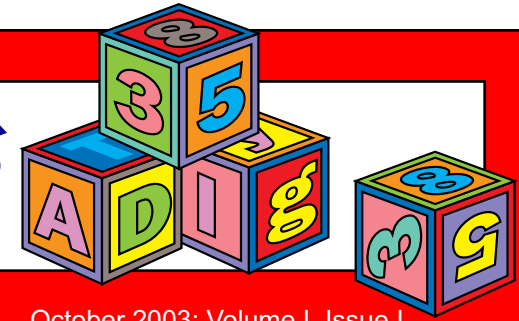


# PRESCHOOL PRESS



A Publication of the Anchorage School District Special Education Parent Resource Center  
and the Elementary Special Education Department

October 2003; Volume I, Issue I

## IN THIS ISSUE

In the first issue of the Preschool Press, you will find articles for parents and preschool children on the following topics:

Halloween Safety  
TV and the Preschooler  
Nutrition - Healthy Halloween Alternatives!  
Healthy Kids - How to Avoid Choking Hazards  
3-4-5's - Developing Along the Way  
Community Focus - Our Library  
Important Numbers to Remember  
Buddy Bears Programs

## ABOUT THE PRESCHOOL PRESS

This publication is designed for preschool families in the Anchorage School District - it is delivered via email early third Thursday of the month - to order, email [fraczek\\_eudora@asdk12.org](mailto:fraczek_eudora@asdk12.org) or call 742-3872.

## HALLOWEEN SAFETY

Parenthood.com has a great article with tips from the American Academy of Pediatrics on staying safe during the Halloween season - here are a few ideas on dressing up for Halloween:  
All Dressed Up...



- \* Because they can obstruct a child's vision, masks are not recommended. If a child wears makeup, parents should look for non-toxic, hypoallergenic kits.
- \* Costumes should be flame-retardant and fit properly. Avoid oversized shoes, high heels, and long skirts or pants that could cause a child to fall.
- \* Children who will be trick-or-treating after dusk should have reflective tape on their costumes and carry flashlights.

To read more tips, go to: [http://topics-az.parenthood.com/articles.html?article\\_id=1160](http://topics-az.parenthood.com/articles.html?article_id=1160).

## **TV AND THE PRESCHOOLER**

The American Academy of Pediatrics has written some wonderful guidelines for parents to use when trying to decide how much is the right amount of television for young children - here are their recommendations:

Limit children's total media time to no more than 1 to 2 hours per day.

Remove television sets from children's bedrooms.

Discourage television viewing for children younger than 2 years.

View television programs along with children, and discuss the content.

To read their recommendations in full, go to: <http://www.aap.org/policy/re0043.html>.



## **HOW TO AVOID CHOKING HAZARDS**

Hard candy is one of the top choking hazards for young children - as Halloween approaches it is a good time of year to review a list of foods and household objects that are choking hazards for children under the age of 5. For a great list, visit the HealthNet website article "20 Tips to Prevent a Child from Choking" at: [http://www.healthnetfederalservices.com/bene/bh6\\_4\\_10\\_tip10.asp](http://www.healthnetfederalservices.com/bene/bh6_4_10_tip10.asp).

## **HEALTHY HALLOWEEN TREATS**

Want to try some new Halloween treats that are healthy - snacks like "ghost cookies, witches brew, pumpkin faces and spooky sandwich puzzles"? - if so, check out the Preschool Education website this month. The recipes can all be found at: <http://www.preschooleducation.com/challoween.shtml>.

Other websites that include healthy snacks are:

Parent's Place - [http://www.parentsplace.com/features/halloween/articles/0.10335.258726\\_109840.00.html](http://www.parentsplace.com/features/halloween/articles/0.10335.258726_109840.00.html)

Culinary.net - <http://www.culinary.net/articlesfeatures/nutritionhealth/halloweencandy.html>

ChildFun Family - <http://childfun.com/modules.php?name=Topics>





### **3-4-5'S DEVELOPING ALONG THE WAY**

This article is designed to bring information about the developmental stages of a typical preschooler. For this first issue, we'd like to make sure that all parents and preschool program professionals are aware of the Bright Futures website - <http://www.brightfutures.org/>.

Bright Futures is a national health promotion initiative dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, the child, the family, and the community as partners in health practice. Bright Futures publications, training tools, and distance education materials embody this mission and present age-appropriate strategies to:

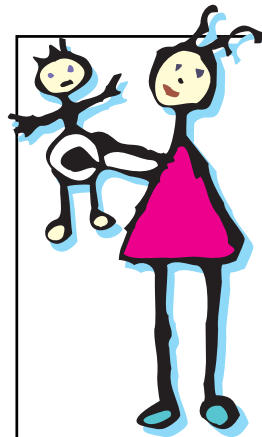
- Promote healthy behaviors
- Reduce morbidity and mortality
- Develop partnerships between health professionals, families, and communities
- Improve health outcomes.

### **COMMUNITY FOCUS - OUR PUBLIC LIBRARY**

The Anchorage Public Library website includes a book list for families with 3-5 year old children. This book list can be found on the Library Kid's Page at: <http://lexicon.ci.anchorage.ak.us/kidpage.shtml>.



### **TREASURE CHEST OF IMPORTANT PHONE NUMBERS**



Child Check 753-8235  
Southcentral Hotline 563-3200  
Denali Kidcare 269-6529  
WIC 343-4668  
Poison Control 800-222-1222  
Childcare Connection 278-2273