or body position changes when he goes, or he acts uncomfortable when his diaper is soiled).
3. He can follow simple instructions.
4. He can walk to and from the bathroom and help undress himself.
5. His bowel movements have become more regular and predictable.
6. He stays dry at least two hours at a time during the day or his diaper is dry after naps.

Pros & Cons of Pacifiers

Many parents rank pacifiers as "must haves" - right up there with diapers and strollers! Many also wonder if pacifiers are okay to use with baby. Here are few things to consider...

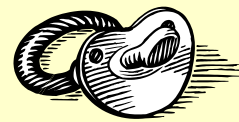
PROS

- A pacifier might help soothe a fussy baby
- Pacifiers can offer a temporary distraction—offering comfort as a bottle is prepared or as shots are given
- Pacifiers may help reduce the risk of SIDS

CONS

- Babies can become dependant on pacifiers
- Pacifier use may increase the risk of middle ear infections

If you do decide to use a pacifier with your baby, make sure you keep it clean! Wash new pacifiers with soap and water before using. Soak pacifiers in a mixture of equal parts white vinegar and water each day to help keep fungus at bay. Watch for signs of deterioration and replace pacifiers often. Worn and cracked parts can come off and cause choking. Know when to stop using pacifiers. Most children stop using pacifiers around 2 or 3 years of age.



Fall Recipe – Yummy!

Fall is a great time for food made from pumpkins (bread, pie, dip). Below is a recipe for Pumpkin Dip. You and your child might have a great time making this together, and then eating it. If your child has been to the pumpkin patch, you can talk about that as well. Be sure to explain how the pumpkin gets from the patch to the can. 😊

Pumpkin Dip:

- 8 oz cream cheese (low fat works well)
- 2 cups powdered sugar
- 16 oz can pumpkin
- 1 tablespoon of pumpkin pie spice (or more to taste)
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger

Serve with animal crackers.

