

# Starfish Project News



January 2011



**"Inside Campout" for our January Group Meeting**

**When: Thursday, Jan. 20 Time: 6:30pm**

**Where: Wesley Memorial United Methodist Church**

(Corner of Peerless Rd. and Norman Chappell Rd)

**RSVP: by Thursday, Jan 13**

**Come enjoy hot chocolate and s'mores while singing camp-fire songs and stories around the "indoor campfire."**

**Come dressed in your pajamas!!**



## Cold Weather Tips For Caring For Baby

When cold weather rolls around it is time for those of us with children to start worrying about keeping them warm enough through the winter season. Those individuals who have babies or very young children often worry even more about keeping them warm because they do not have the ability to say when they are cold as the older children do. The fact is, babies and toddlers do not have to be any more bundled up or warm than older kids do but often parents will pile on the clothes just to be sure they are warm enough. Many individuals figure it is better to be to warm than it is to be to cold but this can be very uncomfortable for your child. It is much better to know how to dress babies and young children in advance as well as some additional tips on how to care for babies in cold weather. Here are a few tips for caring for your baby during the cold weather season.

Most importantly if you want to keep your baby warm during the cold weather season you want to be sure to



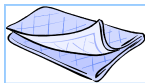
keep his or her head covered. The head is where the most heat is lost and a hat will work to hold that heat in and

keep your baby warm.

Secondly you want to make sure that your baby has warm socks and shoes on as well. Many new parents just put socks on the baby and toss a blanket over the car seat but it is too easy for baby to get his feet out from under the blanket and get cold.



It is also important to keep the wind away from your baby as much as possible. Wind will not only make your baby cold but can also cause earaches as well as other illnesses should your baby be subjected to it. If your baby is still being carried around in a car seat it is easy to toss a blanket over it when you are outside but for babies that are a little older it may be more difficult. A coat with a hood that you can put up when outside will help to block the wind from your baby.

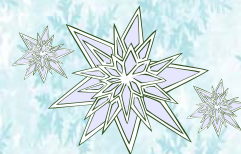


As long as you use common sense when it comes to keeping your baby warm you will have no problem and will get through the winter season with a healthy baby.

For the complete article go to:  
<http://www.articlesbase.com/parenting-articles/cold-weather-tips-for-caring-for-baby-1926744.html#ixzz17A9dmwOF>

## Snowflakes Falling Down

Snowflakes, snowflakes falling down,  
(flutter fingers downward.)  
All around, on the ground.  
(make spreading movement with hands.)  
Get the sled and climb so high,  
(walk fingers up arm.)  
Down we'll go, slippety-slide!  
(slide hand down arm.)



by Cheryl's Sweethearts  
ChildCare





## Hanging Mittens

These little mittens are a lot of fun to make and very adaptable for children of all ages. You can make them look as elaborate or as simple as you like, and they also serve as a nice little winter keepsake craft. Best of all, you probably already have all the materials available!

### What You'll Need:

\*An old file folder or pieces of thin cardboard \*White glue  
\*Scissors \*Hole punch \*pencil  
\*Scrap yarn



### What to Do:

1. Trace around your hand with your fingers together and your thumb sticking out onto an old file folder. This is your basic mitten. Cut it out and do the same thing for the other hand to make a set of mittens.
2. Punch a hole in the top of each mitten so you'll be able to hang it when complete.
3. Spread some white glue on each of the mittens. A popsicle stick works well for this, but you can also just use your finger.
4. Use the scrap yarn to create pattern on your mitten. The idea is to cover the entire surface of the mitten and to make it look like a real knitted mitten. Let the glue dry when your pattern is done, then put a piece of yarn

through both holes punched in step two to make a hanger.



### Don't Forget...

Don't forget to write your child's name and the date on the back of the mittens. You'll look back at it in years to come and wonder if your child's hands were ever really that small.

**For more winter craft ideas visit:**  
[www.freekidcrafts.com](http://www.freekidcrafts.com)

### January is National Eye Month: Vision Problems Signs and Symptoms in Young Children

Vision problems in a very young child can be difficult to detect and often goes undiagnosed until the child enters school.

There are certain signs that parents can watch for that may indicate that your baby or toddler is having problems seeing. Below is a condensed list of what a pediatric ophthalmologist looks for when working with children as flags for vision concerns. If you see one of these problems with your baby or toddler let your pediatrician know also.

Prematurity can cause vision problems. Premie babies should be monitored by a pediatric ophthalmologist.

New born babies will often have weak eye muscles and their eyes will cross as they attempt to focus. This should resolve between the age 6-8 weeks.

**\*\*If your baby's eyes continue to cross for longer than 8 weeks or one eye continues to cross this could be a sign of possible vision problems. \*\*Your baby's eyes should not appear to wander or turn out. \*\*Babies who do not make eye contact by the age of 2-3 months might be having vision difficulties. \*\*If you notice your toddler constantly rubbing his eyes this could be a sign of him having problems focusing or having eye strain. \*\*Over sensitivity to light all the time. \*\*Tearing of eyes especially when doing close play like reading, stacking or coloring (fine motor activities).**

For the complete list, visit <http://www.todays-mommy-baby-toddler-guide.com/visionproblems.html> or ask your parent educator.

**Dr. Kari Hudson ,Optometrist, at Oakmont Eye Care participates in the InfantSEE program here in Cleveland. This program will provide a one-time, comprehensive eye assessment to infants between 6 to 12 months of age, offering early detection of potential eye and vision programs at no cost regardless of income. Call (423) 472-6517 for an appointment!**

# Bradley Initiative for Church and Community Assembly



Dr. Michael Laney, BICC Board President, and Brenda Hughes, BICC Executive Director greeting the families.



St. James Male Choir provided entertainment for guests at the BICC Assembly.



Ann Smeltzer received the Linda Davis Award for all her volunteer work at BICC.



Corinne Freeman, Starfish Director, introduced Julie Carr who gave a testimonial about what Starfish means to her and her family.



Margaret Gilbert, IDA Director, introduced Robin Nolte who gave a testimonial about the IDA program and how she is saving for her first home.



Daniel Burrell, BTG and ITLT Director, introduced Ashley Foster to give a testimonial about what ITLT means to her and how it has made an impact on her life.



The BICC Staff: left to right: Karon Wolfe and Jennifer Ratcliff, Cathy Quintard, Brenda Hughes, Daniel Burrell, Corinne Freeman, and Margaret Gilbert. Not pictured: Jim Graham.



The BICC Staff presented Brenda with a dozen red roses to represent the 12 years BICC as made an impact on the Cleveland/Bradley community.



# January 2011

| SUN | MON  | TUE   | WED | THU   | FRI   | SAT   |
|-----|--|---|-----|---|---|---|
|     |  |   |     |   |   |  |
| 2   | 3  | 4 <b>Preschool Story Time @ library 10:30am (ages 3,4,5)</b>  | 5   | 6 <b>Baby Book-worm @library 1pm (ages 2 &amp; under)</b>                         | 7 <b>Preschool Story Time @ library 10:30am (ages 3,4,5)</b>  | 8   |
| 9   | 10<br><br><b>Martin Luther King, Jr. Day</b> | 11 <b>Preschool Story Time @ library 10:30am</b>              | 12  | 13 <b>RSVP for Group Meeting next Thursday</b>                                    | 14 <b>Preschool Story Time @ library 10:30am (ages 3,4,5)</b> | 15  |
| 16  | 17<br><br><b>Martin Luther King, Jr. Day</b> | 18 <b>Preschool Story Time @ library 10:30am (ages 3,4,5)</b> | 19  | 20 <b>Group Meeting "Indoor Campfire" 6:30pm @ Wesley United Methodist Church</b> | 21 <b>Preschool Story Time @ library 10:30am (ages 3,4,5)</b> | 22  |
| 23  | 24   | 25 <b>Preschool Story Time @ library 10:30am (ages 3,4,5)</b> | 26  | 27 <b>Baby Book-worm @library 1pm (ages 2 &amp; under)</b>                        | 28 <b>Preschool Story Time @ library 10:30am (ages 3,4,5)</b> | 29  |
| 30  | 31   |   |     |   |   |   |



[www.bicc-inc.org](http://www.bicc-inc.org)

BICC, Inc. is a Christian non-profit community development organization with a 501 © 3 tax-exempt status.



**United Way of Bradley County**



Questions? Comments? Contact us!

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[www.bicc-inc.org](http://www.bicc-inc.org)