

Let's Stay Safe

This month in THE GREAT BODY SHOP, your child was taught about safety. We urge you to reinforce this material by discussing it with your child at home.

Lesson 1: Keep from Getting Hurt on the Street

Lesson 2: Community Harm Prevention Rules and Laws

Lesson 3: Handling Common Emergencies

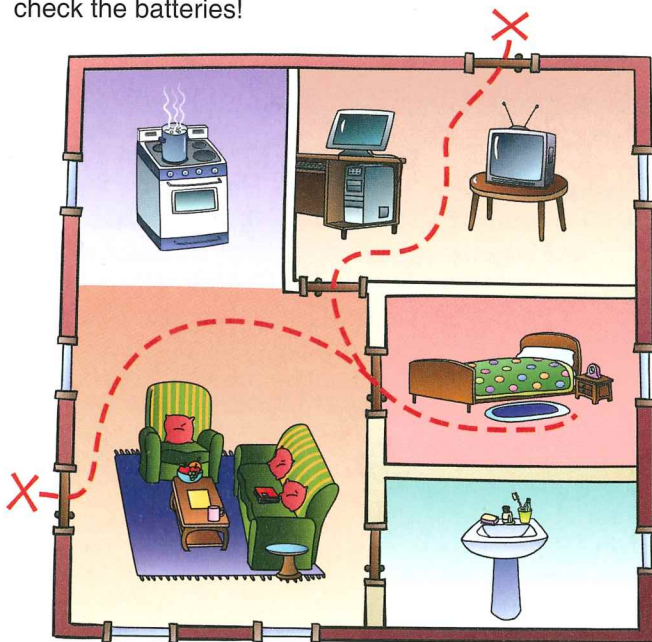
Lesson 4: I Don't Hurt You, You Don't Hurt Me

Fire Safety

With your family, talk about ways to get out of your home in case of fire. Remind children:

- to extinguish fire on clothing by dropping to the floor and rolling on the floor or rug (STOP, DROP, and ROLL)
- not to look for you; instead, he or she should crawl on the floor to an exit; (in a fire, more people die from smoke inhalation than from burning)
- to never try to hide in a closet or under the bed
- to never run back into a burning building even for a pet—tell firefighters if your pet is trapped
- to go to an agreed upon spot after running from the home so everyone can be accounted for

Finally, hold a fire drill to be sure children can follow through in an emergency. Set off your smoke detector so your child recognizes the sound, and don't forget to check the batteries!



A Note About Gas

Is your home heated with gas? If so, be sure your child can recognize the odor gas gives off. (Actually, natural gas is odorless; the smell has been added to signal a leak.)

If your child smells gas, instruct him/her to get out of the house or apartment immediately. Make sure he/she does not turn on any lights or other appliances. If you suspect a leak, call your gas company right away.

Did You Know . . .

. . . that auto accidents are a leading cause of death in the United States? It's estimated that half of those deaths could be prevented by wearing seat belts.

. . . that some children begin sniffing solvents (such as paint thinner, correction fluids, etc.) around age 6? Be sure you have stressed the danger of these substances to your child.

. . . that smoking materials (i.e., cigarettes, cigars, pipes, etc.) are the leading cause of house fire deaths in the United States? Health consequences are not the only reason to stop smoking.

The Puzzler's Family Challenge

With your child, do the following activity. Read each sentence. Write the answer on the line. Use the words from below.

1. Some berries and plants and mushrooms are _____.
2. You must think and act very fast in an _____.
3. This power makes many things work, but it can be dangerous. It is called _____.
4. In a car, everyone should wear a _____.
5. If you see _____ when you are swimming, get out of the water and go inside.

Solve the Puzzler's Family Challenge with these words.

- emergency poisonous lightning
seat belt electricity



How You Think

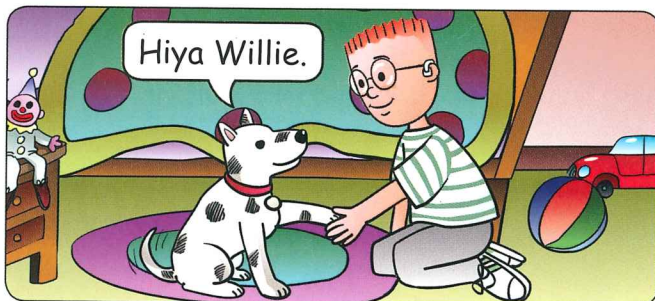
This month in THE GREAT BODY SHOP, your child studied the brain and how we think. The unit had four lessons:

- Lesson 1:** How You Think
- Lesson 2:** Using Your Brain
- Lesson 3:** Think About Thinking
- Lesson 4:** Take Care of Your Brain

Sparking the Imagination

When your child is able to think creatively, he/she will be better able to find solutions to problems. Here are some fun ideas to help you inspire your child's imagination.

1. Suppose your child could create the perfect country. Talk about the country. What would it be named? What kind of weather would it have? What kind of laws would the country have?
2. Have your child pretend to discover a genie in a bottle. The genie will grant three wishes. What do you think your child's wishes would be?
3. Ask your child to pretend the family pet can talk to him/her. What kinds of questions would your child ask the pet? What kinds of things might the pet say?



Memory Helpers

Your child has learned certain memory tricks. Please help your child keep these in mind.

1. Homework should be done in a relatively quiet area, with the TV and stereo OFF.
2. Important facts are easier to remember if your child writes them down, then says them aloud several times.
3. We can remember some things (such as names) by forming a "silly picture" of the name in our minds.
4. Help your child use or make up rhymes to help remember facts. (For example: "i before e, except after c")

5. Games such as Scrabble, crossword puzzles, and card games help improve memory skills.

Brain Drains

We have talked about some things that can hurt the brain, including hard knocks to the head and illnesses such as Alzheimer's disease. We also talked about drugs. Your child learned that drugs, such as alcohol or marijuana, make it hard to think, learn, and remember. They make it hard for the brain to control muscles and balance. Children also learned that drugs are against the law for them to use. Please reinforce this important message at home. Let your child know your values about drug use. Make sure he/she understands that the brain damage that drugs cause can last forever.

A Learning Lesson

Ask your child to memorize these two lists:

- | | |
|---------|--------|
| 1. | 2. |
| come | never |
| no | play |
| walk | in |
| do | the |
| ketchup | street |



The second list is easier to learn than the first list. Why? Because the second list is a complete sentence that has meaning. It will be easier for your child to remember new vocabulary words if he or she makes up sentences using the words.

Read All About It

I Wonder Why I Blink: And Other Questions About My Body

by Brigid Avison

Questions and answers about the body with beautiful illustrations.

The Brain: Our Nervous System

by Seymour Simon

Amazing photos of the brain help to explore the wondrous workings of the nervous system.



The Wide World of Food

This month in THE GREAT BODY SHOP, your child learned about different kinds of food and why the body needs good food. The lessons covered:

- Lesson 1:** Eat a Plate
- Lesson 2:** Nutrients for Your Body
- Lesson 3:** Have a Snack!
- Lesson 4:** The Importance of a Good Breakfast!

Good Home Cooking

Reinforce this month's topic at home:

- Put your child in charge of the dinner salad. Encourage him/her to come up with different vegetables and other ingredients to add each night.
- Try serving an international meal. Ideas include Mexican tacos with lettuce, tomatoes, and ground meat; Chinese stir-fried vegetables and rice; an Italian omelette (called a frittata) with a salad.

Did you know...

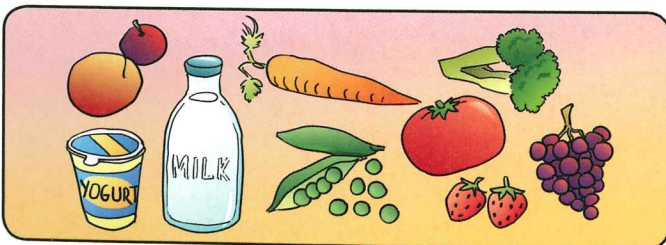
...your body cannot actually digest fiber? Fiber is still very important for your digestion. It acts like a broom and cleans out your digestive tract as it moves through your body.

Family Snacks

Your child learned that most commercially produced snacks have too much sugar, salt, or fat in them. Try making your own "family brand" snacks.

For example: Commercial popsicles have a lot of added sugar. Make your own popsicles by freezing fruit juice in a paper cup. Or freeze juice in an ice cube tray for "popsicle cubes." Let your child mix two or three different flavors to create his or her own "special blend."

If your child doesn't like to eat vegetables, try serving them raw and cut-up with a low-fat dip, like hummus. This makes vegetables seem more like a treat and easy to take on the go! You might also try this with cut-up fruit and low-fat vanilla yogurt for a dip.



MyPlate

Your child has learned about "MyPlate" in school. ChooseMyPlate is a way of teaching kids (and adults!) how to eat healthy and make good food and drink choices. The website has tips for creating a healthy and affordable eating style, family videos, activities for kids, and more! Visit www.ChooseMyPlate.gov today!



Answers

Food groups in Cool Dude's breakfast
 Fruit Group—orange juice
 Grain Group—cereal, toast
 Dairy Group—milk

What Foods Are Healthful and Less Healthful?
 The snacks that are less healthful: apple pie, apple turnover, candy bar with peanuts, corn chips, ice cream, potato chips, french fries.
 Just remember—good food is good food no matter how you mix it up!

Read All About It

The Everything Kids' Cookbook: From mac 'n cheese to double chocolate chip cookies—90 recipes to have some finger-lickin' fun (Everything Kids)

by Sandra K. Nissenberg

Packed with recipes, cooking tips, puzzles, and trivia, this book serves up a fun and safe introduction to the sumptuous world of cooking. Dietitian Sandra Nissenberg provides recipes that will help children learn the art of cooking and keep them healthy.

Read on the Web

What's Cooking? USDA Mixing Bowl— Hundreds of easy, cheap recipes to cook with your child. (Website is available in both English and Spanish)
whatscooking.fns.usda.gov

Your Heart—Small but Strong

This month in THE GREAT BODY SHOP, your child has been studying the heart. We urge you to reinforce the material by discussing the issue with your child at home.

Lesson 1: Your Heart—Small but Strong

Lesson 2: How to Care for Your Heart

Lesson 3: Heart Problems and Heart Helpers

Lesson 4: Have a Heart

Try This . . .

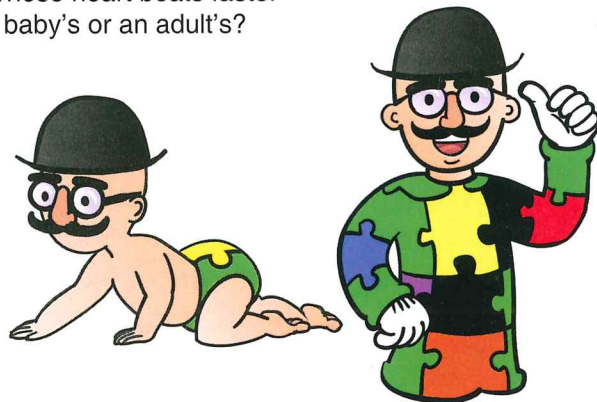
Have your child hold his/her right hand straight up in the air for one minute, while keeping the left at his/her side. Then, lower the right arm and compare it to the left—what difference can your child notice? Why?

(The right arm will be paler because some of the blood has drained out of it.)

You might also notice that the veins in the left hand are bigger. That is because they are filled with blood which makes them appear to bulge. Explain to your child that blood travels in “tubes” throughout the body. Veins are one kind of tube. They carry blood back to the heart from the body. Arteries are another kind of tube; they carry blood out to the body from the heart.

Can You Guess?

See if you can stump your child with this riddle:
Whose heart beats faster—
a baby’s or an adult’s?



Answer:

A baby’s. Its heart needs to pump faster because it is so small. A baby’s heart weighs about 1 ounce; an adult’s heart weighs about 1 pound.

Bad News, Good News

- Heart disease is the #1 cause of death in the US today. However, there are things you can do to keep your heart healthy and to reduce your risk of heart disease.

- Keep your weight within a healthy range. Make nutritious choices and limit portion sizes.
- If you smoke, stop. Quitting can cut your risk of heart attack by as much as 70%. Besides, your example is most important in your children’s decision to smoke or not.
- Cut down on fats. Switch to non-fat dairy products. Choose lean cuts of meat. Replace butter and margarine with vegetable oil.
- Have your blood pressure checked. If you are prone to high blood pressure, have it checked regularly.
- Exercise for sixty minutes each day of the week. Exercise doesn’t mean you have to pump iron—your heart would love a nice, brisk walk after dinner. And remember, it’s not too early to get your child in the habit of exercising. Why not walk together?

A Full Heart Is a Healthy Heart

Gratitude is feeling thankful for the things in life that make your heart full. Having a full heart and expressing gratitude is a great medicine! According to the American Heart Association, studies have found that grateful people are found to have lower blood pressure, better immune systems, and are more likely to exercise, make healthy food choices, and avoid drug and alcohol abuse.

There is always something to be thankful for. When you regularly stop to think about the things that fill your heart, it makes it easier to get through tough times and make smart, healthy decisions.

With your child, work on getting into habits of expressing gratitude every day with the Full Heart Jar activity.

Full Heart Jar

Supplies: Jar or bowl, strips of paper, and a pencil or marker.

Instructions: At the end of each day this month, write down one thing that both you and your child are grateful for—or makes your hearts feel full. It could be big, small, or anywhere in between. Then, put the paper into the Full Heart Jar.

At the end of this month open up the jar together and read through all of the things that made your heart full this month. If you choose, challenge each other and keep adding to your jar for another month!

Answers to “The Puzzler’s Challenge”:

- blood
- faster
- nutrients
- strong



When I Feel Afraid

This month in THE GREAT BODY SHOP, your child learned about fear, how to cope with it, and fear's effects upon the body. We urge you to reinforce the material by discussing it at home. The lessons cover:

- Lesson 1:** Understanding and Coping with Common Fears
- Lesson 2:** How Being Afraid Affects Your Body
- Lesson 3:** Recognizing Real Dangers
- Lesson 4:** Your Body Is Private!

Normal Fears

It's perfectly normal to have fears. Fears change over time. A toddler may have separation anxiety and cling to a parent. As the child grows, he/she may begin to fear unreal or imagined things like the boogie man. By the time the child reaches age seven and older, his/her fears may be based in possible dangers. Healthy fear can cause children to act in a safe way. For example, a child who fears getting hit by a speeding car will cross the street safely and cautiously. Parents can help children with their fears by remembering a few do's and don'ts.

Do talk to your child to help find out the cause of their fears. Most of the time, talking and a little TLC goes a long way to helping ease a child's fears.

Do encourage your child to find some healthy coping skills. For example, if your child is afraid of the dark, place a night light in their room.

Don't laugh at or scold your child for his/her fears. Don't ignore the fear, especially if it is causing prolonged anxiety. A doctor, counselor, or child psychologist may be able to help.

Stressed Out?

With all of the emphasis on testing, your child might feel stressed. Excessive worry (or stress) can cause a host of health problems for your child. Watch for excessive tiredness, sleeplessness, over or under eating, and other symptoms of stress. Help your child face their stress by talking it out, exercising, or trying some of the coping skills found in THE GREAT BODY SHOP.



Trusting Yourself

In this issue, your child learned that fear can be a very

important warning signal of danger. Students learned to "trust their gut instincts" when confronted with a situation they think might be dangerous.

Ask your child for examples of situations in which "being scared" can warn us of danger, such as being offered a ride by a stranger or playing on a busy street. Reinforce the fact that your child should trust his/her own instincts in new situations.

Personal Safety

In this unit, students discussed safe and unsafe touches to their private bodies. They practiced saying "No" and getting away if someone tries to touch them in an inappropriate way. We also talked about the importance of coming to you or telling another trusted adult if it happens. Help your child identify the trusted adults in your lives.

It is estimated that approximately 90% of abusers are known to the child and include relatives, neighbors, babysitters, and family friends. An unsafe touch from this kind of person may be confusing to children. They may feel that they cannot say "No" to an adult, especially a known adult. Talk to your child about their right to not be touched in an unsafe way. Let him or her know that it is always okay to use the "Saying NO!" Steps if someone touches them in an unsafe way, no matter who the person is. Finally, use empowering language with your child. Let him or her know that it is okay to come to you, instead of using language like, "You should tell me" or "you need to tell me." It may be a difficult shift and it is natural to want to say, "should" or "need" but it is more empowering to calmly use words like "you can always come to me." This reassures children and lets them know they can do so freely. Using "should" or "need to" can send a stressful or blaming type of message that if they don't tell, then they are doing something wrong causing them to possibly not come forward.

Ask your child to show you the Saying "NO!" Steps (refer to page 5) they learned in class.

Read All About It

Scared Silly

by Sara Desmet

A possum, an anteater, and a pig decide to join forces and explore the deepest, darkest depths of the forest each night. But something spoils their fun. The possum, who cannot stop scaring the others, drives his friends away. He soon sees that friendship is as much about compromise as it is about fun.

Muscles in Motion

This month in THE GREAT BODY SHOP, your child learned about muscles and exercise. Please reinforce the material studied in school by discussing the subject at home. The lessons are:

- Lesson 1:** A Look at Muscles
- Lesson 2:** Getting Exercise
- Lesson 3:** Muscles Work in Teams
- Lesson 4:** What Can Go Wrong

Check Out Those Muscles

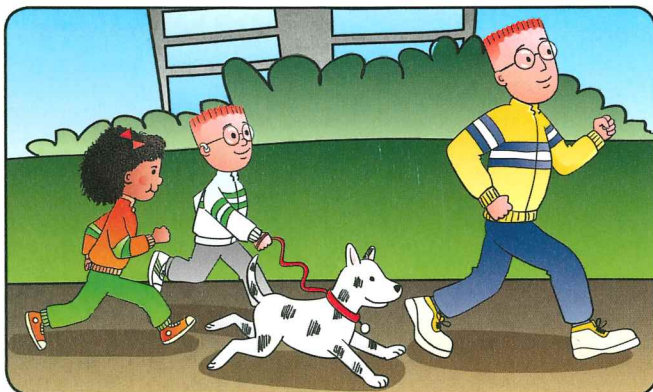
The next time you prepare chicken for dinner, peel the skin off one of the drumsticks and let your child examine the muscle (i.e. the meat). Note that it is attached to the bone with tough, white, elastic fibers. These fibers are tendons.

Note the blood vessels running throughout the meat. Blood brings nutrients (food) and oxygen to the muscles. Explain that these two things are the fuel the muscles need to work.

Word Wise Vocabulary Words

Now that your child has read THE GREAT BODY SHOP, have him/her try to finish these sentences. (Answers are below)

1. When a muscle gets tight and hurts, it is called a c _ _ _ p.
2. Cold water can cause a muscle cramp. That is why we should never s _ _ m alone.
3. Anything we do that uses our muscles and makes them work is called e _ _ r _ _ e.



Answers: 1. cramp 2. swim 3. exercise

Muscles Like to Work

Your child learned that muscles like to exercise. Exercise not only makes them stronger, it makes the whole body feel good!

Discuss different forms of exercise with your child. What does he/she like to do best? What kinds of exercise are possible where you live; i.e., is there a pool or skating rink or park in your neighborhood? What chores are also exercise (mowing the lawn, taking out the trash, sweeping or raking, etc.)?

All children—whether thin, heavy, or in-between—should have one hour or more of exercise every day. If your child does not, encourage more active play; you might start by buying a new ball or jump rope, by insisting that children play outside, or by suggesting games such as tag, hopscotch, or relay racing. And, since numerous studies have shown that there is a direct correlation between a child's fitness level and the hours of TV he/she watches, limiting television time would be a big help too.



Read All About It

The Busy Body Book: A Kid's Guide to Fitness

by Lizzy Rockwell

Filled with kids busy on rollerblades, running, stretching, catching and throwing in the park. Includes clearly labeled diagrams with exciting scientific facts.

Exercise (Looking After Me)

by Liz Gogerly and Mike Gordon Jou

Children learn how much fun it is to exercise when their grandmother visits.

Spriggles Motivational Books for Children: Activity & Exercise

by Jeff, Martha and Alexander Gottlieb

This is a fun book that encourages children to participate in physical activity.