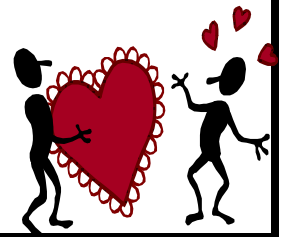


Feb
2010

Child Watch Newsletter

Branch Vision: *To serve as the hub of our community for family, friends, fitness and faith*



Rainy Day Fun !!



Put on a Show With Homemade Puppets

We've all created puppets out of cotton socks, paper bags, markers, and a handful of buttons. But kids can get really creative with a cool grab-bag of puppetry accessories that you gather and store in a special Puppet Box. As you're cleaning the house or shopping at grocery, thrift, or dollar stores, keep an eye out for fun adornments for homemade puppets.

Collect and buy: glitter, dried beans, sequins, tinsel, pipe cleaners, string, ribbons, yarn, buttons and appliques, holiday decorations, stickers, seashells, etc. (beware of small objects, though, that could pose a choking hazard for small children).

Also keep your Puppet Box stocked with must-have items like glue, scissors, washable markers, Popsicle sticks, and a needle and thread (when sewing, supervise young kids or do sewing projects yourself). Also, keep a few small cardboard boxes — folded and flattened for easy storage — to cut out and color for nifty background scenes and props.

Build a Fort

Get out some old sheets, blankets, or comforters and drape them over the living or dining room furniture. (Be extra careful around breakable and valuable items.) Use ribbons from your sewing kit, or hair scrunchies and hair ties to secure the bottoms of the fabrics to chairs and tables.

Have kids create a secret password that allows outsiders (e.g., Mom and Dad, siblings) into the private hide-away. Give your kid a battery-operated camping lantern, sleeping bags, camping-themed books, and flashlights for that added outdoorsy appeal.

Create a Rainy-Day Dress-Up Chest

Keep an eye out for interesting old clothes items and accessories around the house, on discount racks, and at dollar stores or thrift shops. Stock up on scarves, funky hats (cowboy hats, sombreros, team baseball caps, construction hard hats, etc.), costume jewelry, shoes (adults' and kids'), shirts (oversized white shirts for doctors' lab coats, Hawaiian shirts for a luau, etc.), dresses, skirts, and jackets. Collect any piece of clothing or accessory that could lend itself to make-believe.

Put the items in a sturdy plastic storage bin or cardboard box. Then pull out the dress-up chest for plenty of imagination-powered entertainment during rainy or super-snowy days.

Make Thank-You Gifts

Kids often like to thank their caregivers, grandparents, aunts and uncles, teachers, babysitters, neighbors, and childcare workers. Bake a few batches of cookies that your child can lovingly decorate and wrap with colored plastic wrap and ribbons; or create thank-you cards on regular old printer paper or construction paper. Add special glued-on adornments like family photos, ribbons, glitter, and buttons (again, beware of small objects that could pose choking hazards for babies and toddlers).

Help improve kids' spelling and letter identification skills by letting them type and print out their own messages in fancy fonts on the computer. Instead of doing crafts just to get through the day, this project will help kids feel like their time and efforts are being spent on a greater purpose — giving to someone they care about.

Reviewed by: Steven Dowshen, MD

Trivia

What does the word
Valentine mean?

Sweetheart

Answer:



Upcoming Events

Breakfast with the Bunny

Come join us for our annual breakfast with the Easter Bunny and Egg hunt! We will have fun games, great prizes, pictures with the Easter-Bunny, and lots of eggs! So, get out those baskets and come spend the morning hunting eggs! There will be age appropriate hunts.

Age: Open to Everyone

Fee: \$10 per family of 5, \$2 each additional person

Includes one 5x7 photo



Family Time

Cooking and freezing fruits or vegetables in season can help to spread the family's budget into the spring months. Most can be blanched boiling water and ice bath or run un-stop the cooking blanching the fruit place pre-sized freezer bags or use throughout the spring. Another option is to bake, then freeze foods. Root veggies are affordable at this time of year and can be prepared ahead of time, placed in the freezer and pulled out as needed. This process is different than blanching, but allows a few options for a family to meet its fruit and vegetable budget. Start with selecting several sweet potatoes of similar size (this helps for them all to cook evenly), wash/scrub the outside of each potato, then bake in the oven (400° F), after 45 – 60 minutes, remove them, allow to cool, wrap individual potatoes in foil and place in a freezer bag together. Pull out as needed, defrost and heat up.



fruits and veggies (cooked briefly in then placed in an der cold water to process). After or vegetable, portions in containers and

Kids Corner

Is all physical activity good for our hearts?

Yes physical activity is good for our hearts. In honor of American Heart Month be creative on all the things your family can do to improve the health of their heart. Did you know the heart is a muscle and one of the strongest in our bodies? Your heart can beat as many as 100,000 times a day. Can you feel your heart beat, check at your wrist using your index and middle finger or check at your neck (just slightly off to the side). Finding time for active play every day and activities that increase your heart rate are all ways to improve your heart's health. Like other muscles in the body, your heart needs to be taken care of through strengthening, regular use and a diet that supports a healthy heart (fruits, vegetables, high fiber foods, low fat and low cholesterol, etc.)



LOVE

RESPECT

HONESTY

RESPONSIBILITY

SERVICE