

Safe at Home, Safe Away

This month in THE GREAT BODY SHOP, we'll be talking about safety.

Lesson 1: Safety Sleuths

Lesson 2: Emergency Planners to the Rescue

Lesson 3: Take Action

Lesson 4: Say "No!" to Danger

Trouble Shooting

Approximately 11 children and adolescents die EVERY DAY in the U.S. as a result of unintentional shootings. According to one study, a gun in the home is 43 times more likely to kill a family member or friend than an intruder. (American Academy of Pediatrics statistic)

- If you keep a gun, store it unloaded in a locked cabinet, and use a gunlock. Hide the key and bullets separately.
- Remind children often that they are never to touch, play with, or take out the gun. Consider getting rid of any guns in your home for the safety of your family.
- Rehearse with young children what they should do if they see a gun at a relative's or neighbor's house. Make sure they know to not touch it and immediately tell an adult.

The Big Challenge

Who can do better on this quiz—you or your child?

1. What are the three steps to follow if your clothes catch on fire?
2. In a fire, which hurts more people: fire or smoke?
3. What is the sign of a bad burn?
4. Electricity and _____ are a deadly combination.
5. Is it safer to be in a car or outside during a lightning storm?

Answers:
1. stop, drop, roll 2. smoke 3. blisters 4. water 5. in a car

Smoke Signals

Have you done all you can to protect your family from fire?

- Install smoke detectors. Check the batteries twice yearly.
- Place fire extinguishers by the stove and in the garage.
- Discuss escape routes from your home and practice crawling to them as in a real fire. Find a meeting place outside to gather.
- Follow your community's rules for disposing of highly flammable and other dangerous substances, or store them in a metal locker. Never pour them into another container.
- Place rags soaked with paint thinner or paint remover in a metal can or container, then follow your community's rules for hazardous waste disposal.
- Smoking materials (i.e., cigarettes, cigars, pipes, etc.) are the leading cause of fire deaths in the United States. If you are a smoker, consider quitting for your health and for the health and safety of your family.



Read All About It

Everything First Aid Book: How to Handle Falls and Breaks, Choking, Cuts and Scrapes, Insect Bites and Rashes, Burns, Poisoning, and When to Call 911

by Nadine Saubers. Adams Media, 2008.

This is a practical book for parents. It covers everything from how to perform CPR and the essentials of a first aid kit to the ABCs of making and securing a splint. Families can practice first aid skills together as they learn how to handle emergencies and injuries.

THE GREAT BODY SHOP Family Bulletin

The Better To See You With

This month in THE GREAT BODY SHOP, your child will be learning about eyes and vision. The lessons cover:

- Lesson 1:** Your Eyes — How Do They Work?
- Lesson 2:** What Do We Really “See”?
- Lesson 3:** Eye Problems
- Lesson 4:** Protecting Your Eyes

Eye Trouble?

According to the National Society to Prevent Blindness, if you notice any of these problems, bring your child for an eye exam. He or she may have a vision problem.

- blinks more than usual
- rubs eyes often
- “brushes away” blur
- squints when focusing on something distant
- is very sensitive to light
- red, inflamed, or watery eyes
- tilts head to one side; shuts or covers one eye
- complains of dizziness, nausea, headaches
- has recurring styes

(an infection of the gland of the eyelid)

TV—The Big Picture

Many people ask whether watching TV can harm the eyes. While it cannot “wear out” or cause defects in your eyes, there are a few things that can make viewing more comfortable:

- Make sure the picture is as clear and sharp as possible. Unconsciously, you will try to adjust your eyes to an out of focus or snowy picture, which will cause eye strain.
- Don’t darken the room. The contrast between the screen and the darkness tires eyes.
- It is not a good idea to watch TV while sitting on the floor. Looking up at the screen will tire neck muscles. It will also distort the picture, which will tire eyes.
- There is no set distance at which you should sit from your screen.

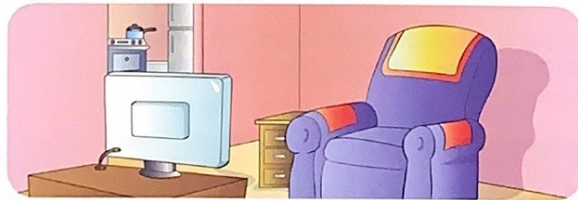
Fun Fact

Hawks and eagles can see a tiny mouse from a distance of 1,500 feet — that’s as long as five football fields!

Web sources for Parents and Their Children.

There are lots of great websites containing health information for you and your child. If you have been in the dark about where to begin, here are some sites to get you started on the information highway.

- KidsHealth.org is for parents, kids, and teens from the medical experts at the Nemours Foundation. It is loaded with facts, fun, and a great search engine for medically accurate and up-to-date information.
- www.preventblindness.org is a website designed by a leading volunteer eye health and safety organization dedicated to fighting blindness and saving sight. There is even an eye test you can take on-line.
- Visit www.hhs.gov for the US Department of Health and Human Services. This site contains information for families and links to reputable health related sites.



Read All About It

Glasses, Glasses Oh What Do I See?
by Karen Smith Stair

Luna and the Big Blur: A Story for Children Who Wear Glasses
by Shirley Day and Don Morris

I Don't Have Your Eyes
by Carrie A. Kitz

A touching story about adoption

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Let's Eat!

This month, your child will be studying nutrition and learning how to make more healthful food choices. The lessons will cover:

- Lesson 1:** Nutrients
- Lesson 2:** Healthful and Less Healthful Foods
- Lesson 3:** Food Labels
- Lesson 4:** Healthful Habits

Please post this chart at home and do one activity with your child each day. Check off each activity you have performed.

<p>Word for the Day</p> <p>nutrient—the parts of your food that your body uses to grow and repair itself</p>	<p>Word for the Day</p> <p>stomach—the place where food goes after you swallow. What happens to food in the stomach?</p> <p>(The stomach squeezes and mixes food with juices until it becomes more liquid.)</p> <p>Words that end in '-ose' are often other names for _____.</p> <p>(sugar)</p>	<p>Do you let your child eat pre-sweetened cereal?</p> <p>It could be 70% sugar! Starting today, why not add just one handful of sugary cereal to a serving of unsweetened cereal? Gradually, stop buying the sugar cereal altogether.</p>
<p>The Switch</p> <p>Instead of rice with dinner, try one of these:</p> <p>bulgur—a cracked wheat that is cooked like rice. It can be made with onions, parsley, and vegetables. Popular in the Middle East.</p> <p>couscous—a fluffy type of pasta that resembles pastina. It is popular in the Middle East and Africa.</p> <p>Both of these products are available in many grocery stores in the same aisle as the rice and pasta.</p>	<p>Word for the Day</p> <p>starch—the nutrient that gives you lots of energy. The foods with lots of starch are from which food group?</p> <p>(the grain group, which also includes pasta, cereal, rice, and bread.)</p>	<p>Today's Riddle</p> <p>Which has more salt: fast food, French fries or fast food cherry pie?</p> <p>(The cherry pie has twice as much salt as the French fries! Watch out for hidden salt in your child's diet.)</p>
<p>Today's Snack</p> <p>Veggie Roll-up. Cut carrots, celery, or peppers into sticks. Wrap a strip of cheese around each stick.</p> <p>Have your child plan tonight's dessert—but it must be healthful! How about custard, baked apple, or low-fat yogurt with a fresh fruit topping?</p>	<p>Today's Advice</p> <p>Make half your plate fruit and vegetables.</p> <p>Make half your grains whole.</p>	<p>Watch Out!</p> <p>Recent studies have shown that children as young as five should limit their cholesterol if there is a history of heart disease or diabetes in the family.</p>
<p>American Food</p> <p>What ethnic group has contributed the most to current American diets? Native Americans! They taught settlers how to eat corn, pumpkins, tomatoes, turkey, and cranberries. How often does your family eat these foods?</p>	<p>Dr. Smartstuff's Sandwich (serves 4)</p> <p>1 can tuna, drained</p> <p>1 tablespoon each: minced carrot, celery</p> <p>1/2 onion, minced (optional)</p> <p>1/2 teaspoon mustard</p> <p>approx 1 Tbs. vegetable oil</p> <p>2 Tbs. vinegar (or to taste)</p> <p>pita or whole grain bread</p> <p>Mix all ingredients.</p> <p>Serve on bread.</p>	<p>Word for the Day</p> <p>protein—the nutrient that helps your body build new tissues and repair itself</p> <p>Try Betsy's Bedtime Treat</p> <p>1/2 cup low-fat milk</p> <p>1/2 teaspoon vanilla</p> <p>cinnamon</p> <p>Heat milk until frothy. Add vanilla. Pour into a mug and sprinkle with cinnamon.</p>
<p>Today's Challenge</p> <p>Everyone in the house agrees to make today sugar-free!</p>	<p>Breakfast Special!</p> <p>Willie's All-white Pizza</p> <p>Toast an English muffin.</p> <p>Top with cottage cheese and bananas. Put under broiler.</p>	

Your Family, My Family

This month in THE GREAT BODY SHOP, we'll talk about families, genes, and heredity.

- Lesson 1:** All about Families
- Lesson 2:** Genes—What They Are, What They Do
- Lesson 3:** A Very Special Person—Me!
- Lesson 4:** Personal Safety

Family History

Pull out an old scrapbook of family members. Talk about your child's life through pictures. Explore your family's history and share memorable family stories. When discussing genes, you may want to point out inherited traits. Children who are adopted need to be aware that while they received genes from their birth parents, they receive family stories and experiences through you.

Next, talk about the difference between inherited traits and similarities due to experiences. For example, the fact that Aunt Bessie was a terrific cook may have been the reason her son became a chef. These similarities are due to experiences, not genes.

Encourage your child to be proud of his/ her roots and heritage. At the same time, teach that others are proud of their heritage, too. We should learn to appreciate the differences in everyone.

Family History, Family Health

In school, your child will learn that certain conditions, such as allergies, can be inherited. We don't necessarily inherit these conditions, but we inherit the tendency to get them. Many times, there are precautions you can take to lessen the chance that you'll get the illness. Please help your child understand why it's important for doctors to know if heart disease, high blood pressure, breast cancer, diabetes, or other illness runs in your family.

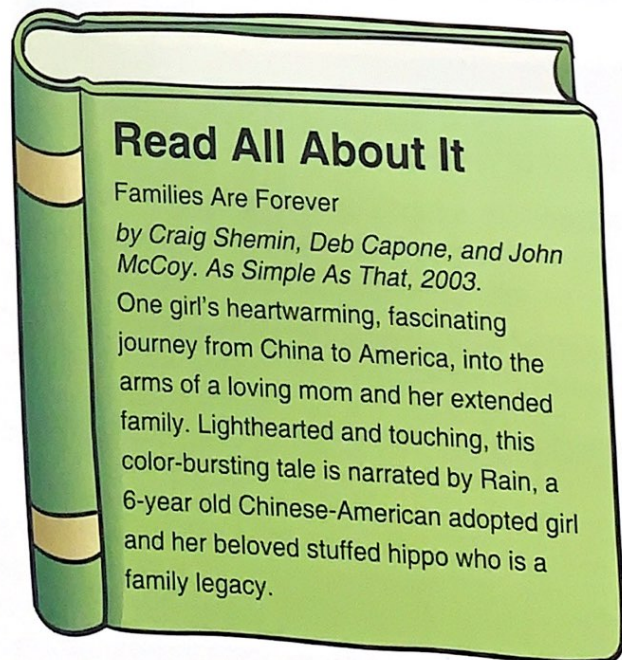
Living with an Alcoholic

Alcoholism affects everyone in the family. Even if the disease is never discussed, children know what is going on and struggle to cope in their own way. If there's an alcoholic in your family:

- talk about the problem with your children. Don't try to hide it. Explain that alcoholism is a disease and that it's very hard for the alcoholic to stop drinking.
- find help for yourself and for your children. A support group such as Alanon is inexpensive and can be enormously helpful.
- find outside interests (hobbies, areas of study, friends). Encourage your children to do the same. Isolating your family will only make the problem worse.
- encourage the alcoholic to seek help from a counselor, doctor, or support group.

A Note about Personal Safety

In Lesson 4, children will learn about safe, unsafe, and confusing touches. It is very important for parents to talk about personal safety rules to prevent childhood sexual assault. Most abusers are adults or teens that a child already knows. Your child needs to work with you in learning personal safety skills. Review the information found in this month's Student Issue. Identify trusted adults in the family to whom your child could go for help. Set up prevention routines and help your child to understand that they have the right to say "NO" to unsafe and confusing touches.



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I Like Your Attitude!

This month in THE GREAT BODY SHOP, we'll talk about attitudes. Please talk about this issue at home. Together as a family, talk about the mental and physical health consequences of respectful communication and positive attitudes.

- Lesson 1:** Attitudes, Values, and Goals
- Lesson 2:** How Attitudes Affect Your Actions
- Lesson 3:** Improving Your Attitude
- Lesson 4:** Attitudes at Home, at School, and in the Community

Lesson 1: Attitudes, Values, and Goals

Students will learn the difference between positive and negative attitudes and the connection between attitudes, values, and goals. Your child will learn different ways to pick himself or herself up when having a bad day (talking to someone, doing something fun, listening to music, finding something to laugh about). Remind your child to use these ideas the next time he or she comes home in a bad mood, or is feeling stress.

Lesson 2: How Attitudes Affect Your Actions

Students will practice using the Decision Making Steps when faced with a tough decision. We'll also talk about the effects of stress on the body, and appropriate ways to cope with stress. Your child will discuss the importance of humor and laughter for good mental and physical health. May we suggest a new family tradition? Each night, everyone must come to the dinner table ready to share one positive thing experienced during the day.



Lesson 3: Improving Your Attitude

Students will learn to use humor and other skills to solve problems. As they become competent problem-solvers, they will build self-worth. We'll practice using conflict resolution skills, too.

Lesson 4: Attitudes at Home, at School, and in the Community

In this lesson, students will talk about teamwork, communication, and values. Cooperation, communication, and appreciation are all parts of good teamwork. Talk about ways of making your family more of a team by using these three values. Discuss situations in which each value could be incorporated into your family.

10 Ways to Tell Your Child "You're Great!"

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|------------------------------------|------------------------------|
| 1. Hey, Superstar! | do it! |
| 2. You outdid yourself! | 5. Way to go! |
| 3. You're especially good at that! | 6. I'm so proud of you! |
| 4. I knew you could | 7. First class job! |
| | 8. I think you are terrific! |
| | 9. That's the best ever! |
| | 10. Great job! |

Read All About It

Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids
 by Carol McCloud and David Messing.
 Ferne Press, 2006.

Through simple prose and vivid illustrations, this heartwarming book encourages positive behavior as children see how rewarding it is to express daily kindness, appreciation, and love.

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Finding Out about Bones

This month in THE GREAT BODY SHOP, your child will be studying the skeleton. We'll learn how eating well and getting exercise keeps it strong. The lessons are:

- Lesson 1:** Observing the Skeleton
- Lesson 2:** How the Skeletal System Functions
- Lesson 3:** The Health Benefits of Exercise
- Lesson 4:** Exercise Is Fun!

The Bone Game

The Bone Game was designed to be played with your child in order to reinforce the material learned in school. With your child, make a game board with 20 spaces. You will need one die and a colored button for each player.

Cover the answers with a sheet of paper.

Each player rolls the die to determine how many spaces to move. Players mark their spaces with buttons.

The player then refers to this page and answers the question or does the activity that corresponds to that space. For example, a person landing on square 17 must run in place for one minute.

Every time a player gets the right answer or completes the activity, he/she gets to stay where he/she landed.

Every time a player misses the answer, or can't do the activity, he/she has to go back 4 spaces.

The first person to reach the goal at the end of the game wins.



Questions for the Bone Game

1. Do 20 jumping jacks.
2. The place where 2 bones come together is called a _____.
3. Do 10 sit-ups.
4. Name one food with a lot of calcium.
5. The bones of the head are called the _____.
6. Stand up and march in place for 1 minute.
7. Stand up and stretch your arms overhead.
8. We are the only "bones" in your body that you can see. What are we?
9. Bones couldn't move one inch without _____.
10. Name one hinge joint.
11. An _____ is a picture that looks right through your skin and shows only your bones.
12. How many bones does a adult have?
13. Who has more bones—a baby or a grown-up?
14. Which bones protect your heart and lungs?
15. What does your backbone (*vertebrae*) protect?
16. Name one ball and socket joint.
17. Run in place for 1 minute.
18. What are your hip bones called?
19. Why is it important to keep a cast on a broken bone?
20. Bones and muscles are a good team. What makes them a better team?

Answers:

2. joint
4. milk, yogurt, or cheese; green, leafy vegetables, broccoli, oranges
5. skull
8. teeth
9. muscles
10. hinge joints: elbow, fingers, toes, knee
11. X-ray
12. 206
13. baby
14. ribs
15. nerves, or spinal cord
16. ball and socket joints: shoulder, hip
18. pelvis
19. to keep it from moving while it heals
20. exercise