

Families Matter

Winter 2020



THE GREAT INDOORS

Colorado weather at it's best is well, unpredictable. Bright and sunny one minute, freezing & snowing the next. With that in mind it's a good idea to have a "toolkit" of indoor activities to keep your young child engaged when going outside is just not an option. Here are some easy ideas filled with fun & learning opportunities.

CARDBOARD BOXES can be anything; train, plane, house, or rocket. Keep a variety of sizes on hand, most can be flattened for easy storage.

SHAVING CREAM is a great sensory activity. It's messy fun and easy to clean up. Squirt it on a tray or other water safe surface. You can add glitter or small toys, even washable paints.

MASKING TAPE has a multitude of uses. Make a path on the floor or a sticky web in a doorway & add cotton balls, paper bits, or small toys to the web.

NECKLACES toddler style. Use a long shoelace to string beads, dry pasta, cereal o's, or other items with holes.

INDOOR BOWLING use empty cans, plastic bottles or small boxes. Set them up in various ways and knock them down. For additional ideas, try this website: handsonaswegrow.com



HANDWASHING: Your Best Defense

Handwashing is like a "do-it-yourself" vaccine! It involves 5 simple effective steps - Wet, Lather, Scrub, Rinse, Dry. Regular handwashing, particularly before and after certain activities is one of the best ways to remove germs, avoid illnesses, and prevent the spread of germs to others. Washing should take place when you are working with food, treating wounds, caring for someone who is sick, working with animals, after toileting, after blowing your nose, after handling garbage, and any other time that your hands feel just plain yucky. It is not necessary to use antibacterial soaps but keep in mind that soap is an important part as it gives the germs something to hold on to as they are scrubbed off your hands and carried away with the water.

For more tips on handwashing check out the CDC website at:

The Benefits of Well-Child Visits:

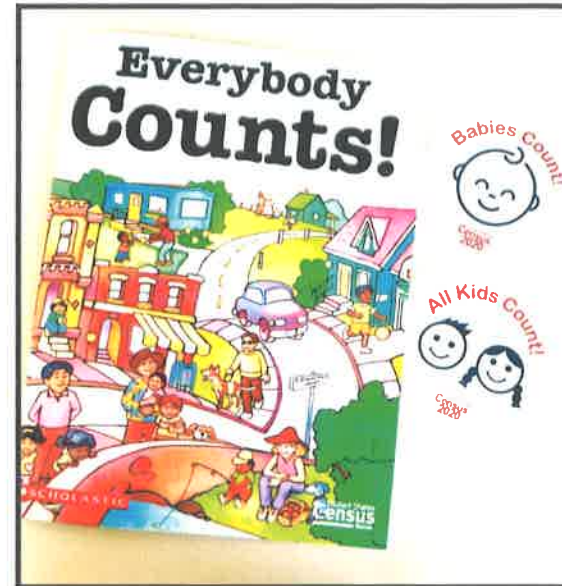
- ◆ **Prevention.** Your child gets scheduled immunizations to prevent illness. You also can ask your pediatrician about nutrition and safety in the home and at school.
- ◆ **Tracking growth and development.** See how much your child has grown in the time since your last visit, and talk with your doctor about your child's development. You can discuss your child's milestones, social behaviors, and learning.
- ◆ **Raising concerns.** Make a list of topics you want to talk about with your child's pediatrician such as development, behavior, sleep, eating, or getting along with other family members. Bring your top three to five questions or concerns with you to talk with your pediatrician at the start of the visit.
- ◆ **Team approach.** Regular visits create strong, trustworthy relationships among pediatrician, parent and child. The AAP recommends well-child visits as a way for pediatricians and parents to serve the needs of children. This team approach helps develop optimal physical, mental and social health of a child.

Brought to you by Sadie Swisher, Early Head Start Health manager

Fremont County Family Resource Center
1339 Elm Avenue, Canon City, CO 81212

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Census 2020 is this year...got questions? We have information.

Bright by Three
Now offers **Bright by Text** option
Information and resources
delivered to your phone...

Register at brightbytext.org



Early Head Start and First Steps Parents as Teachers home visitation programs have openings. For enrollment information please call Sherrie Walker at 719.275.0550 x218

WHAT'S HAPPENING - - - -

Want to take in some local art? First Friday Art walk every month in Canon City. Second Saturday Art Walk every month in Florence.

Family Center Playgroups meet every Thursday morning from 10:00 -11:00.

Car seat checks are available by appointment. Call 719.275.0500 to find out more.

The Arkansas Riverwalk is open daily from sunrise to dusk and offers 7 miles of beautiful trails along the river. A great place to share with your child. Check the website for more on the trail: www.ccrec.org

Other things to see and do: Fremont Center for the Arts, Colorado Museum of Prisons, Cañon City Library story times



Fairy Tale Night

Thurs, Apr 2 - 6-7 pm
@ SPIN 1339 Elm Avenue

719.275.0550

This Newsletter,
Family Center
Services
& Programs
brought
to you by:



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