



HEALTHY FAMILIES
PAGE COUNTY

The Page Parents' Page

DECEMBER 2011

Making Memories This Holiday Season

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Spending time with your family or helping others may be the best gift you can give this holiday season. Page County is hosting a number of free holiday celebrations this month including Christmas parades and tree lightings. At Big Gem Park in Shenandoah, children can

participate in caroling and even meet Santa. This holiday season teach your child lessons in helping others by either donating items to the Page One food bank such as cereal, peanut butter and canned goods or by making holiday cards for elderly neighbors or those in a nursing home. Make this year's holiday traditions about spending time with one another and creating new memories.



Page Co. Holiday Celebrations

- December 10th: 6pm
Luray Christmas Parade
Main Street Luray
- December 10th: 6-7pm
Shenandoah Christmas Tree Lighting
Big Gem Park
- December 14th: 6:30pm
Stanley Christmas Parade
Main Street Stanley

To donate food items to Page One call: 743-4357 (Luray) or 652-8780 (Shenandoah).

Your Holiday Gift Guide to Toy Safety

Here are some toy safety tips to keep your child happy and safe this holiday season:

- Make sure the toy does not have a string or a cord longer than 12 inches to avoid strangulation.
- Avoid toys with small magnets for children under 6. If swallowed, magnets can cause

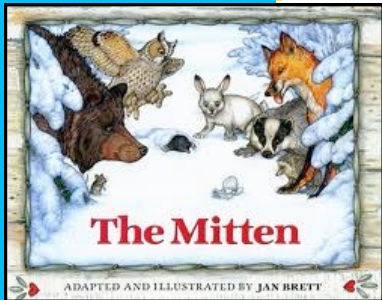
holes in the intestinal wall or other severe bodily harm.

- Until your child turns 3, toy parts should be bigger than their mouth. If the toy or part can fit through a toilet paper roll, it is not safe.
- Make sure the toy is developmentally appropriate. Most toys

have a "recommended age" sticker.

- Buy toys that are in good condition. Check for any broken parts and that the toy is free of lead or paint which can be toxic. Buttons, beads, batteries, and stuffed animal eyes can all be choking hazards if they are chewed or pulled off.

For more information about Healthy Families or parenting support in your community please call 540-778-4061.



This Month's Children's Book:

The Mitten

By: Jan Brett



This Month's Parent & Child Activity

Mitten Lacing Cards

Lacing is a great fine motor activity for older toddlers and preschoolers. Fine motor development is the development of the small muscles of the body like the fingers. Lacing helps toddlers refine their pincer grasp which is when a child uses their thumb and index finger to pick up and hold objects. The pincer grasp is also an important pre-writing skill that will help your child hold a pencil when they enter school. Making a mitten lacing card is a fun way to practice these fine motor skills. To make a mitten lacing card:

- Draw the shape of a mitten on a piece of paper. A thicker paper like card stock or cardboard will work best.
- Have your child decorate their mitten and then punch holes around the mitten using a hole puncher.
- Find an old shoelace or a piece of yarn and have your child practice "sewing" the shoelace in and out of the holes.



[Healthy Families Page County](#)

"Helping New Families Right
From the Start."

540-778-4061

