



MAGNOLIA MESSAGES



Thanksgiving

November reminds us to say thank you and count our blessings. All rooms will be talking about Thanksgiving, including Pilgrims & Native Americans, family, and feast.

PERFECT ATTENDANCE for October

Shakira, Richard, Ke'Asia, Y'Heim, JaKyree, Joseph, Alarious, Camyrine, Jayden J., Jolarious, Chandler, Je'Caryeus, Jerrion, Sanerio, Chad, Cartasia, DeMarion, Kenneth, Terry, Frentrell, A'layjah, Broderick, Earnesteen, Quantravious, Zachariach, & Kamari

We have your child's composite picture from **Teddy Bear Portraits** available for \$7.50. See treatment room staff for your copy.

Our **therapeutic day** begins at 8:00 and ends at 3:30.

Why does your child need to attend KIDS FIRST every day?

- He/she benefits from all of our services, including prescribed therapy.
- You are helping your child to establish a lifelong habit of learning and participation.



Daylight Savings Time ends this weekend. Set your clock **BACK** 1 hour when you go to bed Saturday.

Happy Birthday

Children: Ke'Asia 11/08, Quantravious 11/15, Shakira 11/23, Camyrine 11/26

Staff Birthdays: Marie 11/14, Staci: 11/28

Staff Anniversaries: Alexis, 6 years, Adele, 7 years, Shelia, 17 years

DATES TO REMEMBER

Nov 09: Dr Ashcraft will be here for Clinic

Nov 25 & 26: CLOSED for Thanksgiving

Dec 20, 21, 22, 23, 24: CLOSED for Christmas Holidays

DON'T FORGET!

Call KIDS FIRST at 234-1597 if your child is sick or will be out for the day.

Need a good Christmas present? **KIDS FIRST cookbooks** are \$15 and can be obtained at the front office.



It's Flu Season!

As temperatures drop, the number of children getting sick will increase. Here are some facts about the flu that will help:

- **When it happens:** Flu season begins in October and peaks in January or February.
- **How it is transmitted:** It is spread through coughs, sneezes, or direct contact with infected people. It can be spread through contact with infected surfaces such as toys, telephones, or door knobs. **Wash your hands and surfaces!**
- **Symptoms:** Fever, chills, headache, body aches, tiredness, dry cough, sore throat that can last up to 7-10 days.
- **Treatment:** Getting a flu shot before the season hits will help prevent the virus, especially for children who are at a higher risk of getting the flu. Call your doctor or health department to get a shot. **Don't wait! Get a Flu Shot!**

Nurturing Idea for November

Project Nurture

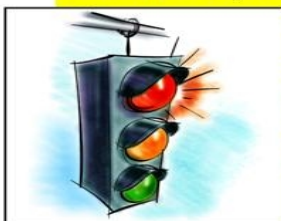
Nurturing Idea for November

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.