



"Making sure All Our Kids are A O K"

AOK Family Connect Newsletter

January/February 2009

Home Energy Saving Tips

- **FURNACE**-Clean or replace the filter every 1-2 months. *A dirty filter reduces the airflow and forces the furnace to run longer to heat your home.*
- **THERMOSTAT**- Lower your thermostat by 7-9 degrees Fahrenheit while you're sleeping at night and when no one is home.
- **LAUNDRY**-Switch to cold water when doing your laundry. *85-90% of the energy used to wash your clothes is used to heat water. By turning the dial to cold on your washing machine, you help the environment, save energy and save money.*
- **WEATHER STRIPPING**-Provides a barrier between the fixed and movable sections of doors and windows.
- **WINDOWS**-Use plastic window covers to help prevent heat loss.
- **DRAPES & BLINDS**- on a sunny day, open south facing drapes and let the sun in, a natural source of heat. *If you have large windows that don't receive direct sun, keep the drapes closed.*
- **KITCHEN**- A typical refrigerator costs about 50 cents a day to operate. *Clean the coils using a special brush, a vacuum cleaner or a yard stick with a cloth wrapped around it.*
- **BASEMENT**- If you have an unfinished basement or crawlspace, check for leaks by looking for spider webs. *If there is a web, there is a draft. A large amount of heat is also lost from an un-insulated basement.*
- **OTHER**- Add humidity to the air in winter. *If you have radiator heat, you can set a pan of water on it. You can also do this with a pan of water on the stove.*
- **OTHER**- Use compact fluorescent bulbs. *These bulbs put out as much light as a 75 watt bulb, but only uses 20 watts of electricity. Each bulb costs about \$7.00, but will last longer than 8 regular bulbs.*



AGENCY SPOTLIGHT

Some services at Tazwood Community Services include:

- *LIHEAP (Low Income Home Energy Assistance Program)
- *Supplemental Food Pantry Program
- *Car Repair Assistance
- *Footwear Program
- *Scholarship Program
- *School Supply Program



CONTACT: 266-9941 or 694-4391 for more information.



Parent Stress Relievers: Activities to do with your child...



Parenting is a very demanding job! Parents need to take care of their own emotional health as well as their children's, and find social support for themselves and their families. Here are some activities to do with your child to decrease parental stress:

***Drawing:**

Kids generally love to draw, but art can be great for adults, too! The next time you're feeling stressed, get out some crisp new crayons (or even your ratty old ones) and create beautiful pictures with your kids.

***Walking:**

You can enjoy the benefits of exercise and let your children enjoy the scenery (or exercise along with you) by walking with them. You can put them in a stroller if they are small, or let them ride a bike or scooter next to you if they are bigger.

***Blowing Bubbles:**

This one can keep your little ones happy, giving you a break, and can take your mind off of what's stressing you if you let it.

***Enjoying Music:**

Music has some extremely useful stress relief properties, and can provide fun opportunities to bond with your children as well. You can sing or dance together and blow off steam, or just relax and enjoy listening.

***Social Support:**

Doing fun things with friends and including your children (and theirs) can supply you with a supportive social outlet, and your children with play dates and opportunities to create friendships and learn social skills.

Bubbly Fun Recipe...

Fills a gallon milk jug
11 Cups Water
4 Cups dish soap
1 Cup corn syrup





The 2008 Edition of the Family Yellow Pages resource guide is now available! The AOK Network printed 10,000 Family Yellow Pages this year. Phone numbers for agencies such as Poison Control, child care providers, prenatal services, child development screening, and recreation opportunities are included in the listing.

If you would like to receive a copy, contact Julie Donaldson at 925-5511 ext. 266 or email at jdonaldson@tchd.net. Or you can also view the online version of the Family Yellow Pages at: www.tazewellhealth.org

Dental Health Month Songs & Activities

Brush You Teeth

Sung to: "Row, Row, Row your Boat"

Brush, brush, brush your teeth
At least two times a day.
Cleaning, cleaning, cleaning, cleaning
Fighting tooth decay.
Floss, floss, floss your teeth.
Every single day.
Gently, gently, gently, gently,
Whisking Plaque away.
Rinse, rinse, rinse your teeth
Every single day.
Swishing, swishing, swishing, swishing,
Fighting tooth decay.



Dental Books for Preschoolers

[The Tooth Book by Dr. Suess](#)

[Dora the Explorer—Show Me Your Smile: A Trip to the Dentist](#)

[The Berenstain Bears Visit the Dentist](#)

[Just Going to the Dentist by Mercer Meyer](#)

[Brush Your Teeth Please—Pop Up Book](#)

Smile Snacks

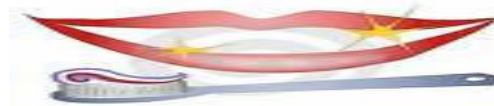
Materials:

Red apples (one makes about 4 smiles)

Mini-marshmallows

Peanut Butter (can use flavored cream cheese if child has peanut allergy)

Slice the apple into about 8 pieces. On one slice, spread some peanut butter (cream cheese), then place another slice on top of that. Next, place marshmallows upright between the slices to look like teeth. Once completed, you have a smile!





Developmental Screenings

What is a screening?

A developmental screening is a “learning checkup” for your child. Screenings provide information about your child’s development.

Why should I have my child screened?

A screening helps parents understand what is going on now, and what to expect of their child in the future. Screenings help parents learn about developmental expectations.

Every Child is Unique

Most of the time, differences between children of the same age are not uncommon, but for one in ten, the difference may require further assessment. If you have questions about your child’s development, please contact your local family medical provider or call:

Peoria, Tazewell, & Woodford

*Easter Seals: Birth to 3, serves Tri-County 686-1177

Tazewell County: Ages Birth to 5

*Tazewell County Health Department 925-5511 or 477-2223

*Or Local School District

Woodford County

*Bright Beginnings 397-4903

**To find a screening near you,
contact Child & Family Connections (CFC) at 1 (888) 482-4300**

<http://www.peoriacounty.org/alliedAgencies/milestones>



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If you would like more information about the AOK Network or would like to attend a meeting, contact

Julie Donaldson
AOK Coordinator
(309) 925-5511 ext. 266
jdonaldson@tchd.net

All Our Kids (AOK) Meeting Schedule for 2009

**Location: Tazewell County Health Department
Time: 8:30 am–10:00 am**

Who should come: Agencies who serve young children and their families, parent with young children, community members who are interested in Tazewell County’s families with young children!

Tues. January 20th, 2009

Tues. March 24th, 2009

Tues. May 19th, 2009

Tues. July 21, 2009

Tues. September 15th, 2009

Tues. November 17th, 2009

**AOK is funded by Department of Human Services.*