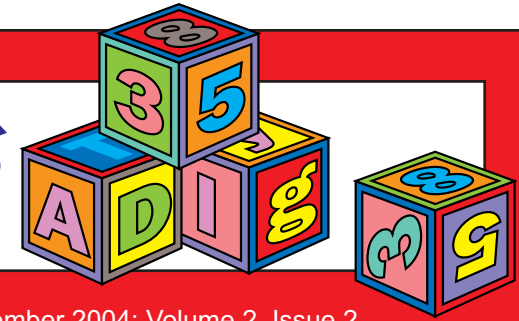


PRESCHOOL PRESS



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

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IN THIS ISSUE

In this issue of the Preschool Press, you will find articles for parents and preschool children on the following topics:

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Dancing Preschoolers
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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.

HOLIDAY TREATS TO MAKE AS A FAMILY

Cooking together as a family or class is a great way to begin introducing basic math and measurement concepts to the preschool child! Cooking also allows young children to practice following and giving simple oral directions.

Consider spending some of your holiday time creating some treats together! The following websites have ideas for preschooler treats!

Family Crafts and Thanksgiving Treats -

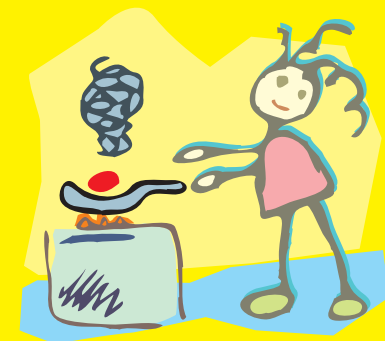
[http://
familycrafts.about.com/od/
thanksrecipes/](http://familycrafts.about.com/od/thanksrecipes/)

Tasty Turkey Treats -

[http://pta.fen.com/article/
0%2C1120%2C22-
20072%2C00.html](http://pta.fen.com/article/0%2C1120%2C22-20072%2C00.html)

Oreo Turkeys

[http://www.childfun.com/
modules.php?name=News&file=article&sid=281](http://www.childfun.com/modules.php?name=News&file=article&sid=281)



DANCING PRESCHOOLERS

Whether it is at home or in child care, music has a power that goes beyond words. The pleasure of sharing music builds connections between parent and child as sounds and rhythms surround the child in a world of sensations and feelings. Music also offers a joyful and rewarding learning experience and nurtures a child's imagination and creativity. Learn more about the power of music in the life of a preschooler by visiting the website for Zero to Three - The National Center for Infants, Toddlers and Families at <http://www.zerotothree.org/>.



AVOIDING GERMS THIS FLU SEASON

The average preschooler catches as many as 10 infectious diseases a year. Heading the list are common colds, stomach flu and strep throat. Go to the website for the Mayo Clinic to learn more about these diseases and prevention methods -- <http://www.mayoclinic.com/invoke.cfm?objectid=94442F10-18A5-442E-BD68A935297BE2D8>

FOCUS

FOCUS, Inc. operates an early intervention program for children ages birth to three (3) years. We work one-on-one with families in the natural environment of the home. We are partners with families in exploring issues related to child development and in achieving goals identified by families and staff.

The skills learned during early childhood are the foundation for all success later in life. Differences can be found in the way children develop depending on a number of factors including health, experiences and individual personality. However, children usually reach major milestones by these timelines.

Specific services include:

- * Child developmental screening
- * Child assessment in all areas of development
- * Individual family service planning
- * Service coordination and referral
- * Home based parent-professional collaboration
- * Toy and resource lending library for families
- * Information and support
- * Transition to services after age 3

FOCUS, Inc. is one of Alaska's Infant Learning Programs funded by a grant award through the Department of Health and Social Services. We are a private, non-profit agency. Learn more about FOCUS on their website at: <http://www.focusoutreach.org/>.

PROGRAMS FOR INFANTS AND CHILDREN

Programs for Infants and Children, Inc. provides evaluation and intervention services for children, birth to age three, with special needs and their families in the Anchorage, Alaska area from Fort Richardson to Girdwood and Whittier. If you have question about your child's development, arrange to have your child screened or evaluated at no cost to you, the family.

What Services are Available?

- * Physical Therapy
- * Occupational Therapy
- * Speech-Language Pathology
- * Educator Services

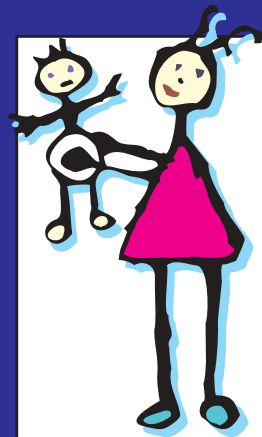
Service providers work closely with families to develop a program that is individualized to the child and the families specific needs. Learn more on their website at: <http://www.picak.org/>.



COMMUNITY FOCUS - CHILD CHECK

Child Check is a free program of the Anchorage School District that can assist families by providing a screening for children ages 3-5.

If a parent has concerns about a preschooler's developmental progress, call Child Check at **337-9505** to receive additional information!



TREASURE CHEST OF IMPORTANT PHONE NUMBERS

Child Check 337-9505
Southcentral Hotline 563-3200
Denali Kidcare 269-6529
WIC 343-4668
Poison Control 800-222-1222
Childcare Connection 278-2273