

HAPPY FEBRUARY!

Say it with me...I love ME! Self-love is all about accepting yourself as you are—the good, the amazing, the fun, but also the grouchy, negative and impatient parts, too. Some things you can do to love yourself more are being nice to yourself, talk about yourself with love, forgive yourself, and move and stretch your body every day.

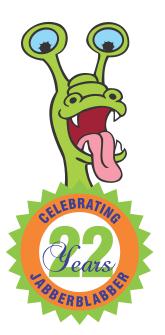
When you learn self love at an early age, you will likely have more confidence to try new things and will more likely stand up for yourself and others. Try your best, then try again if you fail on the first try. One thing I do every morning is recite affirmations to myself in the mirror. Affirmations are positive phrases or statements we can say to ourselves to encourage self-love and change the way we think of ourselves for the better! Here are some of mine: "I am loved.", "I am unique.", "I have great ideas.", "I am confident and brave.", "My body is strong.", "I will do great things today." and "I believe in myself.". Remember, if things aren't going so great and you start thinking negative things about yourself, just take a deep breath and think of your favorite affirmations!

Another thing I love about myself is my desire to help others, especially other kids. This E-zine helps keep kids entertained while also teaching basic cognitive, reading, math and problem solving skills. I couldn't do it without the help of the local people, you see throughout this publication, who care about kids and families as much as I do. Please remember them the next time your family is in need of their services.

Be green like me and remember to turn off the water when you brush your teeth!

Peace and Love, Jabberblabber

Jabberblabber loves
banana splits.
There is a banana split
hidden somewhere
in this E-Zine.
See if you can
help him find it!





Creators / Editors, Theresa Andreuccetti, and Nikki Schroeder with Meme and Jabberblabber.

Helping Children Live Healthy & Happy!

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"Be My Pen Pal" (see page 5), is a popular and regular feature in Jabberblabber E-Zine. Children from all over the Mid-South write letters to Jabberblabber, and he writes EVERYONE back! This fun exercise helps children with letter writing, handwriting and communication skills and gives them an opportunity to send and receive mail through the United States Postal Service (USPS).

Dear Jabberblabber,

I gave 3 compliments today. They were:

You won the spelling B, congratulations!

I like your hair.

You are smart!

I shared something today with a friend. I shared my lunch. I have a favorite outfit. It's a red pair of pj pants and a pink shirt that says I'M COOL on it.

The thing I want to do in 2024 is learn to ride my sister's bike. My question for you is . . . Do you have a bike? Sincerely,

Tessie Stagner, age 7, Memphis, TN

Dear Jabberblabber,

I gave 3 compliments today. They were:

You have a nice smile.

You are the best friend I've ever had.

I think you're funny.

I shared something today with a friend. I shared a secret.

I told my friend Angel that Miles thinks she's pretty.

I have a favorite outfit. It's a white pair of jeans, a blue top and a purple coat with my orange hat. The orange hat has a hole in it but I don't care.

The thing I want to do in 2024 is go to the beach with my family.

My question for you is . . . Can you swim?

Sincerely,

Jasmine Day, age 10, West Memphis, AR

Dear Jabberblabber,

I gave 3 compliments today. They were:

You're a great basketball player.

I love the cookies you made me.

You are the best mom in the whole world!

I shared something today with a friend. I shared my book.

I have a favorite outfit. It's a shirt with Spiderman with my dark jeans with white pockets and my basketball shoes.

The thing I want to do in 2024 is have a party. I'm going to be 10. My question for you is . . . When's your birthday and how old r u? Sincerely,

Damon Clinten, age 9 almost 10, Memphis, TN





- air conditioner up 2 degrees in the summer.
- **2. Turn it off!** When you're the last one to leave the room, ALWAYS turn off the lights!
- 3. Unplug It! Reduce your home energy bill 10% by unplugging your cell phone charger, TV, stereo, and computer when you're not using them.
- 4. Say NO to plastic bags! Bring your own bag when you go shopping. Plastic is bad for land & animals!
- **5. Shop Locally!** Support local farmers & local businesses who produce here at home.
- 6. Don't Idle! If you are going to be parked more than 10 seconds, turn it off! Idling cars produce 25% of all Co2 emissions.
- 7. Recycle! Cans, bottles, cardboard and plastic. Donate unwanted clothes, toys & furniture.
- 8. Reuse! Get a washable, reusable and refillable water bottle.
- 9. Conserve Water! Turn off the faucet while brushing your teeth and take a short shower
- 10. Can it! Trash on the ground is unsightly & can end up in our rivers and oceans. Always throw trash in the trash can.

What you need:

- The template on the next page or a piece of paper.
- 2 envelopes 2 stamps Pen or Pencil

Step 1:

Answer the questions in the template or write me a letter. Then fold it and place it in one of the envelopes.

Step 2:

Address this envelope to me: **Jabberblabber** 415 S. Front St #114 Memphis Tn 38103 Place a stamp in the top right corner of the envelope. your name

Step 3:

Address the other envelope to yourself: Your name your address your zip code. Place a stamp in the top right corner. Fold and place in the other envelope with your letter.

Jabberblabber Magazine 415 South Front #114 Memphis, TN 38103 your name

city, state and zip code

your address city, state and zip code

Jabberblabber Magazine 415 South Front #114 Memphis, TN 38103

Step 4:

MAIL IT! Place in 'OUTGOING MAIL" box at your home or various locations of the United States Post Office (USPS).

You will receive a reply and a BE GREEN LIKE ME bumper sticker in the mail in the next few weeks.

All letters submitted are eligible for copy/reprint in a future issue of Jabberblabber Family E-Zine.

	Dear Jabberblabber,
	The thing I like best about myself is
	The subject in school that I am awesome in is
	My best feature is
	My personality is great because
	My question for you is
	Sincerely,
	your name: your age:
	your address:
6	I pledge to practice the "10 ways to be GREEN"

WIN

a Jabberblabber bookmark, folder, sticker &

2 MALCO MOVIE PASSES

PRINT, COLOR & SEND in your masterpiece for the random drawing!

1 Grand Prize Winner will appear in the E-Zine, receive a bookmark,
folder, sticker, and 2 Malco movie passes!

Runners up will appear in the E-Zine!

Fill in your info and mail or email by the 20th of the month to:

Jabberblabber | 415 South Front, #114 | Memphis, TN 38103

OR photograph/scan your colored page and email to
jabberblabberlovesu@gmail.com

:	Name		
•	Address		

City

State_____ Zip____

Age_____ (No age limit!)



HZ O

SEND us your masterpiece for the

PRINT, COLOR &

random drawing

Dental Puzzle



Answers on page 32

see if you can match the correct number below:

Total teeth found in:

Humans 30
Dogs 104
Cats 32
Pigs 44
Armadillo 42

BONUS: What African animal only

has bottom teeth?



99 S. Main Street 901.527.0716 www.msdmemphis.com



118 Adams Avenue Memphis, TN 38103 901-636-5650 www.firemuseum.com

Mon - Sat 9am - 4:30pm

The Hottest attraction in town!

FREE admission for Kids!

Just print and color the picture below and bring with you when you visit!

Each Party Is Two Hours Of Fun For Everyone!

The first hour is spent playing and exploring in the museum.

Then it's into the Party Room to celebrate.

- Get behind the wheel of an actual fire truck, slide down a pole, put out a fire (simulated) and try on a real firefighter's uniform in our Play Area
- Feel the heat of the FedEx Fire Room
- Talk to Ole' Billy from the horse-drawn era of firefighting

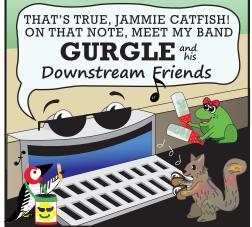
Reserving Your Party

Choose your date and time slot:

- Saturday:10:00am-Noon, 12:30pm-2:30pm, 3:00pm-5:00pm
- Sunday: 1:00pm-3:00pm, 3:30pm-5:30pm

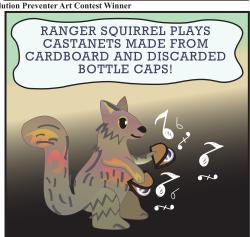
Call(901) 636-5650to book your party by phone or click here to fill out a request form online. ഠ 0 0















MATERIALS

Unused small box, such as a pudding or candy box.

Popsicle stick (or cut cardboard to make a handle).

3-5 rubberbands.
Different thickness

GLUE

Paint or markers to decorate.





DIRECTIONS

- Step 1: Remove the top or one of the widest sides to make your box hollow.
- Step 2: Glue handle (popsicle stick/cut cardboard) to box so it is vertical. Let dry.
- Step 3: Stretch rubber bands to fit over over box. Find rubberbands that fit your box.
- Step 4: Decorate! Once dry, enjoy!



Guidlines for teaching kids about



A savings account is a great way for you to learn about the value of money and how you can fulfill your future dreams by starting at a young age!

3-5 yrs

Identify coins & value

Identify items that cost money

People earn money by working

Wants vs. needs

The idea of having to wait for something you really want

6-10 yrs

Allowance discussion

Choices for how to spend money

Price comparisons

Open a savings account

11-13 yrs

Save at least 10%

Goal setting

Value of hard work

Don't spend money you don't have

Importance of privacy & security

14-18 yrs

Creating a budget

How to write checks

Importance of avoiding credit card debt

Taxes - what they are, how it affects jobs

Get a job

YOUNG ADULT

Credit score - what it is & how to build good credit	How to buy a car		
Save at least 3 months expenses for emergencies	Investing		
How to balance a check book	How health insurance works & how much it costs		
How to rent an apartment			



Jeber Deber PARENTS PAGES

Teach Kids The Greatest Love of All: Self-Love!

By Happiest Baby Staff

Between the "me-firsts" and "l-do-its", it might seem like toddlers and preschoolers are already well-versed in self-love. But the truth is, there's a big difference between being self-centered and feeling self-love. While all children are born egocentric, they need to be taught what it means to care and respect themselves and their needs.

What is self-love?

Self-love can mean something different for everyone. That's because each kiddo and each grownup is unique...right down to the many ways we take care of ourselves. But when it's all boiled down, self-love is all about accepting yourself as you are—the good, the amazing, and the grouchy, tantrum-y, and forgetful parts, too. For help getting your head around what self-love actually is, here are some actions that can translate to self-love to you and your child:

- Being nice to yourself
- Talking about yourself with love
- Forgiving yourself
- Setting healthy boundaries
- Being true to yourself
- Listening to your body
- Moving and stretching your body
- Connecting to yourself and others

Why is it important to teach children self-love?

Self-love encompasses important values like self-esteem and self-confidence that have a ripple effect throughout a child's life. Children who feel good about themselves...

- Have confidence to try new things
- · Are more likely to stand up for themselves and others
- Feel proud of what they can accomplish
- Have a growth mindset
- Are more apt to bounce back from setbacks
- Are more likely to try their best
- Are more apt to keep trying, even if they fail at first

When should you teach children self-love?

While self-love slowly develops over time, it's important that you start teaching self-love to your child from the get-go! After all, self-love begins when a child feels safe, loved, and accepted...by you! Plus, research shows that by age 5, children already have a solid sense of self-esteem. So that means, time is of the essence!

Model self-love.

Your behavior is one of the biggest influences on your child's ability to develop self-love, self-confidence, and self-esteem. Think of it like this: Your toddler won't be able to learn self-love if you don't show them how it's done! So please, make a point to practice self-love and self-care, so your child will mirror your behavior. Here are some ways you can model self-love in your home:

- Practice positive self-talk.
- Say affirmations out loud.
- Don't say negative things about yourself.
- Maintain healthy relationships.

Click HERE for full article.

DOGTOR'S ORDERS

FEBRUARY TOPIC:

Children and Sleep

By Danielle Pacheco & Dr. Nilong Vyas \Pediatrician

Sleep is an essential building block for your child's mental and physical health. But if you're finding it impossible to help your toddler sleep, you're not alone. The American Academy of Pediatrics estimates that sleep problems affect 25 to 50 percent of children and 40 percent of adolescents.

Understanding their sleep needs is the first step towards providing better sleep for your children. Through a combination of sleep hygiene, age-appropriate routines, and close attention to any sleep disorders, you can help your child get the rest they need to grow up strong and healthy.

Why Is Sleep Important For Children?

Sleep plays a crucial role in the development of young minds. In addition to having a direct effect on happiness, research shows that sleep impacts alertness and attention, cognitive performance, mood, resiliency, vocabulary acquisition, and learning and memory. In toddlers, napping appears to be necessary for memory consolidation, executive attention, and motor skill development. Sleep also has important effects on growth, especially in early infancy.

What Happens When Children Don't Get Enough Sleep?

As every parent knows, a child that's short on sleep can swing between being grumpy and hyperactive, with effects that can mimic ADHD. Sleepiness can also affect your child's ability to pay attention, with ramifications for their performance in school. Even minimal sleep restriction can have effects on your child's day-to-day life.

According to the American Academy of Pediatrics (AAP), a quarter of children under the age of 5 don't get adequate sleep. This is worrying because poor sleep in early childhood has been linked to allergic rhinitis and problems with the immune system, as well as anxiety and depression. There is also emerging evidence that poor sleep in childhood may carry future cardiovascular risks in the form of obesity, diabetes and high blood pressure.

In adolescents, inadequate sleep can have long-term effects on academic performance and mental health. The American Medical Association, the US Department of Health and Human Services, and the American Academy of Pediatrics consider chronic sleep loss in adolescents to be a public health problem. It is a risk factor for substance abuse and mental health problems, as well as more immediate problems such as car crashes and sports injuries.

Tips on How To Make Sure Your Child Gets a Full Night's Sleep

Sleep needs change as your child grows older, but whether you're dealing with a 2-year-old toddler or a stubborn teenager, research shows that a consistent bedtime routine is helpful for making sure your child gets enough sleep. Whatever activities you choose, try to do the same ones every day in the same order so your child knows what to expect.

A typical bedtime routine might include:

- Turning off computers, TV screens, video games, and other bright lights
- Putting on pajamas and brushing teeth
- Reading a light book, singing a lullaby, or taking a bath
- Picking a stuffed animal or security blanket for the night for toddlers

The best time to put your child to bed is when they're sleepy, not when they're already asleep. This helps them learn how to fall asleep on their own. If preschool children wake up in the middle of the night, walk them back to their bed. It's best not to let infants sleep in your bed, as co-sleeping increases the risk of sudden infant death syndrome.

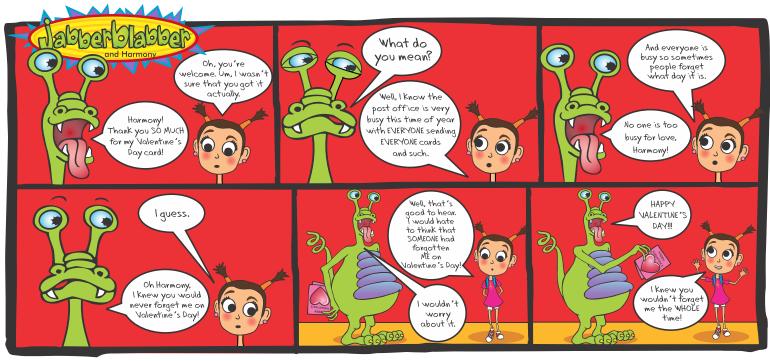






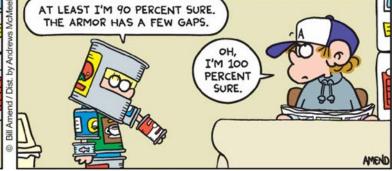


1225 Madison Ave., in the Midtown Medical District 901-722-3250 eyecentermemphis.com











- 1. What did the lightbulb say to his girlfriend?
- 2. Did you hear about the guy who promised his girlfriend a diamond for Valentine's Day?
- 3. What do farmers give for Valentine's Day?
- 4. What did one bee say to the other?
- 5. Knock knock. Who's there? Olive! Olive who?



#BeAirAware

Improve Air Quality by remembering the "COOL 5"

cool ways to reduce ozone in Shelby County:

Share the Ride Carpool, use public transportation, bike, or even walk! It saves money and reduces pollution levels.

Link the Trips When driving, do all of your errands in a row instead of returning home in between. It saves money, gas, and reduces pollution.

Stop at the Click When refueling the gas tank in your car, do not top off after the click. It harms your car and increases pollution levels!

Don't Idle Your Car You can reduce pollution levels by avoiding drive-through lines and shutting your engine off if waiting for more than 30 seconds.

Mow When the Sun is Low Gasoline lawn mowers are much dirtier than automobiles. Mow after 6pm to reduce ozone levels in the summer.



Shelby County Health Department

Follow us @ ShelbyTNHealth













Link the Trips!

If you are a carpooler or commute by transit, apply to be a registered commuter in our Rideshare Program.

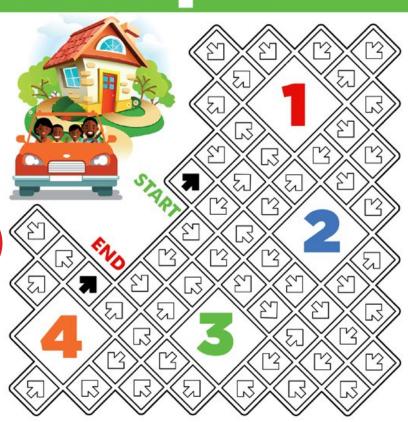
The Emergency Ride Home Program gives you several free taxi rides per year when an emergency or unforeseen circumstance causes you to miss your **CLICK HERE** ride home.

TO APPLY Help the Jones family

link their 4 errands before going back home!

It saves money, gas, and reduces pollution.

Follow the arrows going through each numbered square to the end.



Feb 1 Thursday Change Your Password Day
Feb 2 Friday Play Your Ukulele Day
Feb 3 Saturday Carrot Cake Day
Feb 4 Sunday Thank Your Mailman Day
Feb 5 Monday National Weatherperson's Day
Feb 6 Tuesday Lame Duck Day
Feb 7 Wednesday Send a Card to a Friend Day
Feb 8 Thursday National Kite Flying Day
Feb 9 Friday Bagel and Lox Day
Feb 10 Saturday Umbrella Day
Feb 11 Sunday Make a Friend Day
Feb 12 Monday Darwin Day
Feb 13 Tuesday Clean Out Your Computer Day
Feb 14 Wednesday Valentine's Day
Feb 15 Thursday Gumdrop Day
Feb 16 Friday Do a Grouch a Favor Day
Feb 17 Saturday Random Act of Kindness Day
Feb 18 Sunday Battery Day
Feb 19 Monday Chocolate Mint Day
Feb 20 Tuesday Love Your Pet Day
Feb 21 Wednesday Mardi Gras
Feb 22 Thursday Be Humble Day
Feb 23 Friday International Dog Biscuit Day
Feb 24 Saturday Tortilla Chip Day
Feb 25 Sunday World Sword Swallowers Day
Feb 26 Monday Tell a Fairy Tale Day
Feb 27 Tuesday International Polar Bear Day

Feb 28 | Wednesday | National Tooth Fairy Day

Feb 29 | Thursday | Floral Design Day

See if you can find the 8 differences in the two photos.





NDPARENTS PAGE Celebrating our senior adults in the prime of their lives!



Grandparents of the Month - Bill & Marilyn Crosby

Bill and Marilyn Crosby moved to Kirby Pines from their previous residence in Memphis. Married for 58 years, they have two children and three grandchildren.

Upon graduating from Millsaps College with a degree in Sociology, Bill had a career with The Allied Group in hotel construction and as director of marketing. Marilyn attended The Baptist School of Nursing, Union University and The University of Memphis. She had a 50 year career as a registered nurse at Baptist Hospital in Memphis. Also a veteran, Bill served in the U.S. Army reserve as a Specialist 4.

This fun-loving couple enjoys watching sports, especially games their grandchildren are playing. Recently Bill joined an art class at Kirby and started painting.

Active in their church, they have made mission trips to Europe, China and Zambia, Africa. As president of her nursing class, Marilyn was part of a medical team. To stay active, this couple walk, take part in exercise classes, water aerobics and follow their grandchildren's activities.

Congratulations Bill & Marilyn, for being Jabberblabber's Grandparents of the Month!

D

GRANDPARENTS WORD

Believe In Yourself

Find the words hidden in the grid of letters.









sponsored by



LifeStyle and LifeCare

kirbypines.com

CAPABLE CREATIVE ENOUGH HAPPY INSPIRING

D

INTELLIGENT MINDFUL **POSITIVE** RADIENT RESILIENT

SMART STRONG





Jaber En Us

COLLEGE LEVEL PUZZLES

THESE ARE TOUGH! TRY THEM IF YOU DARE!

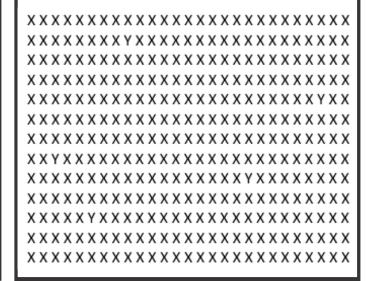
Answer on page 30

S is for?

Hidden below are eight, 7 letter words.
Each word begins with the central S and you can move one letter in any direction to the next letter.
All of the letters are each used exactly once.
What are the words?

G	N	L	K	R	Т	Е
Е	Ι	Е	0	X	Α	Е
K	R	N	I	Н	М	N
Е	Α	Υ	S	Е	Α	Р
R	Е	Р	Р	Α	W	0
N	Е	Α	G	U	Е	0
R	N	Е	S	Α	D	Е

CAN YOU FIND ALL 5 Y'S HIDDEN IN THIS IMAGE?



Number Magic!

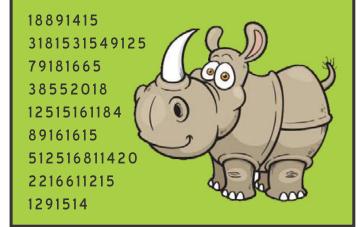
A teacher explains Roman numerals to the class by showing them that X=10, XI=11 and IX=9. The teacher then asks the class to make the Roman numeral for 9 into a 6 by drawing one line. How is this done?



Safari Animals

Below are safari animals, however, each letter has been replaced by its position in the alphabet but the spaces between the resulting numbers have been removed.

For example, DOG = 4 15 7 which is 4157 What are the safari animals below?



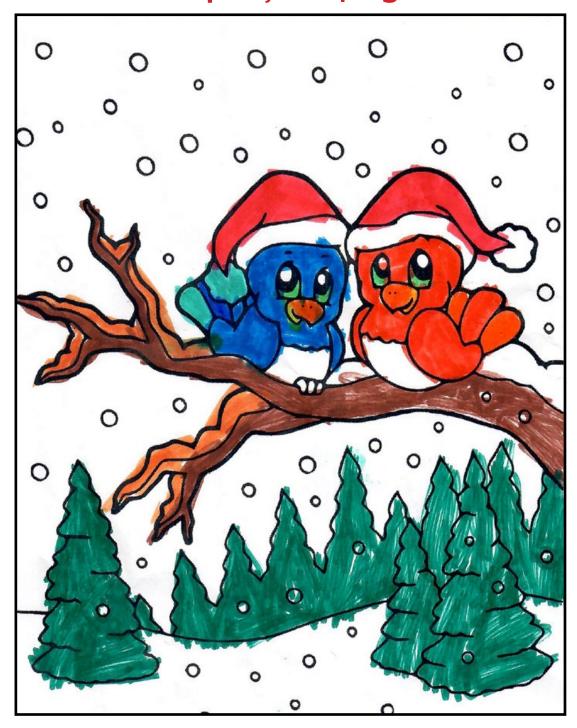


on Facebook having fun in the snow! Joke Answers from pg 15: 1. I love you a whole watt! 2. He took her to a baseball field. 3. Lots of hogs and kisses. 3. I love bee-ing with you, honey! 4. Olive you!

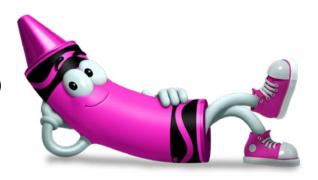
UCOLORIT CONTEST

January WINNER

1st Place
Ingrid Lammers
Memphis, TN | age 6



RUNNERS UP

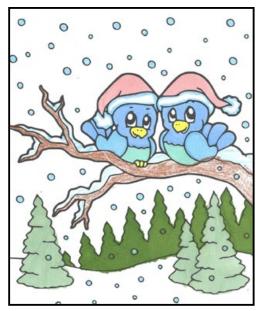




Ella Wade | age 11 Germantown, TN



Kierra Jeffreys | age 8 Memphis, TN



Min Lieberman | age 10 Memphis, TN



a Jabberblabber bookmark, folder, sticker &

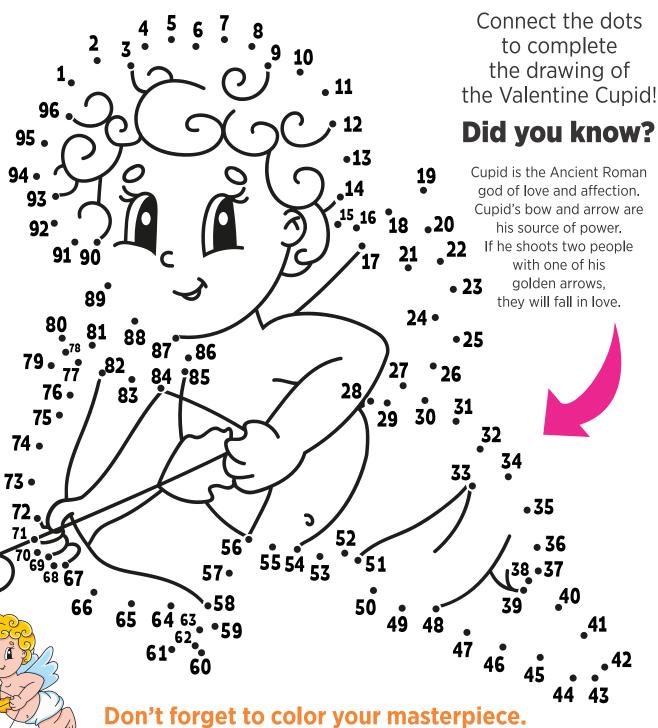
2 MALCO MOVIE PASSES

See page 7 for details!

Everyone`s an artist! You can do it!

25







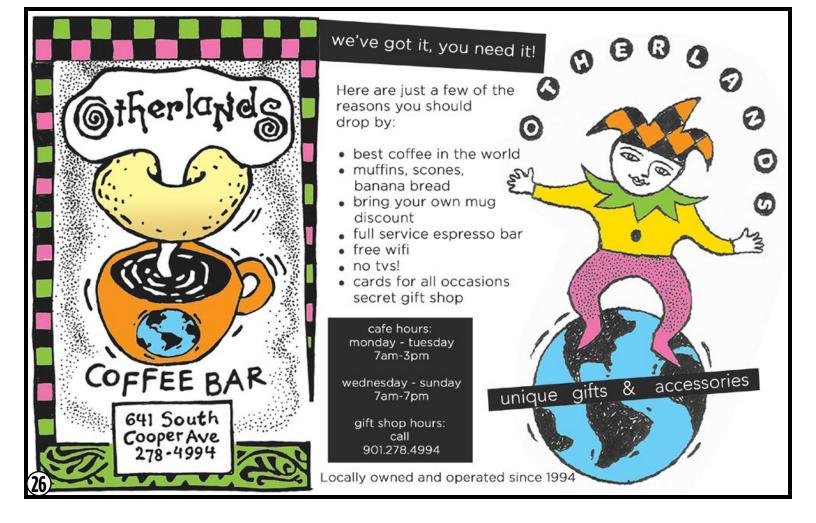




You're a-MAZE-ing!

- You deserve to feel safe from harm.
- You are worthy of being treated with respect.
- It's OK to say "no" to unwanted touch - your boundaries are important, and so are you!

MemphisCAC.org/prevention



REAL_{OR} WONKA



Which of these are treats talked about in *Charlie and the Chocolate Factory*, and which are real candy?

1.) TAKE 5

2. JSUNSHINE

3.1 EAEST OPPERS

4.1 RANCHERS

Charlie and the Chocolate Factory is open now at Playhouse on the Square until 2/18/24.

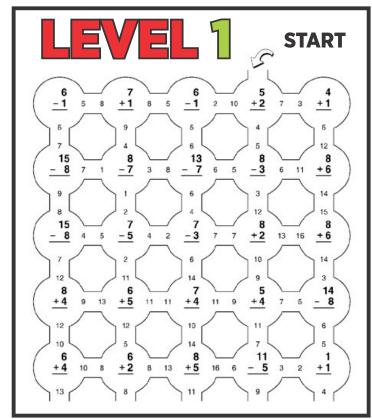
Monka; 3: Wonka; 4: Real Answers- 1: Real; 2:





MATHMAZES

Find your way from top to bottom by following the path of correct answers. You can only exit a cell if the number matches the answer to the problem.



START Z
25 30 18 32 4 +24 51 8 -22 7 30 +13 31 24 -10 22 32 ×7
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$
6 43 7 24 34 88 11 128 +21 45 9 9 13 14 14 14 128 128 13 14 15 165 17 18 18 18 18 18 18 18 18 18 18
44 27 18 23 24 169 169 169 169 169 169 169
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$

Answers on page 34

WORDOFTHEMONTH

confident

adjective

con·fi·dent

being certain of your abilities or having trust in people, plans, or the future

"I was confident that I could easily pass the Math quiz."

Use "confident" in your own sentence:



ANSWERS





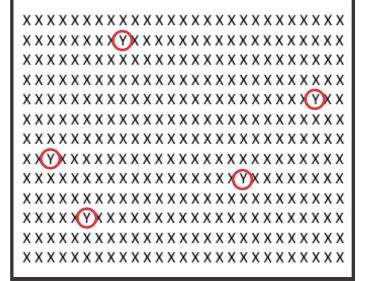
Jabers ENIUS ANSWERS

S is for?

Hidden below are eight, 7 letter words.
Each word begins with the central S and you can move one letter in any direction to the next letter.
All of the letters are each used exactly once.
What are the words?

sixteen, shampoo, seaweed, sausage, spanner, speaker, syringe, snorkel.

CAN YOU FIND ALL 5 Y'S HIDDEN IN THIS IMAGE?



Number Magic!

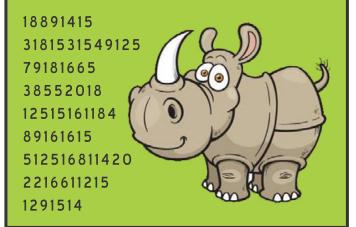
Draw a curved line in the shape of an "S" in front of the IX.

SIX

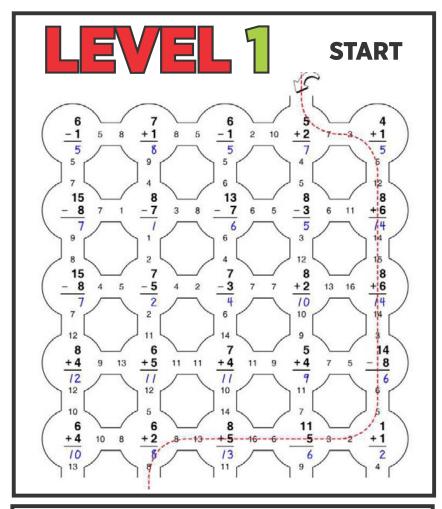
Safari Animals

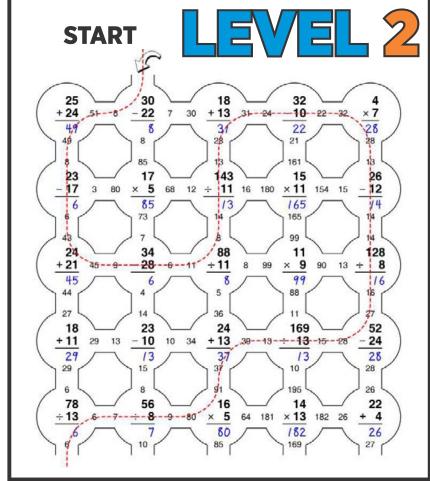
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ANSWERS



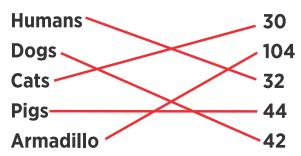


Dental Puzzle



see if you can match the correct number below:

Total teeth found in:



BONUS: What African animal only has bottom teeth? . It's the giraffe

sponsored by our favorite GREEN dentist



main street dental

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