

BirthDay Musical Chairs + More Nursery Rhymes & Kids Songs – CoComelon

It's JJ's Birthday! Time to dance around! In this nursery rhyme for kids compilation, sing along to songs such as 'BINGO', 'Apples & Bananas', 'My Body Song', and lots more kids songs! Subscribe for new videos every week!. CoComelon's 3D animation and songs create a world that centers on the everyday experiences of young children. In addition to helping preschoolers learn letters, numbers, animal sounds, colors, and more, the videos impart prosocial life lessons, providing parents with an opportunity to teach and play with their children as they watch together.

Didi Lagu Baru | Hey Kawan | Didi & Friends Lagu Kanak-Kanak

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Free or Low-Cost Health Coverage Helps Kids Get in the Game

Each fall, school and community athletic fields are filled with four-year-olds taking their first kick at a soccer ball and high-school seniors practicing in hopes of reaching the state championship football game. At every age, children who play sports learn lessons about teamwork and the value of both winning and losing. According to the Centers for Disease Control and Prevention, children who are part of sports teams have more energy, perform better in school and are successful long after they leave the field.

Approximately 5 million uninsured kids in the U.S. may not experience the benefits of playing on a team. These kids often miss out because they can't afford the necessary physical or treatment if they get hurt. Jackie, a 13-year-old eager to go out for her school's track team, was one of those kids until her family learned that health coverage is available through Medicaid and the Children's Health Insurance Program (CHIP).

Across the country CHIP and Medicaid offer free or low-cost health coverage for kids. Generally, a family of four that earns up to \$45,000 a year can get their kids covered. Once enrolled, kids can get doctor and dentist visits, vision and hearing care, hospital care, mental health services, regular check-ups and shots, and needed treatment, including prescription drugs.

Upon learning that Jackie did not have health insurance and that her mother had suffered a heart attack before age 50, the school nurse knew Jackie would need more than a general sports physical to be cleared to participate in track.

https://www.instagram.com/p/CPIfk8rFpjh/?utm_source=ig_web_but

ton_share_sheet

The nurse connected Jackie and her Mom with an outreach worker who helped enroll Jackie in the state's health coverage program. Within two days, Jackie went to a primary care provider, and tests indicated a potential heart syndrome. She was referred to a cardiologist, who, after further exams, gave Jackie the green light for track.

Learning about available health coverage programs did more than get Jackie on the team, it potentially saved her life – Jackie is covered both on and off the field. Kids with insurance generally have better health throughout their childhood and into their teens. They are sick less often, get the treatment they need when they are not feeling well and are less likely to miss school – or a big game – due to illness. Families with uninsured children can get connected to the CHIP or Medicaid programs in their states by visiting InsureKidsNow.gov or calling 1-877-KIDS-NOW.

Sports, Shoes and Your Child

As kids explore different sports, parents buy bats, gloves, helmets and jerseys. But new sports should mean new shoes, too.

Buying a generic athletic shoe no longer makes the grade. Sport-specific shoes, which are designed for the exact sport in which a child will participate, boost performance and protect against foot and ankle injuries.

The American Podiatric Medical Association (APMA), the country's leading foot health resource representing 80 percent of podiatric physicians nationally, recently surveyed parents.

According to the survey, 48 percent of children under the age of 17 have experienced a sports-related foot disorder.

“With so many children falling victim to foot injuries caused by playing sports, parents should be reminded that the proper sports footwear can mean the difference between fun and serious injury,” says Dr. Ross Taubman, president of the APMA.

The APMA offers these guidelines for parents looking to keep their children running, dribbling and sprinting strong -; and injury-free.

- Dribbles and Dunks. Many kids play basketball as their organized sport of choice. But with so many feet running around a court, kids’ basketball shoes should have a thick, stiff sole to support running and jumping. Basketball players also make sharp direction changes, so shoes must feature high ankle constructions. The best basketball shoes offer strong support on either side of a child’s ankle.

- Making a Racket. Court shoes designed for tennis and racquetball might look like other sneakers, but they feature invisible support.

Children’s court shoes support both sides of the foot, since children must make quick movements and weight shifts as they chase after tennis balls. Flexible soles help children change direction quickly.

- Sprinting Toward the Finish. Every runner, no matter their age, requires a shoe fitted to their style and speed. Good running shoes provide maximum shock protection to avoid leg and knee injuries. They make sure that feet hit the ground correctly.

Parents should look for the APMA Seal of Approval on footwear, which guarantees that shoes meet guidelines for stability and safety. They also shouldn’t forget to buy synthetic blended socks, without large seams, that wick away moisture and help

prevent odor.

For more information, visit www.apma.org/pediatrics.

4 Tips for Getting Your Best High School Senior Photos

As a senior entering into your last year of school, you have a lot to be proud of – your grades, your accomplishments, your relationships, and, this year, your senior photo.

Of course you want the “Wow! factor” when you hold the photo in your hand, but to get that takes some preparation and investigation well before you actually arrive at the shoot.

To make things easier, we’ve put together four tips to help you get those picture-perfect shot – ones that are timeless and celebrate your spirit and personality.

* Know before you go. Reviewing a photographer’s online portfolio will allow you to see if their images reflect the style you’re looking for, and mesh with your personality, be it black and white, natural, candid with minimal posing, formal, or classic. Whatever your style, find a photographer whose existing work reflects your vision, instead of hoping the photographer will intuitively understand. You’ll save yourself (and your photographer) time and energy by doing your homework ahead of time.

* Establish a connection. Most photographers perform better when they are at ease with their subject (in this case, you), which ultimately translates to better photos. In this way, it’s important to meet your photographer beforehand to see if

you feel comfortable with him or her. “Feeling comfortable during your photo session is the number-one most important thing if you want to have great, relaxed photographs,” says Michelle Moore of Michelle Moore Photography in Seattle, Wash., who is a member of the Professional Photographers of America (PPA), a non-profit association.

* Ensure that your photographer is a pro. The last thing you want to worry about is whether the person you’re hiring is actually a professional. To ease your mind, consider hiring a [PPA photographer \(www.FindaPhotographer.com\)](http://www.FindaPhotographer.com) is a website from the non-profit that allows you to search, sort by specialty, locate, browse through portfolios, and even contact qualified photographers in your area). Photographers who are a part of this association have the artistic and technical knowledge and experience to capture and preserve your unique personality while making you feel comfortable.

* Let your parents have a say. While your folks may have different tastes, remember that they are in control of the purse strings, that is, they are (usually) the ones paying. This should be a combined effort, one that involves both parents and teens. “You’ll want to find a compromise in terms of style and budget; but ultimately, it should be a decision that both you and your parents make,” says Moore.

For more information, please visit PPA.com/SeniorTips.com.

Gardening Projects Help Children Flower

American parents may bond with their children by taking them to farmers’ markets or showing them how to grow potted plants,

but in other areas of the world, growing plants may literally help keep families together.

In Ecuador, for example, children were often left alone while their parents went into the city to work. Because children had to take care of the home while their parents were away, many stopped going to school. ChildFund International, an organization that focuses on working with children, as well as with families, local organizations and communities to create environments in which children can thrive, decided to take a unique, community-wide approach to solving this problem – by growing a garden.

ChildFund Ecuador started training the community in flower and vegetable cultivation, as well as business administration. The local bank, which ChildFund helped develop, gave local fathers the loans that they needed to build greenhouses for roses, carnations and tomatoes. Today, more than 285 families now use their greenhouses as their primary source of income, so the parents don't have to migrate into the cities to work, and children can attend school regularly.

The Actively Engaged Mayan Women, or Mujeres Emprendedoras Mayas, in rural Tecpan, Guatemala, are using macro tunnels – or miniature greenhouses – to grow tomatoes, thereby creating income and improving food security for their families. As the women become more able to create their own income, they also gain the ability to better care for their children.

In ChildFund Uganda, children and their parents planted more than 10,000 eucalyptus trees and 5,000 pine trees to create two new forests. In an area where environmental degradation has reduced the quality of life, the new forests provide inexpensive firewood, protection against soil erosion and an economic boost, as the trees provide timber for housing and other projects.

“Forests will be a major source of timber, which will be

mainly used in house construction, and houses are very important to us,” said 14-year-old Nalubega Florence, a student at St. Andrew Primary School.

To learn how you can help communities come together through the plants that they grow, visit ChildFund International at www.ChildFund.org.

Kick Off Your College Financial Aid Game This Fall

Fall is here, and high school seniors (and their parents) are in the thick of the college application process. But these days, the cost of tuition can seem daunting: 85 percent of parents believe the cost of college is more of a financial burden than in past years, according to a College Ave Student Loans survey of 1,072 parents conducted by Barnes & Noble College Insights. However, many families may not realize and take advantage of the range of financial aid opportunities and options available.

“Don’t let the ‘sticker price’ of a college sway you from applying,” says Joe DePaulo, Co-Founder and CEO of College Ave Student Loans. “The college ‘sticker price’ typically refers to the published annual cost of attendance for any given school, which includes tuition, fees, and an average estimate of other related costs like room and board. The actual price families will pay depends on how much financial aid they receive which will be unique for each family,” he says.

Start by filling out the FAFSA (Free Application for Federal Student Aid). Some families skip this form because they think it is too much work for too little payoff. **Don’t Fear the**

FAFSA By forgoing filling out this important government form, you could be leaving financial aid on the table. Some financial aid programs work on a first-come first-served basis, so getting it done as close to the October 1 start date maximizes the aid you might receive. There are other reasons to make sure the FAFSA is part of your fall financial aid game, according to College Ave Student Loans, a company offering simple and personalized private student loans:

– **More financial aid:** Some schools won't even consider you for merit aid unless you complete this important form.

– **More options:** Students planning to apply for Federal Stafford Loans or Federal PLUS Loans must fill out the FAFSA first.

Keep Applying to Scholarships Beyond the FAFSA, students and parents can round out their financial aid plan with scholarships. Many scholarships are available with rolling applications year-round and every little bit helps. College Ave Student Loans offers a monthly chance for students to win a \$1,000 scholarship on their website.

Build a Balanced College List College Ave recommends that you apply to a variety of schools. This will give you more opportunities to find a school that fits your budget financially, and one that may offer better financial aid. If scholarships, grants and federal loans in the student's name don't cover the full cost of tuition, College Ave Student Loans offers a simple, stress-free student loan process to help cover college costs. Students and parents can apply online and get a response in 3 minutes, with no application or origination fees. For more information about college financial aid planning, hints for filling out the FAFSA, and other loan opportunities, visit collegeavestudentloans.com.

Even During School Year, Fun Reading Important for Kids

Most young kids love reading, but when the busy school year starts, it can be challenging to find the time to encourage them to read for fun.

It's important to remember, however, that the more kids read on their own time, the higher they tend to score on tests.

In fact, about 76 percent of students who report reading for fun on their own time once a week or more perform at the high end of basic level testing, while 14 percent of students who never or hardly ever read for fun perform below the basic level, according to the American Library Association.

So how can we get kids reading during their free time when they're already so busy in and out of school?

"Kids should be exposed to a variety of books and genres so that they can figure out what they enjoy," says Stephanie Fryling, Vice President of Merchandising, Children's Books, at Barnes & Noble. "If kids love the books and topics they're reading about, like a graphic novel, they're much more likely to reach for a book as often as a video game."

It can be a challenge, however, to know what reading to get for your kids, let alone put down money for them.

That's part of the reason bookseller Barnes & Noble started a national Kids' Book Hangout. This free, seasonal event offers kids, parents, and caregivers a chance to gather together to learn about a range of books for grades 1-6, as well as play fun games and activities related to the stories and characters.

“We wanted to create a fun, friendly environment for kids to learn about new books and genres so they can find what interests them,” Fryling says.

The first Kids’ Book Hangout, held this summer, was a big success, drawing over 10,000 kids to Barnes & Noble bookstores around the country. Fryling expects the next Hangout to be even bigger.

The second Hangout will take place Saturday, October 20, at 2 PM, and features a range of books and graphic novels about friendship, adventure, and mystery. Barnes & Noble partner with Penguin Young Readers and Random House Children’s Books on the following titles:

- * “The Cardboard Kingdom,” by Chad Sell
- * “5 Worlds: The Sand Warrior,” by Mark Siegel and Alexis Siegel
- * “The Last Kids on Earth and the Cosmic Beyond,” by Max Brallier
- * “Squirm,” by Carl Hiaasen
- * “Monstrous Devices,” by Damien Love

During the Hangout, booksellers will introduce the books to the kids along with games, activities, and free giveaways. Barnes & Noble will also sell the books for 20 percent off in stores and online on the day of the event.

To sign up at their local Barnes & Noble, parents can go to bn.com/bnhangout and register for free.

For this Hangout, Barnes & Noble also partner with DOGObooks, where kids can discuss, rate, and review the selected titles. Kids can visit the Kids’ Book Hangout page at [DOGObooks.com](https://dogobooks.com) before or after the Hangout.

Balancing Housework And Your Baby

Babies need constant attention – they require constant feedings and diaper changes, and they require them at all hours. Tending to a baby is a full-time job, so it's no big surprise when dishes start piling up and you're running out of clean baby bibs.

Still, a clutter-free home can make your life feel just a little less hectic. Here are some tips for new parents hoping to keep their homes clean and organized while caring for their baby:

- Declutter. Less clutter in your home will help you keep your sanity. Get your partner or a friend to help you sort through, store or get rid of things you no longer need. Having fewer objects in the house means fewer items to be dusted, wiped, polished, picked up and rearranged.

- Invest in a sling. With your baby in a sling or other carrier, your hands will be free to fold laundry, dust and vacuum. As the baby gets older and you are able to do more activities outside of the house, the sling will also help you carry your baby through stores and other areas.

- Let products make your life easier. Some products help simplify routine household tasks. For example, Pak-It (www.pakit.com) water-soluble liquid packets deliver concentrated glass cleaner, disinfectant, and multi-purpose cleaning products, such as those for floors, kitchens, bathrooms and laundry. Pak-It products come prepackaged in biodegradable packets -; users simply put the packet in water. A busy mom, for example, can toss Pak-It Laundry Detergent

directly into the laundry machine while still holding her baby.

– Take advantage of naps. It's certainly okay to sneak in a few chores while your baby sleeps. But if you're exhausted, listen to your body and use the time to catch a few winks yourself.

– Don't stress out too much. Twenty years from now, what will you regret more – letting laundry pile up or neglecting to spend enough time with your baby? Your health and the baby's needs come first. Besides, if you think your home's messy with a new baby, just imagine how it's going to look with a teenager!