

Wings

A Weekly Newsletter for Families

Volume 3.1
Health/Nutrition



"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity"

– John F. Kennedy

INFANT Inspiration

Introducing Foods - Between the ages of 4 and 6 months, most babies are developmentally ready to get their first taste of solid foods. If your child is sitting up without support, has doubled their birth weight, is reaching for your food and showing signs of being hungry after feeding, it is time to consult with your pediatrician about introducing solid foods.

TODDLER Tales

Balancing the Diet - Toddlers' nutritional requirements differ from those of older children and adults. Rapidly growing and extremely active, toddlers need more calories and nutrients. They require a healthy, varied and well-balanced diet to thrive and grow. Help them get it with healthy snacks like fruits, vegetables and lean protein. For information about toddler's dietary needs visit <http://www.choosemyplate.gov>.

PRESCHOOL Power

The Power of Choices - Present a variety of healthy food options to your preschooler at each meal and let them decide what they would like to eat. Parents can steer a preschooler toward healthy eating by offering only healthy choices, and then giving their child the power to choose whatever they would like!



How to Support Picky Eaters!

Picky eating often surfaces around one year of age and research has found that parents' food preferences are linked to their children's food preferences (*Borah-Giddens & Falciglia, 1993*). This is not a big surprise since parents are more likely to prepare foods that they enjoy. Familiarity or exposure to a variety of foods is key to helping your child avoid picky eating habits. To help your child enjoy a range of foods try these strategies:

- Eat a range of healthy foods yourself.
- Prepare meals together.
- Avoid showing dislike when trying new foods.
- Offer several healthy food choices at a meal.
- Offer new kinds of foods frequently.
- Put new foods next to foods your child already likes.
- Use healthy dips such as yogurt, hummus, or low-fat salad dressings to encourage children to eat fruits and vegetables.



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Volume 3.2
Early Literacy



"There is no such thing as a child who hates to read; there are only children who have not found the right book."

- Frank Serafini

INFANT Inspiration

Can TV make me smarter? - Too much television can negatively affect early brain development. This is especially true at younger ages, when learning to talk and play with others is so important. To increase your child's vocabulary and help support their brain development, turn off the TV and engage them in rich interactive experiences like reading and dramatic play that include lots of language and sensory input.

TODDLER Tales

The Best Shows to Watch! - If your toddler is going to be watching TV, we recommend these age appropriate shows:

Sesame Street – Of course!

64 Zoo Lane - An animated series developed to introduce children to new vocabulary and foster a love of language.

Jack's Big Music Show - Developed to help children develop an appreciation for the music and sounds that surround them.

PRESCHOOL Power

Computer Time? - When first introducing computers to young children, it is best to adopt a "less is more" approach. By starting with only a few programs and activities, parents and children can become familiar with using them and can be successful. Purchase programs that are age appropriate and educational and remember to limit total screen time to 2 hours per day.



The American Academy of Pediatrics (AAP) and Screen Time

The following are recommendations from the American Academy of Pediatrics regarding your child and screen time:

1. Parents should establish "screen-free" zones at home by making sure there are no televisions, computers, or video games in children's bedrooms and by turning off the TV during all meals.
2. Children should engage with entertainment media for no more than one or two hours per day, and that should be high-quality content. It is important for kids to spend time on outdoor play, reading, hobbies, and using their imaginations in free play.
3. Television and other entertainment media should be totally avoided for infants and children under age 2 since a child's brain develops rapidly during these first years, and young children learn best by interacting with people, not screens.

For more information about the American Academy of Pediatrics screen time recommendations visit:

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/pages/media-and-children.aspx>



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Volume 3.3
Family Fun



"Children must be taught how to think, not what to think."

– Margaret Mead

INFANT Inspiration

Sharing Visual Arts - When babies are very small, they like to look at edges, stripes, and patterns. Some research suggests that babies who depend on their eyes for information develop a little bit of extra attention to and interest in things that they see. So share visually appealing books and art with your child now so they will appreciate the visual arts forever.

TODDLER Tales

Art Projects with Minimal Mess - Mess Free Collage - All you need is sticky-backed contact paper and items from around the house, such as pictures from magazines, paper scraps, feathers, or anything else that's lightweight and flat. Let your child place their materials on the sticky contact paper and create their own original artwork. When they're finished, cut another strip of contact paper and seal their work.

PRESCHOOL Power

Making Musical Instruments - Let your preschooler flatten two tin pie plates and then decorate them with markers, stickers, glue, and glitter. Once the plates are dry your child can lead the band with their own personalized cymbals.



Supporting Creativity

Creativity is the freest form of self-expression. All children need to be truly creative is the freedom to make whatever activity they are doing their own. Remember that **supporting your child's creativity means that you must truly appreciate their unique form of self-expression** focusing on their creative process rather than their final product.

To support your child's creativity, give them plenty of opportunities to engage with open-ended materials and provide lots of time to explore the materials and pursue their ideas. This includes time to think about how to plan, design, construct, experiment, and revise their work.

You can build your child's self confidence by exhibiting their work in a prominent place in your home and by providing positive feedback on their efforts.



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A Weekly Newsletter for Families

Volume 3.4
Parenting Tips



"When my kids become wild and unruly, I use a nice safe playpen. When they're finished, I climb out."

— Erma Bombeck

INFANT Inspiration

Infant Parenting Tips

- Talk, talk and keep talking to your baby.
- Support language development by answering when your baby makes sounds. Simply repeat their sounds and add words.
- Read to your baby. This will help them develop and understand language and sounds.
- Be responsive to your babies needs. This will teach them how to trust.

TODDLER Tales

Toddler Parenting Tips

- Read to your toddler daily.
- Ask your child to find objects for you or name body parts and objects.
- Play matching games with your toddler, like shape sorting and simple puzzles.
- Encourage your toddler to explore and try new things.
- Be patient with your toddler as they test their limits.

PRESCHOOL Power

Preschool Parenting Tips

- Continue to read to your child. Nurture their love for books by spending time at the library.
- Help your child learn about responsibilities by letting them help with simple chores.
- Be clear and consistent when setting expectations with your preschooler. Explain and show the behavior that you expect from them.



Positive Parenting – 3 Key Strategies

Parenting is a huge responsibility and a full time job! **There are many things you can do as a parent to help your child grow and learn during each stage of their development.** Here are a few key parenting strategies:

1. **Boost your child's self esteem** – Praising accomplishments, will make your child feel proud and letting them be independent helps build self confidence.
2. **Reinforce positive behavior** – Take the time to point out what your child is doing well, no matter how small. Be generous with positive feedback, hugs, and compliments.
3. **Set limits and be consistent with expectations and discipline** – The goal of discipline is to help children choose acceptable behaviors and learn self-control. Children will test the limits you establish for them, but they need those limits to learn responsibility.

To learn more tips for positive parenting, visit The Centers for Disease Control and Prevention (CDC) at:

<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>.



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Volume 3.5
Family/Home Safety



"There can be no keener revelation of a society's soul than the way in which it treats its children."

– Nelson Mandela

INFANT Inspiration

House Safety Tip - Use cordless window coverings in homes with young children in order to help prevent strangulation. Children can wrap window-covering cords around their necks or can pull cords that are not clearly visible but are accessible and become entangled in the loops.

TODDLER Tales

House Safety Tip - Use corner and edge bumpers to help prevent injuries from falls against sharp edges of furniture and fireplaces. Be sure to look for bumpers that stay securely on furniture or hearth edges. Use anchors to avoid furniture and appliance tip-overs. Furniture, TVs, and ranges can tip over and crush young children.

PRESCHOOL Power

House Safety Tip - Use outlet covers and outlet plates to help prevent electrocution. Use anti-scald devices for faucets and shower heads and set your water heater temperature to 120 degrees Fahrenheit to help prevent burns from hot water. Anti-scald devices for regulating water temperature can help reduce the likelihood of burns.



Child Proofing Your Home

As strange as it sounds you should crawl around your home on your hands and knees and see what your child sees. Children explore their everyday environments, so it's important to check things out from their perspective to make sure your home is safe. Household injuries are one of the top reasons children under age 3 visit the ER, and nearly 70% of the children who die from unintentional injuries at home are 4 years old and under. **Young kids have the highest risk of being injured at home because that's where they spend most of their time.** The best way to prevent home injuries is to supervise carefully!

The US Consumer Product Safety Commission lists these top home safety tips:

1. Keep choking hazards and toxic, hot, and sharp items OUT OF REACH
2. Keep guns locked in an inaccessible location without ammunition
3. Use safety gates
4. Install outlet covers
5. Never leave children unattended in a bath
6. Install smoke detectors
7. Install knob covers on doors to non child proofed areas
8. Don't put soft bedding or toys in cribs
9. Place children on their backs to sleep

