

Center for Early Childhood Education

Newsletter

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

Issue 61, February 15, 2009

February Is Heart Health Month

This month you may see a lot of information about being heart healthy since February is Heart Health Month. We will share some information with you in the newsletter. Also, look for a new addition to some of our Totes. The next article explains the new addition to the Totes.

Learning About Health Is Fun!!

It is never too early to start teaching your child about how to stay healthy. This month, we will be placing books about health-related topics in Totes for 2- to 5-year-olds. This project is starting out small, so you might not notice a book immediately. Keep an eye out for new health books, though!



The books will be about going to the doctor or dentist, teeth brushing, germs and hand washing, and safety issues. Reading the books with your child is a fun way to talk about health information that is important for them to stay happy and healthy. If your child doesn't want to sit for you to read, then talk about the pictures instead.

This project was developed by Stacy Rosales, a graduate nursing student at Indiana University Kokomo. She would like to know your thoughts on these books. Please e-mail her with any comments or suggestions at srosales@iupui.edu. You can also let the Center for Early Childhood Education staff know what you think of the books and they will pass the information on to Stacy.

Are You Helping Your Child To Grow Healthy?

Why do children not practice good health habits as they grow? For older children, it may be peer pressure, but even little children often follow the habits of other family members. If they stay inside watching TV, videos, and playing inside games all the time, these habits interfere

with good health habits. It is up to the family to help model good habits and help young children overcome the hurdles to good health. Get the whole family active. Parents should limit TV, video, and computer games. These habits sometimes lead to excessive snacking which increases the risk for obesity and cardiovascular disease. Encourage physical activity.



Make Dinner Family Time When Possible

Even young children can be involved in cooking and planning meals by giving them a choice, i.e. "Do you want carrots or green beans tonight?" Maybe they can put the vegetable in the pan to be cooked. Make a game of reading food labels and the whole family can learn what's good for their health. Ideas from the American Heart Association include plenty of fruits and vegetables.

Good eating and reading can go together, too! Use alphabet soup or cereal and talk about the letters as your child eats the letters.



Little Learners Child Care

Did you know that the Little Learners Child Care program on the IU Kokomo campus is open the public? The program serves toddlers (ages 1-2) and preschool children (ages 3-6). Call (765) 455-9306 or e-mail childcare@iuk.edu for more information.





Abraham Lincoln's Birthday

February 12, 1809 - Abraham Lincoln was born in a one-room log cabin in Nolin Creek, Kentucky. This year is Abe's 200th birthday. Talk to your children about him.

"Clifford's Big Red Event"

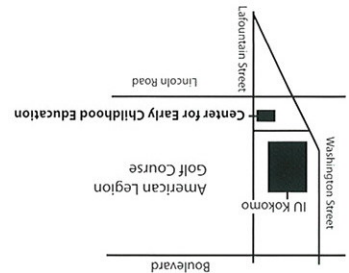
Norman Bridwell, author of Clifford the Big Red Dog, was also born in February, but he was born in Kokomo, Indiana. The public library is having a "Clifford's Big Red Event" on Sunday, February 15, from 2:30 to 5 p.m. at the Main Library. There will be 20 guest readers reading Clifford books. A lot of other exciting things will be happening, too. So bring your children to the library and enjoy the afternoon!



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



Non-Profit Org.
U.S. POSTAGE
PAID
Permit No. 112
Kokomo, IN