



KIDS FIRST Pine Bluff

October 2009

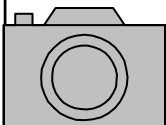
Halloween Safety Tips

Halloween is an exciting time of year for kids, and to help ensure they have a safe holiday, here are some tips from the American Academy of Pediatrics (AAP).

- Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.
- Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives. Hats should fit properly to prevent them from sliding over eyes.
- Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives. Hats should fit properly to prevent them from sliding over eyes.
- A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats.
- Stay in a group and communicate where they will be going.
- Carry a cell phone for quick communication.

Fall Fest

KIDS FIRST-Pine Bluff will host it's annual Fall Fest Friday, October 30, 2009 @ 1:30 p.m. Each child should bring 1 bag of wrapped candy, 1 box of Little Debbie snacks, and 1 box of Kool-Aid juice for goodie bags. No peanut butter products please. Activities will include face painting, karaoke, portrait-studio, cakewalk, weenie roast and door prizes



DON'T FORGET!

Picture Day Tuesday,
November 3rd.

Flu is serious and can cause illness in any age group.

Don't be confused about the regular seasonal flu and the novel (new) H1N1 influenza A (Swine Flu). This flu season, take the same basic steps to be prepared for all types of flu.

All Arkansans are encouraged to get a seasonal flu shot and an H1N1 flu shot.

Help Fight the Flu in Arkansas - Practice the 3 Cs:

- Clean** - wash you hands often.
- Cover** - cover your cough and sneeze.
- Contain** - stay home if you are sick.

The Mass Clinic will be at the Pine Bluff Convention Center Friday, October 30, from 7:00a.m.—6:00p.m.

There will be no charge to you for the flu shot at the mass flu clinics, but please bring your Medicare and/or Medicaid cards with you. Seasonal flu shots provided at Local Health Units will be \$20.00.



DARE to be YOU

Attention: Parents

Healing Place Ministries is hosting a parenting program beginning on November 2, 2009, at First United Methodist Church, 200 West 6th Ave. Pine Bluff, AR from 5:00 - 7:30 p.m.

If you are interested in learning new skills to communicate more effectively with you children, register today as slots are limited.

Benefits of the 12-week program include:

- Learning new parenting skills to deal more effectively with children
- Improve self-esteem in your children and yourself
- Teach your child about personal responsibility
- Reduce power struggles with your children

The **DARE to be YOU** program works with the entire family & includes sessions for parents as well as children, ages 2- 16. Each session is comprised of fun-filled activities including:

A family meal at each session; and parents / guardians who graduate from the program receive a

\$200 Stipend!

If you are interested in signing up for the DARE to be YOU program, complete a registration form today & return to Rm. 6, Ms Lynn. You **must** register by October 16, 2009. Families who are selected for the program will receive a letter of invitation prior to 11-02-09. Slots are very limited, so sign up today!

NEWS ABOUT KIDS FIRST-PINE BLUFF

KIDS FIRST-Pine Bluff hosted a Parent Meeting / Open House Tuesday, October 29, 2009 from 2:00p.m.-3:30p.m. The theme of the meeting was "Getting to know you.....". We had more than half of the parents to attend. The parents participated in classroom activities.



Make a Difference Day

Friday, October 23, is "Make A Difference Day." KIDS FIRST-Pine Bluff will participate in this event by asking each child to bring a

bar of soap which will be donated to the Red Cross for needy families in the time of disaster. Please send / bring a bar of soap by Wednesday, October 21.

Thank You

Autism Association to host meeting

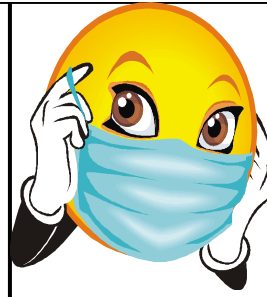
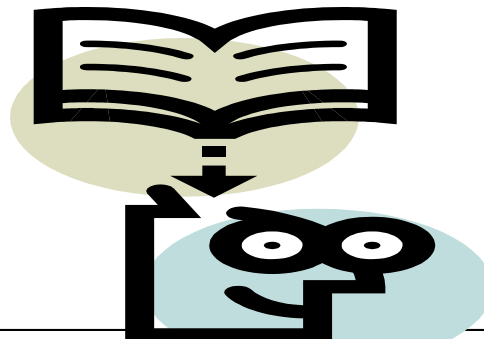
The Autism Association of Southeast Arkansas will host a support meeting from 5-7:30 p.m. Oct. 13 @ the Jenkins Memorial Center, 2410 Rike Dr. in Pine Bluff.

Topics to be discussed include:

- Getting Your Child an Education, 5-6 p.m., Joyce Eckwood, parent advocate.
- Strategies for Working With Your Child at Home, 6-7:30 p.m.
- Autism Spectrum Disorder: Help Your Child at Home, Karan Burne, Arkansas Autism Resource and Outreach Center, Partners for Inclusive Communities, Arkansas.

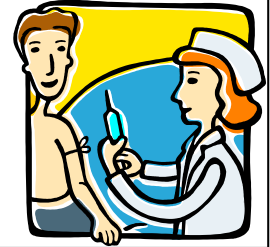
A special event will include child / parent science exhibits on display.

Childcare will be provided.
Details: Call 870-534-2035



Hippy Collation Health Screening KIDS

FIRST-Pine Bluff will be participating in the Hippy Collation Health Screening Thursday, October 8 from 8:00 a.m.-4:30p.m. at ARESC, 912 West 6th. Our nurses will take heights and weights. At this event staff will also have an information booth set up.



Congratulations to Michelle Z.

of KIDS FIRST-Pine Bluff, the winner of the Beverly Bursk award of Excellence for 2009.



October Birthdays



- 7 Felecia M.
- 20 Brandi W.
- 22 Stacy L
- 30 Mary M.



So when you see them wish them a Happy Birthday!!!!!!



New Employees

- Ashley W.
- Jennie S.
- Talesha S.

Welcome all new employees