



A program of SAL Family and Community Services



A program of SAL Family and Community Services

VOLUME 6, ISSUE 1

JANUARY & FEBRUARY 2012

Inside this issue:

QUAD CITY HAPPENINGS FOR THE MONTHS OF JANUARY & FEBRUARY

FUN EVENTS IN LOCAL LOCATIONS AT:

CHICK-FIL-A DAVENPORT

TODDLER TIMES:
EVERY TUESDAY, 9:30-10:30AM

FAMILY NIGHTS:
EVERY THURSDAY, 5:30-7:30PM

1/12— FIESTA NIGHT
1/19— JOY OF GIVING
1/26— FUN WITH CLAY
FEBRUARY TBA

FIGGE ART MUSEUM

EVERYTHING, ALL AT ONCE, FOREVER EXHIBIT:
EXHIBIT NOW—1/14, TUESDAY-SUNDAY
10AM-5PM

\$7 ADULTS/\$4 CHILDREN 3-12/ MEMBERS FREE

QUAD CITY LIBRARIES

DAVENPORT LIBRARY:
1/3— KID CREATIONS @ FAIRMOUNT BRANCH LIBRARY, 3:30PM
ELEMENTARY AGE
1/25— PAWD READ TO A

DOG @ EASTERN AVENUE BRANCH,
6:00PM

MOLINE LIBRARY:
1/16— MESSY MONDAY, 10AM-3PM, WEAR OLD CLOTHES :)

1/23— PAJAMA STORY TIME, 7:00PM, AGES 4-8

FOR MORE EVENTS & STORY TIMES AT THE

LIBRARY, CHECK OUT:
DAVENPORTLIBRARY.COM
MOLINELIBRARY.COM
ROCKISLANDLIBRARY.ORG

PUTNAM MUSEUM & IMAX

PUTNAM EXPLORERS:
1/8— ENGINEERING ADVENTURES

2/5— HAWAIIAN HOLIDAY
*PUTNAM EXPLORERS IS A ONE SUNDAY EACH MONTH SCIENCE CLUB FOR GRADES 2ND-6TH,



1:30-3:30PM
COST: \$10/PROGRAM, MEMBERS \$7/PROGRAM

HURSTVILLE INTERPRETIVE CENTER

SLITHERING SNAKES
MONDAY-FRIDAY, 9AM-4PM, FREE
SATURDAY & SUNDAY, 8AM-4PM
18670 63RD ST, MAQUOKETA, IA 52060, CALL 563-652-3783 FOR MORE INFORMATION.

Quad City Happenings	1
Fun Days to Remember	1
New Year. New You	2
Flu Season: How to Build Your Immunity	3
Inside Activities to Break the Boredom	4
Outside Activities to Ease Cabin Fever	5
Prepare Your Home for Warmth in the Winter	6
Quotes from the Young at Heart	7
Back Page	8

FUN DAYS TO REMEMBER

JANUARY

1/3— FESTIVAL OF SLEEP DAY
1/6— CUDDLE UP DAY
1/7— OLD ROCK DAY
1/10— HOUSEPLANT APPRECIATION DAY
1/14— DRESS UP YOUR PET DAY
1/16— MARTIN LUTHER KING

DAY

1/18— WINNIE THE POOH DAY (AUTHOR OF POOH, A.A. MILNE'S BDAY)
1/19— NATIONAL POPCORN DAY
1/24— COMPLIMENT DAY
1/27— CHOCOLATE CAKE DAY
1/31— BACKWARD DAY

FEBRUARY

2/1— NATIONAL FREEDOM DAY
2/2— GROUND HOG'S DAY
2/5— NATIONAL WEATHERMAN'S DAY
2/7— SEND A CARD TO A FRIEND DAY
2/12— ABRAHAM LINCOLN'S BDAY

2/14— VALENTINE'S DAY

2/19— NATIONAL CHOCOLATE MINT DAY
2/20— PRESIDENT'S DAY
2/22— GEORGE WASHINGTON'S BDAY
2/26— CARNIVAL DAY
2/29— LEAP DAY

New Year. New You.

Happy New Year!

It's that time of year again to think about yourself and what you want to improve on. Did you know, research shows that of those who actually do New Year's Resolutions only 46% of them continue with that resolution after 6 months of time? So why even do resolutions? Because!!! 46% of all people who have made resolutions follow through with them! That is almost half of the population accomplishing their goals!! That is fantastic!!! An article I've recently read called, "Resolutions that Work", by Serge Prengel, (based on the research done by John Norcross, M Mrykalo, and M Blagys of the University of Scranton), it is **ALL** about the "glass half full" mentality. It is about your attitude toward your goal that will actually be the determining factor on if you keep your new year resolutions or if you don't. Prengel states there are 3 principles to keep in mind for setting goals such as resolutions:

1. Keep your eye on the goal,
2. Keep track of what you are doing, and
3. Think of the changes as a creative process.

Throughout these three principles of Prengel's article, it is clear that **some ingredients are key to making your resolutions work.**

The major of these is **Commitment.**

Commitment, is the opposite of wishful thinking. "Wishful thinking is passive, whereas commitment is proactive. Being proactive helps you think of what the future will be like or in essence, looking back "from" the future at where you've come. Commitment allows you to maintain the power within you to achieve your goals.

Another key ingredient is to **be real with yourself** throughout the process.

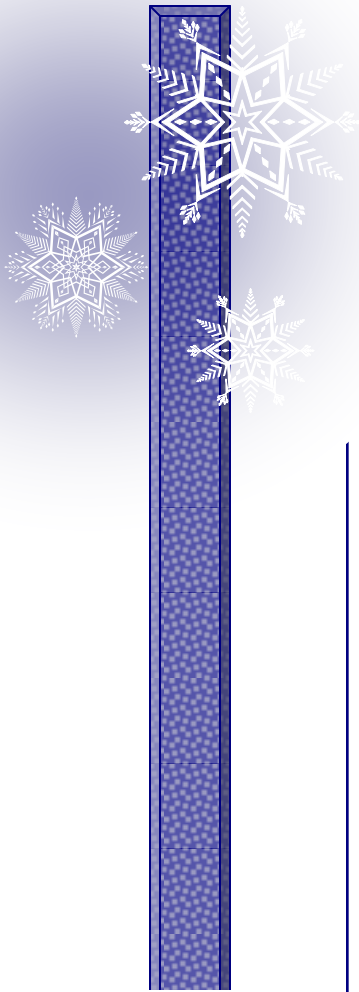
And it is a process. Know that, if and when you don't reach the small goals within your big goal, **you are not a failure.** It is merely that you need to readjust your goals

to make them more suitable for your abilities.

In relation to this, always **think positive.** Find the positives in what you are pursuing and how it will benefit you when you actually have reached the goal. There will be sacrifices on your part, but there will also be greater things in their place. **Think on these things.** Finally **enjoy the ride** as you you

take it. There will be bumps in the road. This does not mean to ditch the road and go back home. Instead enjoy the small successes and how good you are feeling throughout your journey. Enjoy the visual in your mind of where you are headed as you continue in striving within your goals. Your goals may seem difficult to obtain. Rest assured that the baby steps you take to achieve these goals will be worth the effort, as the end product will be well deserved.

Reference: "Resolutions That Work- How to make- & Keep new year's resolutions: Three simple principles", by Serge Prengel. Proactive Change, New York, NY. 2009.



Wishful thinking is passive, whereas commitment is proactive. Being proactive helps you think of what the future will be like or in essence, looking back "from" the future at where you've come.

Flu Season: How to Build Your Immunity

Cold and flu season IS HERE!!! Pink Eye, Norovirus, sniffles, coughs, you name it, these wonderful attributes of the winter season are among us indeed. Is there any way possible to better equip ourselves for the prevention of these viruses?!? OF COURSE THERE IS! :) We all know that sneezing into your elbow and washing your hands are incredibly helpful especially in this season, but I've come across a few other interesting tidbits of preventions I would like to pass along to you as well. These little nuggets are taken from the website NaturalNews.com, and discusses building your immunity as being the main preventative for flus and colds. These natural ways of building your immunity are as follows:

1. **Elderberry for the Cure**- Elderberry is an extract or syrup that you can use to fight off the flu when you actually get sick with a virus.
2. **Protective Supplements**- While Elderberry is considered a curative, Echinacea herbs are protectives of your immune system. Likewise Vitamin C can build up your immunity (in large amounts it can be considered a curative) as well as the mineral Zinc, to which when increased with the right food and supplements, can be quite effective
3. **Lessen your Sugar Intake**- Sugar in the long run makes you more tired, and drains your system. "A few grams of sugar can destroy your white blood cells' ability to resist infections for several hours." (Paul Fassa, NaturalNews.com)
4. **More garlic and onion please**- Both of these ingredients are packed with antioxidants, selenium, and sulfur-containing compounds that are known in the nutrition world for promotion of health. Garlic is also a natural antiviral agent.
5. **De-Stress**- Stress is one of the main causes for a decrease immunity. Whether it be yoga, deep breathing exercises, journaling/writing, laughing more, and making sure there is room in your schedule for play, take the time needed to de-stress.
6. **Exercise**- Allowing your body to exercise helps de-stress, (which in turn helps increase immunity), but it also takes impurities away from your lymph glands, making your body more cleansed and ready to fight off viruses and colds.
7. **Sleep- Not necessarily MORE but BETTER**. The goal here is to produce a substantial amount of melatonin within your body to make your sleep cycle as productive as possible. You can do this by supplement if needed, but also can make sure your sleeping area is as dark as possible, and as comfortable as possible, to aide the melatonin to do its job.
8. **Assist your probiotics in assisting you**- Probiotics are your bodies natural agent to assist your white blood cells fight off bad bacteria. You can obtain probiotics through yogurts or supplements.



*Tell us 4 things to build your immunity, and receive a new label maker

Reference: "Considering a winter flu shot? Here's a better way to 'winterize' your immune system." by Paul Fassa, NaturalNews.com, Saturday October 08, 2011.

INSIDE Activities to Brake the Boredom

PRODUCING A RADIO PLAY

All you need is a tape recorder, a story appropriate to the age of your children, and some imaginative sound effects. You and the children participate as talent, technicians, and producers, by (you) narrating the story of choice, and all decide ahead of time who will make certain sound effects during parts of the story and/or different characters of the story when the characters dialogue within the story (depending on the development level of your child). After you have read the story, replay and allow everyone to listen. Watch your kids roll with giggles and smiles!



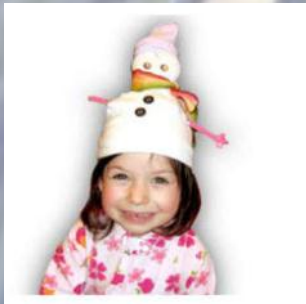
TORTILLA SNOWFLAKES

Real snowflakes melt in the street, but tortilla snowflakes melt in your mouth. As delicious as these cinnamon sweet treats are, however, we cannot guarantee that they'll make your kids stop eating icicles or snow for that matter. But, it should at least bring them in from the cold



FROSTY THE SNOWMAN HAT

Gone are the boring knit caps of yesteryear. This winter, let your creative companion strut her stuff in Frosty fashion! All that's left is to turn that hallway into a catwalk so your kid can properly show off her new winter headgear.



**Name all 6 of these items to one of your coordinators and receive an incentive associated with these 2 pages.*

OUTSIDE Activities to Ease Cabin Fever

SNOW GRAFITTI

YOU NEED: Snow: Preferably fresh snow that hasn't been stomped into brown goopy slush yet, clean spray bottles: One per color, Water, Food coloring, & Graffiti artist: Your kids. Invite your child to mix his paints in the spray bottles. Have him fill the bottles with water and add 6-10 drops of food coloring to each one. Walk to the snow that hasn't been walked in yet, and "paint" the snow by spraying the food coloring mixture onto the snow to create a mural. Just make sure you let your kid know that graffiti is for snow only. :)



MAKE A SNOW ROYALTY CHAIR

YOU NEED: Snow, Gloves or mittens, shovels, hoes or hands, "jewels" for the chair (pine cones, rocks, leaves, berries, sticks, etc.) "Crown" (tiara or a baseball cap), "Royal garb" (an old sheet), and "scepter" (large tree branch). After getting suited up for the snow, roll a huge snowball together. Using shovels, hands or hoes, sculpt the ball into a chair. When the throne is constructed, take turns being queen or king.

FROZEN BUBBLES

Blow bubbles as you would normally do outside. Remember hats & gloves before you go outside. Invite your child to blow bubbles (or blow 'em for him if he's too small). Help him catch the bubbles on the wands before they hit the ground and watch them freeze. Explore the frozen bubbles. What happens when you poke them? What happens when you breathe on them? Catch several on one wand and watch them crystallize together.

Bubble Recipe:

6 cups water, 1c. corn syrup (Karo, etc),
4 cups liquid detergent



References: "Winter Fun". www.parentsconnect.com & "Producing Radio Plays with Children". bjorn-dahl-brad.suite101.com.

Cold hands warm heart. There is some truth to this old time saying! However, if you find that your home is moreso drafty than cozy, your home might be the problem– not the temp of your hands. :) If that is the case for you, these 15 ideas will be great for you, as you continue to prepare your home for the upcoming bristle of winter:

1. **Convert to Gas**– ...If you have natural gas or propane heating, consider having gas logs installed. They're inexpensive to operate, and meet national standards for indoor air quality.

3. **Put the Ceiling Fan in Reverse**– Turn your fan clockwise, if there is a switch that allows it. The clockwise rotation forces the warm air downward.

4. **Wash the Windows**– Yes that's right– every 6 months at least. It not only gives you a greater view of the beautiful snow, it allows you to view hidden cracks you can seal.

5. **Rearrange your furniture**– Call it purely psychological, but by moving furniture closer to the fire, adding layers of dark warmer colors in the room, and adding some throw blankets, your living space becomes cozier and less chilly.

6. **Make windows airtight**– US Department of Energy states 10% of the air that leaks



11. **Have the Furnace inspected**– Call an HVAC professional. Consider purchasing a programmable thermostat to save on costs.

12. **Time to Go Tankless?**– A tankless water heater provides hot water only when you need it, which requires less energy thus saves money. Point-of–service heaters only need to furnish water for a small area, and are more cost efficient.

13. **Plug Hidden Leaks**– 30% of cold air that leaks into your home comes through holes where pipes, vents, or electrical conduits run.

14. **Protect Pipes from Freezing**– Wrap each pipe in a blanket of foam insulation to keep from freezing.

15. **Add Insulation**– Check the attic to see whether you need to add insulation. Experts recommend a depth of about 12 inches.

Reference: "Fifteen Ways to Prepare Your Home for Winter". Better Homes & Gardens. www.bhg.com.

Prepare Your Home For Warmth in the Winter

2. **Call the Chimney Sweep**– If gas logs aren't in your budget and you use your woodburning fireplace during the winter, have it cleaned and inspected. Burning wood releases gases that cool and condense on the inside of your chimney, forming flammable creosote. Also make sure the damper is working properly & that the chimney is capped with screening to keep out critters.

out of a house exits through the windows.

7. **Put up Storm Windows**– Storm windows are more durable than plastic on windows, and can last year round if you choose.

8. **Clean the Gutters**– Clean the debris out then rinse them down making sure that all gutters fit snugly to the house and that cracks and damages are repaired.

9. **Check Smoke Alarms/ CO Detectors**– Change batteries every 6 months, and get new alarms/detectors every 5 & 10 years. Where NOT to put them: within 15 ft. of gas appliances, furnaces, or fireplaces, as these give off small amounts of carbon monoxide.

10. **An Easy Fix– Insulate your outlets**. They are called insulation gaskets. Easy Fix! Just make sure you turn OFF electricity first :)

Quotes from the Young at Heart

In all of the cold weather around, it's nice to know that love can still warm the heart. Take a look at what some kids have to say about what the word Love means.....

~"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs."

~"Love is what's in the room with you at Christmas if you stop opening presents and listen."

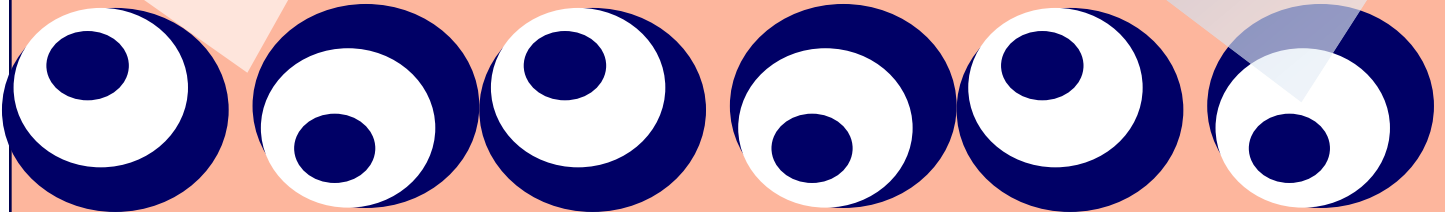
~"Love is when someone hurts you. And you get so mad but you don't yell at them because you know it would hurt their feelings."

~"Love is when your puppy licks your face even after you left him alone all day."

~"Love is when my Mommy makes coffee for my Daddy and she takes a sip before giving it to him, to make sure the taste is ok."

~"Love is what makes you smile when you're tired."

~"I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones."



Reference: romancestuck.com/quotes/kids-quotes.htm

*To all of you who give your love to your children and families day-in and day-out,
Happy Valentine's Day!*





A program of SAL Family and Community Services



A program of SAL Family and Community Services

The Home Child Care Network

3440 38th Avenue Suite 2
Moline, IL 61265

Phone: 309-764-8192

Fax: 309-764-5922

Extensions:

Malia-2002

Lindsey E- 2003

Becky- 2004

Lindsay W- 2011

Quality Child Care in a Personal Home Setting

The Home Child Care Network (HCCN) is a network of private home child care providers affiliated with Skip-a-Long Child Development Services, and is designed to help families whose child care needs cannot be met through the typical 9-5, Monday through Friday classroom environment. HCCN is a perfect solution for families in need of non-traditional child care. For a home provider list contact

the office at

(309) 764-8192.

Email:

maliao@skip-a-long.org

lindseye@skip-a-long.org

beckys@skip-a-long.org

lindsayw@skip-a-long.org

We're on the web!
www.skip-a-long.org



SAL Family and Community Services

Partners Together... Improving Lives



