

The Grapevine

With winter on the way, it might get a little bit harder to get the kids outside often. Exercise is necessary to promote good cardiovascular health, decrease the risk of diseases like diabetes and obesity, and get them plenty worn out for nap time, but there are other benefits for your toddler when they're able to stay active! Some of these benefits include:

- Better brain health
- Increased bone strength
- Building confidence
- Managing strong emotions
- Boosting their self-esteem

And more! While getting your kids outside has its own benefits, it can be harder to do in the winter. It might be too cold for your smaller children, you may not have access to areas that they can safely play in, and they might not be interested in staying outside as long. So, keep reading for fun indoor activities that will keep your kids entertained, engaged, and moving this winter!

Indoor Winter Activities to Keep Your Kids Busy

1. **Yoga for Kids-** If no one's interested in bundling up and heading outdoors to play in the snow, then some yoga is a great option for a little indoor exercise! Yoga is not only a great option for some physical activity but it's also perfect for stress relief and centering focus when things start to get out of control. All you'll need is YouTube to try out some of the yoga video favorites that are perfect for kids!

2. **Put Together an Obstacle Course-** The great thing about small children is that many things are obstacles for them! While focusing on safety, lay out pillows for them to climb over, couch cushions for them to crawl under, cups for them to hop over, and ropes to create paths for them to follow. You can also find obstacle course blocks on amazon if you want to make it a regular activity!

3. **Build a Fort-** Forts are magical places for kids to create, imagine, and enjoy! Whether you set the fort up for them or help them put together a more elaborate masterpiece, this can be a great way for your kids to stay moving and busy on a cold winter day!

4. **Create a Scavenger Hunt as One of the Indoor Winter Activities-** You don't need to put together an elaborate scavenger hunt full of riddles and tricky questions to keep your children entertained. Simply giving them a list of pictures full of things to find is an easy way for them to have fun and get some physical activity in!

5. **Have a Dance Party-** Putting on your kid's favorite songs and encouraging them to dance will help them burn off some of their extra energy, bond with you, and invoke their natural silliness! You can also play freeze dance, dance like crazy animals, or turn on a dance-along video they'll enjoy, too!

6. **Play "Mommy/Daddy Says"**-Just like "Simon Says", you can test your kids' listening and agility by playing "Mommy/Daddy says". While the smaller kids will probably just do whatever you tell them to do regardless of whether you said "Mommy/Daddy says," it will still get them moving and engaged!

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7 tips for staying healthy during the holidays

The holidays are a wonderful time for family, friends and celebrations. But winter can take a toll on your physical and mental health, even during the festivities. So what can you do to stay healthy this winter?

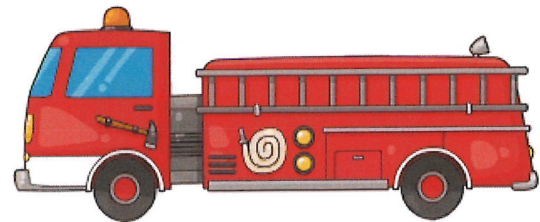
- * **Drink water-** Winter may be a good time for hot cocoa and cider, but always make water your drink of choice. While hot beverages can be great for warmth, remember to keep it balanced with at least 8 cups of water per day. A glass of water with and between each meal can keep you hydrated, healthy and ready to fight off any germs winter may bring.
- * **Stress less-** Over-the-top holiday excursions can be stressful, which isn't how you should feel in this joyful season. Focus on your holiday traditions don't worry about the rest. Make time for friends, family and good cheer, and embrace relaxation when you can.
- * **Sleep enough-** Don't neglect the value of sleep. Do all that you can to stick to your typical sleep schedule, even around all the celebrations and traveling. Avoid or limit caffeine, alcohol, daytime napping and large meals before bed. These factors can interfere with a good night's rest.
- * **Dress warmly-** Remember headwear that fully covers your ears, wear mittens rather than gloves and pull on well-insulated socks when dressing for the weather. Instead of wearing one big coat, dress in several layers of loose, warm clothing. This will better protect you against wind, snow and rain. If your clothes become wet, change them as soon as possible.
- * **Limit time in the cold-** Pay attention to weather forecasts and wind chill readings. Dress accordingly, but also watch for signs of frostbite, such as red or pale skin, prickling and numbness. Seek emergency help right away if you experience any signs of hypothermia, including intense shivering, slurred speech, loss of coordination or fatigue. You can avoid these cold-weather hazards if you take measures to protect yourself against the cold, such as packing an emergency supply kit and warm clothing while traveling.
- * **Exercise-** Cold air sometimes can discourage you from keeping up with your fitness routines. It's easy to let these habits slide for the season, but remember that regular activity can keep you healthy, both mentally and physically. Choose an indoor exercise if the temperature is below zero or the wind chill is extreme. Workout apps or online exercise programs are great tools to get you moving in the comfort of your home. If you prefer to exercise outside, dress appropriately. Too many layers can make you overheat, so choose layers you can easily remove.
- * **Keep the germs away-** Three words: **Wash your hands.** This is one of the best ways to avoid getting sick and spreading common winter illnesses, such as colds. Germs accumulate through nearly everything you do or touch, so wash your hands frequently. Wash your hands for at least 20 seconds, scrubbing all surfaces and rinsing well. Also, get flu and COVID-19 vaccines to avoid being sick during the coldest time of year.





Magnolia East HS/ABC

FIRE PREVENTION



Columbia County
Recruitment
Columbia County Fair



LEARNING is FUN



County Fair Door
Prize Winners

Holiday Budgeting Tips

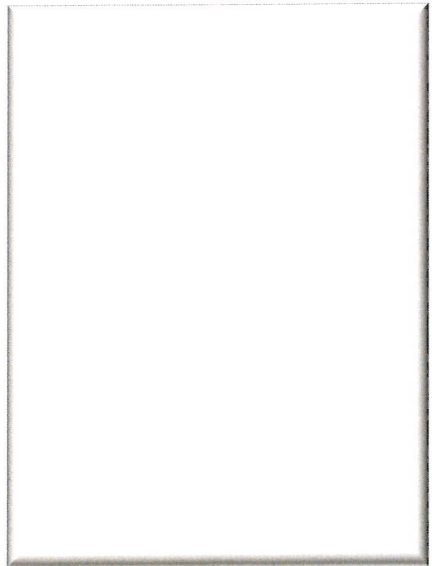
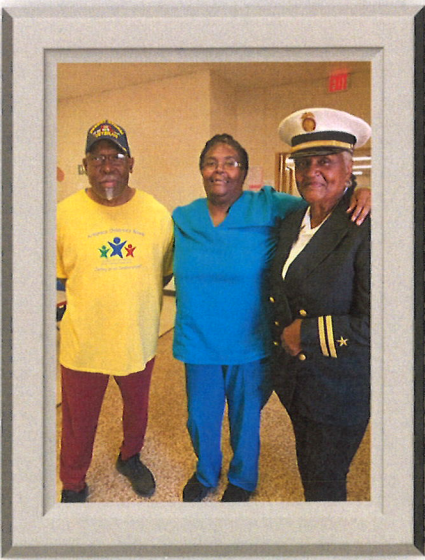
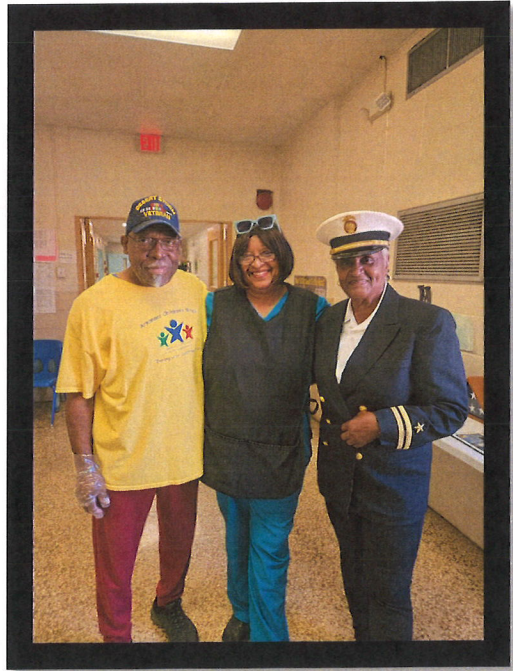
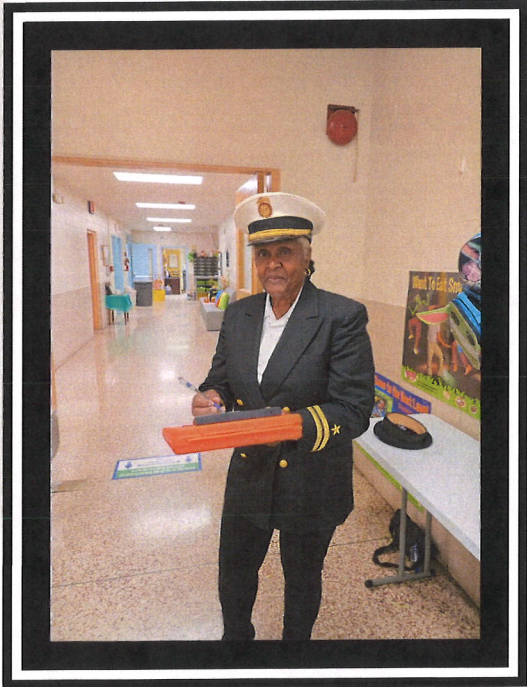


You may have been a last minute holiday shopper last year, but planning now can help you have a happier, stress-free holiday season this year.

- **Make a list, and check it twice.** Experts agree that it helps to write down a list of all the people for whom you plan to shop, before you hit the stores or turn on the computer. Next to each name write down what you want to buy for that person, and how much you want to spend. You get a clear idea of the numbers involved and know in advance how many gifts you need to purchase.
- **Shop for bargains** once you have an idea of what you're looking for, and for whom you are buying. In addition, if you are purchasing a number of items from the same online retailer, buying all the items together can cut down on shipping costs.
- **Curb impulse shopping and spending** – buy only what is on your list. If you've forgotten someone, add them to your holiday budget and, if necessary, adjust the amounts you spend on others so you keep the same total.
- **Make a plan for those other expenses.** Give some thought to how much you'll be spending during the holiday season on things other than gifts. Be sure to include in your budget the following: postage for cards and presents that need to be shipped; wrapping paper, bows, greeting cards and other supplies; decorations; food and drink for holiday meals (and don't forget to add more, if you will be feeding guests); and travel expenses.
- **Review your receipts and bills from last year.** This will give you an idea of the amount you actually spent and how long it took to pay for it all.
- **Save your holiday receipts from this year** and either total them daily or add them up two weeks before the actual holiday. Expenses add up fast during this busy season. Seeing your totals will provide you with a reality check as to how much more you can afford to spend.
- **Using credit during the holidays?** If so, take only the credit cards you will need and limit those to as few as possible. And be sure to check your credit card statements carefully for any unauthorized charges. Report such charges immediately to your financial institution or credit card company.



West Woods Head Start/EHS/ABC/
Veteran's Day Celebration



Quick Tips for Using a Humidifier Safely

Humidifiers are a popular tool to help parents treat problems ranging from dry skin and cracked lips to stuffy noses and a nagging cough. But if they're not used properly, humidifiers can harbor mold and bacteria, which can trigger allergies and asthma in kids, or even make them sick. If your child has allergies or asthma, talk to your doctor before using a humidifier. Read these simple precautions to keep your family safe and healthy.

- ◆ **Watch indoor humidity-** Mold thrives in warm and damp rooms such as bathrooms and kitchens, but can grow in any over-humidified space. Keep your child's bedroom mold-free by monitoring the humidity level using a hygrometer, available at hardware stores, or a humidifier with a built-in humidistat. The U.S. Centers for Disease Control and Prevention recommend no more than 50 percent humidity indoors. Humidity levels change throughout the day and depending on the weather, so test often and at varying times. In many parts of the country, humidity runs highest during summer months.
- ◆ **Clean the humidifier frequently and thoroughly-** Mold and bacteria grow easily in dirty water left to sit in the humidifier's reservoir. To keep it clean, empty the tank daily and wipe it dry before refilling with fresh water. Use a three-percent hydrogen peroxide solution, available at drug stores, to clean your humidifier every three days, then rinse after cleaning. Hydrogen peroxide is a safe and low-cost option for killing bacteria and mold throughout your home, and also less noxious than bleach. Always unplug the device before cleaning or refilling. If the area around your humidifier gets wet or damp, move the unit or turn it down. Thoroughly clean the device before and after storing it.
- ◆ **Use water with low mineral content-**Minerals from tap water can build up in your humidifier and cause bacteria to grow. Use distilled or demineralized water instead. Remove any deposits or film you see while cleaning.
- ◆ **Install new filters-** Follow the manufacturer's recommendations for installing new filters, but change them more frequently than advised if yours get dirty quickly.
- ◆ **Consider humidifier alternatives-** Try resting metal pans filled with water on a wood stove, drying clothes on indoor racks and showering with the bathroom door open – all ways to raise the humidity level of your home.





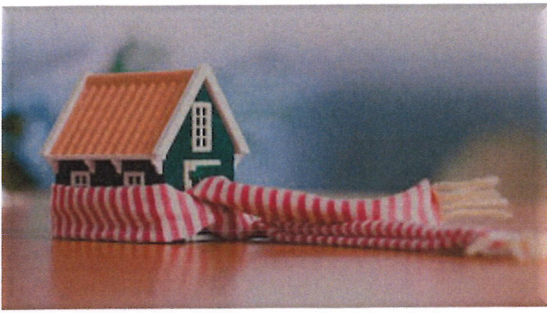
Magnolia East Head Start

Investment in Knowledge Pays the Best Interest

-Benjamin Franklin



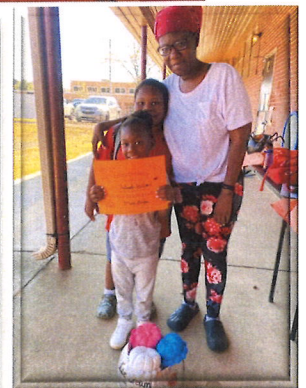
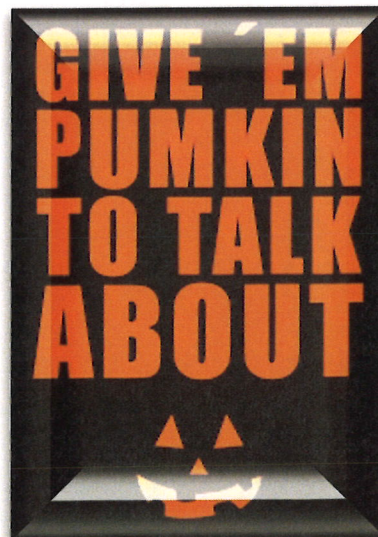
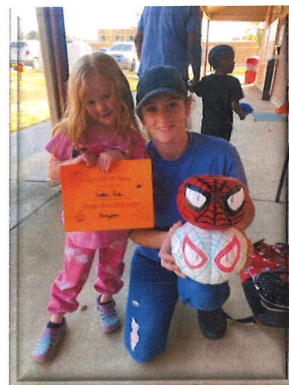
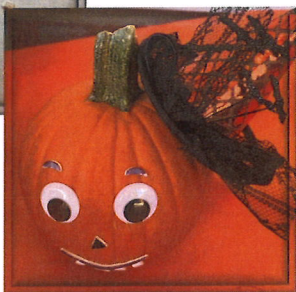
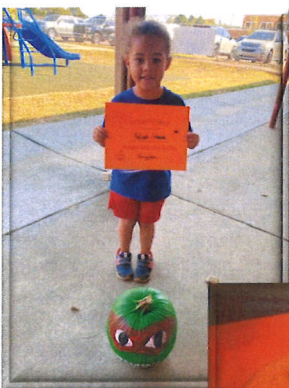
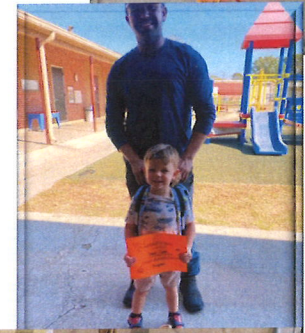
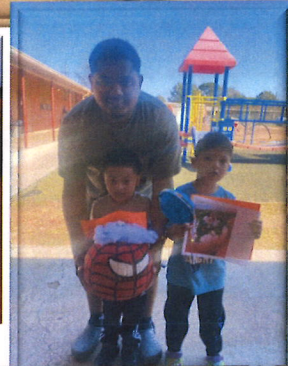
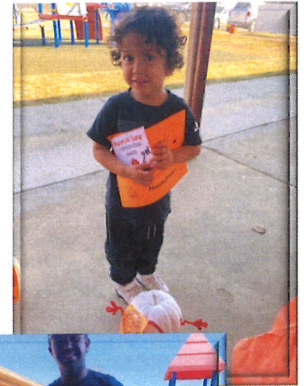
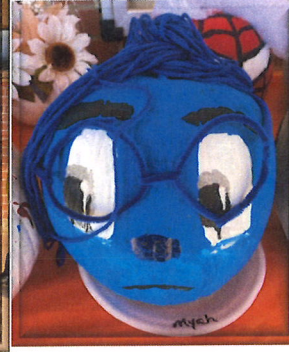
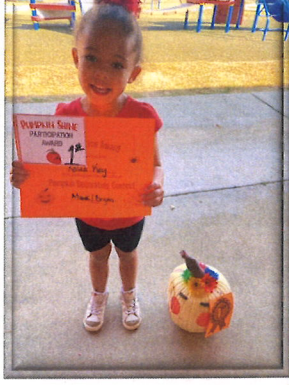
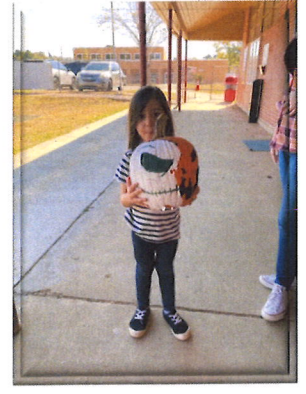
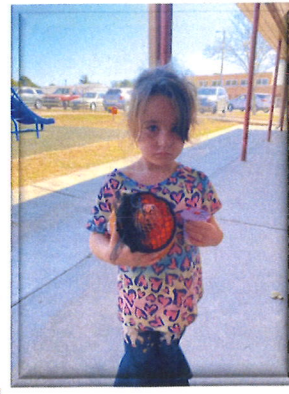
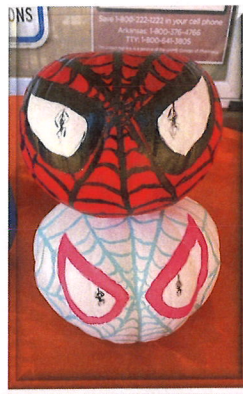
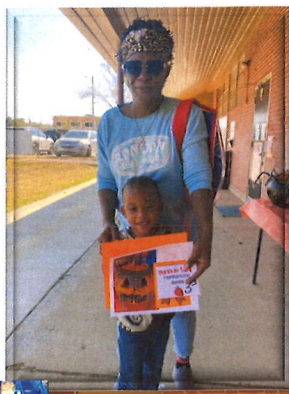
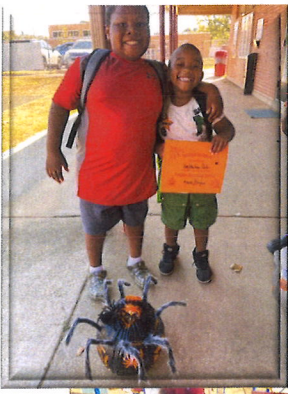
Home Winterization Tips



As the days grow shorter and the temperatures drop, it's time to start thinking about winterizing your home. Preparing your home for the winter season not only helps you stay warm and cozy but also saves you money on energy bills.

- 1. Seal Drafts-**Drafts are a significant source of heat loss during the winter. They allow cold air to seep into your home and warm air to escape. Here's what you can do to seal drafts: Inspect doors and windows for gaps and use weather stripping to seal them, apply caulk around windows, doors, and any other gaps in your home's exterior., and add door sweeps to the bottoms of exterior doors to prevent drafts.
- 2. Insulate Your Home-** Proper insulation can make a world of difference in maintaining a warm and comfortable home during the winter. Focus on these key areas: add or replace insulation in your attic. Insulating your attic can save you a significant amount on heating costs. Insulate crawl spaces and basements to prevent cold air from creeping in. Ensure your exterior walls are well-insulated. If not, consult a professional for help.
- 3. Service Your Heating System-** A well-maintained heating system is essential for a warm home in winter. Don't wait until the first cold snap to discover your heating system isn't working correctly. Here's what to do: Schedule an annual maintenance check-up for your furnace or boiler to ensure it's working efficiently. Change the air filter on your heating system regularly (usually every 1-3 months). Consider installing a programmable thermostat to optimize your heating schedule.
- 4. Insulate Pipes-** Frozen pipes can lead to costly water damage. To avoid this, insulate your pipes with these steps: Use foam pipe insulation to cover exposed pipes, especially those in unheated areas. Allow a small trickle of water to run through your faucets during extremely cold weather to prevent freezing.
- 5. Check Your Roof-** Your roof is your first line of defense against winter weather. Make sure it's ready for the challenges of the season: Inspect your roof for damaged shingles or leaks and repair them. Clean out your gutters to prevent ice dams from forming. Trim any overhanging branches that could fall onto your roof during a snowstorm.
- 6. Prepare Emergency Supplies-** In case of a winter storm or power outage, it's crucial to be prepared. Create an emergency kit that includes: Non-perishable food and water for at least 72 hours, Flashlights and extra batteries, Blankets and warm clothing, and A portable phone charger.
- 7. Test Smoke and Carbon Monoxide Detectors-** During the winter, we often use heating appliances more frequently, which increases the risk of fire hazards and carbon monoxide exposure. Ensure your safety by: testing your smoke and carbon monoxide detectors to make sure they are functioning correctly and replace batteries in these detectors as needed.





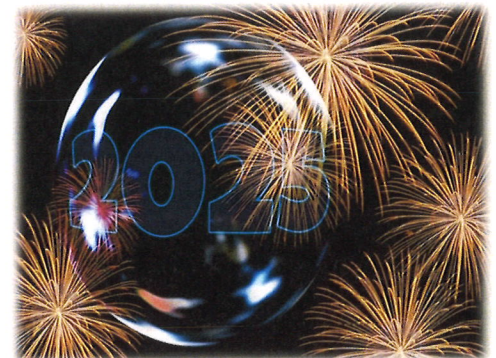
7 New Year's Eve Safety Tips

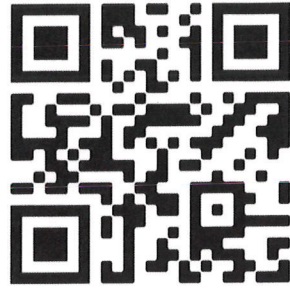


New Year's Eve comes with a lot of expectations and pressure to have a wonderful and memorable night. This can involve drinking, big parties, going out and fireworks. Make sure you keep the following tips in mind while making plans for your celebrations.

- Don't drink and drive! It has been said many times, but you can never say it enough. If you plan on going out for New Year's Eve, designate a sober driver, take a cab, plan to sleep over at the host's home, or arrange for a sober driver to pick you up. Don't ever drive while under the influence.
- Plan for guests' safety. If hosting a party, plan a way to have guests get home safely or have a place for them to sleep over if they don't have a sober driver.
- Consider pet safety. Animals get frightened around loud noises. Make sure you give proper attention to your pets, so they don't run away in a panic, cause car accidents, bite people, or get lost. Keeping your pets inside can help avoid these issues. Make sure any pet that has a chance to get outside is properly tagged.
- Make a plan with your kids. If your kids are old enough to drive, make sure they understand the rise in accidents during the holidays and encourage them to stay in one place rather than party hop.
- Don't leave your car overnight. New Year's Day is the second most active holiday for car theft. If you must leave your car, make sure it is locked and try to pick it up as early as you can the next day.
- Be mindful at public events. Don't go any place by yourself, make sure you have a cell phone on you, be aware of your surroundings, and don't set your drink down anywhere unattended.
- Don't use fireworks or flare guns without understanding local laws and safety rules.

Enjoy your celebrations and be as safe as possible. When things go wrong it can ruin an evening ... or worse! Stay safe, stay smart, and make this New Year's Eve unforgettable for the right reasons!





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We believe that from birth, all children need early child development experiences that support their unique characteristics and provide love, warmth, and positive learning experiences. All families need encouragement and support from their community to achieve their own goals and provide a safe and nurturing environment for their young children.



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