



Children's News

a newsletter for
growing minds

October 2009

The Flu and You

We all know that flu season is rapidly approaching. Here are some tips for staying healthy, during what is predicted to be a long and hard flu season for many.

In addition to getting the H1N1 and Regular Flu Vaccines, you can take these everyday steps to protect your health:

- * Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- * Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub
- * Avoid touching your eyes, nose or mouth. Germs spread this way.
- * Try to avoid close contact with sick people.
- * If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from

Dear Melissa,

Welcome to the October edition of the Washtenaw Success by 6 Newsletter. We aim to bring you helpful information about child development and family life, including topics like health and safety and this issue's feature, "Good Night, Sleep Tight". In this edition you will also find important information about protecting yourself from fall and winter illnesses and, on a lighter note, some fun fall crafts. Plus a listing of some of the great FREE activities happening around the county in the wonderful month of October!

Enjoy!

Melissa

Washtenaw Success by 6

Good Night, Sleep Tight

Healthy sleep provides brainpower and fuels a child's growth and development. It enables the mind to stay alert, increasing a child's ability to learn, concentrate and adapt to new situations. There are times during the day and night when a child's brain will become less alert. These are the best times for a child to be soothed to sleep.

Some tips to help your child develop good sleep habits:

- * **Start when your child is young.** Healthy sleep is a habit, just like healthy eating habits, which are learned. The sooner you put into practice these rules, the earlier you can teach your child healthy sleeping habits and prevent many common sleeping problems.
- * **Pay attention to signs that your child is growing tired.** Putting your child to bed when she first shows signs of becoming tired may help her go to sleep with less fuss or crying. Learn to recognize certain behaviors which signal that she is becoming tired, such as loss of interest in favorite games and toys and tendencies to become quiet and less active.
- * **Don't neglect naps.** Naps are as critical to healthy cognitive, emotional and physical development as night sleep. Naps lead to optimal daytime alertness and can help your child sleep easier at night. As much as possible, try and stick to a consistent nap schedule every day.
- * **Adhere to an early bedtime.** Your child may have an easier time falling asleep if she goes to sleep earlier, before she has a chance to become overtired, and she may sleep later in the morning. Often, moving up a bedtime by just 20 or 30 minutes can make a difference.
- * **Start early.** Begin your bedtime routine about thirty minutes before bedtime. This will help you and your baby to relax and enjoy the winding down process.
- * **Be consistent.** Using a consistent soothing style will help your child settle down and get ready to go to sleep. You might try bathing, listening to music, reading a book, feeding, rocking, singing or massaging. Pick a style of soothing that makes you feel comfortable and stick to it. By creating consistent bedtime routines, you teach him how to soothe himself to sleep.
- * **Say good night.** After you complete your bedtime routine, say good night, close the door and walk away-even if your child cries in protest. How long you allow the protest crying to continue depends upon your own comfort level.

others as much as possible to keep from making others sick.

Other important actions that you can take are:

- * Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- * Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs * (for when soap and water are not available), tissues and other related items could help you to avoid the need to make trips out in public while you are sick and contagious.

This information comes from the Centers for Disease Control and Prevention. Visit their [website](#) for more information on a variety of health issues.

Storytime @ your library

Public libraries throughout the state work to encourage reading and learning throughout the summer by offering a variety of fun events and programs for all ages! Contact your local library for details:

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

Fall Fun!

Use real leaves to create one of these fun (and cheap) fall crafts!



FALL PLACEMAT

Materials Needed:

Clear Contact Paper
Leaves

Instructions:

Go for a walk and collect a wide variety of leaves - as many different colors and shapes as you can find.

These tips are an excerpt from the book *Understanding Children*, by Richard Saul Wurman and Civitas, © 2002. They are available online at the [Born Learning website](#), along with many more tips for raising healthy sleepers.



Check out these other great sleep resources:

[Elizabeth Pantley's No Cry Sleep Solution](#)
[University of Michigan Health Resources](#)

[Kids Health](#)
[Sleep for Kids](#)

[American Academy of Pediatrics](#)

Activities- What's Happening around the County

There are so many fun and family-friendly events happening this fall, it is hard to know where to start!

Here is just a sampling of the free events taking place throughout the county during the month of October:

*Saturday, Oct. 10th *10:30 a.m.

"The More We Get Together: Nurturing Relationships through Music, Play, Books, and Art"

Join local early childhood educator Gari Stein at Crazy Wisdom Bookstore & Tea Room as she leads kids in an interactive program of music and movement based on her new book. Crazy Wisdom, 114 S. Main. 665-2757.

*Monday, October 12th *10 & 11 a.m.

Kindermusik Family Time

A program of songs and other activities for kids ages 18 months-4 years (10 a.m.) and 18 months & under (11 a.m.), accompanied by a parent. Tree Town Toys, Traver Village, 2611 Plymouth Rd. 929-6545.

*Sat. Oct. 17th & Sun., Oct. 18th *10 a.m.-5 p.m.

Make Your Own Cider

A Washtenaw County Parks and Recreation Commission program. A chance to make cider at the historic riverside Parker Mill. Also, mill tours at 2 & 3 p.m. Bring a bushel of apples and some empty jugs. Parker Mill County Park, Geddes Rd. (just east of US-23). Preregistration required. 971-6337, ext. 334.

Saturday, Oct. 24th *2 p.m.

Halloween Spooktacular

All kids invited to Borders Bookstore for a Halloween party with music, crafts, and games. Downtown Borders (612 E. Liberty), Arborland Borders (3527 Washtenaw Ave.), & Waters Place Borders (3140 Lohr Rd.). Free. 668-7652 (Downtown), 677-6948 (Arborland), 997-8884 (Waters Place).

Sunday, Oct. 25th- Noon-5 p.m.

12th Annual Family Halloween Party

The UM Exhibit Museum sports haunting decor, spooky effects, and even some live critters in this family-oriented party that features a costume contest, trick-or-treats, and many hands-on science-oriented activities. Costumes encouraged. U-M Exhibit Museum, 1109 Geddes at North University. 764-0478.

Cut 2 pieces of clear contact paper about 2-feet long. Remove the backing from one piece. Stick the leaves randomly onto the sticky side of the contact paper. Once you are satisfied with the design, peel the backing off the second piece of contact paper and cover the leaves with it to seal them in between the contact paper sheets.

Trim around the edges; use pinking shears or other fancy edged scissors if you like!



LEAF COLLAGE

Materials Needed:

Construction Paper or Cardstock
Leaves
Craft Glue
Paint, Crayons, or Markers

Instructions:

This craft takes more imagination than instruction!

Go for a walk and collect a wide variety of leaves - as many different colors and shapes as you can find. Use the leaves to make "drawings". For example, glue one round or oval shaped leaf onto the paper. Using the leaf as the body, paint on a head, arms, legs, etc... Or how about using many different leaves to glue on an abstract design.

You are only limited by your imagination!

Excerpts from Sherri Osborn at About.com. Visit their website or Kaboose.com for more fun fall crafts!

Your Ideas Wanted!

Have an idea for a story or something that you would like to see featured in Growing Minds? Please feel free to call us or email us anytime!

734.994.8100 ext, 2177

[Email Success by 6](#)

Don't Worry, But Don't Wait

Do you have a child who is not growing or developing at the same rate as his same- age peers. Are you concerned about a particular aspect of your child's growth and development or has a doctor, teacher or other professional suggested that you seek support for your infant, toddler or young preschooler?

Visit [Early On Michigan](#) or call 1-800-EARLY ON

Did You Know?

Tuesday, Oct. 27th- 11-11:30 a.m.

Fall into Fall with the Leslie Science & Nature Center: at the Ann Arbor District Library.

LSNC staff present a nature-oriented puppet show and display some live animals and discuss how they prepare for winter. AADL Traverwood Branch, 3333 Traverwood at Huron Pkwy. 327-4200.

Friday, Oct. 30th- 11 a.m.-5 p.m.

Treat Parade: Main Street Area Association.

Costumed kids and their parents invited to stroll the downtown and pick up treats from businesses displaying balloons. Main, Liberty, Fourth, and Washington area. 668-7112.

Friday, Oct. 30th-5:00pm - 7:00pm

Ypsilanti Halloween Festival

Children from around the region are invited for prizes, games, contests and of course, free candy. This year families have an opportunity to give as well, by bringing canned goods to donate to SOS. Ypsilanti District Library Park, North and South Washington Streets

Saturday, Oct. 31st- 5:00-8:00pm

Halloween Boo Bash

The streets of Downtown Saline will be crowded with witches, power rangers, princesses and fireman at the local Halloween street party downtown Saline. It is an old fashion celebration with tricks and treats, games, and music.



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: 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!

