

Early Head Start Gazette

August 2020

Community Coordinated Care for Children Inc. 4C

Screen time for babies and toddlers

Very young children learn best from real-world experiences like physical play, playing outside, reading, creative play and social time with family and friends.

Video-chatting is OK because your child is interacting with another person. Video-chatting can support your child's social and language development. It can also help to create bonds with family and friends.

If you're thinking about using digital media like apps or TV programs with your baby or toddler, it's important to use age-appropriate, quality content. It's also important to balance screen time with other activities like physical play, reading, creative play and social time with family and friends.

Role-modelling healthy screen time habits

Developing healthy screen time habits is an important part of digital media use for children.

Even if your baby or toddler isn't using screens, he sees how you use screens and learns screen time habits from you. This means you can help your child develop healthy screen habits by using screens in the way you want your child to use them in the future.

Even when your child is very young you can start modelling healthy screen use. For example, you can:

switch your phone off during dinner

turn the TV off when you've finished watching a program
balance your screen use with activities like being outdoors, reading and doing physical activity

give your child your full attention and avoid checking your phone when you're playing with her or feeding her.

Exposure to screens

Your family is likely to have a range of screens like televi-



sions, computers, tablets and smartphones. This means that your baby or toddler might see images on these screens, even if he isn't yet using them himself.

It's good to be aware of what your child might be seeing. For example, some images on the news or in video games can be quite violent and distressing, even for very young children who might not fully understand what they're seeing. <https://raisingchildren.net.au/babies/play-learning/media-technology/healthy-screen-time-0-2-years>

Leaf Printing with Watercolors

Materials Needed:

Watercolor Paint

White Cardstock

Leaves

Instructions:

Apply a generous amount of watercolor to your leaf. Use a few different colors on the leaf to give it a blend of colors on the leaf impression.

Just add enough water that you can pick up the color with your brush to apply it to the leaf. If it is too watery the paint won't transfer nicely to your paper.

If you decide to use liquid watercolors, do not dilute them too much so that you have a more concentrated paint color.

Press firmly onto your cardstock making sure to rub and press every part of your leaf. This is so that the veins on the back of the leaf will make an impression on your paper. <https://www.thebestideasforkids.com/leaf-painting/>



Managing money and budgeting

A family budget is a record of what you earn and spend.

A family budget will help you:

- spend your money wisely on the things you must have - these are your needs
- save money for the things you like but can live without - these are your wants
- set aside money for unforeseen expenses - for example, if your car breaks down and needs repairs
- stop accidental overspending.
- Working out how much money you need for everyday essentials like food, housing, utilities like gas, electricity, phone and water, transport and medical services can help you make sure you have enough for unexpected expenses and emergencies.

Budgeting can help you and your family take the first step towards control of your money. It can also help you avoid debt. And it lets you get on with being a family, rather than spending too much time worrying about your finances.

Getting started with budgeting

The key to budgeting is sticking to a basic rule - spend less than you earn.

One way to start budgeting is to list what you earn, spend money on and owe. It can help to look at past salary statements, benefit statements, bills, bank statements and credit card statements. If you spend or earn money any other way,



be sure to look at this too.

Bills and statements from the past year should be long enough to show your usual earning and spending habits. It's good to look at how some bills are higher at different times of the year. For example, electricity and gas bills are often higher during summer and winter because of heating and cooling.

After you've accounted for essentials and emergencies, your aim is to have money left over to spend on things you want. If you can, it's also good to put a set amount towards savings each week or month. This way you'll have money for unexpected expenses, emergencies and long-term goals, like house repairs or renovations, family illnesses or family holidays.

Each week or month, try to budget a specific amount for expenses, fun, leisure and savings - and then stick to it. This is usually the hard part!

Budget planners and savings calculators can help you get on top of your family budget. You can find many simple, free budget planners online.

Money management: working out what you spend

One of the hardest things about making a budget and managing money can be keeping track of what you spend.

Spending can be regular (fixed expenses) or irregular or once-off (variable expenses). <https://raisingchildren.net.au/grown-ups/family-life/managing-money/managing-money>

About Falls and Fall Prevention

Furniture: preventing falls

If your baby is on a surface like a change table or bed, always keep a hand on him. As he grows, you might not even know he can roll over until he rolls off the bed or another piece of furniture. So it's safest to change your baby on the floor.

If you use a bouncer for your baby, always put it on the floor when your baby is in it. Don't put it on a table top or anywhere else above floor level. An active baby might move a bouncer and make it fall off a table top.

Keep furniture away from other objects in the room to stop your child climbing from one piece to another, or climbing up high on shelving. Put the things your child wants to reach down low so she's less tempted to try climbing up the furniture.

Bathroom: preventing falls

Always keep your child within arm's reach.

Encourage your child to stay sitting down in the bath.

Use a non-slip bath mat if your bath doesn't have a non-slip surface.

Bedroom: preventing falls

In the bedroom, remove toys from the cot so your child can't use them to climb on and then fall out of the cot.

Toys, cot bumpers, pillow and comforter can also increase the risk of sudden unexpected death in infancy (SUDI) (including SIDS and fatal sleeping accidents). The safest option for babies of all ages is not to have any toys in the cot.

Things that influence injuries from falls

There are three important things that can influence the seriousness of a fall:

The height children can fall from: the lower the height, the lower the danger.

What children fall onto: hard surfaces like concrete, ceramic



tiles and even compacted sand are more hazardous to fall onto than softer surfaces. A bed of tan-bark or pine mulch under play equipment provides a softer landing.

What children might hit as they fall: put sharp-edged furniture, like coffee tables and bedside tables, in areas where a child is unlikely to fall on them.

Child safety experts recommend that you don't use baby walkers. Baby walkers can cause serious injuries. For example, if a baby walker tips over or falls down stairs, children can suffer head and other serious injuries like fractures. <https://raisingchildren.net.au/newborns/safety>

Announcements

August is National Immunization Awareness Month (NIAM) an annual observance held to highlight the importance of vaccination for people of all ages. Visit the CDC website at <https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html> to make sure your child is up to date on all their immunizations. The Florida Health Department offers free or low cost immunizations in the Central Florida area. To find the location nearest you, click the links below:

Orange County Health Department

<http://orange.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/immunizations/index.html>

Osceola County Health Department

<http://osceola.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/immunization/index.html>

Seminole County Health Department

<http://seminole.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/immunizations/index.html>



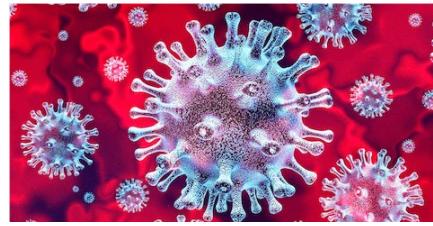
How COVID-19 Spreads

COVID-19 is thought to spread mainly through close contact from person-to-person. Some people without symptoms may be able to spread the virus. We are still learning about how the virus spreads and the severity of illness it causes.

Person-to-person spread

The virus is thought to spread mainly from person-to-person.

Between people who are in close contact with one another (within about 6 feet). Through respiratory droplets produced when an infected person coughs, sneezes, or talks.



These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

COVID-19 may be spread by people who are not showing symptoms.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

Hygiene and daily care for babies: Cleaning baby's face, head, mouth and teeth

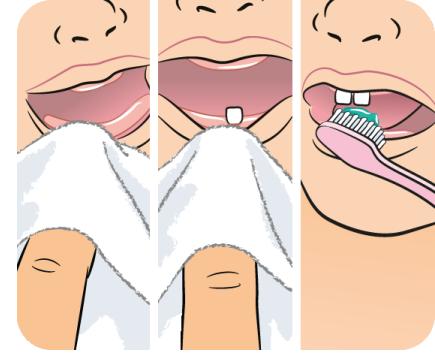


Wash your hands before washing baby's face, head, mouth and teeth. Clean baby eyes by wetting a cotton wool ball with warm water. Wipe from inner eye to outer eye. Use a clean piece of cotton wool for each wipe.

Use a cotton wool ball to wipe behind and around the outside of baby's ears. Don't stick anything inside ears. To wash hair, gently splash water onto baby's head. Dry hair by gently moving the towel back and forth across baby's scalp.



Clean baby's teeth and gums using water and a washcloth after morning and evening feeds. Wipe front and back of teeth. When first teeth arrive, brush teeth with water at least twice a day. Use a small, soft infant toothbrush. <https://raisingchildren.net.au/babies/health-daily-care/hygiene-keeping-clean/hygiene-daily-care>



Top Protein-Packed Foods for Babies and How to Serve Them

1. Beans and lentils Choose a can with low or no sodium, then rinse and drain the beans. Mash until smooth with a fork or in a food processor and thin with a little breast milk or formula. Or, mix with a fruit or veggie puree.

2. Beef Start with ground beef and cook on the stove-top until completely browned. Puree and serve as is or mixed with veggie puree such as sweet potato, cauliflower, or broccoli.

3. Chicken and turkey Tender turkey meatballs broken into small pieces make an excellent finger food, as does soft, roasted chicken torn into small pieces. Or, puree cooked poultry and serve stirred into apple or pear sauce.

4. Fish Stay away from species high in



mercury and opt instead for varieties like

salmon, cod, trout, mackerel, and sea bass. Cook and puree, or cook and flake for a soft finger food.

5. Peanut butter Pediatricians now recommend serving peanut products to babies early and often to potentially ward off peanut allergies. Simply spread a little peanut butter on toast strips, or stir some peanut butter into a puree. Never offer your baby whole nuts or nut butter on a spoon—as both are choking hazards.

Talk to your pediatrician if you have any questions about what, how, or when to introduce solids to your baby. <https://www.parents.com/baby/feeding/solid-foods/top-protein-packed-foods-for-babies-and-how-to-serve-them/>

A Parents Guide to What Babies Can Eat Each Month When can babies eat...

Peanut butter? 6 Months

Though peanut protein used to be discouraged until toddler or preschool years, we now know that feeding it to babies around 6 months may actually help reduce the risk of allergies (if you have a family history of food allergies or your baby has eczema, talk to your pediatrician before introducing it). But never give sticky globs of peanut butter to a baby—that's a choking risk. Instead, stir a bit of peanut butter or peanut butter powder into breastmilk, yogurt, purees, or baby cereal until smooth. Older babies can have strips of toast with thin smears of PB.

Eggs? 6 months*

Eggs are packed with good nutrition for babies, including protein and vitamins D, A, E, and K. Smash cooked egg yolk into purees for younger babies. You can also offer your baby pieces of scrambled eggs right away if you're doing baby-led weaning—just make sure you're offering up small pieces to avoid choking. And serve the whole egg, including the yolk, which contains fat your baby needs right now.

Yogurt? 6 Months

Yogurt contains cultures that break down the lactose and protein, making it easier to digest. So it's perfectly fine as a first food. Choose plain, unflavored, whole-milk yogurt. Babies need the fat for brain development (but don't need added sugars). Serve straight up or blend into veggie or fruit purees.

Spices and seasonings? 6 months

Babies who are exposed to a lot of different flavors may be more receptive to trying new foods when they're older. Feel free to add some flavor to first



foods, like a shake of cinnamon on yogurt or some rosemary to a meat puree.

Meat? 6 Months

Meat used to be saved until later, but those recommendations have changed. The new advice: Serve it anytime after your baby starts eating solids. Be sure to cook and puree it well to start. Meat is a rich source of iron, a mineral babies need starting at six months.

Fish? 6 months*

Even though it's one of the Big 8 allergens, fish is safe to introduce to your baby in the first year. Cook it well (checking for any tiny bones!), then blend it into purees with breast milk or formula. Older babies can have pieces of well-cooked fish. Fish, especially salmon, contains healthy fats that are good for your baby's brain.

Avocado? 6 months

With their creamy texture and heart-healthy fats, avocados are an ideal first food. Mash very well and mix with breastmilk or formula to get a thin consistency at first. If you're doing baby-led weaning, offer your baby a long spear to hold. Older babies eating finger foods

can self-feed dices of very ripe avocado.

Strawberries? 6 months

You can include them in first purees plain or swirled into yogurt or cereal. Then offer small pieces of berries as finger foods as your baby masters chewing as finger foods. Strawberries are rich in vitamin C and fiber.

Cheerios? 8-10 months

Most babies start eating finger foods around 8 to 10 months, about the same time they start practicing and mastering their "pincer grasp"—the ability to use the pointer finger and the thumb to pick something up. Be sure to buy plain cereal for babies, not flavored and sweetened.

Corn? Age 1

Though purees that include corn are fine in the first year, whole corn kernels (even cooked) are considered a choking hazard until age 1, so hold off on those.

Milk? Age 1*

Your baby can't digest straight-up milk until age one (though yogurt is OK from 6 months on). Unless your doctor tells you otherwise, choose full-fat milk, which contains fat necessary for brain development happening now.

Honey? After Age 1

Honey contains spores that can cause botulism in a new baby's still-developing digestive tract. So never give honey to a baby younger than 1 year.

*Important to note: If you have a family history of food allergies or your baby has eczema, talk to your pediatrician about introducing common food allergens.

<https://www.parents.com/recipes/baby-food/what-babies-can-eat-when/>

