



Tidbits for Tots—November/December 2010

A Publication of NE Regional KIDS Infant Development Program Experienced Parent Program

RAISING A READER

Learning to read begins years before your child heads off to school. You, the parents, are the first and most important teacher. Children who are read to learn two things. One is that reading is worthwhile and the second is that THEY are worthwhile. Reading is a great way to relax, educate, inspire, and spark one's imagination. It will establish a bond with the parent and child. It helps children learn routine and is a great way to introduce your child to the wonderful world of language. The following are some age specific activities that will help nurture your child's love of books and language.

Birth-12 Months

Choose Chubby Books: Bold graphics will catch his or her attention and develop eye muscles. And don't forget texture books.

Arrange Outings: Head to the grocery store or the park. Talk about whatever is new or whatever you see.

Play Pat-A-Cake: Playful way to model language and hand movements are good for catching baby's attention.

Say it Again: Repetition is how little one's learn.

Try Word Games: Introduce words in a fun, predictable way. Example: Should we have spaghetti? Should we have meatballs?

12-24 months

Phase out baby talk:

Regular spoken language is the best model of adult conversation.

Read often: Weave stories into your everyday routine: bath time, meal-time, bedtime.

Don't stop at stories:

Bake with your child and read the cookbook together, get the mail and sort it out together.

Get curious: Introduce the world by asking questions throughout your day.



Serve up variety: Offer your child a rich, descriptive mix of language.

2-3 years

Keep reading his favorites: This allows for your child to be the expert which will fill him or her with pride.

Build on themes: Whatever your child is interested in such as Elmo, puppies, or cars.

Make it real:

Connect stories to the real world. Such as read about the zoo and then take a trip to the zoo.

Ask a riddle: This boosts vocabulary and thinking. Example "I am thinking of an animal that lives in a tree and says "who who"?"

Create a hero: Put your child into the story or a family member.

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Rydell's Car Seat
Check-Up Dates:

November 11th

December 9th

Rydells—2700 So Wash-
ington St—4:00-7:00pm

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"Deaf Deaf World"

If you are interested in learning more about the hearing impaired world and/or sign language, "Deaf Deaf World" is scheduled at the Red River Meeting Room in the UND Memorial Union from 4:00 to 6:00 p.m. on Monday, November 22nd.



"Deaf Deaf World" is an event where children and families can have fun and play games all in sign language. All are welcome to observe and to join in the fun!



SCHOLASTIC BOOKS OFFER

Our program is now offering an opportunity to order from Scholastic Books for your child or children.

Please speak with your I.D. Therapist about how you can participate in this offer!

Grand Forks Texting Ban



Effective October 15, 2010 it is illegal to text while operating a vehicle in the city of Grand Forks. (some exceptions apply for things such as reporting a crime, emergency vehicles, etc). Talking on or dialing a cell phone is not included in the ban.

This ordinance was passed because texting while driving increases your chance of being in a crash by 23 times (2300%). This is as dangerous as driving a car while under the influence of alcohol.

What will happen if I am caught?

The fine is \$15 and police officers are able to ticket those in violation. Safe Kids Grand Forks however does not want to focus on the ticket as much as the fact that texting and driving is **DANGEROUS**. People should avoid this behavior not because of the fear of a ticket, but in an effort to keep those in the car and others on the streets safe. So, do the right thing and put your cell phone down while in the car. You might just save a life!

Super Foods

Fill up on these nutrient-packed foods, which can help you fight disease, feel more energetic and even lose weight.

Eggs—has 6 grams of protein

Tomato sauce—loaded with lycopene which reduces risk of heart attacks by 34%

Walnuts—improves memory and coordination

Black beans—helps arteries relax

Kiwi—can reduce asthma wheezing

Spinach—helps blood clot and builds strong bones

Canned pumpkin—natural cancer fighter

Strawberries—halt the growth of cervical and colon cancers

Bananas—loaded with fiber

Blueberries—improves memory

Grapes—contains resveratrol which is good for the heart

Baked potatoes—contains blood pressure-lowering potassium

Peanut butter—keep blood vessels healthy

Apples—reduce risk of lung cancer

Sweet potatoes—protects your vision and immune system



Mac & Cheese Lasagna

- 1 package (7 1/4 oz) Macaroni & Cheese Dinner
- 1 1/2 cups spaghetti sauce
- 1/2 lb. lean ground beef
- 1 cup shredded low-moisture part-skin mozzarella cheese
- 2 Tbsp grated Parmesan Cheese

Heat oven to 350 degrees - bake 20 minutes
Prepare mac & cheese according to directions.
Brown meat in skillet, drain. Spoon half the mac & Cheese into lightly greased square baking dish; top with layers of half each sauce, meat and shredded cheese. Repeat layers.
Sprinkle with Parmesan. Enjoy!

Family and Friends Support and Play Groups Schedule for Nov/Dec

We are happy to say that we can now go back to having our groups at the First Season Community Center, located in the Purpur Arena at 1122 7th Avenue South in Grand Forks. Last year it was a great place for kids to let loose and play!! Here is a list of the upcoming dates and topics we have planned:

Nov 4th—5:30-7:00 p.m.

Jean from the GF County Extension Office will be giving us ideas on quick and



easy nutritious meals. A light supper will be provided.

Nov 9th—10 a.m. to Noon

For the budding artist, we will be making clay sculptures! Occupational Therapist Michelle Dudgeon will speak with us about the importance of playing with clay/play dough for fine motor development. A snack will be provided.

Nov 23rd—5:30-7:00 p.m.

Just in time for Thanksgiving, we will be completing a turkey project. Gobble! Gobble! ID Educator, Aimee Curran will be joining us. A snack will be provided.

Dec 9th, 5:30-7:00 p.m.

The video "1-2-3 Magic: Effective Discipline for Children Ages 2-12" will be shown. Andrea Volk, Speech

Pathologist will be with us. A light supper will be provided.

Dec 14th—10 a.m.- Noon

Let it snow! We will be completing a snowman project and talking about snow. Occupational Therapist Jean Hughes will join us. A snack will be provided.

December 30th

No group—Christmas Break
Happy Holidays!!!



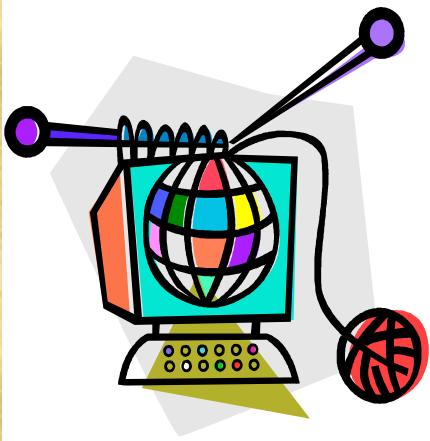
HOW SICK IS TOO SICK FOR A HOME VISIT?



If your child has 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 doctor.
- * Itchy, watery eyes (often symptoms of pink eyes).

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”

Hi, my name is Louise Anvarinia. I am a social worker with the NE Regional KIDS Infant Development Program. I have been with the program on a part-time basis for almost 12 years. I enjoy working with families with young children. I have found that this job holds new adventures every day.



I grew up in a small town in south central North Dakota and attended the University of North Dakota, where I got my degree in social work. My husband and I recently celebrated our 25th wedding anniversary. We have three grown sons who live in the area. I enjoy being outdoors in all kinds of weather, usually with one of my dogs along as a companion.

CLOVE APPLE TURKEY—THANKSGIVING CRAFT PROJECT

Take a Red Delicious apple and turn it upside down and have the kids push cloves in the front.

Next stick a candy corn on half of a toothpick for a beak. Place some self-stick google eyes for a cute face.

Cut paper feathers with fringe and tape them to more toothpicks and stick them in the back end of the apple. Finish by cutting out paper feet and attach.



- Disney Family Fun