

# Children's News



January-February 2009

a newsletter for growing minds

Let's Move...

## Cold Weather Fun!

Even cold weather offers great ways to have family fun. Take time to play together – and move more. You'll all feel good! As an adult, you need to move for at least 30 minutes on most days. Your child needs at least 60 minutes of moving on most days. Here are some tips to help you get moving both inside and out during these cold winter months!

### Get Moving INDOORS

- **Act out a story.** Read a book together; move to give it action. If it's a book about food, make it in the kitchen together later.
- **Create an obstacle course.** Kids love to tumble over pillows, crawl through open boxes, and jump into hula-hoops.
- **Turn up the music and dance.** Swing your arms like a conductor. Or move to the music like a cat, bird, horse, elephant, or bug. You do it, too!
- **Make bread, soft pretzels, or pizza.** Knead, shape, and roll dough. It's good for arm muscles. Tip: buy frozen dough to keep it easy for you!

Washtenaw  
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### Get Moving OUTDOORS

- \* **Bundle up for snow play.** Create angels. Make a “snow family” – with a pet. Go sledding. Climb a snow mountain. Make paths through the snow.
- \* **Take a nature hike.** Look for animal tracks in the snow and wild flowers and buds in early spring.
- \* **Walk in the park or the zoo!** See how animals, including the neighborhood squirrels, look with their winter coats on. Talk about how they live in the cold weather.
- \* **Take a neighborhood walk.** How does it look different in cold weather?
- \* **Decorate an outdoor tree for the birds.** Hang apples, pinecones rolled in peanut butter, or popcorn strings.



This information comes from Nibbles for Health: Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

## Let's Move...Cold Weather Fun! cont.

### Play Safe Outdoors!

- Always stay with your child for safety's sake. You also have the fun of playing together!



Protect your child's skin with sunscreen– even in cold weather the sun's rays can

damage skin.

- Check the safety and conditions of sleds and other play equipment.
- Bring water if your family is outside longer than an hour. When you move a lot, you sweat – even in winter!

### In cold weather:

- Cover your child's head with a hat, maybe earmuffs. A lot of body heat gets lost through an uncovered head. A hood can interfere with moving and seeing.
- Dress your child in layers for warmth. Be sure that he or she can move easily for fun and safety.
- Tie a scarf over your child's nose and mouth to warm air that's breathed in. Tuck the scarf inside the coat so it won't get caught in play equipment and choke your child.
- Remember mittens or gloves and boots!

## Grab a Book and Let's Read!

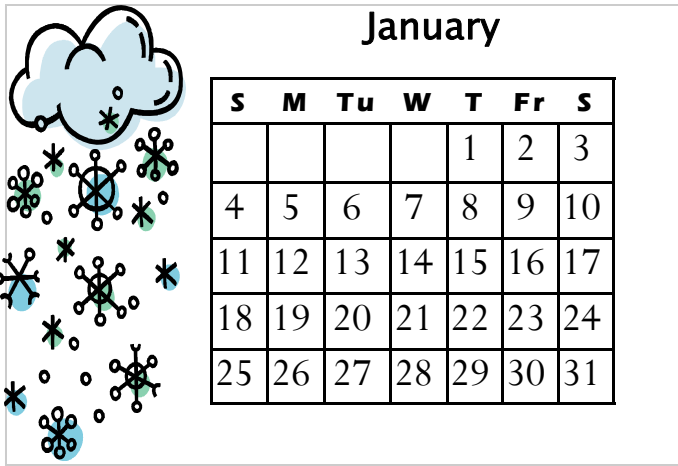
Winter is the perfect time to curl up with a good book! Experts say that reading to young children, even infants, can have huge impact on their learning and development. Here are some tips to make reading together more fun and rewarding for everyone:

1. **Choose Great Books.** Choose sturdy cloth, vinyl or board books for babies. Letting older children choose their own books boosts their interest in reading and gives them a feeling of being important.
2. **Sit Close.** Sitting together in a comfortable spot creates a warm bond and makes it easier for children to the pictures and words.
3. **Preview the Book.** Looking at the cover and pictures and talking about what might be in the book ahead of time helps children get excited about reading it.
4. **Read with Expression.** Use your voice to make the story fun and interesting.
5. **Read Slowly.** This will allow kids to follow along. Let children ask questions or point out things in the story that are interesting to them.
6. **Point to Pictures.** Pointing to pictures and naming them helps children learn words. Count items out loud and name colors in the pictures.
7. **Let Children Predict.** You can help build children's attention and memory by asking them what they think will happen next.
8. **Connect the Story to Life.** Stories about activities like going to daycare or visiting the doctor can help children get used to an idea before it happens.
9. **Point to Words and Letters.** Pointing to words as you read teaches that words have meaning and that written words can be spoken.
10. **Keep It Fun!** The more fun kids have in your reading aloud, the more they will love books and want to read for themselves.

*Reading to children starts them off to be good listeners, good readers, and good students.*

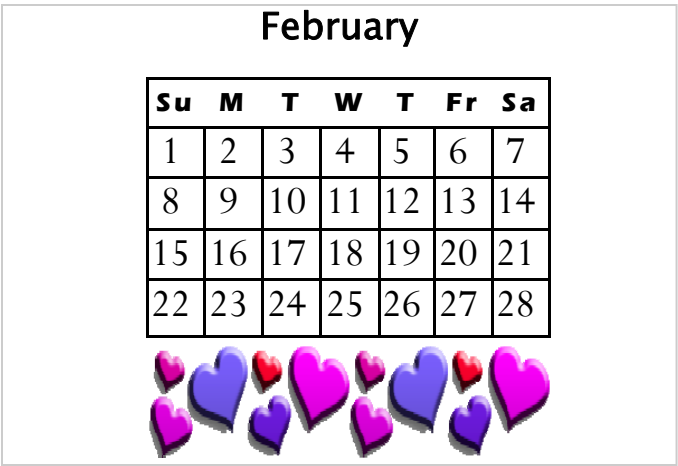


# Calendar— holidays and other fun dates to celebrate



**January**

S	M	Tu	W	T	Fr	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



**February**

Su	M	T	W	T	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

January 1st- Happy New Year!  
 January 15th- Rain Forest Day  
 January 19th- Martin Luther King, Jr Day  
 January 20th- Inauguration Day  
 January 26th- Chinese New Year  
 January 29th- National Puzzle Day

February 2nd- Ground Hog Day  
 February 3rd- Elmo's Birthday  
 February 14th- Saint Valentine's Day  
 February 16th- President's Day  
 February 21st- Love your Pet Day  
 February 22nd-George Washington's Birthday

Check out these websites for more fun holidays and celebrations to share with your kids:  
[www.familyfun.com](http://www.familyfun.com)    [www.kaboodle.com](http://www.kaboodle.com)

# Activities— what's happening around the county

## Public Library Events:

The District Libraries of Ann Arbor, Chelsea, Dexter, Manchester, Milan, Saline and Ypsilanti, as well as at the Northfield Township Area library located in Whitmore Lake, offer a variety of free, weekly story times for young children as well as programs for older children. Contact your local library for details:

- Ann Arbor (734)327-4200
- Chelsea (734)475-8732
- Dexter (734)426-4477
- Manchester (734)428-8025
- Milan (734)439-1240
- Saline (734)429-5450
- Ypsilanti (734)482-4110
- Northfield (734)449-0066

Here are some of the Special Events being offered at libraries throughout the county in January and February:

### Lego Night

**TUESDAY, JAN. 27: 6:00 PM**

**YPSILANTI DISTRICT LIBRARY: WHITTAKER ROAD**

Discover your inner architect as you construct a building, a creature, or whatever your fancy inspires!

### Music and Motion

**FRIDAY FEB.6, 2009: 9:30-10 AM & 10:30-11**

**ANN ARBOR DOWNTOWN LIBRARY**

Learn about the tuba with Fritz Kaenzig, hear a story from Gari Stein, and dance to music from the Ann Arbor Symphony Orchestra.

This is just a brief listing of the some of the and **free, family-friendly events** happening throughout Washtenaw County. For more information contact your local Chamber of Commerce or visit one of the following sites:  
[annarbor.org/events/calendar.asp](http://annarbor.org/events/calendar.asp)    [ewashtenaw.org/](http://ewashtenaw.org/)    [arborweb.com/](http://arborweb.com/)

# Winter Health



**The American Academy of Pediatrics has the following tips for preventing or dealing with winter health problems:**

- If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Saline nose drops may help keep tissues moist. If bleeding is severe or recurrent, consult your pediatrician.
- Many pediatricians feel that bathing two or three times a week is enough for an infant's first year. More frequent baths may dry out the skin, especially during the winter.
- Cold weather does not cause colds or flu. But the viruses that cause colds and flu tend to be more common in the winter, when children are in school and are in closer contact with each other. Frequent hand washing and teaching your child to sneeze or cough into the bend of her elbow may help reduce the spread of colds and flu.
- Children between 6 months and 18 years of age should get the influenza vaccine to reduce their risk of catching the flu.

## ARE YOUR KIDS COVERED?

FOR INFORMATION ON HEALTH INSURANCE FOR YOUR CHILDREN, PLEASE CONTACT  
KELLY STUPPLE, CHILDREN'S HEALTH INSURANCE ADVOCATE,  
AT (734)544-3079

## Did You Know?

Success by Six is working throughout Washtenaw County to support families, child care providers and others as we all work toward sending our young children off to school ready to succeed!

## Want to Learn More?

Visit our website at [www.washtenawsuccessby6.org](http://www.washtenawsuccessby6.org) to learn more about the work that Success by Six is doing in Washtenaw County. You can also join our Parent Network, volunteer, or join our Great Start Parent Coalition to help us get the word out about the importance of learning in the first 5 years of a child's life!

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