



Chattanooga Children's
Program



Kid Connection

February 2010



From the Nurse's Desk National Children's Dental Health Month

Everyday ways to prevent Tooth Decay

Tooth decay is the most common chronic children's disease in the country. Check and clean your baby's teeth as soon as they come in, using a clean, soft cloth or a baby's toothbrush. Clean the teeth at least twice a day. At about age 2, most of your child's teeth will be in. Once your child can spit and not swallow the toothpaste (usually around ages 2-3), begin using fluoride toothpaste and following the directions below.

Brushing

- Dentists recommend a child-size brush (small enough to reach each tooth) with rounded-end bristles to protect delicate gum tissue.
- Use a pea-size amount of fluoride toothpaste, and spit out the remaining toothpaste when finished brushing.
- Brush at least twice a day, morning and bedtime, for about 2 minutes each time.
- Toothpaste works with a combination of fluoride to help repair and strengthen tooth enamel; gentle abrasives (such as silica) to help remove stains and plaque; and other ingredients to help whiten teeth, freshen breath, etc.

Flossing

- Helps remove plaque between teeth and below the gum line, and helps prevent gum diseases, such as gingivitis and periodontitis.
- Children should floss as soon as their teeth begin to touch
- Until about age 9, most children need parent's help because they don't have the dexterity to floss. A plastic-handled "flosser" can make it easier.
- Floss once a day.

Rinsing

- An antiplaque/antigingivitis rinse can kill germs that cause plaque, gingivitis and bad breath.

Important Dates

February 11
Sweethearts Dance
5:30 pm—7:00 pm
Boardroom

February 12
Parent Teacher Conferences
PRESCHOOL CLOSED AT 12:00
EARLY INTERVENTION/CHILDCARE
NORMAL DAY

February 15
President's Day
CENTER CLOSED

February 19
Parent Advisory Committee Meeting
12:30 pm
Parent Café

- Children 6 years to 12 years of age can use a rinse with adult supervision.
- Rinsing for 30 seconds, twice a day, can reduce more plaque than brushing alone.
- After rinsing, spit the rinse into the sink (don't swallow it).
- Rinsing is not intended to replace flossing or brushing. It should be part of a complete oral care program.

Remember to visit your dentist regularly
and avoid sugary snacks!

Information from www.healthychildren.org

Early Intervention

Room 7

This month we will be learning about Black History. We will also be talking about the “heart” shape, the colors “pink” and “red” and the number “2”. Our class will also learn songs like “Do you know my Valentine?” & “I Love You”. We are also looking forward to our Valentine party on February 12 at 11:30 am.

February Wish List Items

We would love for our parents to come in & volunteer in our room.

Activities to work on at home

- Work on tummy time
- Continue reading stories
- We send home a list of our songs for the parents to sing with their child.

-Victoria Jones, Nicole Blackwell

Room 8

During the month of February we will be learning about Valentine’s day and Black History. We will also be learning about the colors “red”, “white” and “pink” and the shape “heart”.

February Wish List Items

- Stickers
- Shoe boxes

Activities to work on at home

- Read with your child daily
- Encourage independence with clothing management

- Andriene Stubbs & Andrea Robinson

Room 9

Our themes for February are “Family”, “Friends”, “Love”, “All about me”, and “Black History”. We will also learn about the colors “brown”, “white”, and “red” and the shapes “heart”, “circle”, and “triangle”

February Wish List Items

- Toddler bibs
- Instruments
- Valentine and/or Black history decor

Activities to work on at home

Observation walk: Take a walk with your child. While walking, ask your child to look at the different things and name them. This is a wonderful way to help your child with their vocabulary.

- Nikki Frizzell & Jameica Gladden

Pre School

Room 1

February will be a month of “Community Helpers”, “Love”, and “Friendship”. We will learn about the dentist and how to take care of our teeth. For Valentine’s Day we will learn about each others similarities and differences and how to be a good friend.

February Wish List Items

- Large cardboard boxes
- Hand held mirrors
- Valentine’s décor
-

Activities to work on at home

- Let your child assist with brushing teeth
- Talk about the color “red” and the “heart” shape

- Candace Peacock, Brenda Fowler & Dana Sharp

Room 2

This month our themes are “Family”, “Friends”, “Love”, and “Nursery Rhymes”. We will also continue working on our journals.

February Wish List Items

- Men’s clothing (shirts, ties, jackets, hats)

Activities to work on at home

- Parents, Please remember to work on journals and return them to school daily
 - Work on colors
- Practice writing their first and last name
- Clothing management (Putting coat on and off and zipping)

- Kathleen Rutherford, Gwen Crutcher & Darlena Hamilton

Room 3

Our new unit will be “Shadows and Reflections”. During this month we will be learning that reflections are images thrown back from a shiny surface; that objects are opaque, translucent, or transparent; and that shadows are dark areas when an object blocks light. Our books for the month are Play with Me, The Puddle Pail, Kitten for a Day, Dreams, and Raccoon on His Own.

February Wish List Items

- Non breakable mirrors
- Foil

We would love to have parent volunteers for our Valentine’s Party on February 11 at 2:15

Activities to work on at home

- Read to your child daily
- Keep paper and art supplies on hand for your child. Drawing helps children think about experiences that you can write down for your child.

-Janice Wilson & Sheron Rahman

Pre School

Room 5

Our themes for February are "Valentine's", "Ground Hog & Animals Homes", "Dental", "Friends & Family", and "Famous People". We will also be working on the letters "L", "V", and "Y". The children will learn the sounds and identify the letters inside a word.

February Wish List Items

- Photo of child with their family
 - Clothes Pins
 - Flashlights
 - Toothbrushes (new)
- Books about Ground Hog, Wood chucks, shadows, George Washington or Abraham Lincoln

Activities to work on at home

Parents can help their child practice writing their name and the letters for the month

-Selena Taylor

Room 6

In Room 6, we will talk about "friendship" and "love". Hearts, red, white, and pink will cover the room! At the end of the month, we will read and talk about bears!

February Wish List Items

- Heart doilies (red, white, or pink)
 - Pink sprinkles

Activities to work on at home

- Read stories about friendship and love
- Encourage your child to do at least one thing independently each day

- Sarah Harmer, Norma Crutchfield & Rachel Pennington

Room 10

In February, our theme will be "LOVE"! We will talk about loving our families, our friends, and ourselves! Our class will learn about ways that we take care of ourselves, like washing our hands, brushing our teeth and taking a bath. We'll also learn ways that we show love for our family and friends, like using our manners and doing nice things for others.

February Wish List Items

Please send in a non-returnable pictures of your family that we can put up in the classroom, as well as things that your child loves, such as pets, favorite toys, friends, etc.

Activities to work on at home

Talk about ways that we show love, such as hugs, manners, using nice/easy hands.

- Jemelle Jones, Jane Armstrong, Rachel Kelly & Jessica Swanger



Friendship is the golden thread that ties all hearts together

-Author Unknown



Room 11

This month we will be learning about "dental health" and "tooth brushing". We will learn our body parts, too. We will also celebrate Valentine's Day with a party, and talk about friendship and love.

February Wish List Items

Shoebboxes (for Valentine boxes)

Activities to work on at home

Parents can help teach and reinforce teeth brushing

-Kelly Reynolds, Lee Perry, Margrett Stephens & Christen Chambers

PRESCHOOL SAFETY REMINDER

When exiting the preschool from the main entrance of the building, Please do not allow your child to push the automatic button to open the door leading to the outside of the building.

Thank you





Chattanooga Children's Program

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FAMILY FUN AROUND TOWN

February 12-28

If You Give a Mouse a Cookie

Chattanooga Theatre Centre Youth Theatre

400 River Street

7:30 pm

Contact: 267-8534 or TheatreCentre.com

February 13

Engineering Fun Day

The Creative Discovery Museum

321 Chestnut Drive

Noon-4 pm

Contact: 756-2738 or CDMFun.org

Parent's Education Corner

HAVING FUN

***Listen to music.**

March, bounce, sway, stomp, and clap. Name each action.

***Pretend to be birds flying around. Ask your child what they can see in the air.**

***Let your child plan a meal and help prepare it.**

***Visit your local library for a favorite book to read.**

**This is a wonderful website for help in keeping your child healthy:
HealthyChildren.org**