



Tidbits for Tots—August/September 2011

A Publication of NE Regional KIDS Infant Development Program

KIDS' CORNER PLAYGROUP

The Kids' Corner Playgroup is up and running and going strong!

The playgroup is held every Wednesday morning from 9:30 a.m. to 11:00 a.m. in the lower level of The Listen Center located at 624 North Washington Street in Grand Forks.

Our vision is that all families will benefit from the playgroup to nurture young children, connect families and build communication through play.

All families with young children from birth to 3 years old of age learn and develop together through play.

Parents are a child's first educator and through the play-

group, parents and caregivers can support each other through positive playgroup experiences.

The partnership between our staff and volunteers and their expertise, commitment and contribution also makes the playgroup



successful. Siblings are also welcome to attend!

Special Note:

Natasha Thomas, Music Therapist will be visiting our playgroup on August 17th and December 14th at 10:30 a.m. for a very special music time!

Our August playgroup schedule is as follows:

Wednesday, August 3rd -

Early Literacy: "Itsy Bitsy Spider"

Activity: Animal matching activity

Snack: Animal crackers

Wednesday, August 10th -

Early Literacy: "Learn My Body" book

Activity: Painting hands and feet

Snack: To be announced

Wednesday, August 17th -

Early Literacy: "A" Was Once An Apple Pie"

Activity: Magnetic letters

Music time—Natasha Thomas, Music Therapist

Snack: ABC crackers

Wednesday, August 24th -

Early Literacy: "I Can Play It Safe"

Activity: Making Identification Cards

Snack: To be announced

Wednesday, August 31st

Early Literacy: "Froggy Goes to School"

Activity: Badges/Bracelets

Snack: TBA

Contact Information:

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Ageless Advice—Staying Safe at Every Age



Be a role model on the road: Buckle up and make sure everyone in the vehicle — adults and children alike—does the same.

Lock up matches and lighters and teach children not to touch them.



Make sure children are protected from the skin-damaging effects

of strong ultraviolet radiation in the intense summer sun. Apply sunscreen with a protection factor of at least 30 or 40 for children 6 months old and older.

Install smoke alarms, and test them at night to



see if your children can awaken to the sound. But don't rely on devices alone—make a plan and assign adults to help children escape. If you are building a new home, install an automatic home fire sprinkler system for maximum protection against fire.

Enter the National Poison Control Number of 800-222-1222 on your family's cell phones, program it into your landline and post by every phone in your home.



Children should always wear a U.S. Coast Guard-approved life jacket when on a boat or near an open body of water, and even in a swimming pool if they are not strong swimmers.



Practice a family fire drill at least twice a year:

Draw a map of your home. Choose two exits from each room and pick a safe meeting spot outside the home.

Lock up all poisons—including toilet cleaners, bleach, oven cleaners, dishwasher products, medicine, makeup, pesticides, art supplies, and alcohol—out of sight and reach. Look for the terms *caution*, *warning*, *danger*, or *keep out of reach of children* on the label.



Make certain that every member of the family wears a helmet and other protective gear as part of their biking and skating privileges. An estimated 85% of fatal head injuries could have been prevented with a helmet.

Obey traffic signals.

Install carbon monoxide alarms. Carbon monoxide is an odorless and invisible gas that can kill or make children seriously ill in far smaller doses than those which affect adults. Note: Standard smoke alarms do not detect carbon monoxide.



Keep products in their original, labeled containers. For example, children won't know if you've transferred a poisonous cleaner into a soda bottle.

Teach children the rules of the road, and lead by example.



"If a specific disease was killing our children at the rate that unintentional injuries are, the public would be outraged and demand that it be stopped."

C. Everett Koop, MD, ScD, Former Surgeon General

- safekids.org



Fun Things to Do With Your Child Before Summer Ends



Go on a nature walk, pointing out bugs, trees, birds, and butterflies. Bring binoculars.

Go on a picnic, even if you travel no farther than your backyard.

Play Ring Around the Rosie and London Bridge barefoot in the grass or on sand.



Take a walk around your neighborhood, picking up interesting stones and leaves as you go.

Go to the splash parks at University Park and Elks Park (by Elks Pool) or run through a sprinkler in your yard.

Play make-believe—a young child can be the parent and you be the baby.

Have a porch/patio or deck tea party with your good china, aromatic tea like raspberry or mint, and little muffins, scones or little cookies.

Blow bubbles. When you run out of liquid that comes with the wands, use dishwashing soap and water.

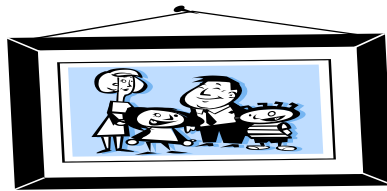


Are You a Family Care Coordination can HELP?

By Danielle Kovarik, RN, BSN, FCN—Grand Forks Public Health Department

Raising a child with special health needs can be challenging and rewarding. It can also be confusing and exhausting for the whole family. You and your family may need the services of many different professional agencies.

To help you, the Grand Forks Public Health Department offers Care Coordination for Children with Special Needs. This program is for children from birth to age 21 who have a chronic health condition. Care coordination provides support for families by helping you find appropriate resources and by coordination of services. The program is family driven and services are planned around the desires and concerns of your family. When needs of children with disabilities or chronic illness are identified early, secondary complications can be reduced or prevented. The program is free of charge and open to families in Grand Forks County. These services are funded through a grant from Children's Special Health Services, North Dakota Department of Health. If you are interested, please call Danielle Kovarik, RN, BSN at 701-787-8116.



How Sick Is Too Sick For a Home Visit?

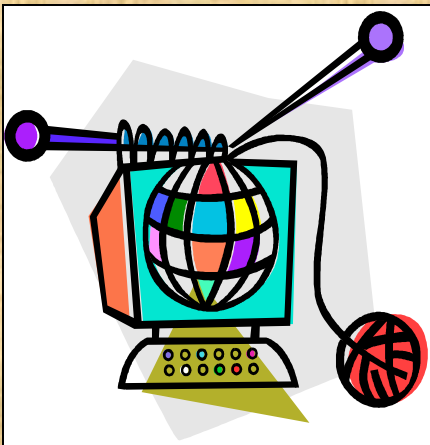
With fall and winter weather just around the corner, child illnesses seem to follow. The criteria below will help you decide whether your child is too sick for a home visit.

If your child has any of the following symptoms:

- * A temperature of 100 degrees or greater.
- * Behavior changes or other signs that your child does not feel well.
- * Diarrhea and/or vomiting in the past 24 hours.
- * A runny nose accompanied by fever, cough, crankiness, or difficulty breathing.
- * A skin rash or open sores, as they are difficult to diagnose unless seen by a physician.
- * Itchy, watery eyes (often symptoms of pink eye).



The interventionists at Infant Development appreciate your understanding. As always, feel free to call us if you are uncertain about your child's condition at 701-775-8934.



Check out our website!

www.kidsprogramnd.com

"Staff Highlight"

Hello, my name is Aimee Curran and I have been an Early Childhood, Special Education Early Interventionist with the KIDS Program for the past 5 years. I have a Master of Education degree with a concentration in reading from the University of North Dakota. I also have a Master of Early Childhood Special Education from Minot State University and a Bachelor of Education degree from Mayville State University. I have a plethora of experience teaching all over the Grand Forks Public School District as a special education teacher for the PSN Program and in other schools as a paraprofessional. I previously taught second grade at Emerado Elementary School and designed and taught two college reading courses for the University of North Dakota.



I have been married for 8 years to my high school sweetheart and have two beautiful girls, age 9 and 6. We also have a two year old dog, Miley.

I will always take on a challenge or help someone that is in need. Especially when they are trying to better themselves and their families. I love that everyday is different and the families that I serve always appreciate the help that the KIDS Program gives!!

Easy Supper Casserole

2 lbs. lean ground beef

1 onion, chopped

1 cup dry macaroni

2 cups tomato juice

1 (15.5 oz) can chili beans

1 teaspoon oregano, crushed

2 teaspoons chili powder

2 teaspoons salt

1/4 teaspoon pepper

1 cup grated cheddar cheese

Directions:

1. Brown ground beef in a large frying pan or electric skillet; drain fat.
2. Add chopped onion to ground beef; cook until onion is clear.
3. Turn heat down; add macaroni, beans, juice and spices, stirring to combine.
4. Cover pan and simmer mixture for 20 minutes. (If you uncover the pan more than twice to check and stir, add additional tomato juice).
5. Remove pan from heat, stir and sprinkle grated cheese on top of mixture. Cover and let stand until cheese melts.

Makes six servings.

- NDSU Extension Service
Family Nutrition Program