

THE VOICES

INSIDE THIS ISSUE:

PARENTING TIPS 2

HEALTH AND WELLNESS 2

ACTIVITIES 3

COOKING WITH KIDS 3

AUGUST IS NATIONAL IMMUNIZATION MONTH

Since the start of widespread vaccinations in the United States, the number of cases of formerly common childhood illnesses like measles and diphtheria have declined dramatically. Immunizations have protected millions of kids from potentially deadly diseases and saved thousands of lives. In fact, certain diseases crop up so rarely now that parents sometimes ask if vaccines are even necessary anymore. This is just one common misconception about immunizations. The truth is most diseases that can be prevented by vaccines still exist in the world, even in the United States, although they occur rarely. The reality is that vaccinations play a crucial roll in keeping kids healthy. Unfortunately, misinformation about vaccines could make some parents decide not to immunize their children, putting them and others at a greater risk for illness. To better understand the benefits and risk of vaccines, look at a few common questions.

- What do immunizations do?

Vaccines work by preparing a child's body to fight illness. Each immunization contains either a dead or a weakened germ, or parts of it, that cause a particular disease. The body practices fighting the disease by making antibodies that recognize specific parts of that germ. This permanent or longstanding response means that if someone is ever exposed to the actual disease, the antibodies are already in place and the body knows how to combat it and the person doesn't get sick. This is called immunity.

- Will my child's immune system be weaker by relying on a vaccine?

No, the immune system makes antibodies against a germ, like the chickenpox virus, whether it encounters it naturally or is exposed to it through a vaccine. Being vaccinated against one disease does not weaken the immune response to another disease.

To get a complete list of FAQ, please log onto: www.kidshealth.org

BACK TO SCHOOL

PREPARING YOUR CHILD FOR SCHOOL

Whether your child has attended the same preschool for several years or is just beginning preschool, you'll still need to prepare her for the changes that will inevitably come her way. For many parents, choosing a preschool involves several issues, including curriculum, convenience, and costs. For children, however, the start of a new school year can be daunting. While children who are first venturing away from mom and dad may understandably be anxious during those first days at school, even kids who are returning to the same school they attended the year before can still have doubts and fears. New classrooms, new teachers, new friends, and new curriculums can make a child feel overwhelmed.

However, with a selection of carefully chosen and applied back to school preschool ideas, a child can soon adjust to her new schedule and other new experiences. Parents can help prepare their child before the first week of school by introducing him to some fun activities, visiting the preschool the week before class begins, and talking to him about some of the activities he can expect to occur.

For more back to school tips please log onto: kids.lovetoknow.com

PARENTING TIPS

A STRESS FREE MORNING ROUTINE FOR BACK TO SCHOOL

Let's go! Let's go! Come on ... you're going to miss the bus! I don't know where your favorite jeans are; it's not my responsibility. What do you mean you still have homework? Did you brush your teeth yet? Let's go! I'm leaving... NOW!

Oh I hope your mornings don't sound like that above. If it does, it's not too late to turn that ship around. The key to having a stress free morning routine is to have a smooth bedtime routine. Remember, a routine is something that is followed regularly, standard procedures. Without the consistency, you will have an uphill battle.

Here are some tips to a stress free morning routine:

- No yelling. Raising your voice, albeit frustrated, is only going to escalate matters.
- Early to bed, early to rise. That one is simple.
- Showers and baths should be taken at night. You think you'll have time in the morning, but you rarely do.
- Look over all homework for completeness before bed; don't assume it's finished.
- Before bed, ensure lunches are made, backpack is packed and there are no surprise "Oh I need xxx today!"
- Give singular instructions. Don't say, "I want you to finish your homework, eat breakfast, get dressed, comb your hair, brush your teeth and be in the car by 8:15." To a child, that sounds like "blah blah blah blah blah blah." One instruction at a time works wonders.
- Provide instructions once. If you're doing this, stop: "Johnny, it's time to get dressed." Two minutes later, "Johnny, we're going to be late if you don't get dressed now." Two more minutes later, "Johnny, honey, I told you to get dressed." "Johnny, Mommy is going to be late, now go get dressed." To a child that sounds like "Oh mom is good for asking about five more times before she really goes ballistic!" Repeated requests only send the message that junior doesn't really have to do it now.
- Set consequences and stick to your guns. If you tell your child the car is leaving at 8:15 sharp, make it happen. Clearly you can't leave your child behind, so leaving without her isn't an option. Tell her you will be leaving whether she is ready or not. Sending a 10 year old to school with uncombed hair, pajamas and an empty belly might be just the catalyst for change.

You are the parent; you set the tone for the morning routine. You need to be actively involved in the morning routine. Follow the steps above and I guarantee 'joy will come in the morning!

HEALTH AND WELLNESS

STOP AND GO

Help your kids get exercise and boost coordination with this fast-pasted game. One person kicks a ball and calls out a body part (right foot, left arm, left knee). Players try to stop the ball using that body part. If a player doesn't follow the directions, she gets a point. Lowest scores wins!



It Takes only 20 Seconds to STAY Healthy:

Your best defense against germs that cause colds, flu, and other illnesses is to wash your hands several times throughout the day. That includes:

- Before and after eating
- After shaking hands with someone
- After sneezing, coughing, or blowing your nose
- After diaper changing
- After sorting or folding laundry
- After working or playing outdoors

Use Hot water and soap, scrub briskly for at least 20 seconds, or about the time it takes to sing "Happy Birthday".

Source: www.kidshealth.org

ACTIVITIES

Color in a Bag

You Will Need:

- 1 package of unflavored Gelatin
- 3/4 Cups of Cold Water
- Food Coloring
- Ziploc freezer bag
- Duct Tape

1. Sprinkle the gelatin over the cold water in a small saucepan. Let it sit for 5 minutes, then stir over low heat until dissolved (about 3 minutes). Pour the gelatin into 3 separate bowls, stir a squirt of food coloring into each (we used red, blue, and yellow), then chill in the fridge until thickly gelled (10 to 20 minutes).

2. Spoon a variety of colors into a Ziploc bag (an older toddler can do this himself), press out the air, and seal. Duct-tape the opening for added security. Now let your child squeeze and squash the bag.

3. Keep the fun going! Try putting other things in plastic bags for kids to squish, such as shaving cream and glitter, or a peeled banana (for instant baby food!).

Source: www.familyfun.com

COOKING WITH KIDS



Fruity Kabobs

You will need:

- 1 large red apple, cut into 8 wedges
- 3 marshmallows
- 1 small jar of creamy peanut butter
- 1 large banana cut into 1 inch slices

To make a kabob, carefully push a skewer through the ingredients, starting with a piece of apple, then a marshmallow, then banana, then another marshmallow. Spread a dollop of peanut butter on top of the marshmallow. Now, skewer a piece of banana and another marshmallow (with more peanut butter) and finish with a piece of apple. Repeat with a second skewer.

Makes 2 kabobs.

Tips:

Getting Started with Creative Projects for Little Hands

1. Keep it safe. Make sure supplies are labeled non-toxic and are not choking hazards. Discourage kids from putting supplies in their mouths.
2. Set it up. Designate an art area in your home with an easel or a low table where young artists can stand to work (this is usually easier for them).
3. Don't rush. Make sure you allow plenty of time for setup, exploration, and cleanup.
4. Don't stress over mess. Set things up so cleanup is easier for you, then try to relax and let your child have fun.
5. Write it down. Before you forget, write the date on your child's creation and, if she's talking, what she said about it.

Source: www.familyfun.com

5 Ways to Pack A Healthier Lunch

1. Use a lunch box with compartments
2. Sneak in extra Veggies
3. Add more Whole Grains
4. Offer Nutritious Snacks
5. Serve Low-Sugar Drinks

Source: www.familyfun.com



BEE STING

Ingredients:

- 1 Cup fresh Lemon Juice
- 1/2 Cup of Honey
- 1 Quart Water
- Frozen Lemon Slices

What you do:

Stir together the lemon juice, honey and water. Pour into tall, ice-filled glasses and garnish with the frozen lemon slices. Serves 5.



**VOICES FOR MISSISSIPPI'S
CHILDREN, INC.**

119 Douglas Conner Drive
Starkville, MS 39759

Phone: (662) 320-4171

Fax: (662) 320-4173

**D E V E L O P I N G P R O F E S S I O N A L S
S T A T E W I D E**



*Funded & Sponsored
by*

**VMC
&**

*Mississippi Dept. of Human Services
Office for Children & Youth*