

# Starfish Project News



October 2010



## PUMPKIN PAINTING!

**WHEN:** Saturday, Oct. 9

**TIME:** 10am

**WHERE:** New Covenant Church of God

The church is off of Frontage Rd in front of Target (You will go about a 1/2 mile, then you will see the church sign on your right, turn right onto Columbus Dr., the road leads to the church parking lot.)

**Weather permitting, we will paint pumpkins outside along with light refreshments!**



### Fall Family Fun Activities

Visit a Pumpkin Patch and pick out a pumpkin to carve. Bake the pumpkin seeds!

Take a drive to look at the trees. Have the kids tell what colors they see on the trees.

Take a stroll through the woods to explore the colors and animals.

Gather leaves of various shapes and sizes and do leaf rubbings.

Make a Leaf Book!



Make a leaf pile and jump in it!



## TEDDY BEAR PICNIC



**Cleveland/Bradley Public Library**

**October 16 · 9:00am - 2:00pm**

**FREE** community event for children ages 4-7. Face painting, tattoos, balloons, puppets and more. Story time will be read by Devon Vaughn, Cleveland's Junior Miss.

**Lunch and a book will be provided to the first 250 children.**

Sponsored by JA and FOLA.

## On the Road to Resiliency

**Resiliency in children is more than just bouncing** back from a difficult experience. It means entering into life's opportunities and meeting challenges feeling secure and confident. The time to begin your child on the road to resiliency is now, while your child is very young. Here are some things that build resiliency in your child.

**Demonstrate the love you feel for your child.** Every child needs to know she is valued for whom she is, and that she is precious to her parents. Without feeling loved, children cannot develop the inner resources to meet challenges and recover from them.

**Meet your baby's needs.** He learns to trust you and the world around him when you provide the love and care he craves. When babies learn from an early age that discomfort will be taken care of by mom and dad, they can weather the rough spots in life and anticipate that things can be better.

**Set and keep routines.** Making the world as predictable as possible teaches your child that she can rely on the world around her. Even when things are upsetting, relying on routines provide a means for your baby to cope.



**Encourage your baby to explore.** Support your child's desire to reach out and touch the world. Allow him to get down and dirty. Children who have early hands-on experiences learn to take risks and investigate new situations. They develop the ability to take initiative.

**Show your child she is capable.** Appreciate your child's strengths. Allow your baby to rely on her abilities to soothe herself, put herself to sleep,

feed herself, and learn to interact with others. When your child feels capable, she can feel confident about her abilities to cope with life.

**Accept your child's feelings.** In the first several years of life, babies learn to show a range of emotions. Some are hard for parents to deal with. But resilient children are able to meet adversity and still express a variety of feelings appropriately. They do not withdraw, or stay upset and angry. Letting your baby know you accept his feelings makes it possible for him to use them to be resilient.

**Help your baby form relationships.** Support your child as she learns about other people. Play with her, and spend time developing your relationship with her. Allow her to be

held and cared for by other re-



### Location, location!

Is there at least one smoke alarm:

Inside each bedroom?

Yes  No

Outside all sleeping areas?

Yes  No

On every level of the home, including the basement?  Yes  No

**Action Item:** Figure out how many smoke alarms you need to make each answer **YES**. (You need at least one on every level of your home, including the basement, outside all sleeping areas, and

### Practice makes perfect!

Does everyone in your home know the sound of the smoke alarm?

Yes  No

**Action Item:** Push the test button so everyone knows the sound of the alarm.

Do you test your smoke alarms each month?

Yes  No

**Action Item:** Test all the smoke alarms in your home at least once a month to make sure they're working.

### Last but not least,

Develop a home fire escape plan and practice it at least twice a year so everyone knows what to do when the smoke alarm sounds, and



**National Fire Protection Association**  
The authority on fire, electrical, and building safety



**If you need a smoke detector, please contact the Cleveland Fire Department. 423-476-6713**

## September Group Meeting: Let's Get Messy!



We had a wonderful time getting messy at our September group meeting! Messy play makes an enormous contribution to babies' and young children's cognitive and creative development. Messy play involves children using all their senses in the process of exploration, especially the sense of touch. It also offers children plenty of opportunity to mold and manipulate materials without having to focus on making or producing something.

There were four stations set up with opportunities to get messy. We had tables with play dough, finger paints, and Oobleck!! (This is a mixture of cornstarch and water!!) On the floor, we had a Grain Box where the children could scoop, fill, and dump oatmeal.

The adults loved the messy play, too!!



### Just a Few Trick or Treating Safety Tips:



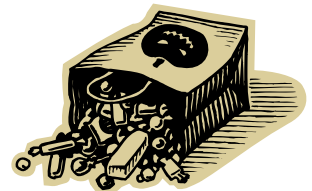
Have each child **carry or wear something lit**, such as a **flashlight, glow bracelet or necklace, or flashing attire** for visibility. Light-up shoes are also practical, and ever-so-noticeable on a dark Halloween night.

Adults should **plan out a route in advance and check it during the daylight** for such obstacles as broken sidewalks (or no sidewalks), construction timber, or other obstacles that could trip up trick or treaters. **Trick or treat in familiar neighborhoods or areas.**

**Require well-fitting shoes to be worn; preferably sneakers.** While adorable in the store as a costume accessory, kids planning to go trick or treat should wear sturdy shoes and not the princess high-heel, too-large boots, or other types of shoes often shown with costumes. Save those types of shoes for costume parties and not when a child is going trick or treat.

**Avoid costumes that drag on the ground.** While cute initially, costumes that drag can trip up little feet, get caught on bushes, and create a tussle that sometimes results in the child wanting to remove the costume. Remember, kids who trick or treat want to be costumed AND comfortable.

**Keep track of time and don't trick or treat after 9 p.m. (general recommendation).** That allows ample time for children to trick or treat, and by then, the excitement of the evening and the candy/treats means little children will be tired, anyhow.



# October 2009

| SUN                                                                                                        | MON                                                                                                                                                | TUE                                                                                                                                                     | WED       | THU                                                                                  | FRI                                                           | SAT                                                                           |
|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------------------------|
|                                                                                                            |                                                                   | <b>Ronald McDonald House Autumn Children's Festival is Saturday, October 2, 10 am - 6pm and Sunday, October 3, 1 - 5 pm at the Tennessee Riverpark!</b> |           |                                                                                      | <b>1 Preschool Story Time @ library 10:30am (ages 3,4,5)</b>  | <b>2 Nillie Bipper Arts and Crafts Festival @ Tri-State Exhibition Center</b> |
| <b>3 National Fire Prevention Week! October 3-9</b>                                                        | <b>4</b>                                                                                                                                           | <b>5 Preschool Story Time @ library 10:30am (ages 3,4,5)</b>                                                                                            | <b>6</b>  | <b>7 Baby Bookworm @library 1pm (ages 2 &amp; under)</b>                             | <b>8 Preschool Story Time @ library 10:30am (ages 3,4,5)</b>  | <b>9 Group Meeting: Painting Pumpkins 10am @ New Covenant</b>                 |
| <b>10</b>                                                                                                  | <br><b>COLUMBUS Columbus Day Observed</b>                         | <b>12 Preschool Story Time @ library 10:30am (ages 3,4,5)</b>                                                                                           | <b>13</b> | <b>14 Baby Bookworm @library 1pm (ages 2 &amp; under)</b>                            | <b>15 Preschool Story Time @ library 10:30am (ages 3,4,5)</b> | <b>16 Teddy Bear Picnic at the Library 9am-2pm</b>                            |
| <br><b>17</b>           | <b>18</b>                                                                                                                                          | <b>19 Preschool Story Time @ library 10:30am (ages 3,4,5)</b>                                                                                           | <b>20</b> | <b>21 Baby Bookworm @library 1pm (ages 2 &amp; under)</b>                            | <b>22 Preschool Story Time @ library 10:30am (ages 3,4,5)</b> | <b>23</b>                                                                     |
| <b>24 Mother-in-Law Day</b>                                                                                | <b>25</b>                                                                                                                                          | <b>26 Preschool Story Time @ library 10:30am (ages 3,4,5)</b>                                                                                           | <b>27</b> | <b>28 Baby Bookworm @library 1pm (ages 2 &amp; under)</b>                            | <b>29 Preschool Story Time @ library 10:30am (ages 3,4,5)</b> | <b>30</b>                                                                     |
| <b>31 Halloween</b><br> | <b>For more information of fun, family-friendly events and frugal finds visit <a href="http://www.funandfrugal.com!">www.funandfrugal.com!</a></b> |                                                                                                                                                         |           |  |                                                               |                                                                               |



[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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