

## 1: Child Heart And Lung Sounds Trainer

*A personal trainer can be another way to provide direction, structure, and strategies that help create a habit of healthy living that can have a tremendous impact in a child's life. Another reason some parents hire personal trainers for their kids is to improve sports performance and sports skill training.*

For exampleâ€¦ I made a water mat for the sharks and fish. I made a farm mat for the farm animals. I made a jungle-y, volcano-laden land for all the dinosaurs. Oh and a random Smurf village for our little Smurf collection. So, take a look at the animals you have lying around to decide what type of habitats you want to create with your mats. Then, create a rough idea for your mats like I did. The next step is to gather your felt and embroidery thread and get to work. I used the materials we already had at home. I just used a pretty wide straight stitch to sew each part to the mat. Let me show you what we ended up with and how I put them together. First, I started with two patches of crops. Then, we added the animals, a fence, and a tree to complete our farm setup. Smurf Village For the Smurfs, I created mushroom and log homes with stepping stones. I intend to add fake flowers, decorative embroidery, and floof to make it even more idyllic. For the base of the mushroom, I simply stitched the sides of one long rectangle togetherâ€¦ Then, I made the top of the mushroom by stitching together two red circles with polyfill in between and white circles on top. The top of the mushroom just sits on top of the base so the Smurfs can go in and out. For the brown log, I just stitched two sides of a rectangle together again and cut out three sides of a square to make a little window. Aquatic life I used a blue mat for the sea and added a cave, lily pads, and an island. Any sea animals are welcome on this play mat. Start with a blue mat Add the island and the sea cave. I added a little bit of fiberfill inside the island to give it some elevation. The bush on the island is another stack of green rectangles. I also stitched the lily pads down with one green stitch each. Add all your aquatic animals. General Wilderness We sort of put all the leftover animals here. With a pond and a cave, this habitat could be anywhere. I started with a green mat and added a pond, a cave and another bush. I made several of the standing grass pieces you see in the center there. I just cut two rectangles, snipped out some fringe, and stitched them together about a half-inch from the bottom so I can make them stand. You can see how a toddler could have endless fun with this right? It also offers you an educational opportunityâ€¦ Educational opportunity This project is all about imaginative play and being resourceful. However, this process has several great teaching opportunities built into it. If you have a toddler or older child at home, you can use the animals and their homes as teaching moments for your kids. You can teach your kids about: What does the lion say? What does the cow say? Animal habitats and homes: Art and sewing skills: I hope this activity gives you some inspiration! Thank goodness we can make use of all these random animals now, right? We keep our animals and mats together in a plastic bin. So, tell meâ€¦ Did you ever play with felt play mats when you were a kid?

### 2: Sex education: Talking to your school-age child about sex - Mayo Clinic

*Exercise for kids should be fun. Instead of "working out," think of it as "exercise play." That's the term used by Ewunike Akpan, who's a personal trainer certified by the American Council on Exercise, and also the associate manager for the mid-Atlantic region for BOKS (Build Our Kids' Success).*

Sign up now Sex education: By Mayo Clinic Staff Sex education often begins as simple anatomy lessons during the toddler years. But during the school-age years, your child might start asking specific questions about sex. Not sure what to say? Consider this guide to discussing sex with your school-age child. Expect detailed questions Toddlers and preschoolers are often satisfied with vague answers to questions about where babies come from. But school-age children tend to ask more-specific questions about the connection between sexuality and making babies. When your school-age child inquires about sex, ask what he or she already knows. Correct any misconceptions, and then offer enough details to answer the specific questions. You might say, "A penis is usually soft. But sometimes it gets hard and stands up. This is called an erection. This might also be the time to describe a wet dream. Explain how menstruation is an important part of the reproductive cycle and a normal part of going through puberty. Offer a description of menstrual bleeding and feminine hygiene products. You might say, "In girls, a period means that the body is mature enough to become pregnant. If your child wonders about the mechanics of sex, be honest. You might say, "When a man and a woman have sex, the penis goes inside the vagina. This type of sex can make babies. Can two girls have sex? It might be enough to say, "Yes. Two men or two women can have sex with each other and love each other. You might say, "Masturbation is when you rub yourself in the genital area. Explain what happens during puberty for both boys and girls. Offer reassurance that children of the same age mature at different rates. Puberty might begin years earlier " or later " for some children, but eventually everyone catches up. You might want to share experiences from your own development, particularly if you once had the same concerns that your child has now. Responsibilities and consequences Talk to your child about the emotional and physical consequences of becoming sexually active, such as pregnancy, sexually transmitted infections and a range of feelings. Discussing these issues now can help your child avoid feeling pressured to become sexually active before he or she is ready. Let your child know that sex can be beautiful in a loving, committed relationship. Everyday moments are key Use everyday opportunities to discuss sex. Teachable moments are everywhere. If you see a commercial for a feminine hygiene product, use it as a springboard to talk about periods. If a couple on a TV show begin dating, talk about relationships and falling in love. Take your role in sex education seriously. Encourage your child to take care of his or her body, develop a healthy sense of self-respect, and seek information from trusted sources. Your thoughtful approach to sex education can help your child develop a lifetime of healthy sexuality.

### 3: Short Dog Poems - Short Poems About Dog

*Should I become a certified child abuse prevention trainer? Certified child abuse prevention trainers actively work to end the mistreatment and abuse of children by educating and training.*

### 4: Integrated Child and Adult Toilet Training Seat - [www.enganchecubano.com](http://www.enganchecubano.com)

*Child Heart and Lung Sounds Trainer This trainer emits the real-life recorded voice, lung, and heart sounds of a 4-year-old. The trainer operates from a wireless remote that has a simple turn-and-select method of choosing the sounds you wish to emulate and at what rate.*

### 5: Train-The-Trainer: Corporate Training Materials

*This trainer emits the real-life recorded voice, lung, and heart sounds of a 4-year-old. The trainer operates from a*

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wireless remote that has a simple turn-and-select method of choosing the sounds you wish to emulate and at.

### 6: ECE Trainers: How to Get Started with Healthy Kids, Healthy Future

*{Pin me!} Do you have a box of animal figurines in your house that looks like this? Or perhaps they're not even in a box like this. They're simply sticking out of the nooks and crannies of toy boxes and bins and bookshelves everywhere in your house.*

### 7: simple educational child activities Archives - FlashFit Trainer

*The Simple Trainer offers almost guaranteed success. It's soft and cushy and just plain friendly. Additionally, the inflated seat on the back gives your child a great perch when the trainers aren't moving.*

### 8: SimpleCPR | Online CPR Certifications For Groups & Individuals

*New Child Care Trainer Requirements. Senate Bill , passed by the 82nd Legislature, requires that all training must be relevant to the age of the children in care and be provided by a trainer who meets certain criteria.*

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