

By NORTON COUNTY DAYCARE PROVIDERS
February is...
 American Heart Month
 Bake for Family Fun Month
 Library Lovers' Month
 National African American History Month
 National Cherry Month
 National Children's Dental Health Month
 Sweet Potato Month

I LOVE YOU
 Invite your child to snuggle up with you in your favorite chair. Talk in quiet, relaxed voices.

Listen to your child when she's talking. Let her know by your eyes, gestures, and comments that you're paying attention.

Open a new box of crayons, and let your child color on paper bags or the want ad pages of your newspaper.

Visit a special place such as the zoo or local children's museum with your child.

Encourage your child to try new things. Give him support along the way.

Yell when you're outside. Listen for echoes. Yell again. Do the echoes sound the same?

Offer your child choices whenever possible.

Use your child's suggestions for snacks and meals. Let him help prepare the foods.

Game Activity
 Here's a game you can play anywhere, anytime — riding in the car, waiting in line or at the doctor's office. Think of two common objects and ask your child which one is bigger.

A grape or an apple.
 A cat or a cow.
 A house or a bicycle.
 When this gets old, or you can't think of any more objects, switch the game by asking which is littler?

Finally, give your child a turn and be patient at some of the more bizarre combinations. That's the way kids learn.

Cleaning a room teaches order

Did you know that cleaning up a room can help a child get ready for school? It can — by teaching her order and structure.

In her room, everything should have a place where it belongs.

Toys, for example, each have their place. Teddy bear goes here, the doll goes there, the ball here, the books over there.

As a child learns about individual objects and the places they go, she is learning basic lessons about space and how objects are organized in space.

Later on in school, this concept will help her learn the difference between "b" and "d," "p" and "q."

Art
 Scribblers just can't help themselves. They've just got to close their fists around those fat crayons and scribble. Around and around they go, in circles, zigzags, blurs and blobs. Unfortunately, scribblers sometimes like to use the walls for their canvases.

If you provide an alternative for the scribbler, like a large chalkboard and colored chalk, an easel with newspaper and paint, or lots of plain paper (the back of computer printouts, recycled paper, or a roll of shelf paper) you'll have fewer pictures on your walls.

Scribbling may look like nonsense to adults, but there is some sense in it for a child. When children learn to stop their arm movements in time, those big circles becomes faces.

Tight, round scribbles make eyes, looser ones make curly hair. Sweeping lines stop short for arms, fingers, mouths and spiky hair. Pounding with the point of the crayon makes snow.

Scribbling is necessary preparation for drawing and writing, too. But, it's hard to know what to say when you're presented with a scribbles work of art. "I really like purple scribbles" is probably the most honest, appreciative and gracious thing you can say!

Family — ABC Book
 An album stocked with fun photos of all your relatives, and

family pets, helps bridge the gap between long distance.

For each letter of the alphabet, think of someone, something special to the family, pet or favorite food that you may eat at a distant relatives house. Help to cut the photos to fit the page, and let the child try to write the letter first, (remembering this is their book) you may finish with a nice neat letter somewhere on the page. For I, you could use Irish, (if that should be in your family) and for Y add a mirror, so that YOU are in the book!

Your children will never get tired of looking at this book. And it will help perpetuate a sense of distance between distant relatives. So next time you say "We are going to go and visit your Aunt Melissa this weekend" your child will be able to recognize and remember.

Dance with your baby
 Why not? A baby learns from the movement she experiences as she is being lifted, held, carried and cared for as well as from the movements of her own body.

An infant's nervous system is not yet completely developed and she startles easily. A loud noise, a sudden movement or loss of support can be frightening to her. However, gentle rhythmic motion is soothing. This is why babies respond to being rocked or walked when they are uncomfortable or wakeful.

But dancing? Yes, dancing! Remember, babies learn from being moved as well as from moving. A very young baby can not yet learn from rapid or jerky movements, but she can learn from smooth, rhythmic changes of position.

So, if you enjoy moving to music, you baby will likely enjoy it, too. Find some music that is soft and rhythmic. Hold your baby gently, but firmly, so that she feels secure. Then sway from side to side, move forward and backward, turn and twist in time to the music.

Your movements will stimulate

the sense organs deep within the baby's ears. The sensations she experiences will help her develop the position sense and balance she will need when she tries to sit, stand, and walk later on.

If you hum along with the music, your baby will get additional stimulation from the vibration of your chest.

If you enjoy moving to music, your pleasure will communicate itself to your baby as you hold her.

Sweet music and gentle movements while holding your baby securely are the ingredients for some happy moments for both of you.

Cold weather play Indoor playland

Create an indoor "playland" with a pillow, a 6 foot long rope, card table, blanket, and an empty cardboard box. Using these items listed, create an "obstacle course" inside. Use the cardboard box to crawl through, rope on the floor as a balance beam, card table with a blanket to go under, and the pillow to go over. Demonstrate the path and action at each item and run or walk quickly between items. Children can go one at a time and then repeat several times.

Organization Ideas to help you get organized!

I use a shower caddy with multiple compartments to organize my children's school and craft supplies. There's plenty of room for marker, crayons, glue, and more. Plus it's very durable and we can take it with us most places.

A cheap or inexpensive toy storage idea is to decorate cardboard boxes with pictures from magazines. Find the box that is right for your needs and let your kids help cut and paste, you can even draw on them! And this way the can make a "NEW" toy box every few months. It's a fun way to recycle.

Craft Valentine Greeting Card

This Valentine card is sure to be a hands-down favorite! On skin-toned paper, trace the hands of your children and cut the shapes

out. Next, have the child color on a sheet of construction paper a picture of himself with his arms outstretched. Help him glue his hand cutouts to the end of the arms he drew. When the glue is dried, fold the paper in half, card style. Glue a heart cutout on the front of the card; then label the front and inside of the card as shown. Front: Guess how much I Love You? Inside: This Much! Now he has just made a one of a kind card!

Snacks
 You'll need:
 Favorite bread
 Softened low-fat cream cheese
 Cranberry juice
 Several heart-shaped cookie cutters

Before snack time, have the children help you mix a little juice with the cream cheese. Watch it turn pink as you mix.

Take your cookie cutter and stamp a heart out to the bread. Using your cream cheese, spread it over your heart. You now have a heart healthy snack!

Fruit for snack
 Using a watermelon, cut it into quarter to half inch thick slices (leave as a circle, not a traditional

triangle). Using a heart cookie cutter, stamp out hearts of the slice of watermelon. You now have a piece of watermelon in the shape of a heart. With the help of an adult, carefully place two tooth picks in heart. To resemble an arrow. Using the orange, cut slices of the orange into two triangles, one small and one large. Place on tooth picks. Should show an arrow going through the heart. Sure to be a hit at parties where tons of sugar will be.

Dental health month
 Preschool dental health music and movement
 Add your own brushing movements and sing the Brush your Teeth lyrics to "Row, row, row, your boat."

*Brush your teeth
 Brush, brush, brush your teeth,
 At least two times a day.
 Cleaning, cleaning, cleaning,
 cleaning
 Fighting tooth decay.*

*Brush, brush, brush your teeth.
 Brush them everyday.
 Up and down, and round and round
 Scrub the germs away.*

JENNINGS NEWS

By LOUISE CRESSLER

Keith and Helen Muirhead went to Salina to visit their daughter Tamala Schultz and Kolten. They also went to watch Kolten play basketball. They helped Tamala do some painting. On the way home they enjoyed one of their Dance Club dances at Hays.

Wayne and Louise Cressler enjoyed visiting at the home of their son, Russell Cressler.

Bison Sunday. Others visiting also were: Robert Cressler, Trenton and Zachary; Amber and Johnny Klassen, Keith, Landon, Issac and Leah from La Crosse.

Frances Bader will be filing tax returns free for low to middle income families. This service is sponsored by American Association

of Retired Persons (AARP). For tax aid, contact Frances at 785-678-2659.



The Sunflower Senior Potluck Supper will be held at 6 p.m., Feb. 12. Bingo will be played following the meal. Everyone is invited to attend. Bring a \$3 bingo prize with you.

The Jennings City Council met Thursday, Feb. 7 at in the Senior Center.

United Methodist Women met on Feb. 6. Roll call was: "One Who Touched Your Heart"; the program, pledge service was lead by Rachel Carter; devotions was given by Louise Cressler; and the hostess was Glenda Johnson. Everyone was asked to bring their pledge offerings.

Happy Valentine's Day


HAPPY VALENTINE'S DAY
 to the
BEST DADDY
 IN THE
WHOLE WORLD!

We Love You!
 Nataley and Lauryn


Holly,
Happy Valentine's Day

*From the first day I met you,
 I knew you were special
 and I wanted to spend
 the rest of my life with you.
 You are my best friend.
 I Love You!*




Forever N ever,
 Love your husband Cory

Tiny Hearts, Big Love





*We
 love
 you
 Daddy!*



Coral and Tyler

To Doris,
*I am sorry for all the hurt
 which I have caused.
 Please forgive me.
 I am truly blessed to have
 you and the kids. I need
 and love you very much.*

Love,
 Bob

MITCH
Happy Valentine's Day

You are a great guy and very caring and loving. That's why I love you so much!

Love, Becky


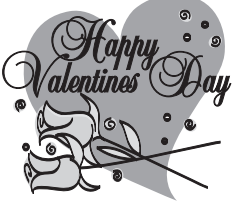
To Darcie, Chad, Nicky, Devin, Tiffany, Scotty and Kelsey



Please forgive me for the things I said and for the things I've done which were wrong. I need and love each of you very much.

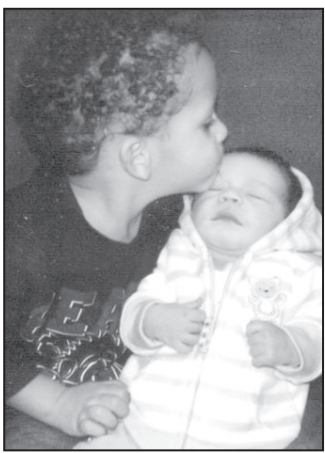
LOVE, DAD

Roses are red
 Violets are purple
 I Love You
 more than
 maple syruple





Love, Carolyn
 1 - 4 - 3 !!

We Love You Both - Ayden and Kamran



Grandma Jean
 and Great
 Grandma Marcelle



Lisa Marie and Angela Marie



We are thankful every day to have been blessed with two such wonderful daughters. We love you both very much!



WE'RE SO PROUD OF BOTH OF YOU
 Love, Dad and Mom