



Thank you! PAIR Project Newsletter

Email pairproject@ku.edu or call (816)420-7247

Dear PAIR Families,

We cannot thank you enough for your continued interest and participation in our project. We think it is SO important for your voices to be heard, and we appreciate you helping us understand how life experiences affect you and your child's well-being. We are making great progress in the project so far, which would not be possible without you! The entire PAIR team is excited to see you and your child back for your next appointment. In the meantime, we hope you enjoy this newsletter!

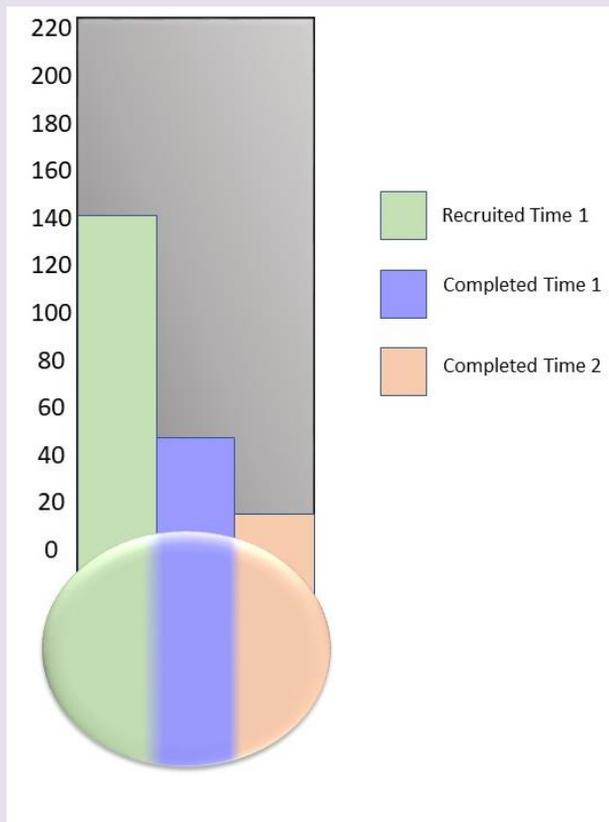
Sincerely,
The PAIR Team



TEN TOTALLY FREE THINGS TO DO IN KC WITH KIDS

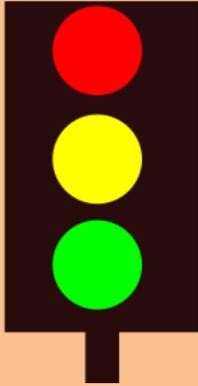
1. Penguin Park in Northeast Kansas City has a kangaroo slide and giant penguin to play in!
2. Kaleidoscope is a free art studio for kids ages 5-12 to express their creativity.
3. Ride the KC Streetcar. This 2.2 mile route from the River Market to Union Station/Crown Center will let you see a lot of KC, and can be fun for kids.
4. Bruce R. Watkins Cultural Heritage Center recognizes the vast contributions African-Americans made to the cultural development of KC. See exhibits, children's area, and performances.
5. The Money Museum at the Federal Reserve Bank includes exhibits for kids – they can even try to lift a large gold bar!
6. Get outside at the Kauffman Memorial Garden to see more than 7,000 plants or Lakeside Nature Center to see local wildlife.
7. Kansas City Central Public Library - not only can you read some great books with your kid, you can also enjoy movies in the old bank's vault!
8. Older kiddos might enjoy the art at the Nelson-Atkins Museum of Art or Kemper Museum of Contemporary Art.
9. Shoal Creek Living History Museum will allow your child to see authentic log cabins and homes.
10. Although not in KC, the Children's Peace Pavilion in Independence, MO may be worth the trip. It is a hands-on museum to teach kids about peace, conflict, and communication.

PAIR Project Progress



Green, Yellow, and Red Foods

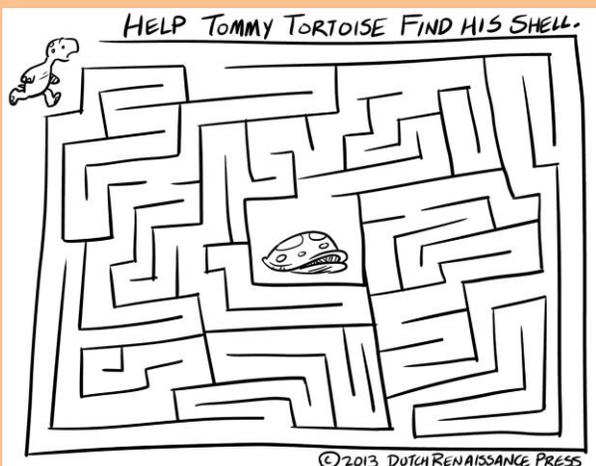
A simple way to help your child and family make healthier food choices is to think about whether foods are GREEN, YELLOW, or RED. Try replacing YELLOW and RED foods with GREEN foods.



RED foods are foods that contain 7 or more grams of fat per serving or 12 or more grams of sugar per serving. RED foods should be eaten only once-in-a-while because they very high in fat and sugar. Examples include “junk food” like pizza, French fries, candy, soda, and cake. Your family members should try to reduce RED foods to four times a week.

YELLOW foods are “caution” foods. YELLOW foods are necessary for a healthy diet, but they should be eaten primarily for meals (not snacking), and portion size should be controlled. Examples include lean meats, pastas, skim and 1% milk, and cheese.

GREEN foods are foods that can be eaten almost any time because they are low in fat, added sugar, and calories. GREEN foods include most fresh fruits and vegetables. Examples of GREEN fruits are apples, peaches, grapes, strawberries, and oranges. Fruit juices and dried fruits are considered YELLOW foods due to the high levels of simple sugars. Examples of GREEN vegetables include spinach, broccoli, carrots, and celery. Corn and potatoes are considered YELLOW foods due to the high starch.



Is Your Child Getting Enough Sleep?

Most parents know that growing kids need good sleep, but many don't know exactly how many hours kids require, and that missing even 30 to 60 minutes of sleep can make kids' mental and physical health worse.

- Toddlers (ages 1-2) need 11-14 hours.
- Preschoolers (ages 3-5) need 10-13 hours.
- School-aged children (ages 6-13) need 9-11 hours.
- Teenagers (ages 14-17) need 8-10 hours.

To ensure that your child gets high quality sleep:

- Turn off all screens an hour before bed.
- Make sure the area they're sleeping in is cool, dark, and quiet.
- Go to bed at the same time every night.
- Have a bedtime routine: do the same relaxing things before bed each night, like take a bath and read a book.

MAKE HOMEMADE PLAYDOUGH (IN A FEW MINUTES!)

Ingredients:

- 1 cup of flour
- ¼ cup of salt
- ½ cup of warm water
- 3 to 5 drops of natural food coloring OR a packet of powdered drink mix (like Kool-Aid)



Instructions:

1. Mix the flour and the salt.
2. Mix ½ cup of warm water with a few drops of food coloring OR powdered drink mix.
3. Slowly pour the water into the flour mixture, stirring as you pour. Stir until combined, then knead with your hands until the flour is completely absorbed. If the dough is too sticky, add more flour until it doesn't stick at all.
4. Enjoy! (For even more entertainment, you can give your child a rolling pin, cookie cutters, or mason jars lids to use with their playdough).