

# K.I.D.S. Newsletter

## Survey Questions for Spring 2018 Newsletter

Complete the test and survey questions to be entered to win a gift. You can also fill out the test and survey online at: <https://goo.gl/mkJwkL>

1) Have you attended any of the Foster Parent Quarterly Meetings? Yes  No

2) If yes, what went well or what could be different?

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3) What topics/concerns would you like to discuss at the Quarterly Meetings?

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4) Please write a question about something you have struggled with in your time as a care provider. We would like to use your question in the Ask Kids advice column (don't worry, we won't use your name!).

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5) Would you like the newsletter in Spanish? Yes  No

6) Would you like to STOP delivery? Yes  No

To be added to the newsletter birthday list, write your name and birthday in the comment box below.

### Comment and Suggestion Box

Please print your name below. If your name is selected in the monthly newsletter drawing, you must provide the following information to be contacted.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Foster Parent     Relative Caregiver or NREFM

## Test Questions for Spring 2018 Newsletter

Complete the test and survey questions to be entered to win a gift. You can also fill out the test and survey online at: <https://goo.gl/mkJwkJL>.

To be eligible for the monthly drawing we must receive your test/survey by the 10th day of the month after you receive the newsletter (Fall's test/survey deadline is May 10th). You must complete BOTH the test and survey questions to be entered into the drawing. You can earn 0.25 Educational Licensing hours if you complete and return the test questions in the enclosed prepaid postage envelope. Please make sure you write TK12 on the envelope next to the Worker No.

- 1) Parents should read to children before children can talk. T  F
  - 2) When parents start reading a book to a child, they must finish it. T  F
  - 3) Describe three benefits of reading to a child.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  - 4) Provide two examples of books that 4-6 month old children would enjoy.  
\_\_\_\_\_  
\_\_\_\_\_
  - 5) Seeing adults read for pleasure encourages children to read. T  F
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## Test Answers from Winter 2017 Newsletter

- 1) Researchers have found that Vitamin D is only important for healthy bones and teeth. FALSE
- 2) Children who are Vitamin D deficient may experience symptoms of tooth decay and catch more infections. TRUE
- 3) Describe three risks associated with being Vitamin D deficient. Any three from the following list:
  - Tiredness and general aches
  - Muscle spasms and in some cases seizures
  - Osteomalacia (soft bones)
  - Increased risks for infections
  - Tooth decay
  - Severe Vitamin D deficiency can cause rickets
- 4) Explain two ways in which children can receive Vitamin D. Any two from the following list:
  - Spending time in the sun. Just 5 to 30 minutes of sun exposure on the face, arms, legs and back at least twice a week may provide enough Vitamin D.
  - Eating certain foods with Vitamin D, including cow's milk, fatty fish, mushrooms, beef liver, cheese, egg yolks, and some fortified foods.
  - Taking a Vitamin D supplements as prescribed by a health care provider.
- 5) Playing outside on a sunny day can help children maintain healthy levels of Vitamin D. TRUE