



AOK Family Connect



What Hazards are in Your House?

March is Poison Prevention Month. Children under the age of 6 are at the greatest risk for unintentional poisoning. If you suspect your child has ingested a poison, call the Poison Control Center at 1-800-222-1222 immediately.



Here are a few tips to make sure your home is safe for your children.

Household and Chemical Products

- Use safety locks on all cabinets. Store all chemicals or household products out of reach from children.
- Take time to teach your children the difference between safe and unsafe products.

Medicine

- Keep medicines out of sight, locked up, and out of reach of children.
- Never leave pills on the counter or in a plastic bag.
- DON'T call medicine candy.
- Avoid taking medicines in front of children. Young children like to imitate "grown-ups".

Plants

- Know the name of all your plants inside and in your yard. Make sure none are toxic.

**Remember the Poison Control Center Number:
1-800-222-1222**

March / April 2008



**Week of the
Young Child**
April 13 - 19, 2008

Celebrate children!



Child Passenger Safety (CPS) FREE Workshop

The AOK Network, Tazewell County Sheriff's Office, Tazewell County Health Department and Children's Hospital of IL are hosting a Child Passenger Safety Workshop. The workshop is open to parents, caregivers, grandparents and anyone who wants to make sure that children are transported safely.

Our goal is to ensure that Tazewell County's precious cargo is safe. "Making Sure All Our Kids are AOK".

Activities: CPS 101
Kids in Cars
Spot the Tot

Date: Tuesday, March 25th

Location: Tazewell County
Justice Center
Community Room
101 S. Capitol
Pekin, IL 61554

Time: 6:00—7:00 pm

**Workshop is FREE and refreshments will be provided.*



Child Abuse Prevention Month

April is Child Abuse Prevention Month. The symbol of this movement is the blue ribbon. In 1989 Bonnie Finney's grandson was found dead as a result of child abuse. Bonnie tied a blue ribbon to the antenna of her car as a way to honor her grandson and to increase awareness of child abuse.

The Tazewell County Children's Advocacy Center annually observes this month by distributing blue ribbons to community members. To obtain blue ribbons, contact the CAC at 347-6001 or at tazewellcac@grics.net. The agency will host an open house at their new Woodford County facility, 108 S Main Street, Eureka, on Tuesday, April 15th from 2-5pm. This satellite office has recently moved to a handicapped accessible location.

The CAC is proud of its prevention efforts. This year a prevention educator was hired to expand programming to both children and adults. She provides body safety presentations at area preschool and elementary schools. In addition she speaks to adult community groups about ways to prevention child sexual abuse. These programs are free of charge. You may contact the CAC for more information.

Submitted by:
Barb Strand, Tazewell County CAC

POSITIVE PARENTING

Infants (0 - 1 year olds)

- *Talk to your baby. It is soothing to hear your voice.
- *When your baby makes sounds, answer him by repeating and adding words. This will help him learn to use language.
- *Read to your baby. This helps her develop and understand language and sounds.
- *Spend time cuddling and holding your baby.
- *Parenting can be hard work! Take care of yourself physically, mentally, and emotionally. It is easier to enjoy your new baby and be a positive, loving parent when you are feeling good.

Toddler (1-2 year olds)

- *Keep reading to your toddler daily.
- *Ask her to find objects for you or name body parts and objects.
- *Play matching games with your toddler.
- *Encourage him to explore and try new things.
- *Help to develop your toddler's language by talking with her.
- *Encourage your toddler's curiosity and ability to recognize common objects by taking her to the park.

Toddler (2-3 year olds)

- *Set up a special time to read books with your toddler.
- *Encourage your child to engage in pretend play.
- *Play parade or follow the leader with your toddler.
- *Encourage you child to tell you his name and age.
- *Teach your child simple songs like "Itsy Bitsy Spider", or other childhood rhymes.

Preschooler (3-5 year olds)

- *Continue to read to your child. Nurture her to love books by taking her to the library.
- *Let your child help with simple chores.
- *Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.

And above all, love your child!

www.cdc.gov



All Our Kids (AOK) Early Childhood Network

GOALS:

- *Babies are born healthy.*
- *Children maintain physical & emotional health.*
- *Children enter school ready to learn.*
- *Families know about community resources and are connected to the services they need.*
- *Parents are leaders.*

FUN ACTIVITIES TO DO WITH YOUR CHILD

RECIPE:

Banana-Nut Pancakes

Ingredients:

whole wheat pancake batter

1 mashed banana

1/2 chopped cup nuts

Let your child help add banana pieces and nuts to pancake batter and mix. Cook like regular pancakes. Great served with syrup and cinnamon. Can also add a few slices of banana and a little whipped cream as a topping!



CRAFT:

Paper Plate Bunny

Supplies: large paper plate, small paper plate, glue, pink construction paper, cotton ball and crayons or markers.

Directions: Using your paper plates, glue small one on the top of the large one to form head and body. Cut out bunny ears from pink construction paper. Glue or staple to head. Draw eyes and a nose on the face of the plate with crayons or markers. Glue a cotton ball on the back for a tail. Very cute.



For more information about the Tazewell County All Our Kids Network, contact:

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Feel free to visit the following sites:

www.tazewellhealth.org

www.aoknetworks.org