

Center for Early Childhood Education

Newsletter

Our Mission: To help all children in Howard County to be successful when they enter school.

Issue 57, December 15, 2008

12 Ways to Health Holiday Song Presented by Center for Disease Control and Prevention (CDC)

(Sung to the tune of the Twelve Days of Christmas)



1. The first way to health, said the CDC to me
Wash hands to be safe and healthy
2. The second way to health, said the CDC to me
Bundle up for warmth, and wash hands to be safe and healthy.
3. The third way to health, said the CDC to me
Manage stress, bundle up for warmth, and wash hands to be safe and healthy.
4. The fourth way to health, said the CDC to me
Don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
5. The fifth way to health, said the CDC to me
BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
6. The sixth way to health, said the CDC to me
Fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
7. The seventh way to health, said the CDC to me
Get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
8. The eighth way to health, said the CDC to me

Get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

9. The ninth way to health, said the CDC to me
Monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
10. The tenth way to health, said the CDC to me
Practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
11. The eleventh way to health, said the CDC to me
Prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash

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Is your child ready for college?

Well maybe not all the classes, but Little Learners Child Care on the IU Kokomo campus is open to toddlers (ages 1-2) and preschool (ages 3-6) children. The center is open to the public. Call (765) 455-9306, or e-mail childcare@iuk.edu for more information.



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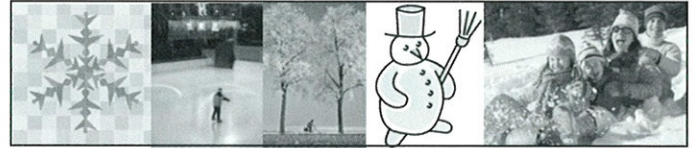
hands to be safe and healthy.

12. The twelfth way to health, said the CDC to me

Eat well and get moving, prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

For more information, visit the Center for Disease Control and Prevention (CDC): <http://www.cdc.gov/family/holiday/>

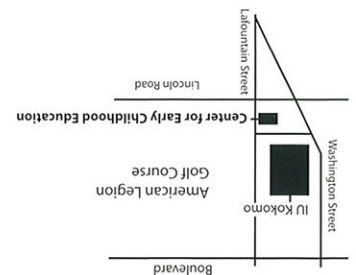
We, the staff of The Center for Early Childhood Education, wish you and yours a happy and restful holiday. The Center will be closed from Wednesday, December 24, 2008 through Friday, January 2, 2009. We will open again on Monday, January 5, 2009. Our Activity Day will continue to be the 2nd Thursday of each month except April which will be the 3rd Thursday, April 16 due to the Howard County schools spring break



Center for Early Childhood Education

on the Indiana University
Kokomo campus

www.iuk.edu/ecec
ecec@iuk.edu
(765) 455-9427



CENTER FOR EARLY CHILDHOOD EDUCATION
2300 S. Washington St.
P.O. Box 9003
Kokomo, IN 46904-9003

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