

NORTH CAROLINA CHILD CARE HEALTH AND SAFETY BULLETIN

NORTH CAROLINA CHILD CARE HEALTH AND SAFETY RESOURCE CENTER

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The NC Child Care Health and Safety Resource Center promotes safe and healthy environments for children in child care settings. Project Director: Dr. Jonathan Kotch, MD, MPH, FAAP.

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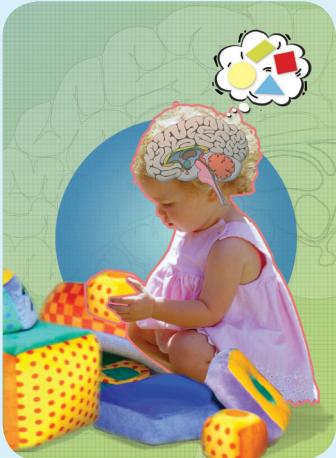


Early educators can greatly influence the children in their care. As children's bodies are developing early educators can support that development. They can offer activities that allow children to learn about their bodies and practice skills. Children, like adults, can participate in active physical play when their bodies are strong and flexible. As they gain skills, they approach active play with increasing confidence and pleasure.

In this summer edition of the Bulletin, pages 2 through 11 discuss a body part, such as head, hands, or hips. Activities for infants, toddlers and preschoolers follow and can be used as the starting point for planning curriculum about the body.

Yoga poses are included to encourage early educators to engage in regular exercises with young children. In addition to strengthening muscles and increasing flexibility, yoga helps children concentrate and learn self-discipline. It increases body awareness. The steady, deep breathing calms the mind, and reduces stress. Yoga is a practice that can be followed throughout life.

Each page has the following additional resources: *Books for Children*, *tips For Educators*, and *tips For Families*. Enjoy spending time this summer exploring the body.



**You have brains in your head.
You have feet in your shoes.
You can steer yourself in any
direction you choose.**

~ Dr. Suess

For Families

While playing with bubbles children explore both sight and touch. The transparent, sometimes colorful, round bubble floats by and pops when a child touches it. Preschoolers can learn to blow bubbles themselves. Children of all ages and abilities can catch bubbles before they get away!

For Educators

Children's brains develop rapidly during the first four years of life. At ten months, children begin to understand their native language. By three years old, they can hold two emotions in their minds at once. Positive interactions with adults help children develop the social and emotional skills that build confidence and support learning.

Use Your Head

The head is an amazing part of the body. It contains the brain, which is responsible for everything a person does. It is also home to the sense organs that allow humans to experience sights, sound, smells, and taste. Have children use their heads with these activities.

Ears Hear Fill small containers with items, such as buttons or paper clips, to make shakers. Secure containers tightly with tape or glue. Play music. Help infants and toddlers shake to the beat.

Have preschoolers test their ability to recognize sounds by identifying objects while blindfolded. One child makes a noise: jingling coins in a jar, clapping hands, bouncing balls or crumpling paper. The child who is blindfolded listens. What made the sound?

Eyes See Infants learning to grasp the concept of object permanence enjoy finding "hidden" toys. While an infant watches, place a toy under a blanket or inside a box. Ask, "Where is the toy?" Look together. Respond enthusiastically, "You found it!"

Set up several types of mirrors around the room. Invite toddlers and preschoolers to point out places where they see their reflections. Talk about what a reflection is: "The mirror catches the light and creates a picture of my face."

Noses Smell Smells are everywhere. While outdoors, introduce infants and toddlers to the smell of a pine tree, flowers, or cut grass. Smells influence taste. During lunch, sniff, sniff, sniff the food served. "This applesauce smells yummy."

Put objects with distinct smells in small containers. Poke holes in the top of the containers. Use familiar scents, such as peanut butter, banana, or orange juice. Pour scented liquids on cotton balls.

Mouths Taste Give preschoolers a small plate with foods to sample: sour cream, 2 potato chips, 2 grapes, a slice of a radish. Identify sour, salty, sweet and bitter. "Which do you like best?"

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Capital District Childcare Council. Infants and Toddlers Exploring. Retrieved May 21, 2013 from <http://cdccc.org/Admin/UserFiles/File/TipsheetSensoryInfantExperiences.pdf>

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National Science Teachers Association. Sci link program. Preschool 5 Senses Activity Theme. Retrieved May 7, 2013 from www.preschoolrainbow.org/5senses.htm

Preschoolrainbow.org. Brain Growth and Development. Retrieved May 21, 2013 from www.preschoolrainbow.org/brain-growth.htm



Lion Pose – Sit in a comfortable position. Take a deep breath in. Exhale by opening the mouth and eyes as wide as possible. Roar a loud roar! Exhale again and stretch the tongue out past the lower lip. Roar!

Books for Children

Five Senses (Let's-Read-and-Find-Out Science 1) by Aliki

There Is a Bird On Your Head! by Mo Willems

Heads by Matthew Van Fleet

Neck Up, Shoulders Back!

Children may not spend much time thinking about their necks and shoulders, but their upper bodies are held together by the bones and muscles in the neck and shoulders. They allow people to move freely, look around, shrug and sit and stand up straight. Like the rest of body, the neck and shoulders need physical activity to build strength and flexibility.

Neck and Shoulder Time Infant tummy time is important for many reasons, including shoulder exercise. The way infants begin to naturally push up on their stomachs strengthens their shoulder and neck muscles. It prepares them for rolling over and crawling.

Baby Stretches As early as one month, infants can start exercising. With the help of an adult they begin to discover ways their bodies can move. Lay an infant on her back on the floor. Help the infant grip the educator's forefinger and gently stretch the arms up. Repeat the exercise. Gently stretch the infant's arms out to the side. Pull the arms in across her chest and stretch them out again. If the infant seems tired or uncomfortable, stop the exercises.



Sing and Reach Along. Lead toddlers in the song *Head, Shoulders, Knees and Toes*. Have the children follow along with the words and reach for their different body parts. Sing the song as *Neck, Shoulders, Knees and Toes*.



Long, Long Necks Have preschoolers name animals with particularly long necks. They might list a giraffe, flamingo, Canada goose, or the long necked dinosaur, Apatosaurus. Add books to the science area that explain how long necks stay strong and flexible. Ask children to stretch their necks and pretend to be one of these animals.

References:

- Children's Physician Network. *Neck Pain*. Retrieved June 7, 2013 www.cponline.org/CRS/CRS/pa_neckpain_hhg.htm
Meyerhoff, Michael EDD. Discovery Fit and Health. *How to Exercise with a Newborn*. Retrieved June 6, 2013 from <http://health.howstuffworks.com/pregnancy-and-parenting/baby-health/newborn-development/how-to-exercise-with-a-newborn2.htm>
Waldo, Nicole. *Home Activities for Improving Shoulder Strength in Child*. Retrieved June 3, 2013 from www.livestrong.com/article/421561-home-activities-for-improving-shoulder-strength-in-child/

Standing Forward Bend Stand tall. Reach arms to the sky. Bend forward. Let arms fall towards the floor. Stretch the backs of legs. Slowly nod the head "yes." Shake it "no." Take 3 deep breaths. Slowly roll back up to standing.



Books for Children

Head, Shoulders, Knees, and Toes A Teddy Bear Sing-Along Board Book

Sunshine on My Shoulders by John Denver

Up on Daddy's Shoulders by Matt Berry

**"Gerard was a tall Giraffe
whose neck was long and slim
But his knees were awful crooked
and his legs were rather thin."**

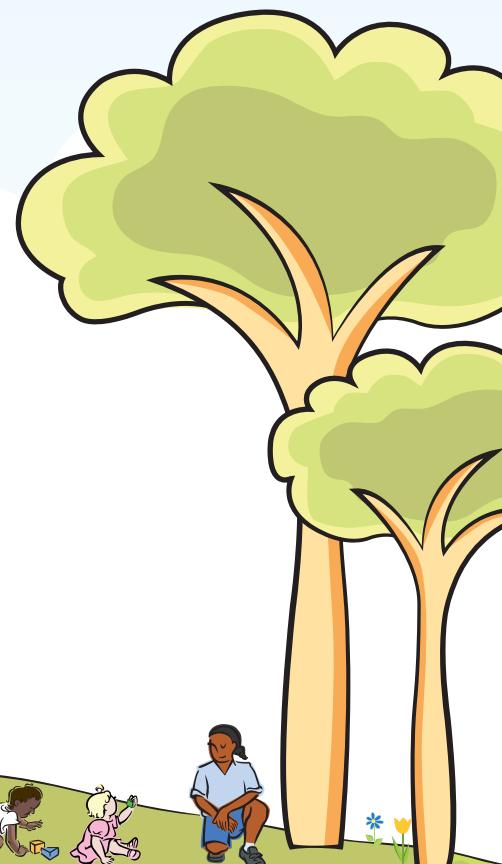
From Giraffes Can't Dance
by Giles Andreae

For Families

If a child complains of pain in the back of the neck, it is usually a temporary problem caused by a strain from sitting in an awkward position, a sports injury, etc. Pain in the front of the neck is usually from a sore throat or swollen lymph node. If pain persists, seek medical advice.

For Educators

Arm circles are a great way to exercise the shoulders. Have preschoolers draw imaginary circles with their arms, first small, then bigger circles. See if children can also draw other shapes. These exercises can be done with both arms and one arm at a time.



Move Your Arms

**"I will say that if you're alive
you've got to flap your arms
and legs, you've got to jump
around a lot..."**

~ Mel Brooks

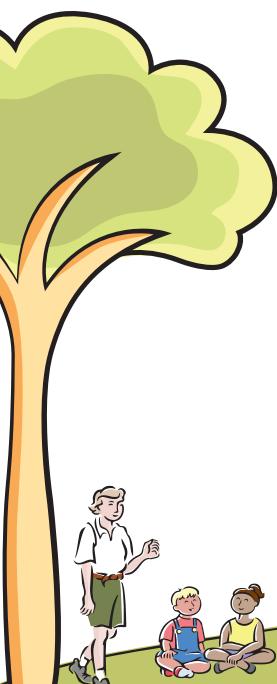
For Families

Everyone three and older, including adults, should engage in moderate to vigorous physical activity daily. Moderate means moving faster than a slow walk. Vigorous means moving as fast as possible and breathing harder than usual. The arms tend to swing naturally during a vigorous walk, making the stride more efficient. Take a walk together in the evening.



For Educators

Infants can toss balls. Toddlers can bounce, chase and throw balls. Many preschoolers can throw balls with increasing accuracy and catch balls with stiff arms. Having several types of developmentally appropriate balls available reduces frustration and the risk of injury. Encourage free ball play. Adjust activities to children's skill level and enjoyment.



The useful arms help with activities, such as throwing, climbing, lifting, reaching, tugging, swimming, crawling, stretching, and especially hugging. Here are a few ways children can work their arm muscles.

Reaching Sit with an infant on an uncluttered floor. Add colorful, textured, noisy toys. Place the infant on her tummy or help her into a sitting position and sit behind her. Grab a toy and show interest in it, encouraging the infant to reach for the toy.



Standing Install a pull-up bar about 15 inches off the ground. Infants use their arms to pull to a standing position and maintain balance on wobbly legs. Place a family photo or non-breakable mirror just above the bar. "Who do you see?"

Target Practice Set out a target such as a big basket or a short wide box. In another basket, have soft, easy-to-toss objects, such as balls, bean bags, and stuffed animals. Have children throw the objects, aiming for the target. Vary the size of the target's opening and the distance from the target according to the children's abilities.



Dance to the Music Lead toddlers and preschoolers in songs with motions, such as *The Hokey Pokey*. "You put your left arm in/and you shake it all about!" Try freestyle arm movements to music. Do types of movements are inspired by different styles of music?

Popping the Corn Gather preschoolers around a parachute or a large bed sheet. Place several small balls in the middle of the parachute. Have children shake the parachute and work together to bounce the balls as high possible without letting them fall outside the parachute. They are "popping the corn."

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A Moment of Science. Why do we Swing our Arms While Walking? Retrieved June 1, 2013 from <http://indianapublicmedia.org/amomentofscience/swing-arms-walking/>

Kidshealth.org. Games for Toddlers. Retrieved May 26, 2013 http://kidshealth.org/parent/growth/learning/toddler_games.html#

Kidshealth.org. Movement, Coordination, and Your 4- to 7-Month-Old. Retrieved May 26, 2013 from <http://kidshealth.org/parent/growth/movement/move47m.html>



Eagle Arms Pose Lift one arm in front of chest, elbow bent, fingers reaching up. Circle the other arm under the first, so that the hands meet. Breathe. Lift arms high. Bring arms down and release them. Spread arms (wings) wide. Repeat, starting with the other arm.

Books for Children

In Grandma's Arms by Jayne C. Shelton

Reginald's Broken Arm by Jennifer Hall

Can I Play Too? by Mo Willems



Hands On

Children use hands and fingers to explore, learn, communicate, and engage in active play. They grip tightly to grasp grown-ups' fingers, climb ladders, ride trikes, and hold crayons, spoons, and balls. Strong and flexible, the hand is composed of 4 fingers, 1 thumb, a palm, muscles, and 27 bones.

Tug-the-Scarf Place the end of a brightly colored scarf in the infant's grasp. Tug it gently. Help the infant to hang on, feel the resistance and even tug back.

Build It Up... Knock It Down! Sit on the floor with toddlers in the block area. Use small blocks to build a tower. Hand a block to the child to place on the stack. Count: 1...2...3...4 and then BOOM! Knock them over! Repeat. Build taller towers as children get more skillful. Add a lightweight pail for toddlers to fill and empty.

I Can Dress Myself! Put doll and dress-up clothing with buttons, zippers and laces in dramatic play area. Host dress-up days for special occasions. Preschoolers can dress themselves and their dolls/stuffed animals in rain gear and head out for a puddle walk.

Creative Hands Set out paper and 3-4 colors of finger paints. Have children paint with their fingers and hands. What can they create using colorful whole hand, thumb, and finger prints? Modern art? A landscape? Animals of various kinds?



Painting by Calla, age 4

Monkey See, Monkey Do At circle time, show pictures of animals using paws climb, walk and eat. Place pictures of animals in a hat. On the playground a child picks a picture out of the hat and imitates that animal's movements. Climb like a monkey! Move on all fours like a lion, a dog, or a mouse. At snack time, be raccoons and eat finger foods with "paws".

References:

Developing Hands and Fingers: An Activity Guide for Under-Fives. Retrieved May 21, 2013 from www.sporttaranaki.org.nz/pdf/20100812154725286.pdf

Hoecker J. (2013). *Is baby sign language worthwhile?* Retrieved May 15, 2013 from www.mayoclinic.com/health/baby-sign-language/AN02127

UNICEF. *Early Childhood Development Kit: A Treasure Box of Activities*. Retrieved May 21, 2013 from www.unicef.org/earlychildhood/files/Activity_Guide.pdf



Downward Dog Pose Get on hands and knees. Curl toes under. Press hands and fingers into the mat. Push hips up, making an upside-down V shape. Take a few deep breaths, looking back at feet.

Books for Children

My Hands/Mis Manos by Aliki

The Kissing Hand/Un Beso en Mi Mano by Audrey Penn

Hands Can by Cheryl Hudson

I can change the world
With my own two hands
Make it a better place
With my own two hands
Make it a kinder place
With my own two hands

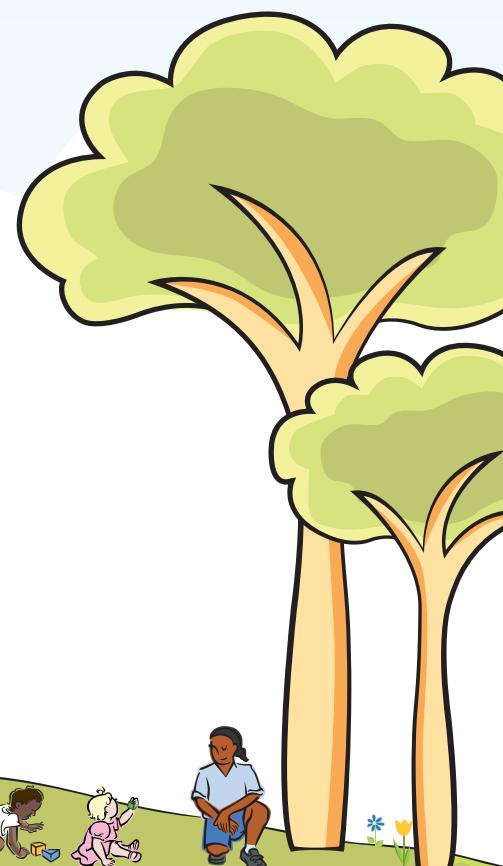
~ Song lyrics by Jack Johnson

For Families

Children use fine and gross motor skills during active play. As they grow and develop, the games and activities children engage in require them to use their hands with increasing skill. Offer children toys that develop fine motor skills, such as balls, building toys that link together, and drawing materials.

For Educators

Use signing to communicate with older infants and young toddlers. Begin with signs for routine activities. Use signs and words together: "Do you want *more milk??*" "You want to *read a book!*" "Are you *tired??*" Reinforce their attempts at signing by repeating the sign and saying the word. Resource: www.handspeak.com.



**"All I really need is
A song in my heart,
Food in my belly and
Love in my family."**

~ Raffi



For Families

Include tummy as one of the body parts children learn while playing naming games. "Where's your tummy? Can you stretch your tummy and reach for the stars?" "Can you bend your tummy and touch your toes?" "Can you make a belly laugh?" Tell very funny jokes. Listen for the belly laughs.

For Educators

During supervised "tummy time", infants strengthen their abdominal muscles. They begin to push up, lift their heads, and flex their necks. Supervise tummy time by staying within arm's reach and keeping an 'eye' on the infant. Offer tummy time frequently throughout the day, when infants are alert and content. Resource: http://pathways.org/lower-left-nav/pathways-videos/tummy-time-english-and-espanol1#.UdMUq2zD_EY

The Ticklish Tummy

The tummy, located in the middle and front of the body, is known as the stomach, abdomen or belly. Abdominal muscles support the core of the body and assist the movements of the back, arms and legs. Infant and toddler tummies are often rounded. As children grow into preschoolers their abdominal muscles get stronger and lengthen.

Upsa Daisy! After an infant has developed neck support, they are ready for a tummy strengthening game. After each diaper change, hold the infant's hands and slowly help her raise her torso into a sitting position. "1, 2, 3....Upsa Daisy!" Slowly lower her back down. This helps develop proper sitting posture. The infant will begin to look forward to this game.

Round and Round the Garden Toddlers can do this activity inside or in the outdoor learning environment.

Round and round the garden (*Children trace a circle on their tummy.*)
Goes the teddy bear. (*Keep tracing a circle.*)
One step, two steps (*Take "steps" with fingers.*)
Tickle under there! (*Tickle under arm.*)

"Rub a Dubs" Use one hand to demonstrate how to rub a circle on the tummy. Ask children to copy the movement. Stop. Ask children to pat their heads with the other hand. Now rub the tummy and pat the head. Change it up. Pat the tummy and rub the head. Feel the belly laugh that often accompanies this activity.

Pin the Belly Button on Me Ask children to lie down on a big sheet of paper. With a marker, draw an outline of the child's body on the paper. Ask children to decorate their paper bodies and then hang them up. Give each child a "sticker" belly button to place on their paper body. Ask, "Which animals have belly buttons? Why are there belly buttons?"

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Missouri State University Libraries. *Favorite Fingerplays and Bouncing Rhymes*. Retrieved May 14, 2013 from <http://library.missouristate.edu/meyer/crc/fingerplays.pdf>

Science Blog for Students and Teachers. *Fun Size: Brain Gym*. Retrieved May 15, 2013 from <http://beckydaw.edublogs.org/files/2007/09/braingym.pdf>

Trunk Strengthening Exercises for Infants. Retrieved July 3, 2013 from www.livestrong.com/article/534502-trunk-strengthening-exercises-for-infants



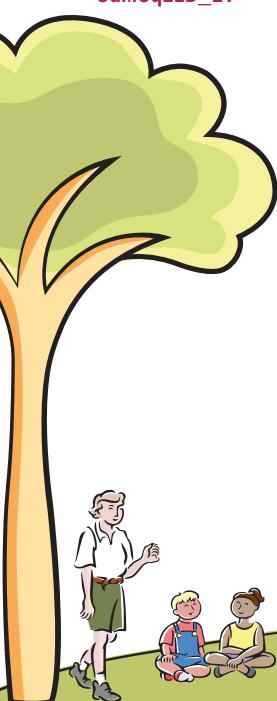
Upward Dog: Lie on the floor on the tummy. Place palms beside the head. Slowly lift the head, chest and stomach off the floor and extend the arms into "Upward Dog."

Books for Children

The Great Bellybutton Cover-Up by Susan Ross

Madeline by Louis Bemelmans

My First Body Board Book by Dorling Kindersley

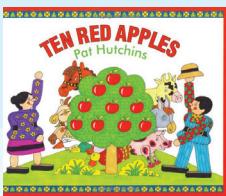


The Mighty Back



The back refers to the "back" part of the body's trunk. The back has muscles and bones that help it stay strong and straight. It contains the spine which protects the central nervous system and the back of the rib cage, which are bones that surround and protect many of the body's major organs. These nerves, bones and muscles connect to the shoulders, arms and legs. A strong and flexible back allows children to move their trunk, arms and legs and engage in active play.

Spider Fingers Stimulate an infant's awareness of his back with gentle touch along the spine. As an infant is being held on the lap or is lying on his tummy, sing *Itsy Bitsy Spider*. The infant's back is the water spout. The adult's fingers are the "spider" that moves up and down the infant's back. Sing the words "down comes the rain," and "wash the spider out" with a sweeping motion.



Apple Picking Make a felt apple tree and ten red apples, each with Velcro on one side. Place the tree on a felt board high enough that the toddlers have to reach up to pick the apples. Count the apples as toddlers stick them on the tree. Then have them pick the apples and place them in a basket. Read *Ten Red Apples* by Pat Hutchins. Then read it as toddlers act out the story.

Back Packing Which animals can carry things on their backs? What does a camel carry inside its hump? How much weight can one ant carry on its back? How about a horse? A human? Have fun discovering the answers together. For example, ants carry 10-50 times more than their body weight. This is because an ant's muscles are thicker than a human's. In addition ants can create more force in a small amount of space.



References:

- Crocker, A. *Preventing Back Pain*. Retrieved June 18, 2013 from www.healthychild.net/HealthandYou.php?article_id=202
United States Department of Agriculture. *Health and Nutrition Information for Preschoolers*. Retrieved July 3, 2013 from www.choosemyplate.gov/preschoolers.html

Superman Pose: Lie on the floor face down. Gazing at the floor, extend arms straight ahead and gently lift arms, legs and face off the floor. Take 3-5 slow breaths in and out in Superman Pose.



Books for Children

Backpack Baby/El Bebé De La Mochila by Miriam Cohen

Twist by Janet Wong

The Greatest Gymnast of All by Stuart J. Murphy

While lying on the grass today
And staring at the sky,
I saw the strangest animals
In clouds that drifted by.

~ Kenn Nesbitt

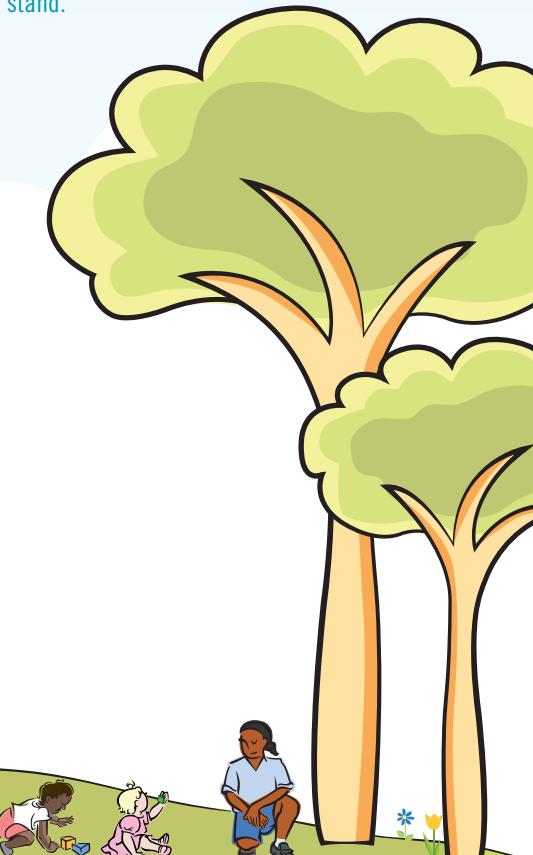


For Families

Adequate calcium intake, along with plenty of protein, vitamins and minerals, support the growth of the bones in the back. Foods with these nutrients also promote muscle and nerve development. For information on *Healthy Eating Tips* go to www.choosemyplate.gov/healthy-eating-tips.html.

For Educators

Lift carefully to prevent back injury while caring for young children. Before lifting, tighten stomach muscles (get skinny) and take a deep breath in. Bend at the knees and hips, and keep the back straight. Pick up the child or object. Exhale slowly while using the legs to rise to a stand.



Shake Your Hips!

"Well, now you shake it to the left
Shake it to the right
You do the hippy shake shake
With all of your might"
~ The Swinging Blue Jeans



Hips are a crucial joint for balance and movement in the human body. They make it possible to sit, stand, walk, crawl, roll over and move the body around freely. Shake your hips to music and see what happens!

Hip Carrying Once infants are old enough to support their own heads, early educators can safely hold an infant on their hips. Hip carrying supports bonding with an infant. It allows the infant to look around and see things from a different view point. Point out the birds, trees and scenery outside. Visit another adult friend and *dance together*.

Safety Tip: To safely pick up an infant, educators should bend at the knees, place hands under the infant's armpits and around the infant's chest, then rise to stand. Carry infants for short periods of time to avoid strain on the educator's back.

Roll the Ball Ask toddlers to sit in a circle facing one another. Show them how to place their feet wide apart so that their hips are naturally stretched out. Have them take turns rolling a large ball to each other.

Catching the ball and rolling it in specific directions requires children to shift their hips around. At first, toddlers may find it difficult to predict where the object will roll. With repetition, children begin thinking about how movement works.

The Hip Bone Read *Dem Bones* by Bob Barner with preschoolers. Have children follow along with this popular song, also known as "The Skeleton Dance."



The thigh bone's connected to the hip bone.

(Point to your thigh, then hip.)

The hip bone's connected to the backbone.

(Point to your hip, then back.)

The backbone's connected to the neck bone.

(Point to your back, then your neck.)

References:

Child Abuse Prevention Fund. *Safe Infant and Toddler Handling*. Retrieved June 24, 2013 from www.chw.org/display/displayFile.asp?docid=48027&filename=/Groups/CAPFund/Safe_Infant_and_Toddler_Handling.pdf

KidsHealth.org. *Movement, Coordination, and Your 8- to 12-Month-Old*. Retrieved June 17, 2013 from <http://kidshealth.org/parent/growth/movement/move812m.html>

McCall, Renee M and Diane H Craft. *Moving with a Purpose: Developing Programs for Preschoolers of All Abilities*. Champaign, Illinois: Human Kinetics; 2000.



Bridge Pose Lay down on the back. Place arms alongside the body. Bend the knees. Place feet flat on the floor. Slowly lift hips towards the ceiling. Breathe in and out several times. Slowly lower hips.

Books for Children

Me and My Amazing Body by Joan Sweeney

Inside Your Outside: All About the Human Body by Tish Rabe

Hip and Hop, Don't Stop! by Jef Czekaj

Legs Are For Moving



The leg is composed of five sections: upper leg, knee, lower leg, ankle, and foot. As children grow, they use their legs in different ways: pushing, pedaling, scooting, creeping, walking, jumping, running, dancing, balancing, and climbing. Early educators can provide activities that strengthen children's legs and support large muscle development. Adapt activities to include children with limited mobility.

Little Kicks! Prop a cookie sheet at an infant's bare feet. It is cool. It makes a sound each time she taps it with her toes. Hold the pan. Kick, kick, kick! Stack lightweight, colorful, plastic cups where an infant can reach them with his feet. Kick, kick, kick, and watch them all fall down! What else can little legs kick?



Kangaroo Hop Encourage toddlers and preschoolers to jump and hop like kangaroos. Kangaroos use their long, powerful legs together to hop everywhere. How fast can a toddler jump from here to there? Count how many hops it takes a preschooler to hop across the outdoor play area.

See how far a preschooler can hop compared to a kangaroo. Tell children kangaroos can cover distances of 30 feet in one leap. Have children use a tape measure to help measure 30 feet from a starting line. Mark that distance with tape. Have children stand at the starting point and jump as far as they can. Mark and label each child's distance. Create a jumping or hopping book. A *kangaroo can jump 30 feet.* [Child's name] can jump ___ feet.

Guess whose?



References:

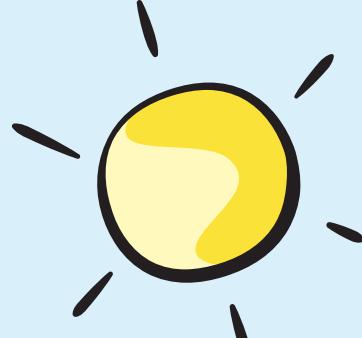
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Teach Preschool. *At Play with Baby: I Can Kick My Feet!* Retrieved May 10, 2013 from www.teachpreschool.org/2011/06/at-play-with-baby-i-can-kick-my-feet/

Tree Pose

Stand with feet together. Extend arms out to the side. Lift one foot and place the bottom of that foot on the other leg. Pretend the standing foot has roots into the ground. Stretch hands up towards the sun like branches. Breathe a few times. Lower the foot to the ground.



You put your left leg in

You take your left leg out

You put your left leg in
and shake it all about

You do the hokey pokey
and turn yourself around

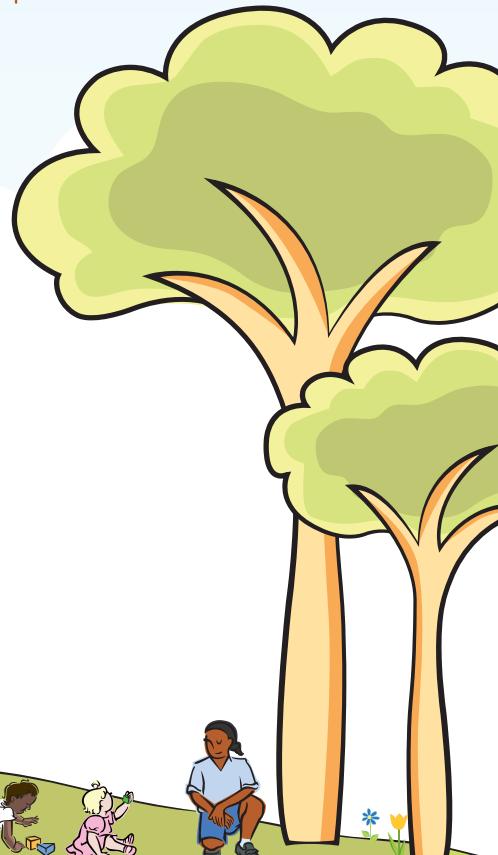
That's what it's all about!

For Families

Common in childhood, "growing pains" are sharp, throbbing pains in the legs. They typically occur at night, and sometimes in late afternoon. They can be strong enough to wake a child. To relieve the pain, massage the aching area, apply a heating pad, and gently stretch and flex the leg.

For Educators

Most toddlers "jump" with both feet stuck to the ground. Two year olds jump off the ground, often with only one foot leaving the ground. As skills develop, preschoolers start to lift both feet off the ground. Design activities that support each child, remembering that children develop at their own rate.



Books for Children

Around the World on Eighty Legs: Animal Poems by Amy Gibson

Eggs and Legs: Counting by Twos by Michael Dahl

My Legs and Feet by Lloyd G. Douglas





Bees' Knees

There came a girl from France
Who didn't know how to dance
The only thing that she could do
Was knees up Mother Brown

Oh, knees up Mother Brown
Knees up Mother Brown
Knees up, knees up,
never let the breeze up,
Knees up Mother Brown



The knee is the largest joint in the body; it provides stability and allows the leg to bend, swivel, and straighten. Joints are the place where two bones meet or connect. Knees and elbows are hinge joints and move like a hinged door.

Knee Riding Game An infant sits on an early educator's knees, facing the educator. Gently bounce the infant while chanting:

This is the way the ladies ride.
Pace, pace, pace, pace, pace.
(Move knees gently up and down)
This is the way the gentlemen ride.
Gallop-a-trot, gallop-a-trot, gallop-a-trot.
(Move knees a little faster)
This is the way the farmers ride.
Hobble-de-hoy, hobble-de-hoy, hobble-de-hoy.
(Move one knee then the other for a bumpy ride)

For Families

Crawling helps develop strong muscles in the arms, shoulders, neck, legs and fingers. It also helps develop visual skills, independence, and exploration. A child will use the opposite arm, opposite leg movement to crawl, which supports communication between the two sides of the brain.

For Educators

Knock-knees describes a condition when a child is standing and the knees touch, but the ankles do not. During early childhood, knock-knees help children maintain balance when walking or when the foot rolls inward or turns out. If the condition does not self-correct by the time a child is six or seven, check for an underlying bone disease.



Crawling Obstacle Course Create an obstacle course for toddlers. On hands and knees they crawl through boxes or chairs made into tunnels. Change the shape of the course. Add a log. Toddlers go inside boxes, under chairs, and over the log. What four-legged animals can children imitate? Oh, here comes a big, brown bear!

Silly Knee Facts for Preschoolers!

- Infants are born without kneecaps, the hard bone on knees. Kneecaps grow as a person gets older. Find the kneecap. Compare kneecaps.
- Some people believe elephants are the only animals with four knees. Actually, elephants, like all tetrapods (animals with four limbs), only have knees on their hind legs. Their front legs have joints similar to wrists.
- Bees have knee joints in their legs. Like the human knee, the bees' knees connect the femur and tibia sections of the leg. Bees do not have kneecaps. Do frogs have kneecaps?
- Guess what it means to say something is "no bigger than a bee's knee."

Reference:

KidsHealth from Nemours. *Knee Injuries*. Retrieved May 13, 2013 from http://kidshealth.org/parent/nutrition_center/exercise_safety/knee_injuries.html



Butterfly Pose

Sit cross-legged on the mat. Press the bottoms of the feet together and drop the knees out to the side. Imagine the legs are colorful wings! Slowly flap the knees up and down like the gentle movement of a butterfly.



Books for Children

The Boo Boo Book by Joy Masoff

The Knee Book by Graham Tether

Whose Knees are These? by Jabari Asim



Foot Loose and Fancy Free

The human foot is one of the most complicated parts of the body and allows people to stand upright, walk, run, and jump.

Wiggle Toes! Play *This Little Piggy* with infants..... and go whee, whee all the way home.



Sticky Feet Children of all ages will enjoy a "sticky walk." Tape edges of a large piece of self-stick adhesive plastic (contact paper) to the floor, sticky side up. Walk on it with bare feet! Watch the "fancy footwork!" Add music. Adults can join in.

Foot Prints Place a large sheet of paper on the floor. Have toddlers and preschoolers make footprints with finger paints. Cut out and laminate the footprints. Velcro or tape the footprints to the floor. Create an obstacle course around the classroom or facility. Left foot, right foot, left. Follow the path. Add adult-size footprints for a comparison of little and big.



Toe Pick-Up Have preschoolers take off their socks and shoes. Challenge them to pick up small toys with their toes and put them in a bucket or basket. Add to the challenge. Who can pick up only yellow objects with her toes? Blue? Red? Green? Talk about how touching with toes feels different than with fingers. Extend the activity with a barefoot walk in the grass, puddles or mud. Who can touch a flower with his toes?

How would you walk? Have children act out ways they would walk in different situations. Say, "How would you walk... if you were on a tightrope or in a puddle? What if you were a baby or an old person? How would you walk if you were a duck or a gorilla?" Point out how the children's feet and toes work differently for each of these.

Reference:

Miller K. *More Things to Do with Toddlers and Twos*. Chelsea, Massachusetts: TelShare Publishing Company; 1984. Page 71.

Foot and Big Toe Pose

Stand with feet hip distance apart. Bend forward, reaching with the hands towards the feet. Grab the big toes with the thumbs and first two fingers of the hand. Breathe in and out slowly 5 times.



**This little piggy went to market,
This little piggy stayed home,
This little piggy had roast beef,
This little piggy had none,
And this little piggy cried,
“Whee! Whee! Whee!”
All the way home.**

For Families

Care for children's feet to prevent problems later. Wash and dry feet well, especially between toes. Cut toenails straight across to prevent them from becoming ingrown. Each day have children go barefoot to exercise their feet and toes. Tickle infants' feet and legs to encourage them to flex and stretch foot muscles.

For Educators

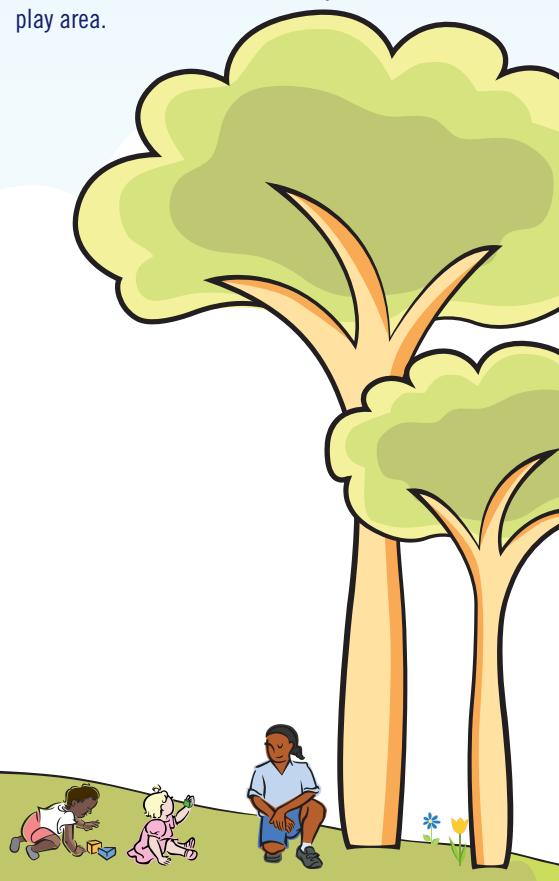
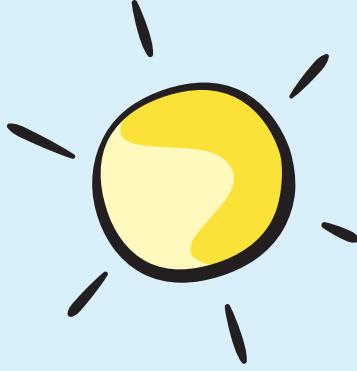
Lead and other toxins in soil can be a hazard when tracked in on shoes. Institute a "no shoe" policy in infant play areas. Remove or cover shoes before entering the play area. Educators and infants in the room may wear shoes, shoe covers, or socks that are used only in that play area.

Books for Children

My Feet by Aliki

One Foot, Two Feet by Peter Maloney

Whose Toes are Those? by Jabari Asim





Healthy
Child Care
North Carolina

POSTMASTER: Please deliver as soon as possible – time dated material enclosed

Bulletin Board

Health and Safety Bulletin Change in Distribution

This issue of the North Carolina Childcare Health and Safety Bulletin will be the last issue **mailed** to child care centers. The Health and Safety Bulletin will be mailed to family child care homes. This year, the Bulletin will be published three times and it will continue to be available online in both English and Spanish. To read and download the latest issue, along with the previous Bulletins, visit www.healthychildcarenc.org/hs_bulletin.htm.

August 1-7 is World Breast Feeding Week

The theme for this year's World Breast Feeding Week (WBW) is "Breast Feeding Support: Close to Mothers." Many mothers get a good initial start on breastfeeding after their child is born. Some find it difficult to maintain breastfeeding in the weeks and months that follow. This is particularly true for mothers who choose to breastfeed exclusively. Mothers who are breastfeeding often benefit from a wide network of support. Traditionally, support came from family members. However, as societies change worldwide, it has grown to include fathers/partners, peers, trained professionals, and employers.

Child care facilities that provide support and encouragement for breastfeeding families make it easier for mothers to continue breastfeeding while their infants are in child care. For information on how child care facilities can support breastfeeding, go to <http://cgbi.sph.unc.edu/child-care>.



July is

UV Safety Month

National Wheelchair Beautification Month

29 - 8/4: Single Working Women's Week



August is

National Immunization Awareness Month

Get Ready for Kindergarten Month

Orange and Papaya Month



September is

Baby Safety Month

America on the Move ~ Month of Action

Childhood Cancer Awareness Month

Fruit & Veggies ~ More Matters Month

National Food Safety Education Month

1 - 7: International Enthusiasm Week

18: National Respect Day

HEALTH BULLETIN

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EDITORS: Jacqueline Quirk,
Angela Swanson

CONTRIBUTORS: Mary Cleary,
Jeannie Reardon

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