



Health Benefits of a Clean House



Home means sanctuary, the place we can rest, relax, enjoy time with friends, learn, grow ... and just be. Home is where the heart is but it goes deeper than that. Keeping your home clean and tidy not only helps you, but also the health of everyone in the home. People say 'a person's home is a reflection of their state of mind'? What do you want your reflection to state?

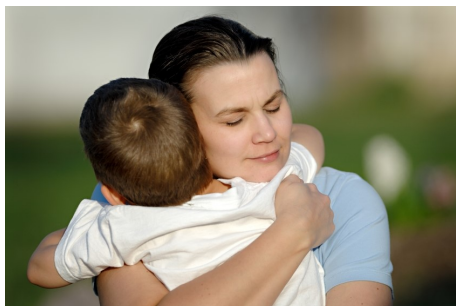
Here are some of the benefits of a clean home for you and your family:

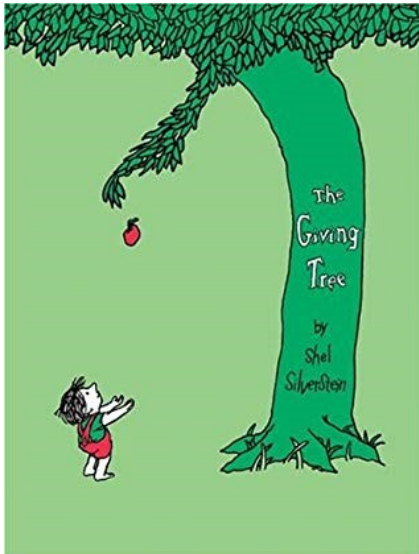
- **Healthier Family**-Cleaning activities like sweeping, vacuuming, and dusting is the best way to keep hazardous pollutants like pet dander, dust, and other invisible germs or bacteria away from your home, which without a doubt will protect the health of your family.
- **Reduces Allergies**-Lots of people, including our loved ones may be susceptible to certain allergies. Cleaning your house will remove any dust, pet dander, and other potential allergens that will cause a lot of problems for people with allergies. If you keep your house clean, there is low probability the allergens could affect people with breathing problems like allergies and asthma.
- **Reduces Mold**-You can not deny if you clean your house daily, there will be no chance for mold to grow in your house. Mold can trigger allergic symptoms and signs like watery eyes, itchy eyes, coughing, wheezing, etc. So, it's important to keep mold out of your house with daily cleaning.
- **Healthy Sanitation**-It's always good to clean your house on a daily basis with a disinfectant which will kill lots of bacteria that could threaten your families health. Sanitizing places that are susceptible for germs and viruses like kitchens and bathrooms is a perfect way to keep your family away from any harmful microorganisms.
- **Improves the Quality of Your Sleep**-There is no doubt that the cleanliness of your house has a correlation with the quality of your sleep. Having a bedroom that is clean and tidy helps you relax and have a better quality of sleep. Also, washing sheets weekly and blankets monthly (which is the rule of thumb) will help too.
- **Let Your Children Help with Cleaning**-The whole family should help clean the house! Teaching your children to keep your home clean is a good life-lesson.



8 IMPORTANT LIFE LESSONS FOR KIDS TO LEARN

1. **You Deserve To Be Respected And Loved**-You must allow your child to freely express their emotions. Shower them with love and respect and also guide them to do the same for you as well. Your child considers you to be their biggest role model. *How you act and what you expect will influence their actions in the future.*
2. **Challenges Will Make You Stronger**-You must teach your child that challenges make them strong and it gives them a chance to become a better human being.
3. **You Are What You Think Of Yourself**-You must not say anything negative about yourself in front of your children. Don't say how 'lazy' or 'stupid' you are or they are. Your children may start copying you and start thinking negatively about themselves.
4. **We Are All Humans, We Make Mistakes**-You must teach them that we tend to have bad days at times and that we all make mistakes. Use this time to help them learn from their mistakes.
5. **Be Friendly. Forgive Others**-Teach your children to help someone through a mistake or a problem. You must allow your children to witness your healthy relations with friends. Help them to understand "forgiveness" which is defined as 'stop feeling angry or resentful toward (someone) for an offense, flaw, or mistake.'
6. **Hard Work Pays**-Life is not all about fun, and there are challenges in each step that must be handled diligently. Show your children that those who work the hardest typically achieve the most. It is nearly impossible to be successful at anything if you are not willing to work hard.
7. **You Must Never Stop Learning**-We do not stop learning even when we are old. There are endless source of learning in life. We learn so many things from our own experiences. Help your children discover their interests and passions.
8. **Be Grateful To Others**-You must encourage your children to say 'thank you' when others show kindness to them or the family. Teach your child to contribute their share towards the household or the community, be it as simple as picking up their toys.



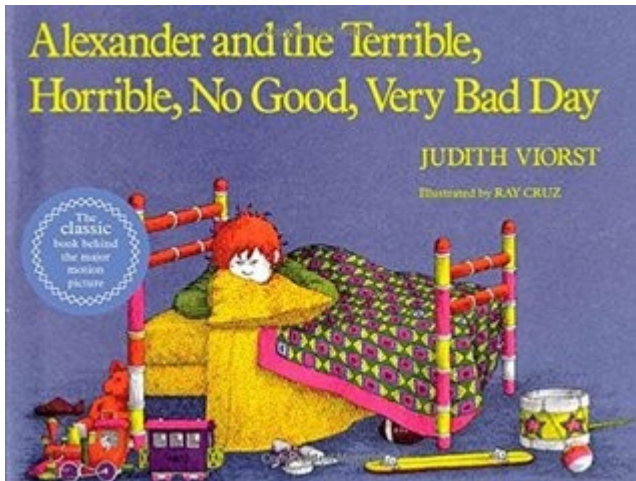


The Giving Tree by Shel Silverstein

"Once there was a tree...and she loved a little boy."

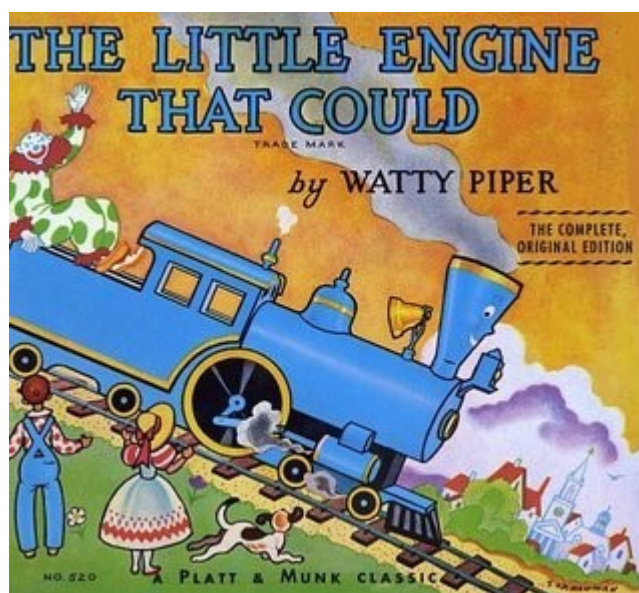
Every day the boy would come to the tree to eat her apples, swing from her branches, or slide down her trunk...and the tree was happy. But as the boy grew older he began to want more from the tree, and the tree gave and gave and gave.

This is a tender story, touched with sadness, aglow with consolation. Shel Silverstein has created a moving parable for readers of all ages that offers an affecting interpretation of the gift of giving and a serene acceptance of another's capacity to love in return.



Alexander and the Terrible, Horrible, No Good, Very Bad Day By Judith Viorst

The perennially popular tale of Alexander's worst day is a storybook that belongs on every child's bookshelf. Alexander knew it was going to be a terrible day when he woke up with gum in this hair. And it got worse... His best friend deserted him. There was no dessert in his lunch bag. And, on top of all that, there were lima beans for dinner and kissing on TV!



The Little Engine That Could by Watty Piper

The story of a train filled with toys and gifts for little boys and girls that breaks down before reaching the children. After asking several passing trains for help over the hill, a little blue train agrees to help the stranded toys. Even though she is small, the blue train tries her best to bring the toys to the children on the other side of the hill.

Best Toys for Babies & Toddlers Zero to Three

As parents, you are always thinking about how to choose toys that will spark your child's imagination and stand the test of time.

Children explore the world through play, figuring out how things work and how people think, feel, and act in different situations. Play also provides lots of practice in using language, telling stories, and solving problems. Here's how to choose toys that that will spark your little one's imagination and stand the test of time.

What about electronic toys? Don't be fooled by claims that fancy toys will make your baby smarter. There is no research that shows that adding lights and sound boosts a child's brain power. Remember: the more the toy is doing, the less your child is learning.

So, what toys should you consider?

<p>Babies birth to 9 months</p>	<p>Sensory-rich toys like mobiles, rattles, and teethingers. Pop-up toys (like baby-friendly jack-in-the-boxes) and busy boxes. Early pretend play toys like baby-safe rolling vehicles and dolls. Simple musical instruments (like maracas, drums, or xylophones). Board books like <i>Please Mr. Panda</i> (by Steve Antony), <i>Black Bird, Yellow Sun</i> (by Steve Light), <i>Wheels on the Bus</i> (by Paul O. Zelinsky), or <i>Peek-a-Who</i> (by Elsa Mroziewicz).</p>
<p>Babies 9 months to Toddlers 18 months</p>	<p>Toys that imitate real life, such as toy tools, play food, and animal figurines. Problem-solving toys, such as stacking cups, stacking rings, and simple puzzles with knobs. Push and pull toys and balls that encourage active toddlers to move. Great stories like: <i>Pete the Cat</i> (by James Dean and illustrated by Eric Litwin), <i>A Good Day for a Hat</i> (by T. Nat Fuller and illustrated by Nate Hodgson), <i>Here George</i> (by Sandra Boynton and illustrated by George Booth), or <i>Hello Hello</i> (by Brendan Wenzel).</p>
<p>Toddlers 18 to 36 months</p>	<p>Art materials like play dough, crayons, washable markers, and child-safe finger paints. Pretend play props like dress-up clothes, kitchen items, doctor's kit, telephone, toy figurines, toy vehicles/tools, dolls, and stuffed animals. Problem-solving toys like puzzles with knobs, shape-sorters, and different types of blocks (foam blocks, wooden blocks, chunky interlocking plastic blocks) Active play toys like balls or toddler-friendly bowling sets. Fun books like: <i>Don't Let the Pigeon Drive the Bus!</i> (by Mo Willems), <i>Escargot</i> (by Dashka Slater), <i>From Head to Toe</i> (by Eric Carle), or <i>When's My Birthday</i> (by Julie Fogliano and illustrated by: Christian Robinson).</p>

Your presence is the best present you can give your child. Birthdays and holidays are a time to build traditions and make memories. Be sure to make time to slow down and "just be" during these special times. You are your little one's favorite toy and your attention is everything. Make time for special traditions, as well as everyday moments to play and connect.





“Building resilience in children is not about making them tough. Resilience is the ability to recover from difficulties and manage how you feel.”



Love your children for who they are, not for what you want them to be.



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