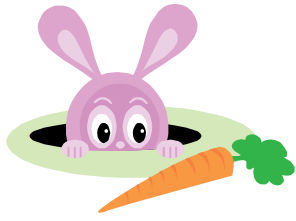


Spring is here! Can you find the rabbits?



Bright Start News

April, 2010



Parents and Stress: Stress Relievers You Can Do With Your Children

www.preventchildabuse.org

Reduce Stress In Both of You!
By Elizabeth Scott, M.S., About.com Guide

Drawing: Kids generally love to draw, but expressing oneself artistically can be great for adults, too! The next time you're feeling stressed, get out some crisp new crayons or 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're very small, or let them ride a bike or scooter next to you if they're 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. Keeping music on in the background throughout your day can keep you and your children in a more peaceful mood, or get you into a more playful one, depending on what you play.

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.

First Call For Help

217-475-2255

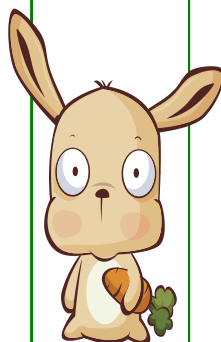
Fax: 217-422-0633

202 E. Eldorado

Decatur, IL. 62523

www.firstcalldecatur.org

First Call For Help has a searchable database of services and opportunities available throughout Macon County. You can call if you are in need of a service or would like to donate to the program.

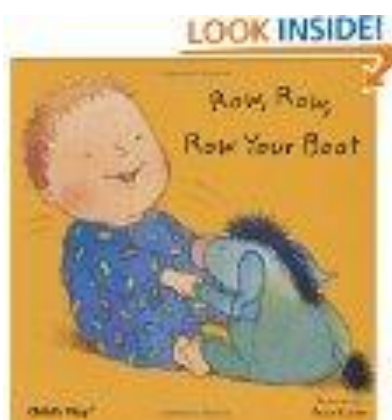


Bright Start Has Openings for Families!

Do have a friend or family member with a child(ren) under the age of 3 years? Do you know someone who is pregnant? Bright Start has openings! Remember we provide home visits, parent-child play-groups, family events, lending library (toys and books) and transportation.

We are also open all year!
Pass the word.

Kids Corner



Featured Book - Row, Row, Row Your Boat (Board Books for Babies) by Annie Kubler

The popular song in book form. Row, Row, Row Your Boat also adds to the verses with pictures of children acting out the song. Enjoy this book over and over!

Available through the Lending Library.

Sort it Out!

To sort something is to arrange it into groups by size, texture (how it feels), color, shape, taste, use, and more. If you put all your small toys in one place or eat all the red jelly beans, then guess what? You already know how to sort!

Toys are for playing with, right? Here's an idea for a new way that you can have lots of fun with your toys. (Ages 2-6)

Here's What You Need

Some toys
Your Imagination!



Here's What You Do

1. Spread out the toys in front of you. Pick out the biggest toy and the smallest toy. Now sort all of the toys by size.
2. Next, sort the toys by texture (how they feel-soft, rough, hard). Make two piles, one for "soft toys" and one for "hard toys." Which do you have more of?
3. Now, sort the toys by use, like toys for building and toys with wheels, or hugging toys and action figures.

From the book: *Shapes, Sizes and More Surprises!*

Featured Song/Fingerplay

Easter Bunny, Easter Bunny
fingerplay

Easter Bunny, Easter Bunny,
Put hands on top of head like rabbit ears.

Small and white,
Hold hands close together to show something tiny.

Come and fill my Easter basket
Pretend to fill basket.

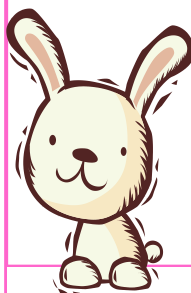
Overnight.
Pretend to sleep.

Easter Eggs (Tune:Jingle Bells)

Easter eggs, Easter eggs

Hidden all around.

Come my children look about
And see where they are found.



Easter eggs, Easter eggs
They're a sight to see.
One for Tom and one for Ann
And a special one for me!