

**SEARCY SPOTLIGHT**

KIDS FIRST Searcy has an educational booth at the fair. Please stop by and take a look. Your child's artwork is featured in the booth.

**Classroom Theme**

Each month our classrooms have different themes with which they design the children's activities around. September's curriculum involves farm animals and the five senses. For the younger classes, the theme is fall. Each classroom will be doing various art projects, reading books, and doing hands on activities centered around these activities.

WIC IS CHANGING SEPTEMBER 28, 2009

The WIC Food Program Food Packages are changing September 28, 2009 to better meet the nutritional needs of WIC's pregnant women, new mothers, infants, and young children. The following are the changes:

- 1) Fruits and Vegetables will be added.—Women and children will receive a cash value benefit check for a specified dollar amount to purchase fresh or frozen vegetables. Infants will not receive a cash value benefit, but will receive baby food fruits and vegetables.
- 2) Whole grains will be added. Women will receive one pound of whole grains and children will receive two pounds of whole grains each month. Whole grain options include whole grain breads, brown rice, whole wheat or corn tortillas and oatmeal.
- 3) Reductions in some food allowances. Milk and cheese amounts are reduced for every participant. Whole milk can only be issued to children under 2. All other participants will receive reduced fat, low fat or fat free milk. Lactose free milk will remain an option for those who are lactose intolerant.
- 4) Infant formula will be issued based on the infant's feeding type and age. Formula fed infants will receive smaller amounts of formula as the infant grows and begins to eat baby foods. The maximum amount of formula will be provided at 4 months of age. Partially breastfeeding infants will receive no formula for the first month to encourage successful breastfeeding and milk production. At six months, all infants will receive infant cereal and infant fruits and vegetables. The amount of formula given will drop at this time. Only exclusively breastfeeding infants will receive infant meats.
- 5) Peadiasure will be available with the food package with a doctor's prescription.

If you have questions contact your child's KIDS FIRST nurse or your local health department.

Congratulations

KIDS FIRST is officially CARF certified. We got notification that we are certified for three years!!!

DID YOU KNOW???

It is illegal to smoke while transporting a child less than the age of six and less than 60 pounds (the same age and weight for car seats). Breaking this law is a primary offense, meaning you can be pulled over for just this.

Congratulations to our perfect attendance children for the month of August

ADRIAN	ABIGAIL	COLIN	MILES	ALFONSO	NATHANIEL
JOEY	GREGORY	BRIANA	DANIEL	TRINITY	TIMOTHY
JOSE	REYES	YOHAN	CODY	ORALANDO	CYLAR

September is National Food Safety Month

Your child's immune system is still developing. This makes it easier for them to become ill. That is why it is important to follow the recommended food safety guidelines. Keep food safe to eat by following these general guidelines to avoid food-borne illness for EVERYONE.

CLEAN: Wash hands and surfaces often

CHILL: Refrigerate promptly and defrost frozen foods in the refrigerator

SEPARATE: Don't cross-contaminate. For example, after cutting meat, sanitize the knife before cutting fruits or vegetables.

COOK: Cook to proper temperature using a food thermometer.

Information taken from: <http://www.mypyramid.gov.preschoolers/index.html>

Project Nurture

Nurturing Idea for September

Motion is often soothing as well as entertaining for an infant. Let him take a "ride" atop a washing machine during the wash and spin cycle while in an infant seat. This may help him calm down if he's fussy. If he's in a playful mood, make sound effects and faces as the two of you ride together. Note, however, that a baby should NEVER be left alone during this "ride."



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 KIDSFIRST infants, toddlers, and families through secure and nurturing relationships.

FLU VACCINES

The White County Health Department will be having mass flu clinics this year to vaccinate for the seasonal flu. Below are the dates.

SEARCY: October 29 from 8 a.m. to 5 p.m.

BEEBE: October 30 from 8 a.m. to 5 p.m.

They will be offering the H1 N1 (swine flu) vaccine on
November 10 from 8 a.m. to 5 p.m.
December 10 from 8 a.m. to 5 p.m.

The vaccinations will be free of charge. If you have Medicaid, Medicare or any type of state insurance they will need your card to bill. You do not have to have one of those insurances in order to be eligible for the shot.

It is recommended by the CDC that children be vaccinated for the flu.

If you have any more questions please contact the health department at 501-268-6102 or 501-882-5128.