



Did you know  
January is National  
Bath Safety Month?

According to the National Safety Council, more than 80 percent of home accidents occur in the bathroom, and safety experts consider the family bathroom to be the “most dangerous room in the house.” The bathroom tends to be a place for a child to explore under bathroom sinks and in bathroom storage areas. Everything from household cleaning products to make-up and hygiene products can be swallowed or eaten. Tile floors, bathtubs and toilets can all be slippery when wet and cause climbing hazards.

The following tips can be used in the prevention of bathroom injuries:

- ◆ Set temperature of your water heater to no higher than 120 degrees F to prevent your child from being scalded in the tub or the sink.
- ◆ Never leave a young child alone in the bathtub.
- ◆ Install nonslip strips or shapes on the bottom of your tub to prevent your child from slipping.
- ◆ Keep the toilet seat cover closed.
- ◆ Keep all adult toiletries out of reach of children.
- ◆ Do not leave electrical appliances plugged in or in reach of children.

Keep your child safe during bath time by being cautious of the things around and locking cabinets.

5 A Day ...  
The Easy Way



Eating lots of fruits and vegetables can have a big impact on your family’s health. They are high in the good stuff like fiber and vitamins. Fruits and vegetables are the original fast foods and are quick and easy to grab and go. Keep a bowl of fruit on the kitchen counter for easy pick-up. It will also serve as a reminder to eat more fruits and vegetables. Fresh fruits and vegetables are great; however, sometimes they may not be available, you may not have time to prepare them, or they may be too expensive. Frozen or canned fruits and vegetables are great and will get you well on your way to getting your 5 A Day. Also, keep frozen fruits and vegetables on hand for easy side dishes.

When choosing fruits and vegetables for your family, remember to eat all your colors! There are a wide variety of fruits and vegetables that come in a rainbow of colors. Different color fruits and vegetables are high in different nutrients. For example, deep yellow and orange fruits as well as vegetables are high in vitamin A. So choose a variety of fruits and vegetables to make sure your family is getting all the nutrients they need!

Adapted from Color Me Healthy curriculum

Raising a Fit Child

Children develop important motor skills as they grow. New skills a preschooler might show off include hopping, jumping forward, catching a ball, doing a somersault, skipping, and balancing on one foot. Help your child practice these skills by playing and exercising together. When you go for a walk, your child may complain about being tired but most likely is just bored. A brisk walk can be dull for young kids, so try these tips to liven up your family stroll:

- ◆ Make your walk a scavenger hunt by giving your child something to find, like a red door, a cat, a flag, and something square.
- ◆ Sing songs or recite nursery rhymes while you walk.
- ◆ Mix walking with jumping, racing, hopping, and walking backwards.
- ◆ Make your walk together a mathematical experience as you emphasize numbers and counting: How many windows are on the garage door? What numbers are on the houses?

These kinds of activities are fun *and* also help to prepare kids for school. But how

much activity is enough? The National Association for Sports and Physical Education (NASPE) offers these recommendations for preschoolers, saying they should:

- ◆ accumulate at least 60 minutes of physical activity that's structured (meaning it's organized by you or another adult)
- ◆ engage in at least 1 hour — and up to several hours — of free play
- ◆ **not** be inactive for more than 1 hour at a time, unless they are sleeping

Limit time spent watching TV (including videos and DVDs), on the computer, and playing video games to no more than 1-2 hours per day.

Children can be unstoppable — running, spinning, leaping, and climbing at every opportunity. Their desire to move, move, move makes this a great time to cultivate fitness habits that will last.

Adapted from kidshealth.org



RECIPE

Make a yummy snack that looks like:

Ants Sitting on a Log

Prep Time: 15 minutes

Total Time: 15 minutes

Ingredients:

- Celery Stick
- Peanut Butter
- Raisins

Preparation:

A very simple snack idea! Fill the center of the celery stick with peanut butter. Place a few raisins on top to be your ants. Eat and enjoy!

If you do not like raisins, try tiny chocolate chips!

Top Ten Books for the Season

Our goal was to come up with a top ten list of favorite children’s books that you could use for holidays, birthdays or any other occasion you might have for giving your children, grandchildren, nieces, nephews or anyone else, a great children’s book. We were very creative in keeping the list to 10. As you will see some of our top ten have multiple titles or the entire series of books. There are so MANY wonderful children books to choose from, these are a few of our favorites.

1. “A Sick Day for Amos McGee” by Erin Stead
2. “City Dog, Country Frog” by Mo Williams
3. “One Dog Canoe” by Mary Cassanova
4. “Froggy” Series of books by Jonathan London .... There are 18 titles available
5. “Corduroy” by Don Freeman
6. “Llama Llama” Series by Ann Dewdney
7. “The Mitten”, “The Hat”, “Hedgie’s Surprise” by Jan Brett
8. “The Very Hungry Caterpillar” by Eric Carle...be sure to check out all of Eric Carle’s books
9. “Caps For Sale” by Esphry Slobodkina
10. “Giggle, Giggle Quack”, “Click, Clack, Moo: Cows That Type” by Doreen Cronin and Betsy Lewin

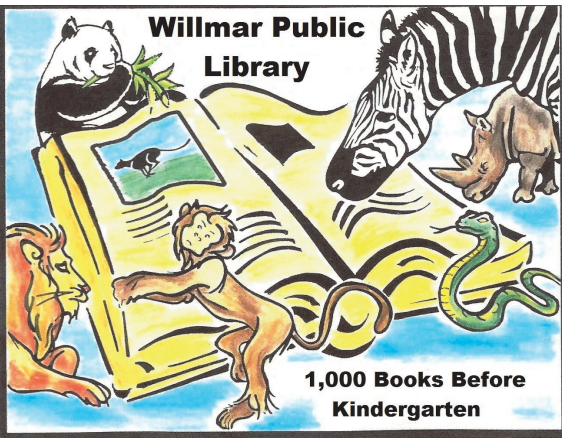


1000 Books Before Kindergarten

The Willmar Public Library and the Willmar Area Early Childhood Initiative started a new program in January of 2011 "1,000 Books before Kindergarten." To date we have 219 children enrolled and we have plenty of space left if you are interested in signing up your young child/ren. The 1000 books program was developed to increase awareness of the importance of early literacy as well as encouraging parents to embrace their role as their child’s first teacher. This pre-literacy effort encourages families to read 1000 books to/with their infant-preschooler before they enter kindergarten.

The goal of this project is to help kids enter school ready to learn. Reading is one of the most important things you can do to ensure your child’s success when they begin school. Developing literacy skills begins at birth through everyday interactions - sharing books, telling stories, singing songs, talking to one another, or pointing out and naming objects. Families, parents, grandparents, and older sibling play a powerful role in preparing young children for future school success and in becoming self-confident and motivated learners. It also provides an opportunity to increase their exposure to a wide variety of books, and to promote use of the library – a treasure trove of free material available to our community members.

When you enroll your child they will receive a book bag and a folder with pages to record the books they read. Each time a goal of recording 25 books is reached, children are encouraged to bring their folder to the library to receive a stamp or a sticker celebrating their accomplishment. Children are not required to read certain books; they can read any book they would like that is checked out from the Willmar Public Library.



This program is sponsored by the Bremer Foundation, Jennie-O Foods Inc., Willmar Area Early Childhood Initiative, and the Willmar Public Library.

If you would like more information please the Willmar Public Library at (320)235-3162.

