



HIPPY

homeroom

A Newsletter for the Home Instruction for Parents of Preschool Youngsters
February 2018 Volume 1, Issue 32 Parent Edition

February Fun Facts

- The birthstone of February is amethyst—which means sincerity.
- John Glenn was the first man to orbit the earth on Feb. 20, 1962.
- February 2 is Groundhog day. Supposedly, if the groundhog sees its shadow, winter will last another 6 weeks, if not, there will be an early spring.
- Abraham Lincoln's birthday is February 12th, George Washington's birthday is February 19th.

Upcoming Events: February

Black History Month Kick-Off Celebration	1st
Cinderella Kids, Red Curtain Theatre, Conway	9-11th
Valentine's Day	14th
Garden Bros Circus, Little Rock	16-18th
Random Acts of Kindness Day	17th

For more events in your area:
<http://www.arkansas.com/events/>



Taking Care of Your Heart

February is American Heart Health Month. With that in mind, there are a number of things that you and your family can start doing today to ensure that your hearts are healthy and strong for many years to come.

Every year, nearly 715,000 Americans have heart attacks, and about 600,000 people die from heart disease in the United States each year. **Heart disease is the number one cause of death for men and women.**

While most people think heart attacks and strokes are medical events that only happen to older people, there is a scary trend, especially due to the rise in obesity, that has younger and younger people suffering heart disease these days.

Causes of Heart Disease:

Having just one of these risk factors increases your risk of heart disease, and having more than one puts you at even greater risk:

- ♥ Smoking
- ♥ Lack of physical activity
- ♥ Being overweight or obese

- ♥ Poor nutrition (eating mostly processed foods, fast foods, too much salt)
- ♥ Stress
- ♥ High blood pressure
- ♥ High cholesterol
- ♥ Diabetes
- ♥ Family history of heart disease

These factors are the same for adults and children. Children who are overweight between the ages of 7-13 are at increased risk of developing heart disease by age 25 and teens who are obese may have arteries similar to those of 45 year olds.

In addition, Type 2 diabetes, which used to be found in adults is being found in 45% of children diagnosed with diabetes, putting them at greater risk for heart disease, stroke, or death as they get older.

Thus, there needs to be a whole family approach to taking care of our hearts. Below are some simple ideas to help your whole family get heart healthy:

♥ **Eat a healthy diet: Plenty of fruits and vegetables—** let

your kids pick them out to get them more involved; **lean meats such as chicken, turkey and fish; choose whole grain products** instead of white (brown rice, wheat bread, etc.); **less salt**—salt or sodium hides in processed foods such as breads, cold cuts, snack foods, cheeses and soups.

♥ **Exercise:** It is recommended that adults get at least 30 minutes every day— break it up into 10-15 minute chunks to make it more manageable. This is also a great stress reliever. Take your kids with you: ride bikes, have races, play on the playground, have a dance party. Make it fun!

♥ **Quit Smoking:** It's not healthy for you or your family.

♥ **Limit Screen Time:** People tend to eat more when sitting in front of a screen and are less active.

♥ **Be A Good Role Model:** If your kids see you trying to get healthier, they will follow along. You don't have to be perfect.

(Sources: CDC, American Heart Association, NIH, The Heart Truth, American Stroke Association)



Dental Health Month

Caring for your child's teeth

As soon as your child's teeth begin to appear, they are also at risk for tooth decay. It is very important to start building good dental habits early in your child's life.

Cleaning tips:

- Your child should be using a child-sized toothbrush and fluoride toothpaste.
- All children should brush their teeth twice a day, morning and night.
- **Children between 3-6 years old**

should use a pea-sized amount of toothpaste. They should continue to be supervised and reminded not to swallow the toothpaste.

- Proper brushing form involves tilting the bristles a bit toward the gums and brushing gently in tiny little circles touching every surface of each tooth. **DO NOT brush back and forth.**
- Change your child's toothbrush every two months and after the child has been sick.



HIPPY

homeroom

A Newsletter for the Home Instruction for Parents of Preschool Youngsters
Parent Edition

Recommended Books for Black History Month:

- *The Colors of Us* by Karen Katz
- *Nappy Hair* by Carolivia Herron
- *Tar Beach* by Faith Ringgold
- *Cassie's Colorful Day* by Faith Ringgold
- *Something Beautiful* by Sharon Dennis Wyeth
- *It's Okay To Be Different* by Todd Parr
- *Amazing Grace* by Mary Hoffman
- *Henry's Freedom Box: A True Story from the Underground Railroad* by Ellen Levine
- *Freedom Summer* by Deborah Wiles
- *The Story of Ruby Bridges* by Robert Coles
- *Remember: The Journey to School Integration* by Toni Morrison
- *Young Jackie Robinson, Harriet Tubman, Rosa Parks, Martin Luther King Jr., Frederick Douglass* by Edward Farrell
- *The ABCs of Black History* by Craig Thompson



Black History Month Activities



Famous Black Inventors Scavenger Hunt

Directions: Go on a hunt around your house or neighborhood to try and find as many items as you can from the list below that were invented by Africans or African Americans.

- Folding Bed— L.C. Bailey
- Ironing Board— Sarah Boone
- Home Security System— Marie Brown
- Lawn Mower— John Burr
- Shoe— W.A. Deitz
- Player piano, door stop, door knob — Joseph Dickinson
- Toilet— T. Elkins
- Guitar— Robert Flemming
- Ice Cream— Augustus Jackson
- Postal Letter box— P.B. Dowing
- Kitchen Table— H.A. Jackson
- Programmable remote control— Joseph Jackson
- Bicycle Frame— Issac Johnson
- Wrench— John Johnson
- Super soaker— Lonnie Johnson
- Egg Beater— W. Johnson
- Window Cleaner— A.L. Lewis
- Pencil sharpener— John Love
- Fire Extinguisher— Tom Marshal
- Lock— W.W. Martin
- Elevator— Alexander Miles
- Traffic Signal— Garrett Morgan
- Hair Brush— Lyda Newman
- Dust Pan— L.P. Ray
- Baby Buggy— W.H. Richardson
- Clothes Dryer— G.T. Sampson
- Cell Phone— Henry Sampson
- Mop— E.W. Stewart
- Curtain Rod— S.R. Scottron
- Lawn Sprinkler— J.W. Smith
- Refrigerator— J. Standard
- Helicopter— Paul Williams
- Fire Escape Ladder— J. B. Winters

***Set up a pretend play area using some of the items you find.*

I Have A Dream

Materials:

- Blank colored paper
- White paper
- Scissors
- Glue
- Story about Martin Luther King Jr.
- Optional: Picture of your child



Directions:

1. Read and discuss a story about Martin Luther King Jr. Talk about MLK Jr.'s dream. Discuss the difference between dreams at night and dreams for the future or what they want to have happen.
2. Have your child draw a picture of himself/herself on the colored paper or glue a picture of your child to the colored paper.
3. Cut out a large cloud or have your child cut it out, if old enough.
4. Ask your child what his/her dreams are for the future, what does he or she want to be or have happen? Write his/her response in the cloud.
5. Hang up the picture in a place where he/she can see it easily.

The Colors of Us

Materials:

- *The Colors of Us* by Karen Katz (if possible)
- Variety of paints (white, brown, orange, yellow, black, red)
- Paint brushes
- White paper
- Paper or plastic plates



Directions:

1. Read *The Colors of Us* by Karen Katz (if possible) and/or discuss how people are more than just the color of their skin. People come in many different colors, no two exactly alike, and that is what makes everyone special.
2. To prove this, have your child mix the paints together to try and make a color that he/she thinks matches his/her skin color. Help your child to notice that it's not just black or white, but a mixture of several colors.
3. You do the same, as well as other family members if possible.

4. Once you have the right colors, paint them onto your hand and have everyone make one or two handprints on the white paper (in a circle if you want).
5. Talk about the different colors that make up your families.
6. Hang up your picture as a reminder of how unique everyone is and yet how we are all the same in some ways too.

I Can Change The World

Materials:

- Paper
- Pencil
- Books on African-American Heroes

Directions:

1. Read at least one book on an African American hero (Rosa Parks, Ruby Bridges, Martin Luther King Jr., etc.) and discuss what those people did to make a difference in the country and the world.
2. Help your child make a list of little things that he/she can do to make a change to the world (i.e. hold the door for someone, smile at someone, say thank you, make a card).
3. Find opportunities for your child to carry out the actions he/she listed— talk about what happens after he/she does them. What reactions did he/she get? How did it make him/her feel?
4. Keep the list in a visible place, so your child can add to it as he/she thinks up other world changing ideas!



Other Ideas:

- Listen to jazz music— an art form created by Black Americans.
- Create rhythms and explain how drumming was used by slaves to communicate. Have your child copy the rhythms you make.
- Visit <http://www.arkansas.com/things-to-do/> and click on History and Heritage to find information about African American history in Arkansas as well as places to visit.