

JCCCA

Parent Page

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Getting Ready for Kindergarten

Helping your child and yourself get ready for the big day

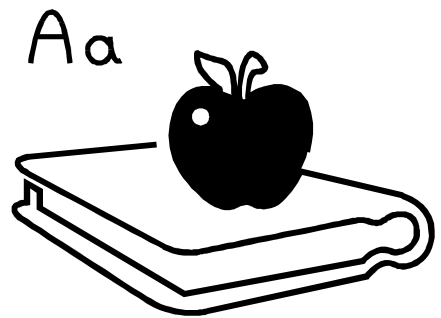
Sending your child to kindergarten can be an exciting and scary time for both child and parent. Talking about the new things your child will experience will help ease the anxiety. Try to remember some of your own school experiences and share them with your child. You also can check out books from the local library that tell about children going to school and about what children do at school.

Kindergarten will mean getting to know new adults and making friends with other children. Perhaps your child already has had opportunities to develop social skills by enrollment in a summer program, such as swimming or crafts. Interaction during these sessions will foster sharing, learning a routine, and following class rules.

Go over some basic self-help skills with your child and emphasize that these are growing up skills. Be sure your child knows how to get dressed -- buttoning, tying shoes, and snapping snaps. Encourage your child to clean-up after each activity. Teach your child your address and phone number so that you can be

reached if your child needs you. Independent skills will make the child and parent feel more confident.

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My Provider is Special because...

Judy Hopkins has been providing exceptional care for our daughter for two and a half years. Our daughter has had many special needs including sensory processing disorder, food allergies and swallowing difficulties. Judy willingly made changes to our daughter's as well as her routines and provided therapy when we weren't able to. She cheerfully welcomes every child to her home and provides a stimulating and nurturing environment.
- Kim and Scott Yorga

What makes your provider special to your child and your family? Send a small paragraph telling us the name of your provider along with your nomination describing their outstanding performance and efforts to: JCCCA, Provider of the Month, P.O. Box 280853, Lakewood, CO 80228

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It might be helpful to practice the morning routine of getting to school. A few days before school begins, take your child through the steps of waking up, eating breakfast, washing and dressing, and walking to school. This creates a morning time schedule helping yourself and the child to become familiar with the route to school.

Prior to the beginning of school, call to see if you and your child can visit the classroom. Introduce your child to the teacher. Let the child become familiar with classroom activity areas and the playground while you get to know the teacher. Good communication is essential; ask questions. Remember, it is always important to be positive!

Recall of a Popular Train Set

On June 13, 2007, The U.S. Consumer Product Safety Commission, in cooperation with the RC2 Corp., of Oak Brook, Ill. announced a voluntary recall of the Various Thomas & Friends™ Wooden Railway Toys due to lead poisoning hazard.

The recall covers wooden vehicles, buildings and other parts sold from January 2005 through June 2007 for between \$10 and \$70. The front of the packaging has the logo "Thomas & Friends Wooden Railway" on the upper left-hand corner. A manufacturing code may be located on the bottom of the product or inside the battery cover. Toys marked with codes containing "WJ" or "AZ" are not included in this recall. Recalled toys include:

- Red James Engine & Red James' # 5 Coal Tender

- Red Lights & Sounds James Engine & Red James' #5 Lights & Sounds Coal Tender
- James with Team Colors Engine & James with Team Colors #5 Coal Tender
- Red Skarloey Engine
- Brown & Yellow Old Slow Coach
- Red Hook & Ladder Truck & Red Water Tanker Truck
- Red Musical Caboose
- Red Sodor Line Caboose
- Red Coal Car labeled "2006 Day Out With Thomas" on the Side
- Red Baggage Car
- Red Holiday Caboose
- Red "Sodor Mail" Car
- Red Fire Brigade Truck
- Red Fire Brigade Train
- Deluxe Sodor Fire Station
- Red Coal Car
- Yellow Box Car
- Red Stop Sign
- Yellow Railroad Crossing Sign
- Yellow "Sodor Cargo Company" Cargo Piece
- Smelting Yard
- Ice Cream Factory

If you own one of the recalled toys, take it away from young children and contact RC2 Corp. at (866) 725-4407 for a replacement toy.

Doctor's Opinion

By Dr. Claire McCarthy

Safe Bug Sprays for Kids

“Q: I see lots of DEET-free mosquito repellents in stores. Are sprays with DEET unsafe?”

A: No. According to the American Academy of Pediatrics (AAP), repellents that contain DEET are safe for children over 2 months when used according to package directions. They're actually the most effective against mosquitoes and work against other insects, like ticks. The higher the percentage in a spray, the longer it lasts; 10 percent gives about two hours of protection, while 30 percent — the highest

considered safe for children — gives closer to five hours. It should be applied only once a day, so don't use products that combine it with sunscreen (which should be reapplied often).

The AAP also touts some DEET-free repellents, but none have been shown to fend off ticks. They include:

Picaridin, which is safe for kids over 2 months and thought to work as well as DEET against mosquitoes.

Lemon eucalyptus oil, though it's only been shown to be safe for children over 3. It is about as effective as a 15 percent concentration of DEET.

2 percent soybean oil, which protects skin as well as lemon eucalyptus oil.

Whatever you use, apply it by hand; don't spray it on your child's face. It's rare, but if he gets a rash or other symptoms (vomiting, trouble breathing) wash it off and call your doctor or local poison control center. *Parenting, June 2007*

Host a Teddy-Bear Picnic

Introduce your child to the social world by hosting a picnic with several of her close stuffed friends

What better way to teach your child the etiquettes of polite behavior than with her best friends! By teaching your child how to properly introduce herself, openly welcome her guests and using “please” and “thank you”, you child is on the way! Start by having your child draw invitations and had deliver them to the guests. With your help, prepare cocoa, tiny sandwiches, and a dessert of pound cake cut into shapes. Cover a small table with a cloth, and assemble the lucky partygoers. Don't forget the Thank You notes!