

UAB EARLY HEAD START PROGRAM

EARLY EDITION

Jane Reilly, Editor

May 2011

<http://www.uab.edu/civitansparks/uab-early-head-start-program>

DATES TO REMEMBER:

May 5 - 11:00 - Socialization - Families of Shante', Eleanor, Nikki and Pam - 10:00 parenting

May 12 - 11:00 - Socialization - Families of Vanessa, T, Cassandra and Renee' - 10:00 parenting

May 19 - 11:00 - Socialization - St. Clair - To be announced

June 2 - 11:00 - Socialization Families of Santee', Eleanor, Nikki and Pam - 10:00 - Parenting

June 9 - 11:00 - Socialization - Families of Vanessa, T, Cassandra and Renee' - 10:00 - parenting

June 16 - 11:00 - Socialization - St. Clair

June 23 - 11:00 - Socialization - Families of Shantee', Eleanor' Nikki and Pam - 10:00 - parenting

FUN POEM

Patricia Brought Her Parakeet

by Kenn Nesbitt

It pecked at Patrick's puppy.

Samantha's salamander swiftly

gobbled Gracie's guppy.

Savannah's snapping turtle

snapped the nose of Franklin's frog.

I'd say Fernando's ferret

went berserk on Daniel's dog.

Poor Jordan found his gerbil

being chased by Katelyn's cat,

and everyone was panicking

'cause Ryan brought his rat.

The teacher screamed and fainted,

and she fell right off her stool.

I guess I shouldn't bring

my pet tarantula to school.

She soon enough recovered,

but you should have heard her yell.

It looks like that's the last time

we'll bring pets for show-and-tell.

RIDDLE

Remove the outside, cook the inside,
eat the outside, throw away the
inside. What am I?

See Jane for answers.



"I talk and talk and talk, and I
haven't taught people in 50 years
what my father taught by example in
one week." -- Mario Cuomo

HAPPY MOTHER'S DAY

MAY 8

HAPPY FATHER'S DAY

JUNE 19



CHILDREN'S MENTAL HEALTH AWARENESS DAY May 3, 2011

What we know:

- Children feel stress just as adults do.
- They may express their stress in different ways
 - through their play—more aggressive or more withdrawn
 - in their behaviors at school—grades decline, changes in their peer relationships
 - in physical symptoms—sleep, headaches, stomachaches
- Parents sometimes underestimate the level of stress that their children are feeling.

What you can do:

- Listen to your children. Take time out each day to ask them how they are doing.
- Talk to them. Explain your actions, feelings, and those of others at an age-appropriate level.
- Model appropriate behaviors. Look at what you do and how you handle stress.
- Ask for help for yourself or for your children if things do not get better.

Where can you go for help if things don't get better?

- If you are not handling life so well, talk to someone yourself.
- Ask a friend or family member for information on mental health professionals.
- Consider taking your child to a mental health professionals.
- www.apahelpcenter.org
- www.samhsa.gov/children
- www.crisiscenterbham.com 205 323 7777

You can make a difference in your children's lives!

For more information:

www.helpbhamkids.com



May June Parenting Classes



**Parenting Tips and Tools, because it's
the world's most important job.**

In Jefferson County: Parenting classes are always on Thursday at 10:00am before your regular socialization

See page 1 of this newsletter for the socialization schedule.

In St. Clair County Parenting will be on June 16th at 11:00am.

In Walker County Parenting will be on May 18th and June 22nd at 9:30am at the center.

- ♥ In May we will talk about **separation anxiety**: how to leave your child with minimal distress for all.
- ♥ In June we will talk about two **BIG** toddler challenges: potty training and sleep.

And at every meeting, there will be time for your questions

■ And if you ever have any questions or concerns, be sure to call me: 934-1098 or 410-6586 (Dalia)



NEWS FLASH...

Social and Emotional Learning Programs May Boost Academic Performance

Reading, writing, 'rithmetic... and recognizing emotions? According to a new large research study from Loyola University in Chicago and the University of Illinois at Chicago, social and emotional development may be a key factor in academic performance. Researchers looked at over 200 school-based social and emotional learning programs, and found that such programs decreased students' disruptive behavior and emotional distress -- and increased performance on achievement tests.

Read the full article at:

<http://www.sciencedaily.com/releases/2011/02/110204091243.htm>

What can you do? Be your child's "*emotion coach*". To learn more about it, and how to do it, join us at our regular parenting classes with Dalia



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AAP Updates Recommendations on Car Seats



Children should ride rear-facing to age 2, use a booster until at least age 8

New advice from the American Academy of Pediatrics (AAP) will change the way many parents buckle up their children for a drive.

In a new policy published in the April 2011 issue of *Pediatrics* (published online March 21), the AAP advises parents to keep their toddlers in rear-facing car seats until age 2, or until they reach the maximum height and weight for their seat. It also advises that most children will need to ride in a belt-positioning booster seat until they have reached 4 feet 9 inches tall and are between 8 and 12 years of age.

The previous policy, from 2002, advised that it is safest for infants and toddlers to ride rear-facing up to the limits of the car seat, but it also cited age 12 months and 20 pounds as a minimum. As a result, many parents turned the seat to face the front of the car when their child celebrated his or her first birthday.

"Parents often look forward to transitioning from one stage to the next, but these transitions should generally be delayed until they're necessary, when the child fully outgrows the limits for his or her current stage," said Dennis Durbin, MD, FAAP, lead author of the policy statement and accompanying technical report.

"A rear-facing child safety seat does a better job of supporting the head, neck and spine of infants and toddlers in a crash, because it distributes the force of the collision over the entire body," Dr. Durbin said. "For larger children, a forward-facing seat with a harness is safer than a booster, and a belt-positioning booster seat provides better protection than a seat belt alone until the seat belt fits correctly."

While the rate of deaths in motor vehicle crashes in children under age 16 has decreased substantially – dropping 45 percent between 1997 and 2009 – it is still the leading cause of death for children ages 4 and older. Counting children and teens up to age 21, there are more than 5,000 deaths each year. Fatalities are just the tip of the iceberg; for every fatality, roughly 18 children are hospitalized and more than 400 are injured seriously enough to require medical treatment.

New research has found children are safer in rear-facing car seats. A 2007 study in the journal *Injury Prevention* showed that children under age 2 are 75 percent less likely to die or be severely injured in a crash if they are riding rear-facing.

"The 'age 2' recommendation is not a deadline, but rather a guideline to help parents decide when to make the transition," Dr. Durbin said. "Smaller children will benefit from remaining rear-facing longer, while other children may reach the maximum height or weight before 2 years of age."

Children should transition from a rear-facing seat to a forward-facing seat with a harness, until they reach the maximum weight or height for that seat. Then a booster will make sure the vehicle's lap-and-shoulder belt fit properly. The shoulder belt should lie across the middle of the chest and shoulder, not near the neck or face. The lap belt should fit low and snug on the hips and upper thighs, not across the belly. Most children will need a booster seat until they have reached 4 feet 9 inches tall and are between 8 and 12 years old.

Children should ride in the rear of a vehicle until they are 13 years old.

Although the Federal Aviation Administration permits children under age 2 to ride on an adult's lap on an airplane, they are best protected by riding in an age- and size-appropriate restraint.

"Children should ride properly restrained on every trip in every type of transportation, on the road or in the air," Dr. Durbin said.

Summer Health Tips for Kids

Reprinted from, *Healthy Living* by, *Brenda Watson*

Plus Quick & Easy Recipes They'll Love!



If there's one thing kids look forward to almost as much as Christmas, it's summer break. But with the end of the school year also comes the end of something a lot of parents rely on for fostering healthy habits: structure. Good habits are made easier with the help of a daily routine to follow, but all too often they can take a summer break of their own, leaving growing bodies lacking what they need to stay fit. Here are a few tips (plus kid-friendly recipes!) for keeping kids healthy over summer break.

Don't Skip Breakfast. A wholesome breakfast gives kids the boost they need to start their day and stay energized. Avoid sugary cereals and processed snacks, and opt for [high-fiber foods](#) such as whole grains, fresh fruit and even steel-cut oats, as well as lean protein.

Stick to Good Sleeping Habits. Getting enough sleep is essential for healthy [digestion](#), metabolism, brain function and so much more, so make sure kids stick to a set bedtime and wake-up routine.

Get Plenty of Exercise. Kids who stay active are less likely to become overweight and have problems with weight-related illness. Active kids have also been shown to better handle physical and emotional changes, have better sleeping habits, and develop stronger bones and muscles.

Keep Brain Cells Sharp. Mental exercise is just as important as physical exercise when it comes to optimal health. Encourage kids to read books, play word games, create scavenger hunts, or even keep a journal about what they did over summer break.

[Essential Supplements.](#) A healthy body begins with good digestion, so it's important that kids get the nutrients they need to digest their food properly, absorb nutrients, and eliminate waste effectively and efficiently. Daily supplementation with [fiber](#), [probiotics](#) and [digestive enzymes](#) can help kids get the nutritional support they need for better digestion and overall health.

FDA Drug Safety Communication

Safety Announcement

[04-07-2011] U.S. Food and Drug Administration (FDA) Warning:

Benzocaine, the main ingredient in over-the-counter (OTC) gels & liquids applied to the gums or mouth to reduce pain, is associated with a rare, but serious condition. This condition causes a decrease in the amount of oxygen carried through the blood stream and in the most severe cases this can result in death.

These gels and liquids are sold OTC under different brand names such as Anbesol, Hurracaine, Orajel, Baby Orajel, Orabase, and store brands. These products are used to relieve pain from a variety of conditions such as teething, canker sores, and irritation of the mouth and gums.

This condition has been reported with all strengths of benzocaine gels and liquids, including concentrations as low as 7.5%. The cases occurred mainly in children aged two years or younger who were treated with benzocaine gel for teething. Symptoms are as follows:

- pale, gray or blue colored skin, lips, and nail beds
- shortness of breath
- fatigue
- confusion
- headache
- lightheadedness
- rapid heart rate

The signs and symptoms usually appear within minutes to hours of applying benzocaine and may occur with the first application of benzocaine or after additional use. **If you or your child has any of these symptoms after taking benzocaine, seek medical attention immediately.**

These products should not be used on children less than two years of age, except under the advice and supervision of a healthcare professional.

Consider the American Academy of Pediatrics' recommendations for treating teething pain:

- A teething ring chilled in the refrigerator.
- Gently rub or massage the child's gums with your finger to relieve the symptoms of teething in children.

Healthy Monkey French Toast

- 1 whole egg + 1 egg white, beaten
- ¼ tsp. real vanilla
- Pinch of salt
- 4 slices of nutty, organic whole grain bread
- 6 oz. of plain yogurt
- ½ cup banana, sliced
- 2 medium figs, sliced
- Pump spray oil

Directions:

Combine eggs, vanilla, and salt in a bowl large enough to hold 1 piece of bread (flat). Preheat skillet to medium and spray with oil. Set 2 pieces of bread in egg mixture, coating both pieces well on each side. Hold bread in egg mixture to soak up roughly half of mixture. Place bread into heated skillet and cook until slightly golden brown on both sides. Repeat for remaining 2 pieces of bread. Set toast slices on a plate, layer alternately with banana and fig slices, and top with a big spoonful of yogurt.

Awesome Backyard Turkey Burgers

- ½ pound ground turkey breast
- 1 clove garlic, minced
- ½ tsp. Cajun seasoning
- Dash of freshly ground black pepper
- 2 tbsp. light teriyaki sauce
- 1 medium onion, cut into ¼-inch thick slices
- 1 tsp. olive oil

Directions:

Combine ground turkey, garlic, seasoning, pepper and teriyaki sauce in a large bowl. Divide mixture into two patties. Coat pan with cooking spray, heat to medium. Add onion slices and cook until tender and brown. Remove onion from pan and set aside. Coat pan with olive oil, add patties. Cook over medium heat for approximately 5-10 minutes, turning halfway to brown both sides. Serve patties with onion on top.

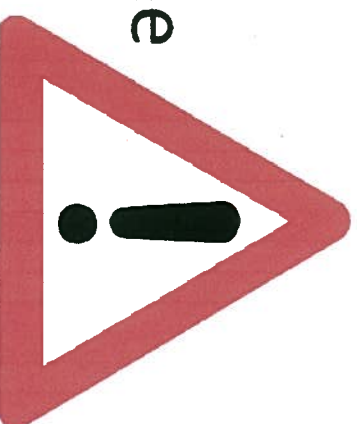
April is Autism Spectrum Disorders (ASD) Awareness Month

- Autism is a brain disorder with these features
 - Abnormal social skills,
 - Abnormal communication abilities, and
 - Restricted and repetitive behaviors.



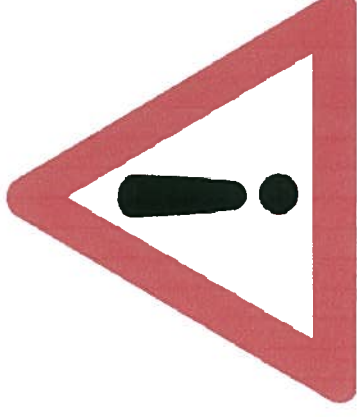
Social Early Warning Signs of ASD

- No big smiles or joyful expressions by 6 months
- Poor eye contact
- Does not respond to his/her name
- Lack of interest in others
- Loss of social skills



Communication Early Warning Signs

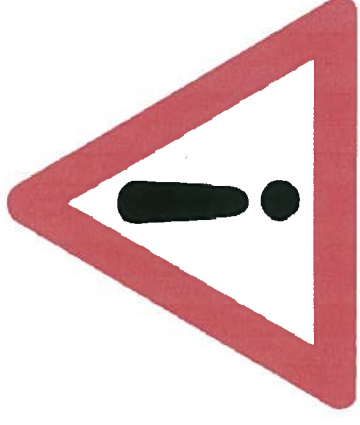
- No babbling by 12 months
- No words by 16 months
- No gestures, such as pointing, showing or waving
- Repeats speech



Restricted or Repetitive Behaviors

Early Warning Signs of ASD

- Fixation on parts of objects
- Spinning objects
- Stares at ceiling fans
- Lines or stacks objects
- Flaps his/her arms when excited



If you are concerned about a child,
call **Early Intervention** at
1-800-543-3098

