

# The Wellness Child

Dr. Roller Keeps You Informed

## Spring Forward

It's springtime! The birds are singing, flowers are blooming and you want to be outside playing! Hasn't it been a long, long winter all cooped up and unable to go outside? Well, you can now and Dr. Roller has lots of fun ideas for what to do!

### Plant a Garden

The things you'll need:

1. Mom and Dad's permission.
2. A hand shovel and a hand rake.
3. A packet of seeds or some seedlings from the garden department at your local department store.
4. A corner of your backyard or a section of flower bed.

What to do:

1. Prep the ground for your garden by digging it up with a hand shovel and leveling it out with a hand rake.
  - If the ground is really hard you may need to soak it with water first. *Ask your parents for help for this – remember we're not making mud pies.*
2. Make rows and then plant your seeds or seedlings.
  - If you're planting seeds poke holes in the ground about 2" deep and then drops the seeds in the hole, cover it up, pat it down and water it.
  - If you're planting seedlings dig little holes that are big enough for your plant, drop the plant in the hole, fill the hole with dirt, pat it down and water it.

For the best success Dr. Roller recommends planting peas, green beans, squash or corn. These are sure to grow in any soil as long as they're given lots of sunlight and water; and they're super healthy!



*"Dr. Roller recommends planting peas, green beans, squash or corn."*

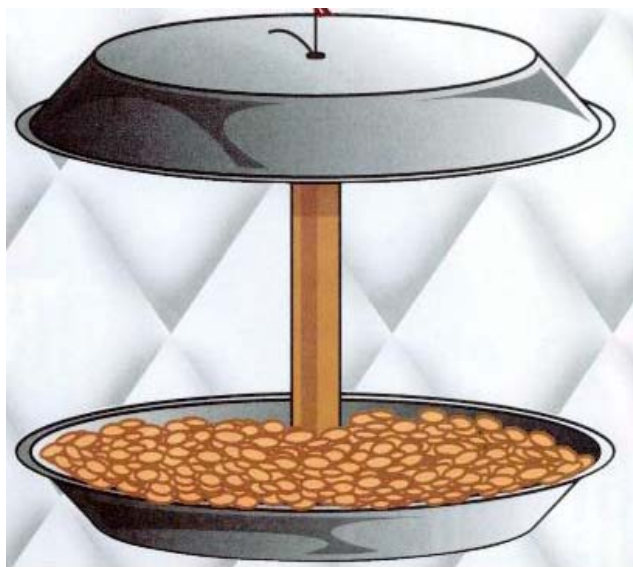
### Spring Cleaning

Is your room hard to keep clean? It may be that you have too many toys and things.

1. Get three large boxes
2. Throw everything you still use in one
3. Throw everything you don't use but can't get rid of in the other
4. Throw everything you want to give away in the last one
5. Ask your mom to call a local women's or homeless shelter then write their name on the side of the box you put your "give away" items in and leave it on your front porch for them to pick up.
6. Write your name on the side of the box that you put your "can't get rid of" items in and ask your dad to store it in the garage for you
7. Finally, take everything out of the last box and find a place for it in your room.

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### Craft Projects

Most local craft stores have kits to put together some amazing things. You can purchase a kit for making a personalized steppingstone for the garden or a kit for making a beautiful wind chime. Or you can use a few inexpensive items and make a fun and useful item like a bird feeder.

### Make a Bird Feeder

The things you'll need:

1. Two pie tins
2. Two nails
3. Glue
4. A piece of wire
5. A 10" wooden dowel about a 1" thick (a wooden dowel is a round stick that you can buy in the craft area at most department stores)

What to do:

1. Stand the dowel upright and put a pie pan over the end making sure to center the pan on the dowel.
2. Hammer a nail through the pan into the wood.
3. Attach the other pan the same way.
4. When the nail is almost in, wrap the end of the wire around the nail.
5. Finish hammering the nail all the way into the dowel.

### Dr. Roller's Top Five Recommended Spring Activities

5. Clean up your pet's home – bed, dishes, food storage, etc. and remember that vinegar and water is a safe and easy cleaning solution.
4. Choose an older neighbor to do something special for – offer to take out their trash, sweep their porch or read them a book.
3. Community Cleanup – grab a large trash bag, ask your mom or dad to go with you, and clean up a nearby street or playground
2. Have a game or movie night – ask your mom or dad to designate one night a week for family time.
1. Go unplugged – choose one day a week that you will not play video games, use the computer or watch TV and videos but instead read a book or do puzzles.



*Dear Parents – Dr. Roller wants your child to grow up healthy and happy! Please take a moment today to ask him/her any questions you have about your child's overall wellness!*