

Count with your child the pots of gold. Talk about if they are all the same or different types of pots.

# Bright Start News

## March, 2010



**POISON HELP**  
**1-800-222-1222**  
**ILLINOIS POISON CENTER**  
*The IPC handles calls from non-English speaking populations.*

March is Poison Prevention Month. The following information was provided by The Illinois Poison Center.

### FIRST AID AND TREATMENT FOR A POISON EMERGENCY

#### **Poison in the Mouth.**

**Do not make the victim vomit** unless the poison center or doctor tells you to. The poison center will give more directions.

#### **Poison on the skin.**

Take off and wash clothes that have poison on them. Wash the skin gently with soap and water.



#### **Poison in the Eye.**

Remove contact lenses if worn. Rinse the eyes with water for 15 minutes.

#### **Poison in the Air.**

Leave the area and move to a place where you can breathe fresh air. Help others leave the area, but be careful not to breathe the poison yourself.



La Leche League of Decatur presents:

#### **THE MOMMY HOUR**

Westminster Church 10:00am  
2nd Friday of each month, except December

The Mommy Hour is an informal get-together for the breastfeeding mom and her baby, as well as pregnant women, and grandmothers. Babies and toddlers are welcome.

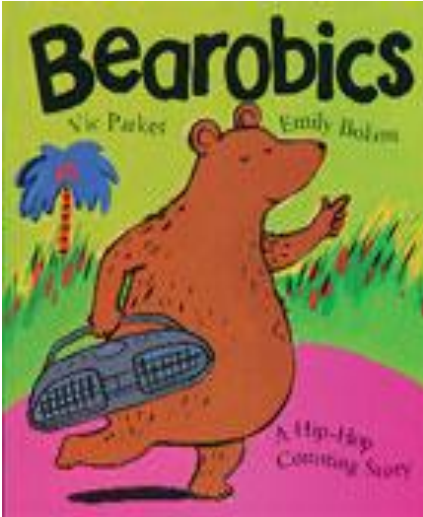
Call LLL of Decatur anytime to ask breastfeeding questions: Lisa 674-3580 or Marie 875-2409

From The Baby Whisperer Solves All Your Problems by Tracy Hogg and Melinda Blau "8 Rules of Toddler Play"

1. If I like it, it's mine.
2. If it's in my hand, it's mine.
3. If I can take it from you, it's mine.
4. If I had it a little time ago, it's mine.
5. If it's mine, it must never appear to be yours in any way, shape, or form.
6. If I'm doing or building something, all the pieces are mine.
7. If it looks like mine, it's mine.
8. If it's mine, it's mine.



# Kids Corner



## Featured Book - **Bearobics** by Vic Parker Illustrator Emily Bolam

Where's that boogie coming from, that rapping in the air? From out of the boom box of one shaggy bear. A jungle full of animals join in the wild rhythms and rhyme of this lively romp.

Recommended ages: Kindergarten – 2nd grade  
Although recommended for older children, this book is great for encouraging children of all ages to count the different animals.

## **Scratch and Sniff Watercolors**

*With Scratch and Sniff Watercolors, you can paint pictures of oranges that smell like oranges, grapes that smell like grapes, and cherries that smell like cherries.*

### What you will need:

- 1 Tbs. unsweetened powdered drink mix
- 1 Tbs. warm water
- Several small containers (muffin tins work well)



### How To Concoct It:

1. Mix water and unsweetened drink mix together in a small bowl. Repeat this step several times, using various flavors of drink mix to create different colors of paint.
2. Allow finished works to dry overnight before scratching and sniffing.

## **Featured Songs**

### **Planting Flowers Song**

(Sung to the tune of "Frere Jacques")

Planting flowers, Planting  
flowers,  
In the ground, In the ground,  
Water them and they grow,  
Water them and they grow,  
All around, All around.



### **It is Spring**

(Sung to the tune of "If you're Happy and You know it")

It is spring and it's time to fly a kite.  
It is spring and it's time to fly a kite.  
It is spring, that the season!  
We don't need a better reason!  
It is spring and it's time to fly a kite.

(From Scholastic)