

# PRESCHOOL PRESS



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

December 2003; Volume 1, Issue 3

## **IN THIS ISSUE**

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

Winter Activities for Holiday Break  
Toy Recalls  
Choosing Books for Preschoolers?  
Exercise in the Winter Months  
3-4-5's - Choosing Appropriate Toys  
Community Focus - Community Cache  
Important Numbers to Remember

## **ABOUT THE PRESCHOOL PRESS**

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

## **WINTER ACTIVITIES FOR THE HOLIDAY BREAK**

Vacations from school or daycare are fun but challenging. Here are some ideas for winter activities for young children at home:

Indoor art and finger play activities  
at Family TLC -

[http://familytlc.net/issues/  
january2003/](http://familytlc.net/issues/january2003/)

Snow Painting -

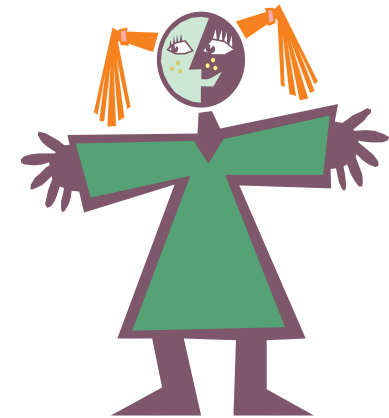
<http://preschoolerstoday.com/resources/articles/winterfun.htm>

Eagle River Nature Center outdoor fun - <http://www.ernc.org/>

[Calendar/prog\\_12.html](http://www.ernc.org/Calendar/prog_12.html)

Imaginarium Science Workshops for Preschool and Kindergarten -

<http://www.imaginarium.org/programs/preschool.html>



## **TOY RECALLS**

At holiday time we all purchase new and fancy toys - an easy way to track any toy recalls is the web - here are some websites that focus on toy and product recalls:

U.S. Consumer Product Safety Commission

<http://www.cpsc.gov/>

Infant and Child Related  
Recalls -

<http://>

[www.safetyalerts.com/  
rcls/category/child.htm](http://www.safetyalerts.com/rcls/category/child.htm)

SafeChild.net Toy Recall  
Database -

[http://www.safechild.net/  
toyrecalldatabase/](http://www.safechild.net/toyrecalldatabase/)



## **CHOOSING BOOKS FOR PRESCHOOLERS**

Why should holiday gifts include some books for preschoolers? Children are excited by books that speak to them and their experiences. They love familiar sights and stories, but also love novelty and challenge.



The Oklahoma Department of Human Services has a lengthy article to help parents and preschool providers choose appropriate books for children - [http://  
www.okdhs.org/childcare/ProviderInfo/Literacy/  
HowToChooseQuality.htm](http://www.okdhs.org/childcare/ProviderInfo/Literacy/HowToChooseQuality.htm).

## **EXERCISE IN THE WINTER MONTHS**

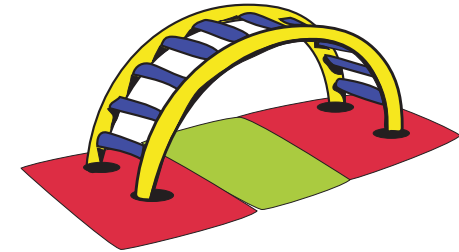
The American Heart Association reminds all parents that increased physical activity has been associated with an increased life expectancy and decreased risk of cardiovascular disease. Physical activity produces overall physical, psychological and social benefits. Inactive children are likely to become inactive adults. All children age 2 and older should participate in at least 30 minutes of enjoyable, moderate-intensity activities every day.

An excellent article on the topic is at: <http://www.americanheart.org/presenter.jhtml?identifier=4596>.



**3-4-5'S DEVELOPING ALONG THE WAY -  
CHOOSING DEVELOPMENTALLY APPROPRIATE TOYS**

This article is designed to bring information about the developmental stages of a typical preschooler. As the holidays approach parents are checking their lists twice and on the lookout for the best toys for their children. Choosing toys is not an easy venture - Seattle Children's Hospital and Medical Center has a great online document entitled Toys and Play for Preschoolers - 3,4,5 Year Olds located at: [www.seattlechildrens.org/child\\_health\\_safety/pdf/flyers/Preschoolers.pdf](http://www.seattlechildrens.org/child_health_safety/pdf/flyers/Preschoolers.pdf).



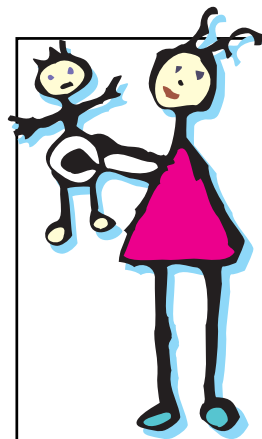
A note about toy safety - always look for toys that may be dangerous for your aged child, including potential choking hazards. Examples of potentially dangerous toys (choking hazards, strangulation hazards, dangerously loud toys and potentially toxic toys) are found on ToySafety.net at: <http://toysafety.net/toysafety.asp?id2=8500&id3=toysafety2002&>

**COMMUNITY FOCUS -  
COMMUNITY CACHE**

A complete listing of classes, activities and programs is listed in the "Community Cache" available at your local Community School, Libraries, Parks and Recreation facilities, and at the ASD Community Education office, located at 4600 DeBarr Rd. or go to: [http://www.asdk12.org/depts/Community\\_Ed/schools/](http://www.asdk12.org/depts/Community_Ed/schools/).



**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