



Lakeland Center

North Idaho College Head Start

January 2012 Volume:

PY 11-12

Parent Meeting

January 18

12:15-2:00

Education topic: Budgeting

Child care at MSEHS

Teachers are collecting home teaching and in-kind. Please ask for assistance if needed.

Upcoming Events:

Center closed	1/16
Librarian	1/18
Parent Meeting	1/18
Male Involvement	1/24
Stretch-N-Grow	1/25
Nutritionist	TBA



Education

Classroom News

- It's winter time! Remember to dress your children appropriately for outside time
- Male Involvement: Building Day! Come build a variety of things with your child on Tuesday January 24
- Stretch & Grow starts this month. They will be teaching us about exercise and making healthy choices.
- We are collecting small plastic containers for next months male involvement. Please bring in containers such as plastic TV dinner trays for us to use
- Remember to turn in your home teaching forms. Ask your teacher if you have any questions

Rose, Colleen, Alissa & Sara



Safe Kids USA

Top Toy Safety Tips

- Be sure your children play with toys that are age-appropriate. Read the warning labels before buying toys for your children.
- Look for well-made toys
- Check toys regularly for damage that could create hazards. Repair or discard damaged toys immediately.
- Make sure that discarded toys are out of children's reach.
- Watch your children while they play. Be aware of potential dangers like small parts, cords and strings, moving parts, electrical or battery-powered cords or wheels
- Do not allow riding toys near stairs, traffic or swimming pools
- Teach children to put toys away after playing. Toys intended for younger children should be stored separately from those suitable for older children
- Make sure toy chests are open (no lid) or have safety hinges.

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North Idaho College Head Start

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Nutrition

Turn It Off... And Turn On Your Child's Imagination.

Our children are spending too much time in front of the television. Too much TV cuts into family time, may encourage violence, and promotes inactive lifestyles. Excessive TV watching has been linked to overweight in children. Tips to help you and your family turn it off are:

- Designate certain days as TV free
- Turn the TV off during meal-time
- Move the TV to a less prominent location
- Listen to music
- Read to your children
- Have your child draw pictures
- Play a game with a sibling
- Put a puzzle together
- Limit channel surfing
- Have children choose one favorite program
- Limit the number of TV's in your home to one or two

Source: *Color Me Healthy*

Health & Safety

Button Batteries are Dangerous

Button batteries are all around the home. They are found in children's toys, books, singing greeting cards, watches, hearing aids, bathroom scales, and remote controls.

A disc battery can get stuck in a child's throat and burn through the esophagus. If more than one is swallowed it can be fatal. If your child swallows a button battery take them to the emergency room right away.

What can you do? Check toys frequently to be sure that battery compartments are secure. Lock up loose batteries. Keep devices containing batteries out of reach of children.

Submitted by: Pat Schwartz

Mental Health

Four Ways to Stop Yelling

- 1) Breathe. Inhale/exhale repeat. Taking four breaths is great modeling for your child and can provide you with a few moments to respond appropriately.
- 2) Praise OK behavior. Parents often focus on praising very good behavior and correcting inappropriate behavior. But, don't forget to notice the routine positive behavior of your child. Yelling provides children with the attention they desire even if it is for something "bad", if you notice and respond to good behavior, even if it is just ok, he or she will be more likely to repeat that behavior because of the attention received from that behavior.
- 3) Focus on your relationship with your child. A child who feels strongly connected with a parent is less likely to misbehave. Spend fun, quality time doing things your child enjoys. Make it fun and low-key without a lot of pressure. If your child doesn't want to do an activity with you on a particular day, simply try again later.
- 4) Be sure your child is getting enough sleep and eating well. In my experience, lack of sleep is the number one non-medical cause of impulsive and frustrating behavior. Establish a bedtime routine and ensure your preschooler is getting at least 11 hours of sleep a day.

Submitted by: Shuara Larson



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