

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

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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.

KEEPING WARM AND DRY

All children need to dress warmly and stay dry when playing outdoors. Here are some ideas to consider:

Dress Warmly- -Exposure to the cold can lead to frostbite*

- * Loose, light-weight clothing. Lightweight clothing is better than one layer of thick clothing. Air trapped between the layers helps to keep your body warm.
- * A hat-half of the body heat you lose can be lost through the top of the head.
- * Mittens that are snug at the wrist and waterproof
- * Boots that are warm and dry
- * A scarf - be sure that the ends do not hang out since they can get caught on play equipment and become a strangulation hazard

Stay Dry:

- * If clothes become wet...change them
- * If your child complains of a loss of feeling in their nose, fingers, toes, or earlobes, or if they begin to shiver a lot or feel tired, have them go inside right away

More information can be found at: http://www.lifestylebeat.com/article.php3?story_id=64.

OUTDOOR OPPORTUNITIES RIGHT HERE IN ANCHORAGE

SLEDDING

Winter and snowfall means lots for fun outdoors, even for our youngest children! Here are some ideas and safety tips!

Sledding is a popular winter sport for our pre-school aged children -- keeping children safe while sledding is especially important. The following tips come from an article entitled "Winter Sledding Safety". located on the University of Wisconsin website at: <http://www.uwex.edu/ces/flp/pp/pdf/sledding.pdf>.

Children need to learn to roll safely off a sled to lessen the chance of injury in a collision.

Choose sleds with secure handholds and a place to tie on a rope

Check the ropes on sleds to make certain that they will not become entangled with the runners of the sled or toboggans.



SKATING

Information on local ice skating opportunities can be found online at: <http://www.muni.org/parks/ice.cfm> . Be sure to follow these safety tips:
When skating:

* Check with local authorities before heading onto ice (FYI: There is no sure answer when ice is safe. Ice seldom freezes or thaws at a uniform rate. It can be a foot thick in one spot while only an inch thick just 10 feet away)

* Best to skate at indoor skating rinks



SKIING

Anchorage Parks and Recreation Department sponsors the Little Nordic Ski Club is cross country learn-to-ski and ski training program open to all potential skiers who will be 5 years old at the start of the first session. No experience is necessary. Skiers must provide their own ski equipment. A schedule will be given at orientation. More information on this program can be found online at: <http://www.muni.org/parks/skiing.cfm>.

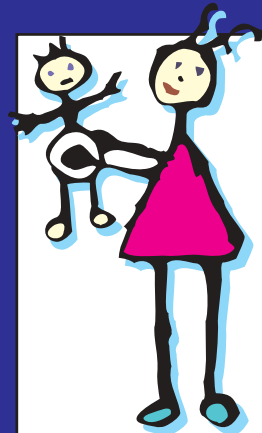
FROSTBITE BASICS

The American Academy of Pediatrics provides the following information for parents on frostbite:

- * Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears and nose. They may become pale, gray and blistered. At the same time, the child may complain that her skin burns or has become numb.
- * Set reasonable time limits on outdoor play. Have children come inside periodically to warm up.
- * If frostbite occurs, bring the child indoors and place the frostbitten parts of her body in warm (not hot) water. Warm washcloths may be applied to frostbitten nose, ears and lips.
- * Do not rub the frozen areas.
- * After a few minutes, dry and cover him with clothing or blankets. Give him something warm to drink.
- * If the numbness continues for more than a few minutes, call your doctor.

COMMUNITY FOCUS - PARKS AND RECREATION POOLS

Visit any of the Municipal swimming pools located at your local high school. For additional information please call the the Swim Information Line at 343-4402, or the Aquatic Administrative Section Monday through Friday at 343-4474, between 8:00am and 5:00pm. Additional information located online at: <http://www.muni.org/parks/pools.cfm>.



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