



MAGNOLIA MESSAGES



Project Nurture

Nurturing Idea for September

Make the Most of Playtime!

Playtime is not only fun, but also critical to your child's development. Remember to take it slow when playing with your child. It's great to show her how a toy works, but try not to "do it for her" every time. You can begin something, such as stacking one block on another, and then encourage her to give it a try. Providing just enough help to keep frustration at bay will motivate her to learn new skills.



www.ZeroToThree.org

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.

THE PARENT COLUMN

Praise a kid today using these words of encouragement:

- I'm proud of you!
- You can be trusted
- Thanks for Caring
- You've earned my respect
- Thanks for helping
- Great discovery!
- Thanks for being honest
- What a great listener!
- That's terrific!
- You tried hard
- You're so kind
- You are loved
- You're a great kid!
- I believe in you!



Happy Birthday

Sanerio 9/05, Corderious 9/08, Starlaysia 9/24, Addison 9/24, Keasia 9/25

Staff Birthdays: Linda 9/15

Staff Anniversaries: Jessica W. 4 yrs, & Sharon 9 yrs

Dr. Ashcraft will be here 9/20/2011 for Clinic.

Welcome Pamela Fitzgerald, CCT and Elizabeth Williams, CCT. We're glad to have you here!

PERFECT ATTENDANCE FOR AUGUST:

Alyssa, Chad, Jo'larius, Sasha, Antonio, Carter, Serenity, Trinity, Presley, Kenneth, Adriana, Ma'kaylee, Jamarious, Ty'landria, Karlee, Shakira, Je'Caryeus, Chandler, & Z'Nyia

Thank you to all parents who send their child to KIDS FIRST every day!

DON'T FORGET!

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





Flu viruses cause respiratory disease that can spread between people. There are steps you can take to protect your family and to know when to seek medical care. Symptoms include:

- Fever
- Cough
- Sore throat
- Body Aches
- Headache
- Chills & fever
- Occasionally, vomiting and diarrhea

Flu viruses spread from person to person mainly through coughing or sneezing of a sick person. To help prevent the spread of germs:

- Wash your hands frequently with soap and water for 20 seconds.
- Cough and sneeze into the inside of your elbow.
- Stay at least 6 feet away from people who are sick.
- People who are sick should stay home away from other people until they are better.

What to do if your child is sick:

- Keep children at home, unless they need medical attention.
- Have them drink plenty of liquid (juice, water, Pedialyte).
- Rest
- For fever, sore throat, and muscle aches, use fever reducing medicine that your doctor recommends based on your child's age.
- If someone in your home is sick, keep him/her away from those who are sick.
- Keep tissues near by and use a trash bag for disposing of used tissues.

If your child experiences any of the following warning signs, seek emergency medical care:

- Fast or troubled breathing.
- Bluish or gray skin color.
- Not drinking enough liquids.
- Not waking up or not interacting.
- Being so irritable that she/he does not want to be held.
- Not urinating or no tears when crying.
- Their symptoms improve but return with fever and worse cough.

For more info call 1-888-CDC INFO, or go to <http://www.cdc.gov/swineflu>