

## Focus on Play Time

### 1. Dance, Dance, Dance

#### How to play:

Put on one of your favorite songs and dance. Have fun and move around.

#### Benefits of this activity:

- To teach different ways the body can move

### 2. Yoga

#### How to Play:

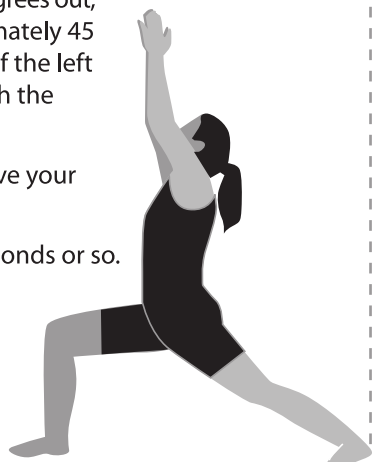
Yoga is a great way to engage a child's mind and body. It helps to build strength, flexibility and balance. Yoga helps him to learn how to concentrate and focus on one thing at one time. This will help with school and homework, but most of all it makes him feel good.

Yoga helps build strength, flexibility and confidence. It teaches self esteem and self-discipline. Yoga is great for concentration and attention

Here are some basic yoga poses:

#### Warrior

1. Step your legs apart
2. Keep your back straight, tailbone down, pelvis lifted, but not tilted forward.
3. Turn your right foot 90 degrees out, and your left foot approximately 45 degrees inward. The arch of the left foot should be aligned with the heel of the right foot.
4. On an exhale, slowly move your torso over your right leg.
5. Hold this pose for 30-seconds or so.

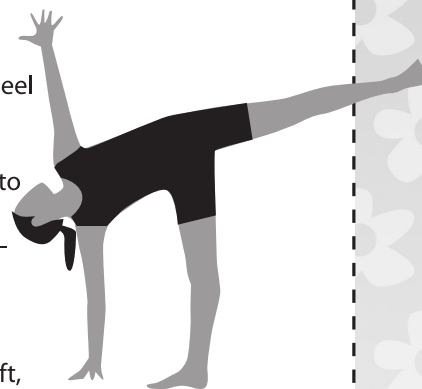


#### Tree

1. Draw your right foot up and place the sole against the inner left thigh; if possible, press the right heel into the inner left groin, toes pointing toward the floor.
2. Lengthen your tailbone toward the floor. Firmly press the right foot sole against the inner thigh and resist with the outer left leg. Press your hands and raise up.
3. Stay for 30 seconds to 1 minute. Step back to a relax standing position with an exhalation and repeat with the legs reversed.

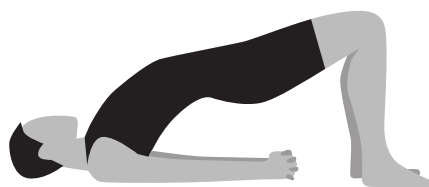
#### Half Moon

1. Press your right hand and right heel firmly into the floor, and straighten your right leg, and lift the left leg parallel to the floor. Be careful not to lock (and so hyperextend) the standing knee: make sure the knee-cap is aligned straight forward and isn't turned inward.
2. Rotate your upper torso to the left, but keep the left hip moving slightly forward. Most beginners should keep the left hand on the left hip and the head in a neutral position, gazing forward.
3. Hold for 30 seconds then change legs.



#### Bridge

1. Lie on the floor, and if necessary, place a thickly folded blanket under your shoulders to protect your neck.
2. Exhale and, pressing your inner feet and arms actively into the floor, lift the buttocks off the floor. Keep your thighs and inner feet parallel.
3. Lift your buttocks until the thighs are about parallel to the floor. Keep your knees directly over the heels.
4. Stay in the pose from 30 seconds to 1 minute. Release with an exhalation, rolling the spine slowly down onto the floor.



### **Focus on Nurturing**

#### **1. How Does the Garden Grow?**

##### *How to play:*

Find a small container or flower pot. Show your child how to dig the soil and prepare it for planting. Encourage her to help you by showing her how to use a small shovel and other gardening tools. Show her how to place seeds into the soil. Read a book or tell her a story about how seeds grow into plants. Remind and help her to water her garden and watch for sprouts to grow. Even in winter, you can plant a flower or grass seed in a small pot. Place in a warm sunny place.

##### *Benefits of this activity for:*

- To teach how plants grow
- To teach how to care for something living
- To teach how to use tools

#### **2. Making Necklaces**

##### *How to play:*

Gather yarn or twine. Wrap a piece of tape around one end to make stiff for threading. Use uncooked macaroni for the beads (your child can color or paint these). Next, show your child how to string these things into a necklace. Let him make his own design. Help him if he gets frustrated. It is normal for him to get upset if he tears or breaks something. Encourage him to wear his creation. Tell others how handsome he looks. Encourage him to look at himself in the mirror to see how great he looks.

##### *Benefits of this activity:*

- To develop hand-eye coordination
- To support the growth of creativity
- To encourages children to feel proud of things they can make

Follow the age recommendations on toy packages. Be observant of the safety of a toy, tool, bead, or object that could be a choking hazard.

### **Focus on Nurturing**

#### **1. My Family**

##### *How to play:*

Take photographs of different family members and put them in a photo book. As you look at the photo book with your child, ask her to find different family members. If you want her to learn how she is related to these people, use words like sister, aunt, uncle, cousin, etc.

##### *Benefits of this activity for:*

- To teach children they are part of a family
- To give children a feeling of belonging
- To teach words such as aunt, uncle, cousin, sister and brother

#### **2. Nature's Artwork**

##### *How to play:*

Collect things such as leaves, nuts, sticks and rocks. Use these items to help create artwork. You can glue items onto a piece of paper or create build-ings such as a Wigwam using sticks and some yarn. With your child make up a story about what is happening in your artwork.

##### *Benefits of this activity:*

- To encourage independent imaginary play
- To teach using their hands to make things





# SLEEP

Sleep is the time when the brain refreshes itself from all the experiences of the waking hours: adequate sleep is very important for learning and emotional well being, and recently it has been shown to prevent excess weight gain in both children and adults. Today, with the busy, over stimulated lives we lead, many children do not receive enough sleep.

## Routine

Children like limits and a structured environment - a sleep routine is very useful for both children and parents. You might try a bath and story time, and then turn the lights off for sleep.

## Newborn

A newborn should sleep on her back as this has been shown to dramatically decrease the incidence of Sudden Infant Death Syndrome (SIDS). Even a pacifier seems to help in the fight against SIDS.

The newborn requires up to 18 hours of sleep a day. Some babies between the ages of 3 weeks and 3 months develop a condition called colic, where they cry for long periods of time, usually in the evenings, and are difficult to console.

However, here are some techniques which can quiet your baby:

- swaddling
- side/stomach position
- shushing
- swinging
- sucking, which reproduces the environment in the womb

If you choose to swaddle, you must do so correctly to avoid injuring your newborn. See the **SWADDLING** information on our 0 - 4 Months webpage.


Once asleep in your arms you can place your baby in the bassinette and use white noise, such as static on the radio, to help her stay asleep.

See the **SAFE SLEEP FOR ALL BABIES** information on our website.

When your baby is three months old, or at least 13 pounds, she can sleep for six to seven hours at night without a feeding - this is a good time to let the baby learn how to settle herself, without rocking, breast or bottle. All babies wake at night, but those able to fall asleep by themselves do not require a parent to help them fall asleep again, leaving parents less tired and more capable in the caring for their infant. Older children also require plenty of sleep.

## How much sleep is enough?

Age	Naps	Total
1 month	6 to 7 hours	15 to 18 hours
3 months	5 hours	15 to 18 hours
6 months	3 to 4 hours	15 hours
9 months	3 to 4 hours	12 to 14 hours
1 to 1 1/2 years	2 hours	12 to 14 hours
2 to 5 years	1 to 2 hours	10 to 12 hours





# WELL CHILD CHECKUPS



## Regular health checkups for your baby or “well child examinations” are very important!

This is the time to ask your health care provider all your questions regarding caring for your baby and to discuss any problems you think you are having. Your baby will receive a physical exam to ensure he is growing and developing normally; normal growth and development are measures of a healthy child.

Should your baby be gaining too little or too much weight, or not developing appropriately, this can be corrected sooner rather than later. You will be able to see the fruits of your labor; the teaching, loving and caring (TLC) you have provided.

This is also the time when your baby will receive routine immunizations. Young babies are most at risk for developing serious consequences of many diseases; therefore, keeping immunizations up to date will prevent illness, hospitalizations and even death.

It is recommended that children see a dentist by at least age two. This is a good experience as usually they do not require any dental work and it helps them become comfortable for future dental visits. Also, brush your child's teeth at least twice a day, even though they may do it themselves.

See the **BRIGHT FUTRES** link on our website.



Department of Health and Human Services • Centers for Disease Control and Prevention

### Recommended Immunization Schedule for Persons Aged 0–6 Years

Vaccine	Age	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19–23 months	2–3 years	4–6 years
Hepatitis B <sup>1</sup>		HepB	HepB	see footnote 1		HepB				HepB Series		
Rotavirus <sup>2</sup>			Rota	Rota	Rota							
Diphtheria, Tetanus, Pertussis <sup>3</sup>			DTaP	DTaP	DTaP			DTaP				DTaP
Haemophilus influenzae <sup>4</sup> type b			Hib	Hib	Hib <sup>5</sup>		Hib			Hib		
Pneumococcal <sup>1</sup>			PCV	PCV	PCV		PCV				PCV PPV	
Inactivated Poliovirus			IPV	IPV			IPV					IPV
Influenza <sup>6</sup>							Influenza (Yearly)					
Measles, Mumps, Rubella <sup>7</sup>							MMR					MMR
Varicella <sup>8</sup>							Varicella					Varicella
Hepatitis A <sup>9</sup>							HepA (2 doses)				HepA Series	
Meningococcal <sup>10</sup>												MPSV4

This schedule indicates the recommended ages for routine administration of currently licensed childhood vaccines, as of December 1, 2006, for children aged 0–6 years. Additional information is available at <http://www.cdc.gov/nip/recs/child-schedule.htm>. Any dose not administered at the recommended age should be administered at any subsequent visit, when indicated and feasible. Additional vaccines may be licensed and recommended during the year. Licensed combination vaccines may be used whenever any components of the combination are indicated and other components of the vaccine are not contraindicated and if approved by the Food and Drug Administration for that dose of the series. Providers should consult the respective Advisory Committee on Immunization Practices statement for detailed recommendations. Clinically significant adverse events that follow immunization should be reported to the Vaccine Adverse Event Reporting System (VAERS). Guidance about how to obtain and complete a VAERS form is available at <http://www.vaers.hhs.gov> or by telephone, 800-822-7967.





# NUTRITION

Good nutrition is essential for the rapid growth and development occurring during baby's first years. Laying the foundation for healthy eating habits in childhood will persist throughout your child's life and perhaps prevent obesity, diabetes and other health related problems.

**In the first six months your baby needs only breast milk or formula for complete nutrition.**

## Breastfeeding

***The first food your newborn experiences should be breast milk;*** it is "designed" as the perfect nutrient. The components of breast milk actually change depending on your baby's age and needs. It is a natural process; but does not always come naturally to mom or to baby, so ask for help and read the information on our website about **BREASTFEEDING**.

When making the important decision on how to feed your baby, there are a lot of reasons to consider breastfeeding.

- Breast milk provides all the nutrients needed, and in the right amounts. It is always ready.
- Breastfed babies are less likely to develop allergies, ear aches, illnesses, weight problems, tooth decay, and diarrhea. They may even have higher IQs.
- It is also best for mom, who will return to her pre-pregnancy weight more quickly, and is less likely to develop breast cancer in later years.



## Formula

Iron-fortified formula is recommended if you are not breastfeeding or to supplement breast milk before your baby is 1 year old.

**Always mix formula according to the instructions on the label.** If formula is mixed incorrectly, your child may not grow and develop properly.

- **Adding too much water** to formula decreases calories and nutrients, putting your infant at risk for both poor weight gain and water intoxication, which can cause *seizures and death*.
- **Adding too little water** to formula puts an excessive burden on your infant's kidneys and digestive system and may lead to dehydration.
- **Formula is no longer recommended after 12 months of age.**

See the **KENTUCKY INFANT FEEDING GUIDE** information on our website.

## Solid Foods

As your baby develops and is able to not only suck but also chew, you can start solid foods. This is the time she should be included in family meals. Remember, eating from a spoon is a learned process and it may take a little time for your baby to get it right.

***Your baby's digestive system is still immature and eating certain foods may be either unsafe (honey, nuts) or promote allergies (eggs, peanut butter, fish);*** however, trying baby foods or making your own pureed vegetables or fruits is the next step. Since formula is no longer recommended after 12 months of age, your child will need to eat a varied and balanced diet of fruits, vegetables, grains, meats and dairy; this age is a good time to expose your child to as many different flavors as possible. Do not forget that taste is acquired or learned and many tries may be needed for your infant to accept a new flavor.

Your infant will also progress from being fed to feeding herself. As your baby continues to grow, develop and mature, the food and feeding patterns must continue to change to keep up with the demand for normal growth and development.

Our goal is to provide you with practical feeding advice: from what, when and how to feed your new born, to feeding your baby as she develops and grows into a healthy child. We will answer questions on breastfeeding, formula feeding, starting solids, feeding practices, food preparation, safe food handling, choking prevention, healthy snacks, healthy food choices when eating out, and portion sizes for different ages.

See the **KENTUCKY INFANT FEEDING GUIDE** information on our website.

## Eating Habits

Family meals help your child develop social skills and better eating habits, by learning to make healthy choices while watching what you eat. Parents and siblings are role models. The whole family needs to embrace a healthy, nutritious meal plan. As a parent you are in control of what foods come into the house and what your child eats and drinks. Your child should decide on how much she eats and whether she eats.



## Breakfast

Start your child's day off right with a good breakfast. Breakfast is the most important meal of the day. Eating breakfast can keep her from overeating later in the day, and help her concentrate better.

### Quick and healthy breakfast ideas:

- Cereal with low fat milk and a sliced banana
- Cheese toast and a piece of fresh fruit
- Whole grain waffles with applesauce or other fruit
- Breakfast egg and cheese burrito
- Whole wheat toast with peanut butter (after age 2 years) and 100% fruit juice

## Mealtimes

- Prepare for mealtimes by turning off the TV.
- Provide your child with appropriate utensils such as a spoon, a cup and a small plate.
- Don't forget it is normal for your child to reject a food the first few times it is offered. It may take trying a new food eight to ten times in order for your child to accept it.
- Never force your child to clean his plate.
- Food should never be used as a reward or to comfort; rather give hugs, praise, high fives, etc.

When introducing new foods, you should give only one food at a time and in small servings. Introduce new foods by letting your child help you decide which foods he would like to try. Use grocery store ads or pictures of foods to help make a grocery list. This is a good time to talk to your child about which foods are healthy and which foods are for occasional treats only. After you have bought the new food, you may want to have a tasting party and talk about the taste and texture of the food and ways it may be prepared.

## Eating Out

Eating out has become a big part of our lives, but should be limited if possible, as home cooked meals are often both more nutritious and less costly. However, there will be times when you want to or need to use fast food restaurants. All fast food restaurants have healthy options.

### Fast food

**When eating at fast food restaurants, choose the following healthier options:**

- Juice, milk, or water instead of soda
- Side salad with low-fat dressing
- Grilled chicken sandwich without mayonnaise
- Roast beef sandwich with barbecue sauce
- Submarine or deli sandwiches without dressings and cheese - load up on vegetables and ask for mustard or light mayonnaise
- Chicken or steak soft tacos; skip the sour cream
- Small hamburger with catsup, mustard, pickle, lettuce, tomato, hold the mayonnaise
- Broth-based soups
- Grilled veggie burger; skip the mayonnaise
- Baked potato - light on the sour cream and margarine/butter
- Low-fat frozen yogurt or low-fat ice cream
- Baked beans, corn on the cob, mashed potatoes



## Healthy hints

### Breakfast

- Order an English muffin, toast or a bagel *instead of a croissant, biscuit, muffin or other type of pastry*
- Choose Canadian bacon or ham *instead of sausage and bacon*
- When ordering pancakes, make sure portion sizes are appropriate and skip the butter

### Lunch or Dinner

- Ask for low-fat salad dressings, mayonnaise, sour cream, sauces or gravy - have these items served on the side
- *Avoid mayonnaise and cheese* on burgers and sandwiches - use catsup, mustard or barbecue sauce instead
- Order low-fat milk, fruit juice or water *instead of a soft drink or milkshake*
- Stick with baked, broiled or poached items - *avoid fried items such as fish and chicken patties*
- Ask for a baked potato, raw vegetables or salad *instead of fries*
- Watch portion sizes. If portions are too large, split one entrée between two children or ask for a take-out container and put some of the food in the container before eating.
- Ask that bread, beverages, and tortilla chips be served with the meal, not beforehand
- Avoid items described as buttery, fried, pan-fried, crispy, creamed, in gravy, au gratin, in cheese sauce, or marinated in oil. These items mean high-calorie, high-fat foods.
- Look beyond the children's menu. These are often limited to fried and other high-calorie, high-fat foods.

***Laying the foundation for good eating habits in childhood, will last throughout your child's life.***





## Play time may sound unimportant, but to the contrary, it is a vital part of childhood.

During play activities children develop social, mental and motor skills. Active play is exercise; even a newborn gets exercise. When your child plays with you, you are also nurturing her.

See the **WORKOUT VIDEOS** on our website.

It is designed to include your infant or child and make it fun for the whole family. The behaviors you encourage in childhood will remain for life.

Physical activity is not only good for maintaining muscles, bones and a healthy weight but also prevents conditions such as cardiovascular disease, diabetes, cancer, arthritis and depression - it is worth investing your time.

This section describes fun activities you can do with your child, starting at birth through the preschool years. The play is developmentally specific: first you start with strengthening activities; at age 4 months, balance and movement; and later coordination. Throughout this program you will also promote language and the development of intelligence by singing, dancing and reading.

See the **PLAYING WITH YOUR CHILD** information on our website.

## SCREENTIME

Recent studies have shown more than two hours of screen viewing (TV, computer, video games, cell phone games) per day is damaging to your child's development, learning, and sleeping.

- TV or video games should never be placed in a bedroom - this should be reserved for quiet time and reading prior to lights out - a winding down time.
- Watching TV just prior to bedtime also disturbs the sleep routine making it hard for children to fall asleep.
- Too much TV watching also prevents physical activity and playing, which are both ways of learning and developing skills such as coordination, conflict resolution (getting along with others), and stimulating the imagination, just to name a few.
- Even educational shows are not as effective as direct contact with a parent, sibling or friend for learning.
- Playtime is a time of learning for all children.
- It is also "exercise" time, a way to expend energy, build muscle, prevent excess weight gain, and stay happy. Physical activity produces hormones in the body, which keep us feeling content and happy.



## Why Play?

- Playing is fun
- Playing helps children develop mentally
- Playing helps children develop emotionally
- Playing helps children develop socially