

Best Beginnings August 2008 PSAs

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1. Walk on the Wild Side: Good for Brain

Want your preschooler to be wild about learning? Together, take a walk on the wild side! Walk in a park and count ravens. Walk on a trail and look for animal tracks. Or just walk around and tell wild stories! Walking is good for young brains. Exercise is closely linked to language and cognition development –and helps give children the energy and endurance they need to succeed in school. So take your child for a short walk every day. You'll both have a wild time! This message is brought to you by Best Beginnings and this station

2. Summer Learning

Alaska summers are perfect for providing your little ones with brain-building activities. It's as simple as getting outdoors and exploring the grass in your lawn or the park. Roll on it. Let it tickle toes and knees. Pull out a handful to examine closely. Talk about the color. Smell it. Young children need a variety of simple, hands-on experiences for their brains to develop. So enjoy the summer and help your child's brain grow. This message is brought to you by Best Beginnings and this station.

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3. We're Walking: Multi-tasking Fun

For all you multi-tasking parents out there, here's a way to combine cuddling, talking, playing, and exercising with your child all at once. While carrying your infant or toddler, walk along and say, "We're walking... we're walking... we're walking and we STOP!" The more suddenly you stop on the word, "stop," the more giggles you'll get. Add running, skipping, or whatever to stimulate those growing brains even more. This message is brought to you by Best Beginnings and this station.

4. Kindergarten Ready

Getting your child ready for kindergarten begins at birth. Children's brains develop rapidly between birth and six years old. Help with that development by engaging your child early through playing, reading, talking, and listening and you'll find they are ready to learn when they enter school. It's all part of giving Alaska's children their best beginning. This message is brought to you by Best Beginnings and this station.

5. Parent Health

You've heard it on airplanes: if oxygen masks drop down, put yours on first, and THEN help your child. The same could be said for parenting. If you run out of oxygen or energy, you won't have anything left to give your child. So take care of yourself. Ask a friend to watch your kids so you can take a nap or a nice long bath. Eat healthy foods and exercise to boost your energy.

Taking care of yourself is taking care of your whole family. This message is brought to you by Best Beginnings and this station.

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