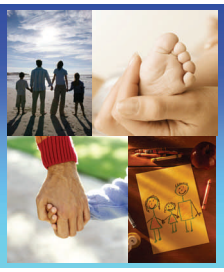


Kinship Connection

December 2010/January & February 2011

Must-Know Winter Health & Safety Tips

Your biggest cold-weather questions answered, with advice on winter sports, skin care, the best cold-weather wardrobe, and more.

By Deborah Skolnik, Parenting

Chillax! Get set for the Coolest Winter Ever by Deborah Skolnik

Winter fun is beckoning, but keeping kids healthy, warm, and entertained can be trickier than putting snow boots on a squirrel. Little guys will head straight into a blizzard in their underwear if they can; big ones may need the Wiimote pried away. Here's how to make sure everyone gets out there and has a great time, safely.

Can They... Go Outside?
Windy days can feel much colder than the actual temperature. When deciding how long kids (and adults!) can play outdoors safely, the windchill factor is most important. Keep this chart handy:

Green Zone: 30°F and higher
Kids can usually play outside comfortably when it's 30°F and higher — just layer their clothing and make sure they wear hats and mittens. Offer water often (it helps regulate body temperature), and watch for signs that they're getting chilled. If they're shivering, bring them inside even if they insist they're fine. Feel babies' hands and (if possible) feet regularly to see if they're turning icy; also watch for unexplained fussiness. It's a good idea to come inside for a quick break every 40 minutes or so, just to warm up a bit.

Yellow Zone: 20°F - 30°F
Be cautious. It's okay for your kids to go out, but follow the guidelines above, and expect to see signs of chill sooner — take short indoor breaks every 20 to 30 minutes. It's especially crucial to layer older kids' clothes, since they may ditch their coats if they get sweaty and so need to be wearing more than a thin shirt underneath.

Red Zone: Below 20°F
Stay indoors.

Windchill Decoder
30°F = chilly and generally uncomfortable
15°F to 30°F = cold
0°F to 15°F = very cold
-20°F to 0°F = bitter cold, with a significant risk of frostbite
-60°F to –20°F = extreme cold; frostbite is likely to occur
-60°F = frigid; exposed skin will freeze in one minute

Good Sports!
There's no cuter sight then a kid zipping down a ski slope or gliding across the ice. But when are they ready to try these slippery activities? Check out these rules for a smart start.

2-year-olds are ready for…
Skiing between your legs down a gentle slope. Spread your skis apart so your child fits between them, and crouch down slightly, putting your hands under his armpits for support.

3-year-olds are ready for…
Sledding with you. "Make sure she's sitting facing forward and not lying on her stomach — smaller kids have larger heads, which makes them more prone to neck injuries," says Terry Philbin, M.D., an orthopedist in Westerville, OH. Choose a slope with a gradual incline, and troubleshoot the path thoroughly before pushing off to avoid collisions with a fellow sledder, tree, or vehicle.

4– to 6-year-olds are ready for…
Skiing solo. "They're getting more balanced and coordinated, and they're more capable of really learning basic technique," explains Steve Kopitz, an expert skier and owner of the online store Skis.com. A lesson on the bunny slope at a ski center is a good idea. If you're going it alone, Kopitz recommends the "hula-hoop technique": Put a hula hoop around your child's waist, hold onto it from the back, and ski slightly behind him as he goes (spread your skis to either side and leave him room between them). Once he's a bit more confident, try using a ski harness — they come equipped with ropes on each side so that the child can be turned slightly and can't get more than 15 feet in front of you. (Note: Most experts recommend that children not use ski poles while learning. Instead, tell your child to keep his hands on his knees; it'll help him learn to distribute his weight the right way.)

Ice-skating. For your first outing, choose a public skating session at a local rink — ideally at an off-peak hour — and rent a pair of skates for your child, advises two-time Olympic champion and skating instructor Randy Gardner. (Ice skates should be a half-size smaller than her shoe size, since you need a snug, supportive fit.) Begin by simply walking around on the floor in the skates, then walk on the ice holding on to the rail, to get a feel for how to balance. As your child gets more confident, take her hand and help glide until she's ready to try it on her own. If she really enjoys ice-skating, group lessons will help her increase her ability.

5– to 8-year-olds are ready for…
Ice hockey. That is, if your child has already nailed the basics of ice-skating — how to glide, stop, and go backward. Look for a hockey stick that comes up no higher than your kid's chin when he's standing on skates. You can just play pick-up games on a frozen lake or pond that your town deems safe for skating, but if your child is interested in joining a team, signing up for a beginner clinic to learn the basics of the sport is best.

9-year-olds and up are ready for…
Snowboarding. A properly sized snowboard is essential, says Pat Milbery, a pro boarder in Denver. You can buy one at a sporting-goods shop or rent one at a local ski slope. A ski center can offer both a kid-friendly setting and lessons. Your backyard, if it's sloped, or any sledding site is okay, too. As your child gets better, break out your shovel to create mini-bumps for him, Milbery suggests.

Continued on Page 2

Please Submit Your E-mail Address

We are trying to build a database with your e-mail addresses so that we can send future issues of Kinship Connection to you via the Internet. Please call or e-mail **Linda Finn** at lfinn@waukeshacounty.gov, phone number: (262)548-7254, or call or e-mail **Deb Fosberg** at dfosberg@waukeshacounty.gov, phone number: (262)548-7256 with your e-mail address or questions.

Must-Know Winter Health & Safety Tips

Continued from Page 1

At some point this season, you're going to be faced with a tough call — your crusty-nosed kid is begging to be allowed outside for a snow-fort fight. Should you stick a hat on him and hope for the best, or send him back to bed? Atlanta pediatrician Vivian Lennon, M.D., sorts through the symptoms:

Fever: If your child is running a fever and feels bad, he belongs in bed, no arguments. (Okay, arguments, because what kid doesn't argue? But you have to win.) Still, "I tell parents not to get freaked out by fever itself," Dr. Lennon notes. "If your child is energetic, he doesn't have to stay in bed. And if you give him some fever reducer and his temperature drops, he can even go outside to play for a little while." What's important is that he not mix with other kids while he's feverish, since he's contagious.

Sore throat: If it's mild and your child has no fever, let her go do her thing. If it's more severe, and your child has trouble swallowing, a strep test is in order.

Cough: If you keep your kid indoors just because he's hacking, he'll see the light of day less often than most vampires. As long as your child looks good, is drinking fluids well, and is breathing normally, it's okay to let him go outside. (If he's short of breath or has chest pain, however, call your doctor.) Just be aware that a cough can get worse outdoors — he may have to come in at intervals to rest up. And have your child stop playing altogether if he gets so winded that he's having difficulty completing sentences.

Runny nose: Like coughs, runny noses can last for days after the initial illness has passed. If your kid's drippy sniffer is accompanied by a fever, follow the fever guidelines above. Otherwise, "if she's letting you know she's ready to play, it's fine to let her out," Dr. Lennon says. Worth noting: Yellow snot isn't as ominous as it looks. Generally, mucus darkens after it's been in the nose all night long, or several days into a cold. "It's a natural progression of the virus," explains Dr. Lennon. It there's thick green or yellow mucus for a week, however, see your M.D. Your kid may have developed a sinus infection.

Skintensive Care

Winter can be hard on your child's delicate little hide, so take extra precautions like applying sunscreen (yep, sunburn can still happen in the cold) and dressing properly to keep exposed skin to a minimum. Below, Ira Skolnik, M.D., a pediatric dermatologist in Concord, MA, reveals how to handle the rough spots.

Dry skin: Bathe with gentle, scent-free soaps and avoid scrubbing. If skin is itchy, a colloidal-oatmeal bath such as Aveeno is a great soother. After baths, pat your child's skin dry instead of wiping it, which can be irritating (tell older kids to follow this rule, too). Moisturize often with whatever cream, jelly, or lotion your pediatrician recommends.

Chapping: Prevent it by applying a barrier of petroleum jelly (after sunscreen) on any exposed areas of the face before you child goes outside. Apply moisturizer often when indoors and consider getting your child a face mask for outside play if it's a frequent problem.

Fingertip and toe splits: Little digits can crack when the air turns cold and dry, especially the fingers of your child's dominant hand (if she has one yet), since they experience the most friction. Most pediatricians recommend applying an emollient cream or petroleum jelly frequently, especially after hand washing. If you think your child is old enough to tolerate it, moisturize her hands just before bed and then slip on a pair of white cotton gloves (available in a variety of sizes at Allerderm.com) so the cream really sinks in. Once the skin has healed, your doctor will recommend that you apply a liquid bandage every few days as a preventative, or when new fissures start to appear.

Frostnip: Caused by prolonged exposure to cold, this early precursor to frostbite usually first appears on exposed extremities, like the nose, fingertips, and toes. Watch for redness and feel for extreme coldness; your child may also complain that the area is numb or tingling. Head inside at once, and have him change out of any wet clothing, including socks. Take the chill off the problem spots by submerging them in water that's warm (but not scalding) to the touch.

Dress for Cold-Weather Success

For playing in the snow:

- Water-repellent pants and jacket, or a snowsuit, with layers underneath (such as a turtleneck or thermal shirt covered by a sweater)
- Water-repellent gloves or mittens
- Cotton socks
- Hat
- Water-repellent boots

For sledding, add:

- Bike or ski helmet

For skiing, add:

- Ski helmet (instead of a hat)
- Long underwear
- Goggles/sunglasses with UV protection, depending on the weather

For ice-skating, add:

- Knee pads, elbow pads, and wrist guards, especially for beginners

For snowboarding, add:

- Knee pads
- Wrist guards
- Padded shorts ("butt pads")
- Snowboard helmet (instead of hat)

For ice hockey, add:

- Elbow pads
- Shin and knee guards
- Shoulder and chest pads
- Padded hockey shorts
- Hockey helmet with face mask
- Mouthpiece
- Hockey gloves

Fancy Footwork

We've all been there: One minute, you're walking on a slippery sidewalk; the next, you're on your butt, seeing stars. For little kids, unaccustomed to a snow-dusted driveway or a slushy set of stairs, it can be even tougher to maintain a firm footing. These tips from Ronald Grelsamer, M.D., an orthopedic surgeon at Mount Sinai School of Medicine, in New York City, can cut down on the ice packs and boo-boo kisses.

- Make sure your kids **have the right footwear** — shoes or boots with rubber soles that have a raised pattern for a better grip.
- Warn them **not to go streaking across a fresh patch of snow** — there could be ice underneath.
- Teach your children to walk sideways down slippery slopes, bending their knees a little. They should avoid crossing one foot in front of the other, though; that'll compromise their balance.
- Kids 10 and up are big enough to remember to keep their feet slightly wider apart than usual and, if the street is slippery, to bend their knees a bit. "You might feel you look funny, but it's worth it!" says Dr. Grelsamer.
- It's also a good idea for kids to learn to protect their dominant arm. If your child is a righty, for instance, tell her to put that hand in her pocket, or if she's carrying something, to put it in that hand. That way, if she starts to stumble, she'll instinctively use her less-crucial hand to break the fall.

This article was found on parenting.com.

5 Games That Build Word Power By Lisa Freedman

Making learning fun is essential to your grandkids' educational development. Boost their verbal skills with entertaining games that engage their minds. Play along and watch them turn into wonderfully colorful wordsmiths.

Here are five games to fill their mental dictionaries. The best part? Each one is so much fun the kids won't even realize they're doing something educational!

DIY Mad Libs
These nonsensical story games brought you to tears of laughter when you were a kid. They're timeless and kids still love them. Here's a do-it-yourself version that could have the kids in stitches. Write a few short stories about the kids, their pet, or anything else they love. When you've finished the story, delete 15 words and write the words' part of speech — noun, adjective, verb or other — in parentheses. Work together to fill in the blanks, explaining that a noun is the name of a person, place or thing; a verb is an action word, and an adjective or adverb is a descriptive word. You'll all laugh out loud when you read the story with the blanks filled in. Get creativity flowing: Ask older kids to write their own stories.

Word Detective
Have the kids try to find as many words as they can contained within a word. "I write a big word on the board, like *vocabulary*," says Stefanie Greenberg, a second-grade teacher in Midland Park, N.J. "Then I ask my students to write down as many words as they can make out of those letters. Like 'bar,' 'cab,' and 'buy.'" You and your grandkids can do this as a team or go head-to-head to see who can find the most hidden words.

Word Association
High school Latin may be a little advanced for the kids, but take a cue from Anthony Stromoski, the head of the Language Department at Brooklyn Latin School in Brooklyn. "I give my students a word in Latin and have them come up with other words — in any language — that look or sound similar," he says. You can tweak this game for young children and just ask for synonyms. For example you could say "happy" and ask them to name words with a similar meaning. Teach new words by dropping in advanced picks like "jovial."

Wheel of Fortune
In an attempt to steal some of the fun that Pat and Vanna offer, Fran Ferra, a first-grade teacher in Ridgefield, N.J., has adapted the game for her classroom. "I tape a photo facedown on the board and draw blanks for each letter of the item in the photo. As the children guess the correct letter, I write them in the blank spaces. The first person to guess the picture correctly gets a point." Use photos from family albums or old magazines. If it's just you and your grandchild, try a simple game of hangman.

Word Sorts
English is a tough language because of all its wacky phonics rules (what's with that occasional silent t in "castle" and "listen" and "fasten"). Help the kids make sense of it by picking a rule at random — like the igh sound in "night" — and ask them to make a list of other words that follow the same rule. Talk it out with them — you'll make some silly noises together and they'll learn a lot at the same time.

This article is from grandparents.com.

Reminder…
If any of your information including your address, phone number, cell phone number, or e-mail address has changed, please call or e-mail Linda Finn at lfinn@waukeshacounty.gov, phone number: (262)548-7254, or to Deb Fosberg at dfosberg@waukeshacounty.gov, phone number: (262)548-7256.

GE Healthcare Diversity Scholarship Program

GE Healthcare has established a scholarship program to assist minority students who plan to pursue higher education in engineering, finance, information technology, pharmacy, or pharmaceutical sciences. Renewable scholarships and paid summer internships are offered to full-time students attending accredited four-year colleges and universities.

For more information or to apply, please visit: http://www.act.org/gehealthcarediversity/

Important Dates:
Online application available: October 15, 2010
Online application deadline: 5:00 p.m. CST, March 30, 2011
Online appraisals and recommendations due: 5:00 p.m. CST, April 1, 2011

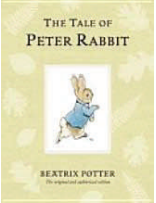
Additional Questions?
Questions regarding the scholarship program should be directed to:
E-mail: gehc@act.org
Phone: 1-866-228-6238 (toll-free)

The Children's Book Hall of Fame
From Grandparents.com

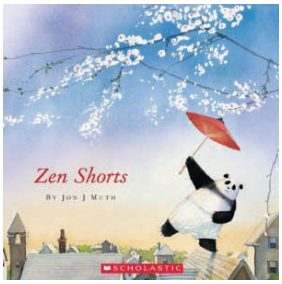
The Best of the Best

Kids know what to expect at grandma and grandpa's house: hugs, kisses, special toys, delicious treats, and great books to share.

The following 20 books, for kids from age 1 to 13, are the very best in children's literature. Their enduring popularity has earned each of them a place in our Hall of Fame. Read on to see if your family's favorites made the list, or to get ideas for titles to pick up for the children's section of your home library.



1. The Tale of Peter Rabbit by Beatrix Potter (1902)
2. Goodnight, Moon by Margaret Wise Brown, illustrated by Clement Hurd (1947)
3. The Very Hungry Caterpillar by Eric Carle (1969)
4. Don't Let the Pigeon Drive the Bus! by Mo Williams (2003)
5. The Snowy Day by Ezra Jack Keats (1962)
6. The Mitten by Jan Brett (1989)
7. Madeline by Ludwig Bemelmans (1939)
8. Green Eggs and Ham by Dr. Seuss (1960)
9. Caps for Sale by Esphyr Slobodkina (1940)
10. Where the Wild Things Are by Maurice Sendak (1963)
11. Zen Shorts by Jon J. Muth (2005)
12. Charlie and the Chocolate Factory by Roald Dahl (1964)
13. Little House on the Prairie by Laura Ingalls Wilder, illustrated by Garth Williams (1935)
14. A Little Princess by Francis Hodgson Burnett (1904)
15. Charlotte's Web by E.B. White (1952)
16. The Phantom Tollbooth by Norton Juster, illustrated by Jules Feiffer (1961)
17. A Wrinkle in Time by Madeleine L'Engle (1962)
18. Shiloh by Phyllis Reynolds Naylor (1991) Ages 9 to 13
19. Hatchet by Gary Paulsen (1987) Ages 9 to 13
20. A Family of Poems selected by Caroline Kennedy, illustrated by Jon J. Muth (2005)



Calendar of Important Dates/Events

December 21, 2010.....First Day of Winter
December 24, 2010.....Waukesha County Closed Christmas Eve
December 25, 2010.....Christmas Day
December 27, 2010.....Waukesha County Closed
December 30, 2010.....**Deadline** to have all previous **Kinship Invoices** turned into the County
December 31, 2010.....Waukesha County Closed New Year's Eve
January 1, 2011.....New Year's Day
January 3, 2011.....Waukesha County Closed
January 17, 2011.....Martin Luther King, Jr. Day
February 14, 2011.....Valentine's Day
February 21, 2011.....Presidents' Day

Flu Shots Available at Public Health Division
615 W. Moreland Boulevard, Waukesha
Monday through Friday ....8:15 AM to 4:00 PM
$7.00.....6 months to 18 years old
$30.00.....19+ years old
Public Health accepts cash, check, MasterCard and Visa.
Flu shots are covered by Medicare and Medicaid.

Fun Family Activity: Edible Snowflakes

Ingredients:

- Flour Tortillas
- Oil

Preparation:
Using the same technique as cutting out paper snowflakes, make snowflake shapes out of flour tortillas, you may need to warm the tortilla in the microwave first to make it more flexible. Put a touch of oil in a pan and fry tortilla until it is crisp. Top with one or more of these ideas:

- Sprinkle it with powered sugar.
- Spread butter on one side of the tortilla.
- Sprinkle lightly with cinnamon and sugar.

Use bologna, turkey, ham, cheese, etc. and make a snowflake sandwich.

Resources

AARP Grandparent Information Center ...(888) 687-2277 (toll free)
www.aarp.org/grandparents

The Brookdale Foundation .....(212) 308-7355
www.brookdalefoundation.org

Child Welfare Information Gateway.....(800) 394-3366 (toll free)
www.childwelfare.gov

Child Welfare League of America.....(703) 412-2400
www.cwla.org

Children's Defense Fund.....(202) 628-8787
www.childrensdefense.org

Generations United.....(202) 289-3979
www.gu.org

Grandfamilies of America.....(866) 203-8921 (toll free)
www.grandfamiliesofamerica.com

GrandsPlace.....(860) 763-5789
www.grandsplace.org

National Aging Information Center.....(202) 619-0724
www.aoa.dhhs.gov

National Committee of Grandparents for Children's Rights
www.grandparentsforchildren.org .....(866) 624-9900 (toll free)

"When I started counting my blessings, my whole life turned around."
~Willie Nelson

Frosted Brownie Pizza

Ingredients:
1/2 cup butter, cubed
2 ounces unsweetened chocolate
1 cup sugar
3/4 cup all-purpose flour
2 eggs, lightly beaten

Frosting:
1 cup confectioners' sugar
1/2 cup creamy peanut butter
1-1/2 teaspoons Pure Vanilla Extract
2 to 4 tablespoons milk

Toppings:
3/4 cup plain M&M's
1/2 cup flaked coconut, toasted
1/2 cup chopped pecans, toasted

Directions:
1. In a small saucepan over low heat, melt the butter, chocolate and sugar. Remove from the heat; stir in flour until smooth. Add eggs and beat until smooth. Spread onto a greased 12-in. pizza pan.
2. Bake at 350 degrees for 15 minutes or until a toothpick inserted near the center comes out clean. Cool completely.
3. For frosting, in bowl, beat the sugar, peanut butter, vanilla and enough milk to achieve desired spreading consistency. Spread over brownie crust. Top with M&M's, coconut and pecans.

Yield: 8—10 servings.

From Taste of Home Website

CHANGE STARTING JANUARY 2011

Kinship providers will start receiving $220 per child per month.

Please be aware that there will be an increase on your checks.

Contact Phone Numbers:

Kinship Care Staff
Linda Finn
lfinn@waukeshacounty.gov
262-548-7254

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Very Special Thanks to Maureen Erb for designing and producing our newsletter.

WAUKESHA COUNTY KINSHIP CONNECTION