

PRESCHOOL PRESS



A Publication of the Anchorage School District STeP Center and the Early Childhood and Elementary Special Education Department

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ABOUT THE PRESCHOOL PRESS

This publication is designed for preschool families in the Anchorage School District - it is delivered via email early third Thursday of the month - to order, email fraczek_eudora@asdk12.org or call 742-3872.

TRANSITION TIPS FOR PRESCHOOLERS

Parents can really help ease their preschoolers into classroom transitions - moving to a new classroom or teacher within a school or moving on to a new school. The NYU Child Study Center reminds all teachers and parents that preschool represents a challenge for children:

- * Be aware of the different age-related, social and academic challenges children face at various stages and that times of transition can be an added stress. Also know the specific needs of the child that makes transitions harder.
- * Consider personal and family situations that may impact the child and make a particular year more difficult. Inform and collaborate with the school staff to obtain the best support.
- * Prepare the child for new school experiences by discussing the changes beforehand and phase in necessary adjustments ahead of time.
- * Young children can be helped to separate from parents and interact with new school-mates by providing them with opportunities to spend time with friends or relatives without their parents.

Read more about ways to facilitate transitions at: <http://www.aboutourkids.org/aboutour/articles/transitionpoints.html#what>.

TV AND THE PRESCHOOLER

The American Academy of Pediatrics has written some wonderful guidelines for parents to use when trying to decide how much is the right amount of television for young children - here are their recommendations:

Limit children's total media time to no more than 1 to 2 hours per day.

Remove television sets from children's bedrooms.

Discourage television viewing for children younger than 2 years.

View television programs along with children, and discuss the content.

To read their recommendations in full, go to:

<http://www.aap.org/policy/re0043.html>.



HEALTHY KIDS - FOOD PYRAMID FOR AGES 2-6

The Food Guide Pyramid for Young Children is an adaptation of the original Food Guide Pyramid designed to focus on young children's food preferences and nutritional requirements. Check out the food pyramid at: <http://www.usda.gov/cnpp/KidsPyra/>.

LOOKING FOR HEALTHY SNACKS

The Akron Children's Hospital publishes a great quick reference guide on choosing healthy snacks. Hospital staff remind parents and care providers that growing children need more calories than they can consume at mealtimes and healthy snacks help children sustain their energy level.



Here are some quick tips:

- * Provide appropriate portion based on the child's age.
- * Include the child in the planning process so that he or she is more likely to eat them.
- * Good eating habits are learned when parents act as role models.
- * Study the nutrition labels on processed and prepared foods.

More information on healthy snacks can be found at:

<http://www.akronchildrens.org/tips/pdfs/NF809.pdf>.



3-4-5'S DEVELOPING ALONG THE WAY

This article is designed to bring information about the developmental stages of a typical preschooler. For this first issue, we'd like to make sure that all parents and preschool program professionals are aware of the Bright Futures website - <http://www.brightfutures.org/>.

Bright Futures is a national health promotion initiative dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, the child, the family, and the community as partners in health practice. Bright Futures publications, training tools, and distance education materials embody this mission and present age-appropriate strategies to:

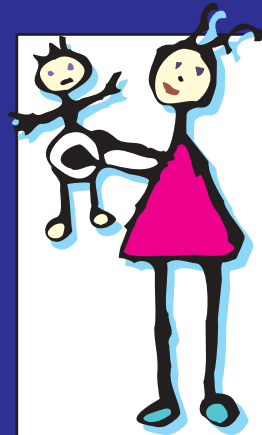
- Promote healthy behaviors
- Reduce morbidity and mortality
- Develop partnerships between health professionals, families, and communities
- Improve health outcomes.

COMMUNITY FOCUS - OUR PUBLIC LIBRARY

The Anchorage Public Library website includes a book list for families with 3-5 year old children. This book list can be found on the Library Kid's Page at: <http://lexicon.ci.anchorage.ak.us/kidspage.shtml>.



TREASURE CHEST OF IMPORTANT PHONE NUMBERS



Child Check 753-8235
Southcentral Hotline 563-3200
Denali Kidcare 269-6529
WIC 343-4668
Poison Control 800-222-1222
Childcare Connection 278-2273