



AOK Family Connect Newsletter

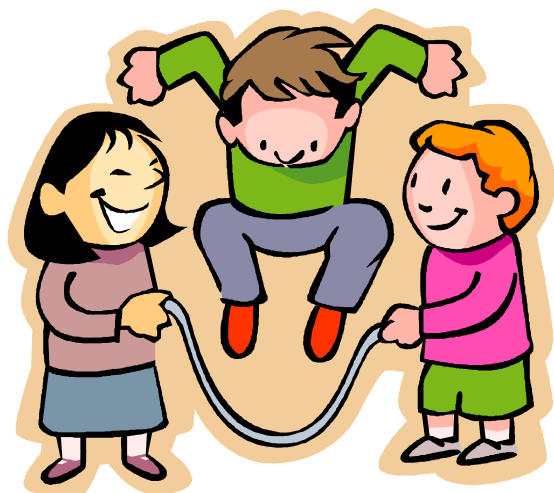
March / April 2010

All Our Kids (AOK) Early Childhood Networks
Communities build what they dream
Families get what they need
Children thrive

Keeping Kids Movin'

Prevent Childhood Obesity

1. **Find a fun activity.** Help your child find a sport that she enjoys. The more she enjoys the activity, the more likely it is that she will continue. Get the entire family involved. It is a great way to spend time together.
2. **Choose an activity that is developmentally appropriate.** For example, a 7- or 8-year-old child is not ready for weight lifting or a 3-mile run, but soccer, bicycle riding, and swimming are all appropriate activities.
3. **Plan ahead.** Make sure your child has a convenient time and place to exercise.
4. **Provide a safe environment.** Make sure your child's equipment and chosen site for the sport or activity are safe. Make sure your child's clothing is comfortable and appropriate.
5. **Provide active toys.** Young children especially need easy access to balls, jump ropes, and other active toys.
6. **Be a model for your child.** Children who regularly see their parents enjoying sports and physical activity are more likely to do so themselves.
7. **Play with your child.** Help her learn a new sport.
8. **Turn off the TV.** Limit television watching and computer use. The American Academy of Pediatrics recommends no more than 1 to 2 hours of total screen time, including TV, videos, and computers and video games, each day. Use the free time for more physical activities.
9. **Make time for exercise.** Some children are so overscheduled with homework, music lessons, and other planned activities that they do not have time for exercise.
10. **Do not overdo it.** When your child is ready to start, remember to tell her to listen to her body. Exercise and physical activity should not hurt. If this occurs, your child should slow down or try a less vigorous activity. As with any activity, it is important not to overdo it.



KEEPING KIDS MOVIN' EXPO

Join us for FREE fun child activities!

Sat. May 1st

1:00—3:00 pm

East Peoria FOLEPI Marketplace

2200 E. Washington Street

A special appearance by

Peoria Chiefs Mascot HOMER!

For more information, contact

Julie Donaldson

Tazewell County Health Department

(309) 925-5511 ext. 266

Early Childhood Programs



Pekin District 108 Screening

Pekin District 108— March 24, 25, & 26. If interested in having your child screened, contact (309) 477- 4730 to schedule an appointment.

(You must live in District 108 boundaries)

Tazewell Woodford Head Start Registration

The following are dates registration will be held in the community.

***Appointments are required.**

Pekin Registration dates:

Fri. March 19th (8am-3pm)

Wed. April 14th (8am-3pm)

Thurs. April 15th (8am-3pm)

Call (309) 347-1971

East Peoria Registration dates:

Wed. April 28th (8am-3pm)

Thurs. April 29th (8am-3pm)

Call (309) 699-6843



Developmental Milestones

By 2 years, most children...

- Give toys on request
 - Kick large ball
 - Turn pages in a book (two or three at a time)
 - Ask for items by name
- Use two or three words together

By 3 years, most children...

- Walk up stairs holding railing
 - Stand momentarily on one foot
 - Open doors
 - Unbutton large buttons
- Stack objects graduated in size

By 4 years, most children...

- Can hop in place,
- Copy a circle
- Know own sex, age, last name
- Point to six basic colors when asked
- Ride a tricycle
- Wash hands unassisted
- Begin to play with other children

Answer verbally to "Hi" and "How are you?"

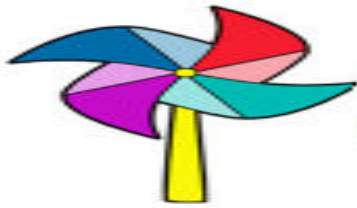
By 5 years, most children...

- Run on tiptoe, Can skip
 - Print a few capital letters
 - Recognize their name in print
 - Play cooperatively with others
 - Understand "yesterday" and "tomorrow"
- Use sentences with correct grammar



Tazewell County Health Department





Turning Choices Into Change...
Making a Difference for Children!

April is Child Abuse Prevention Month

Children are our future and their early years significantly impact their future successes. As citizens we are responsible for ensuring that all parents and families have access to the support, information and services they need to succeed. To learn more about child abuse prevention and how you can become involved go to www.preventchildabuseillinois.org.

Tri- County Child Abuse Prevention Council presents:

Parent Retreat

Stress is often a big part of parenting. At the Parent Retreat, parent's will learn how to take care of themselves in order to better take care of their children. All parents are invited to attend & limited babysitting will be available upon reservation. Lunch will be provided for those that participate in the parent retreat. Registration is required!

Date: Tuesday, April 13th

Location: Valeska Hinton Early Childhood Center

Registration begins: 9:30am

Program: 10:00am—12:00pm

Register for this event contact:

Michelle Spanbauer, Counseling and Family Services

1821 N Knoxville, Peoria IL 61603

(309)682-4621 mspanbauerf2f@yahoo.com



**1 out of 5 car seats are installed properly
Is yours?**

FREE Child Passenger Safety Check Event

Date: Saturday, April 24th

Time: 9:00am—12:00pm

Location: Mike Murphy Ford
565 W. Jackson St.
Morton, IL 61550

Nationally trained Child Passenger Safety Technicians will be available to check child restraints and educate parents & caregivers on best practices.



Community Events



March

- 3rd—East Peoria Fire Dept. Car Seat Check (1-4pm)
- 12th—Delavan Community Family Night (5:30-8:30pm)
- 18th—Pekin Fire Dept. Car Seat Check (1-4pm)

April

- 7th—East Peoria Fire Dept. Car Seat Check (1-4pm)
- 13th—TriCAP—Parent Retreat (10am-12pm)
- 15th—Pekin Fire Dept. Car Seat Check (1-4pm)
- 24th—Mike Murphy Ford Car Seat Check (9am-12pm)

May

- 1st—EP Glad Tidings Church Bike Rodeo (10am-12pm)
- 1st—Keeping Kids Movin' Expo EP (1-3pm)
- 4th—Pekin 108 Family Education Center Community Night
- 5th—East Peoria Fire Dept. Car Seat Check (1-4pm)
- 6th—Mental Health Awareness Day
- 8th—Race for the Cure (Peoria)
- 11th—Pekin Library 1-2-3 Magic & Behavioral Fair
- 20th—Pekin Fire Dept. Car Seat Check (1-4pm)



Tazewell County Health Department