



HIPPY

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A Newsletter for the Home Instruction for Parents of Preschool Youngsters
Parent Edition December 2015 Volume 1, Issue 25

Upcoming Family Events: December

Festival of Trees @ the Bay: Fairfield Bay Conference and Visitors Center: Fairfield Bay (FREE)	Thru Dec. 12th
21st Annual Lights of the Delta: Former Ecker Air Force Base-Blytheville (\$10 per car)	Thru Dec. 27th
Enchanted Forest Trail of Lights: Sherwood Forest-Sherwood (FREE)	Thru Dec. 30th
19th Enchanted Land of Lights and Legends: Jefferson County Regional Park-Pine Bluff (FREE)	Thru Dec. 31st
Holiday Lights 4-Million Light Extravaganza: Garvan Woodland Gardens-Hot Springs (FREE for 5 and under)	Thru Dec. 31st
Light Up Siloam: Downtown Siloam Springs (FREE)	5th
Historic Handmade Holidays: Parkin Archeological State Park Visitor Center-Parkin (FREE)	5th
Holiday Open House: Powhatan Historic State Park Courthouse-Powhatan (FREE)	5th
Home Depot Kids Workshop: Home Depots Across Arkansas (FREE)	5th
Eagle Tour: Lake Dardanelle State Park (Weigh In Pavilion)-Russellville (FREE)	5th, 10th, 13th
Caroling at the Walmart Museum: Bentonville (FREE)	9th
18th Annual Holiday Lighting Display and Contest: Horseshoe Bend (FREE)	10-31st
2nd Saturday Family Funday-Theatre Workshop: Arts and Science Center for SE Arkansas-Pine Bluff (FREE)	12th (1:30-2:30PM)
Holiday Open House: Heifer Ranch-Perryville (FREE)	12-13th
Winter Wildlife Tour: White Oak Lake State Park Marina-Bluff City	12th
Ringling Bros. Circus: Verizon Arena-North Little Rock	23-27th
For more events in your area: http://www.arkansas.com/events/	



State Manager Spotlight –Tyra Greenwood

The approaching holiday season brings with it numerous opportunities for enjoying time spent with family and friends. These gatherings and traditions are building memories for your child that he/she will reflect on for many years to come. Through the HIPPY lessons thus far, I hope that you have enjoyed the time spent working with and getting to know your child.

There is nothing chil-

dren enjoy more than time and attention from their parents and caregivers; it is invaluable. While presents are often a part of the holiday season, remember that your child will also cherish the opportunity to help you bake cookies, build a snowman, wrap presents, make cards, set the table, and so much more. Not only are these are opportunities for hands-on learning, self-esteem and independence building, but, most importantly,

they are chances to bond with you.

It is easy to get bogged down with the stress of shopping, cooking, etc., but I hope you will take time to remember how magical and special these times are for your young children.

I want to wish all of our HIPPY families a fun, safe, and happy holiday season. We look forward to seeing everyone in the new year!

Avoid the Winter Woes

As we enter the busy winter season and the weather becomes colder, children are at greater risk of getting colds and the flu. When children get sick, parents are likely to get sick as well. Here are some great tips to try and keep your family healthy this winter.

- Wash Your Hands:** The Centers for Disease Control estimate that children with proper hygiene only miss about 2 days of school each year due to illness, while those without miss about 3 days. Help your children to wash their hands before and after meals, after coughing or sneezing, after using the bathroom, and when they come home from school. Soap and water is best, but hand sanitizer can also be used if water is unavailable.
- Eat Well:** Make sure your children are eating foods that will help build up their immune system and make them less likely to get sick or stay sick this winter. Make sure to include:
 - Iron Rich Foods: red meat, beans, and green vegetables
 - Yogurt or other foods with probiotics to keep their digestive systems running smoothly.
 - Lots of Water: This will help flush out toxins
- Get Enough Sleep:** Each member of the family



should get at least 7 hours of sleep each night, more for younger children (10-13 hours). Sleep helps the body to recover from and fight off illness. When the body does not get enough sleep and gets run down, it is more likely to get sick.

- Get the Flu Shot:** Children (age 6 months and up) and adults are recommended to get the flu shot each year, not just to protect themselves but to protect others around them that are too young to get it or are unable to get it due to other health reasons.
- Avoid Getting and Sharing Germs:** Teach children to cough and sneeze into a tissue or into the sleeve on the inside of their elbow and away from others, rather than into their hands. Keep hand sanitizer handy to combat germs when out and about.
- Get Exercise/Get Outside:** Staying active boosts your immune system and keeps your body in good shape. Have a dance party in the house or build an obstacle course for your child to run through. If you can get outdoors, the fresh air and sunlight can increase your intake of Vitamin D and help decrease the spread of germs. **Make sure kids are dressed appropriately for the temperature and weather to avoid frostbite or hypothermia.

(Sources: relaxkids.com, motherandbaby.com, everyday-family.com, pediatrics.about.com)

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Controlling Holiday Spending



At this time of year, with advertisements for everything imaginable appearing on t.v., in your e-mails, on-line, and more, it is easy to spend more money than you intended and suddenly find yourself in over your head. Below are a few tips, to help you keep your holiday spending in check.

- 1. Make a List and Check it Twice:** Write down the names of everyone that you are planning to buy a gift for. This may include relatives, friends, teachers, co-workers, etc. Make sure your list is complete before budgeting and shopping.
- 2. Make a Budget:** Determine how much money you can actually afford to spend on



holiday gifts. Divide the money up among the people on your list. Bring your list and budget with you when shopping to make sure you stay on track.

- 3. Comparison Shop:** Never buy an item the first time you see it, either in the store or on-line. Make sure to check with a few retailers to ensure you are getting the best price.
- 4. Give Priceless Gifts:** Rather than spending money on trinkets and items that will likely not get used often, think about other gifts that might hold real value. Make coupons to babysit for a

friend's children or to cook dinner for a family member. Think of ways you could provide useful help that would truly be valued by the gift recipient.

- 5. Give Gift Cards:** Gift cards are a great way to stay on budget that also allow the recipient to get something they actually need.
- 6. Make Your Own Gifts:** See below for some great DIY gift ideas. Also, check out Pinterest for ways to make DIY vases, picture frames, chalkboards, and more.

(Sources: blackenterprise.com, frugalliving.about.com, businessinsider.com, money.usnews.com)

Winter Books

- ☞ *Winter is Here!* by Heidi Pross Gray
- ☞ *Winter is Coming* by Tony Johnston
- ☞ *The Story of Snow: The Science of Winter's Wonder* by Mark Cassino
- ☞ *Animals in Winter* by Henrietta Bancroft
- ☞ *Snow* by Cynthia Rylant
- ☞ *The Mitten and The Hat* by Jan Brett
- ☞ *Bear Snores On* by Karma Wilson
- ☞ *The Snowy Day* by Ezra Jack Keats
- ☞ *There Was a Cold Lady Who Swallowed Some Snow!* by Lucille Colandro
- ☞ *The First Day of Winter* by Denise Fleming
- ☞ *Let It Snow* by Marrann Cocca-Leffler
- ☞ *Curious George in the Snow* by H.A. Rey

Easy, Do-It-Yourself Gifts



Sometimes, simple gifts that show a lot of thought, and do not cost a lot of money, are some of the best gifts to receive. Below are some easy, inexpensive gifts that are sure to please the receiver, while also pleasing your wallet.

- **Photo Books and More:** Children and adults enjoy looking at photos of themselves throughout the year and the great memories that were made. Photos can be easily uploaded from a phone or computer to Snapfish.com or Walgreens.com and made into photo books or other photo ready items (mugs, mouse pads, canvases, etc.).
- **Themed Baskets:** Do you know someone who loves art or watching movies? Purchase an inexpensive basket and fill it with craft supplies or a new DVD or gift card to a movie theater, pop-



corn, and candy.

- ◇ For chefs, purchase a mixing bowl, some ingredients, and new baking or cooking supplies.
- ◇ For readers, put together a few new books, book marks, and a new blanket to cuddle up under while reading.
- ◇ For a bubble kit, several containers of bubbles can be purchased very inexpensively along with several different shaped bubble wands.
- ◇ For a fun in the tub kit, several bath squirters, colored bath crayons, bubble bath and shampoo, make a great, soapy gift.
- **Gift Certificates:** Make gift certificates for a night out at a favorite restaurant, ice cream shop, or movie theater. Other options include certificates for a trip to the park or zoo, movie night or ice cream sundae party at home, indoor camp out, mommy/daddy date, etc.



- **Dress Up Basket:** Either go through your own closet and look for unused clothes and shoes in good condition or visit a local thrift store for clothes, costume jewelry, etc. Put the items in a basket or trunk for your children to play dress up.



- **DIY Chalk:** Materials: chalk molds (toilet paper tubes-with one end covered, ice cube trays, paper cups, etc.) 1 cup *Plaster of Paris, 3/4 cup water, *tempera paint.



(*Can be found at local craft stores)
Directions: Mix Plaster of Paris with water. Add tempera paint. Blend well and let stand for a few minutes. Pour mixture into the molds. Let dry completely. Once dry, remove from the mold and let it dry for 24 more hours. Then, let the fun begin!

(Sources: familycrafts.about.com, frugalliving.com, washingtonpost.com, stretcher.com, ehow.com)