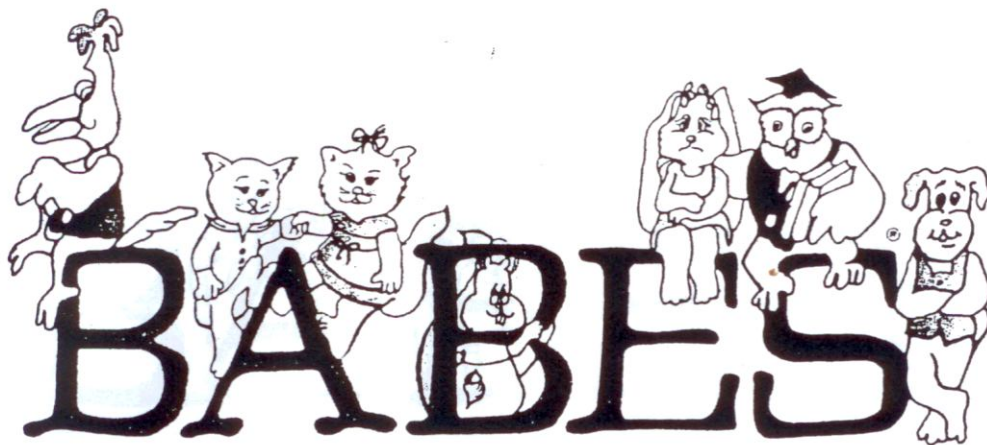




Week 1

**Sponsored by
The Edison Municipal Alliance and Youth Services Commission**

Dear Parents/Guardians:

The BABES (Beginning Awareness Basic Education Studies) program will be presented to your child over the next six weeks. BABES is a prevention program that helps students learn and practice life skills which will protect them from alcohol, tobacco and other drug use. BABES is an exciting and fun program for students which delivers non-judgmental information through the use of seven colorful, lovable puppets. Topics covered during the presentations include:

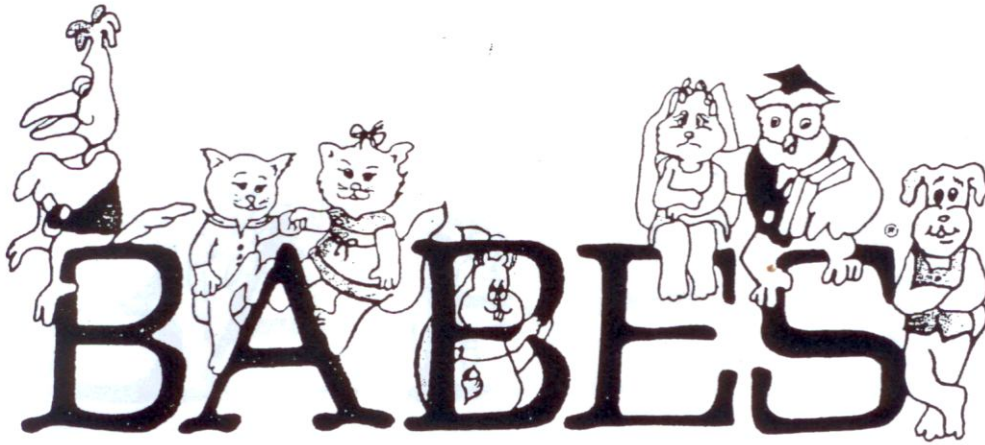
- | | | | |
|---|--------------------------------|------------------------|------------------------------|
| *Self Image | *Decision-Making Skills | *Peer Pressure | *Coping Skills |
| *Alcohol, Tobacco and Other Drug Information | *Asking for Help | *Helping Others | *Good Touch/Bad Touch |

It is our hope that students who learn this information at an early age will be better prepared to make healthy decisions throughout their lives, especially regarding substance abuse. Talking with your child at home about the lessons, he/she is learning will reinforce the concepts and make practicing healthy living easier.

If you have any questions about the BABES program, please do not hesitate to call me at (732) 248-7361

Sincerely,

**Amanda Persaud
Program Coordinator
Edison Municipal Alliance/Youth Services Commission**



Week 1

Donovan Dignity says: Changing your feelings is as easy as 1-2-3:

Step 1: Ask yourself how you are feeling? Are you feeling sad, mad, lonely?

Step 2: Ask yourself why you feel the way you do.

Step 3: Make up your mind what you are going to do about changing your feelings.

Remember: Talk about your feelings!

Dear Parent/Guardian:

Beginning today, your child will be participating in a unique primary prevention program, which will use puppets to teach important lessons about healthy living.

Over a period of six weeks, different stories will be told that show children ways to develop positive living skills and healthy attitudes, beliefs and behaviors. The long-term goal is to instill them with an understanding of how to make positive decisions early about alcohol, tobacco and other drugs. Research has shown that health-related attitudes, beliefs and behaviors are formed at a young age. Many psychologists believe these are set before the age of five. This program helps children develop a desire for healthy living.

Today's lesson is about self-image and feelings. There are many ways you can reinforce this learning with your child. You can start by going over the Easy as 1-2-3 steps outlined above, as well as:

- Make a "me" collage. Have your child cut pictures that represent favorite things including hobbies, emotions, toys, etc.
- Cut out pictures of faces you can find in magazines showing different emotions or feelings.
- Have your child draw pictures of things that make him/her feel good or bad.
- Play "feeling charades" where children act out different emotions.
- Make gingerbread "me" cookies; children decorate them in their own likeness.

If you are interested in more information, feel free to contact Amanda Persaud or Candy Varroney at (732) 248-7361. I have sent some work sheets home for your child to do throughout the week.