



HIPPY

homeroom

A Newsletter for the Home Instruction for Parents of Preschool Youngsters
Parent Edition February 2016 Volume 1, Issue 27

Upcoming Family Events: February

Kids' Programs at Michael's stores statewide (\$2-\$15)	Dates Vary
Ground Hog Day-Watch the news to see if the ground hog sees his shadow.	2nd
Alligator Feeding: Witt Stephens Jr. Central Arkansas Nature Center-Little Rock (FREE)	5th, 2pm
Family Movie Day at Maumelle Library : Movie "Pan" (FREE)	5th, 3:30pm
Eureka Gras Day Parade: Downtown Eureka Springs (FREE)	6th
Home Depot Kids Workshop: Statewide (FREE)	6th
Saturday Storytime at Barnes and Noble: Statewide (FREE)	6, 13, 20, 27 11am
5th Annual Take Your Child to the Library Day: All Central Arkansas Library locations (FREE)	6th
Eagle Watch Tour: Cane Creek State Park Visitor Center-Star City (\$6 adults, \$3 children)	7, 14, 21, 28
Super Sunday Free Family Funday: Arkansas Arts Center-Little Rock (FREE)	14th
Random Acts of Kindness Day: Talk with your kids about actions they can do to help others today.	17th
LANTERNS! Festival: Wildwood Park for the Arts-Little Rock (\$10 adults, \$5 children)	19-21
Goodnight Moon and Runaway Bunny: Baum Walker Hall at Walton Arts Center-Fayetteville (\$8 per person)	21
For more events in your area: http://www.arkansas.com/events/	



State Manager Spotlight –Tyra Greenwood

For the shortest month of the year, February seems to have the most information to share. While HIPPY's primary focus is on providing educational services to families, we realize that children and families who are not healthy are not going to be ready to learn. That is why we are providing you with information on keeping your bodies and your teeth healthy this month. When people feel good and have energy, they are more likely to reach their potential in

all aspects of life from education, to relationships, to work.

In addition, HIPPY is very proud of the diverse group of families that it serves around the state. We believe that all children and families, regardless of race, creed, culture, ethnicity or other characteristics deserve the right to a strong educational foundation. We are celebrating Black History Month with others around the world as a way to recognize the amazing contributions of so many African Ameri-

cans, from inventors to leaders, past and present.

It is important to talk to our children, from a young age about differences as positive characteristics that make everyone special, not as features that separate us.

Therefore, this month, our newsletter focuses on improving both body and mind, so our children are more likely to have happier, healthier, and more positive futures.

February is American Heart Month

While many people think of a different kind of heart in February, the human heart is the kind that is also receiving attention this month. Below are some tips from the American Heart Association to make sure your families' hearts, both adults and children, are healthy this month and every month.

- Be physically active every day.** Children and adults who get some physical activity have healthier minds and bodies than those who do not. Physical activity keeps your heart healthy and helps you build healthy muscles, bones, and joints. Children are recommended to get **at least 60 minutes** of moderate activity each day. When parents play along, everyone's hearts benefit and families also build stronger relationships, as an added bonus.
- Eat a heart healthy diet.** Teaching children healthy eating habits when they are young sets them up for a lifetime of healthy eating and a lower chance of developing diabetes and heart disease or becoming obese. When eating healthy is a family affair, everyone wins! Heart Healthy eating involves:
 - Eating foods low in salt, sugar and unhealthy saturated or trans fats
 - Following serving size recommendations on nutrition labels and eating only one serving of an item for meals or snacks
 - Eating plenty of fruits and vegetables (if pos-



sible, not packed in cans with salt or in syrup)

- Choosing whole grain foods: whole wheat bread, brown rice, etc.
 - Eating lean meats and poultry
 - Drinking low-fat dairy or water instead of juice or soda
 - Eating heart healthy foods, such as nuts and beans
- Keep a healthy weight.** Adults and children who are obese or have unhealthy lifestyles are more likely to develop diabetes and/or heart diseases that keep the heart or blood vessels from working properly.
 - Keep your blood sugar healthy.** When someone eats too many refined grains, potatoes, and foods high in added sugar, it can cause your blood sugar to go too high too often and overwork your body's ability to maintain a healthy blood sugar, causing diabetes. Thus, parents and children should follow the heart healthy eating tips above to keep blood sugar in the safe range.
 - Avoid smoking and tobacco products.** Using any type of tobacco product damages almost every organ in your body and can lead to heart disease and cancer. When children breathe in smoke it is hazardous for their heart and lungs and can lead to them developing numerous health issues as well.



(Sources: CDC.gov, heart.org)



Dental Health Month Activities

Science:

Teeth Staining

Materials:

- 2 eggs
- 2 cups
- Water
- Dark soda/grape juice
- Toothbrush
- Toothpaste



Directions:

1. Talk to your child about the importance of brushing his/her teeth.
2. Ask your child what he/she thinks will happen if an egg is put in the dark soda or juice. Write down his/her prediction.
3. Ask your child what he/she thinks will happen if another egg is put in water. Write down his/her prediction.
4. The next day, remove the eggs and compare how they look. Reread your child's predictions and see if he/she was correct.
5. Discuss how the juice/soda had stained the egg, just like it does teeth.
6. Give your child a toothbrush and fluoride toothpaste to brush the stain off of the discolored egg. Explain that it is important to brush twice a day to keep your child's teeth from becoming stained, like the egg.

Motor Skills:

Brushing Teeth

Materials:

- Toothbrush
- Shaving cream
- 2 Liter bottle
- Scissors



Directions:

1. Cut the bottom 4-6 inches off of a 20 oz or 2 liter sized plastic bottle.
2. Turn the bottom piece over to look like a tooth.
3. Cover the "tooth" in shaving cream and have your child practice good tooth brushing technique.
4. Remind your child to brush in circles with the brush tilted slightly toward the gums.

Tooth Toss

Materials:

- Large sheet of paper, back of wrapping paper, or several sheets of paper taped together
- Several ping pong balls
- Velcro
- Crayons or markers



Directions:

1. Draw a large smile on your paper with several teeth.

2. Place a strip of Velcro on each tooth and the opposite side of the Velcro strip on the ping pong balls.
3. Have your child throw the ping pong balls at the mouth until each ball "tooth" gets attached.

Language

Healthy Foods, Healthy Teeth

Materials:

- Old magazines
- Blank sheet of paper
- Marker/crayon



Directions:

1. Talk with your child about the importance of eating healthy foods to keep his/her teeth healthy and strong.
2. Fold a sheet of paper in half. On the top of one half, write "Healthy Smile Foods" and on the top of the other half, write "Unhealthy Smile Foods".
3. Have your child look through old magazines and cut out pictures of different foods. Ask your child to tell you if the food is a healthy food or an unhealthy food and have him/her glue it to the correct side of the paper.
4. When he/she is finished, talk about the foods on the Healthy Smile side and the Unhealthy Smile side. How are they different? Which ones would your child like to eat more of to have healthy teeth? Have your child help you make a list of healthy foods to get at the store.

Brush Your Teeth Song

(Sung to the tune of: Row, Row, Row Your Boat)

Brush, brush, brush your teeth,
Brush the germs away!
Happy, healthy teeth you'll have,
By brushing twice a day!

Floss, floss, floss your teeth
Floss the germs away.
Happy, healthy gums you'll have,
By flossing ever day!



Math

How Many Teeth?

Materials:

- Small handheld mirror (or phone with camera)

Directions:

1. Using a small mirror, have your child try to count how many teeth he/she has.
2. For younger children, you may want to count top teeth and bottom teeth separately as they may not yet be ready to count to such high numbers.

Extension 1: After washing his/her hands, have your child count your teeth. Ask who has more teeth? Why do they think that is?

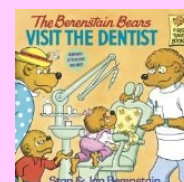
Extension 2: Draw a mouth on a piece of paper. Have your child count out the same number of "teeth" (dried beans or marshmallows) that he/she has on the top and bottom of his/her mouth and glue them onto the paper mouth.



(Source: stepbystepcc.com, everythingpreschool.com, preschool-plan-it.com, littlegiraffes.com)

Dental Health Books

- *Just Going to the Dentist* by Mercer Mayer
- *Dentist* by Jess Stockham
- *Brush Your Teeth Please* by Leslie McGuire
- *Curious George Visits the Dentist* by Margret and H.A. Rey's
- *The Berenstain Bears Visit the Dentist* by Stan and Jan Berenstain
- *Clarabell's Teeth* by An Vrombaut
- *How Many Teeth?* By Paul Showers
- *Open Wide: Tooth School Inside* by Laurie Keller
- *Show Me Your Smile! (Dora the Explorer)* by Christine Ricci
- *Cassandra Gets Her Smile Back* by Sherri Alpert





Dental Health Month



Caring For Your Children's Teeth

As soon as your child's teeth begin to appear, they are also at risk for tooth decay. Therefore, 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.
- ◆ **Children younger than three** still need assistance brushing their own teeth. They should use a grain of rice- sized amount of fluoride toothpaste.
- ◆ All children should brush their teeth twice a day, morning and night, or as directed.
- ◆ **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.**
- ◆ When your child has two teeth that touch, you should begin flossing them daily.
- ◆ Change your child's toothbrush every two months and after the child has been sick.



Dental Visits:

- ◆ The American Dental Association recommends that the first dental visit take place within 6 months of your child's first tooth appearing, but no later than a child's first birthday.
- ◆ During the first visit, the dentist will examine your child's mouth and check growth and development.
- ◆ The earlier you start taking your child to the dentist, the more comfortable he/she will be.
- ◆ To make dental visits positive, try making appointments in the morning when your child is rested and fed.
- ◆ Make sure to keep any of your anxiety about the dentist hidden from your child.
- ◆ Talk with your child about the dental visit before you go so that he/she will know what to expect and look forward to a positive experience.
- ◆ If you have any concerns about your child's dental health, make a list and don't be afraid to ask the dentist your questions.



Preventing Tooth Decay:

- Prevent Baby Bottle Tooth Decay by avoiding giving infants and toddlers sugary drinks at nap or nighttime. Do not allow a child to fall asleep with a bottle containing

milk, formula, juice, or other sweetened liquids.

- Eating healthy foods such as fresh fruits, vegetables, low-fat dairy, whole grains, and drinking water, and limiting sugary drinks and sweet, salty, or fatty foods, such as fruit snacks or candy, juices, and chips or cookies will help keep your children's teeth healthy and strong.



Fun Ways to Encourage Dental Health:

- ◆ **Let your child pick out his or her own toothbrush.**
- ◆ **Keep a tooth brushing chart** so your child can cross off or fill in the boxes each time his/her teeth are brushed.
- ◆ **Read books about dental health.** See list on Activity Page (2).
- ◆ **Brush your teeth together.** Make brushing teeth a family activity so your child can see that it is an activity that everyone does.
- ◆ **Pick a tooth brushing song.** It is recommended that teeth are brushed for about 2 minutes, so pick a song that is 2 minutes long. This will make the time spent brushing go faster and less focus will be on how long your child is brushing.

(Sources: Sesamestreet.org, knowyourteeth.com, parents.com, mouthhealthy.org)



"Mothers Read in March" Read-A-Thon



This year the HIPPY Arkansas State Office is sponsoring the 1st Annual "Mothers Read In March" Read-A-Thon. The goal of the Read-A-Thon is to encourage mothers or other key female figures in your child's life to get involved with his/her education, build a stronger relationship, and realize what an important role they can play in preparing your child for success in school and in life.



Prior to March 1, 2016, your home-based educator will provide each family with a Reading Log to record all books read during the month of March as well as the Read-A-Thon guidelines.

The Read-A-Thon will run from

March. 1st-March 31st, 2016. Families will record each book read by the female figure(s) in the HIPPY child's life during that month. Books can be read repeatedly throughout the month.

At the end of the month, each home-based educator will collect the completed reading logs from his/her families and determine which family read the most books during the month. That mother/female figure will receive a certificate of achievement.

Each program coordinator will then determine which mother/female figure read the most books in the entire program. That mother/female figure will receive a certificate and a prize.



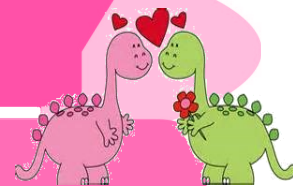
Then, the program coordinators will submit their top reading mother/female figures to the HIPPY Arkansas State Office. The HIPPY Arkansas State Office will then determine the mother/female figure who read the most books throughout the state and that individual will receive a certificate, prize, and recognition on the HIPPY Arkansas Facebook page and in the April or May HIPPY Homeroom Newsletter.



This is a great opportunity to start building healthy literacy habits in your home as well as important memories for your child of the joy of reading with the key female figures in his/her life.

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*A Newsletter for the Home Instruction for Parents of Preschool Youngsters
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Black History Month Activities

February marks the celebration of Black History month. While toddlers and preschoolers may seem too young to understand the concepts of slavery and social injustice, you might be surprised at what they can truly comprehend. By starting conversations about understanding differences from an early age, we can better equip children for the very diverse world they will encounter as they get older.

Below are some ideas and activities to help you talk about Black History Month and other related concepts with your children.

- 1. Read Books.** Reading books about famous people in black history and current black Americans will help you introduce concepts such as slavery, civil rights, culture, and more, on child-appropriate levels. (*See book ideas at right*)
- 2. Talk About It.** When kids ask questions about differences, whether in skin color, hair style, size, shape, etc., answer their questions with actual answers. Do not sweep these questions away or shush kids; this will lead them to believe there is something wrong about these differences. Providing answers gives children security and helps them understand the differences, instead of making them afraid of those different from themselves.



(Todd Parr's book, *"It's Okay to be Different"* is a great way to start these conversations).

- 3. Visit History.** Perhaps you have an area near you that was important to African American history. Some places in Arkansas to introduce children to African

American history include:

- Little Rock's Central High School
- Masonic Temple: Pine Bluff-Built by and for African Americans in 1904
- **Little Rock Nine Memorial-Little Rock (State Capitol)**
- Centennial Baptist Church: Helena-Only known Arkansas church designed by a black architect.
- Historic Arkansas Museum: Little Rock
- Daisy Bates Home: Little Rock
- Mosaic Templars Cultural Center: Little Rock
- Freedom Park: Helena and Phillips County-Home to major exhibits that focus on African American experience in Civil War Helena
- African American Cultural Center: Jonesboro
- 4. Hear the Sounds.** Listening to music is important for young brains. Being able to distinguish different sounds in music, makes them better prepared to determine different sounds of letters. Therefore, introducing your young children to music with African American roots, such as jazz, be bop, and others will not only help them learn about black history, but also help them with language and literacy skills. Dance to the rhythms with your



kids to build motor and math skills. (Check out Dizzy Gillespie, Billie Holiday, Charlie Parker, **Louis Armstrong**, **Ella Fitzgerald**, etc.)

- 5. Learn about Inventors.** Children may be surprised to learn about all of the everyday items that were invented by African Ameri-

cans. Go on a scavenger hunt to see if you and your child can find the items below that were invented by African Americans:

- ✳ Folding Bed: L.C. Bailey
- ✳ Peanut Butter: George Washington Carver
- ✳ Ironing Board: Sarah Boone
- ✳ Lawn Mower: John A. Burr
- ✳ Mail box: P.B. Downing
- ✳ Toilet: T. Elkins
- ✳ **Home Security System: Marie Van Brittan Brown**
- ✳ Guitar: Robert Flemming Jr.
- ✳ Ice Cream: Augustas Jackson
- ✳ Kitchen Table: H.A. Jackson
- ✳ Programmable remote control: Joseph Jackson
- ✳ Bicycle frame: Issac Johnson
- ✳ Wrench: John A. Johnson
- ✳ Super soaker: Lonnie Jonson
- ✳ **Electric Lamp: Lewis Howard Latimer**
- ✳ Egg Beater: W. Johnson
- ✳ Fire extinguisher: Tom J. Marshall
- ✳ Lock: W.W. Martin
- ✳ Cell phone: Henry Sampson
- ✳ Refrigerator: J. Standard
- ✳ **Traffic Light: Garrett Morgan**



(Find more inventions at everythingpreschool.com)

Extension: Using materials found around your house, challenge your child to invent something new. Ask your child to think of something that would make his/her life easier and see what your child creates.

(Sources: perpetualpreschool.com, everythingpreschool.com, pbs.org, arkansas.com)

Black History Month Books

- *Martin's Big Words-The Life of Dr. Martin Luther King, Jr.* by Doreen Rappaport
- *The Story of Ruby Bridges* by Robert Coles
- *My First Biography: Harriet Tubman, Martin Luther King, Jr.* by Marion Dane Bauer
- *I Am Rosa Parks, I Am Martin Luther King, Jr., I Am Jackie Robinson* by Brad Meltzer
- *Aunt Harriet's Underground Railroad in the Sky* by Faith Ringgold
- *Before John Was a Jazz Giant: A Song of John Coltrane* by Carole Boston Weatherford
- *Charlie Parker Played Be Bop* by Christopher Raschka
- *Henry's Freedom Box: A True Story from the Underground Railroad* by Ellen Levine
- *If a Bus Could Talk: The Story of Rosa Parks* by Faith Ringgold
- *The Colors of Us* by Karen Katz
- *The Jazz Man* by Karen Ehrhardt

For more great books, check out the Coretta Scott King Award books at your local library.