

teach more love more

Every single moment you spend with your child counts. So sing and read to your children, hug them, give them routines, respond to their signals, take them to a doctor regularly and choose your child care wisely. That's how children grow, learn, love and succeed.

Call 305-631-8111 to learn more © www.teachmorelovemore.org



Creating a Peaceful Home: Tips you can use

Brought to you by Drs. Susan Dandes and Alisa Manulkin of the University of Miami's Child Protection Team.

Caring for young children can be both joyful and challenging. Here are some tips for parents to help manage stress, promote cooperative behavior and create a peaceful home:

- Be consistent. Children thrive on predictability and routines.
- Set aside at least 15 minutes a day of quality time with each child. Story time before bed is a nice way to end a busy day. Enjoy a walk, play a game or cook together. This special time should be spent with your child regardless of their behavior that day.
- When you're feeling angry or frustrated, count to 10 before reacting.
- Keep a sense of humor. If you can laugh about it later, laugh about it now.
- Don't sweat the small stuff. Sometimes it's best to ignore minor misbehaviors. Choose your "battles" carefully.
- Make sure consequences are related to misbehaviors and are logical, not punitive.
- Find time when you're feeling calm -- not angry or frustrated -- to talk with your child about your expectations of his or her behavior. Avoid long explanations or talking at a level above your child's understanding.
- Words can hurt. Avoid saying things you'll regret later.
- Before you feel you might lose your temper, try to separate from your child for a few moments. Ensure your child is safe (for example, place infants and toddlers in a crib or playpen) and find a quiet corner for yourself so you can take a quick

"breather" and regain control.

- Reward positive behavior. Catch your children behaving well and let them know you're proud of them.
- Discipline means "to teach." Be a loving and supportive teacher guiding your children.
- Children are not miniature adults. Learning to behave cooperatively and get along with others takes time. Be patient and realistic as your children learn these life lessons.
- You're not perfect. Parents make mistakes, too. Let your child know when you are wrong. They will respect you for your honesty and learn how to recover from their own mistakes.
- Nurture adult relationships. Spend time with your partner, friends and family members. Even a few

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minutes a day can make a difference in your life and in your relationship with others.

- Every parent can benefit from extra support. When you need a break, ask a trusted friend, neighbor or family member for help. If you have concerns about your child's behavior or well being, or if you are feeling stressed and overwhelmed, seek professional guidance. Your family health care provider can provide appropriate referrals. Resources and referrals are available in Miami-Dade (Switchboard of Miami: 305-358-4357) and Broward (First Call for Help: 954-467-6333).

take them to a doctor regularly and choose your child care wisely. That's how children grow, learn, love and succeed.

OUR MISSION:

To ensure that all children in Miami-Dade County have the community's attention, commitment and resources--and, hence, the chance to develop intellectually, emotionally, socially and physically so that they are ready and eager to learn by the time they reach first grade.

If you have questions about raising your child or being a parent, call: Teach More/Love More at 305-631-8111 Operated in English, Spanish and Creole 24 hours a day.

Si ou ta renmen resewa ti jounal sa a an kreyòl, rele (305) 631-8111.



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For more information, please call us at (305) 631-8111
or visit us at www.teachmorelovemore.org.

Ask the Expert:

Dr. Debbie Glasser is Director of Family Support Services at the Mailman Segal Institute for Early Childhood Studies at Nova Southeastern University.



Question:

My two-year-old son isn't talking as much as his friends. Should I be concerned?

Answer:

Each child develops at his or her own rate, so it can be common for a two-year-old to be less talkative than his friends are. However, it is also possible that your son is experiencing a language delay and may benefit from therapeutic support. Sometimes parents notice language delays but choose to wait and see if their child catches up over time. But time does not always take care of delays. If there is a concern to be addressed, it is best to seek early intervention and seek professional guidance. Talk with your son's pediatrician and share your concerns. He or she can make appropriate recommendations and referrals.


Experts suggest that by two years old, your child should be able to say at least 20 words, use two-word sentences (like, "Mikey Juice"), and understand most of what others are saying to him.

There are things you can do to support his language development:

- Consistently talk with him. Daily events such as cooking a family meal can provide wonderful opportunities to introduce new words and support your child's language development.
- When you bathe your son, talk about the bath, the bath toys and the way the water feels. "The water feels warm" or "Here comes the red boat!" At the grocery store, name the items as you put them in your cart. "You love bananas, Mario. Let's put bananas in the cart."
- Read with your child every day. Play with him. Sing together. In addition to promoting your relationship, these special moments can help support your child's language.
- Encourage any efforts your son makes to communicate. For example, if he says "Ba" for ball, you can say, "Yes, you want the ball!"

Because you have questions about your child's development, it is recommended that you contact his pediatrician.

Did you know?

Florida Diagnostic and Learning Resource System (FDLRS) has a program called "Child Find" which offers no cost assessment and services for young children from birth to five years of age. If you have questions or concerns about your child's development, call Broward (954- 767-8522), Miami-Dade (305- 274-3501) or Palm Beach (561-434-7337). 

Putting Books into the Hands of Young Children

By Lisa Blair, executive director of the Miami-Dade Family Learning Partnership.

Talking, singing, playing, reading, choosing books and writing go hand in hand as we support the growth of young children's emerging literacy skills. As we begin a new year, promote literacy in your home by sharing books with your child, and plan meaningful experiences that would encourage listening, speaking, reading and writing. Encourage your child's emerging reading and writing skills through these exciting hands-on activities:

- Prepare family foods with your child. Let your child help you follow recipes and then pretend to write his or her own.
- Point out print in your environment: Restaurant menus, street signs and labels on foods."
- Take your child to community events. These opportunities give the two of you all sorts of things to talk about.
- Teach children rhymes, songs and poems. Allow children the opportunity to share these with family and friends at celebrations.
- Read with children every day. Give your child a chance to choose the books they want you to read.

Remember, the best gift we can give our children is a "love of learning." 

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If you have a child who you suspect may have a developmental delay or disability, please consult your child's health care provider or contact: •Ages 0 to 3: Early Intervention Program North: (305) 243-5600, South: (786) 268-2611 •Ages 3 to 5: FDLRS/ Miami-Dade Public Schools (305)274-3501

Picky Eaters

Sheah Rarback M.S., R.D., from the Mailman Center for Child Development at the University of Miami.



There comes a time when most children will fit the label of picky eater. It is almost a part of normal development. We usually see this around the toddler years. Your wonderful little eater is now refusing foods or may be going on binges and only eating one or two kinds of food. This is one way toddlers exert their independence. While it seems they are eating a little here and a little there it usually adds up to enough by the end of the day. Most young children don't like to try new foods; they are most comfortable with food that is familiar to them, which is why they like to eat the same things every day. Children may need to see a new food 10-15 times before they will taste it. If your child is following the established growth curve and staying healthy he or she is probably getting enough to eat.

These tips can help you through this picky time.

- Be a role model for your children. Let them see you eating the vegetables you want them to try.
- Don't force new foods. Let your child see them and decide if they want to try a taste.
- Don't bribe them to try something.
- Keep introducing the new food over and over.
- Have pleasant mealtime conversation.

Some of the pickiest eaters develop into children who will try most everything. It just takes patience and consistency. 



Achoo...

Treating and Preventing the Common Cold

By Lee M. Sanders, MD, MPH of the Department of Pediatrics at the University of Miami/Jackson Memorial Hospital.

Children get colds all year long, but colds most often come during the winter -- even in Florida.

Despite Grandma's warnings, colds are not caused by drafts of cold air or forgetting to wear a sweater. Colds are caused by viruses, microscopic germs that live all around us. Cold viruses usually get into the body by "hitch-hiking" a ride on a hand to the eyes or nose.

People with colds are most contagious from two days before through two days after the symptoms start.


Some key points to prevent colds in young children:

- All adults caring for children should wash their hands frequently.
- From the earliest age (usually by age 2), encourage children to wash their hands after play and before eating.
- Adults who are ill with a cough or cold should minimize contact with children.

There is no cure for the cold. Many medicines, teas and other remedies are available to treat the symptoms of the cold. Unfortunately, despite years of scientific study, none of these remedies do much for children under 6.

Most symptoms of a cold (cough, runny nose, sore throat) last for five to seven days. Fever (often as high as 103 or 104 degrees) can accompany a cold, but it usually lasts fewer than three days.

Some key points for treating colds in young children:

- Provide lots of liquids. Water and soup are the best.
- Invest in a cool mist vaporizer for the child's room. By keeping the nose moist and cool, this can help children breathe easier.
- If the child appears uncomfortable, consider using children's doses of acetaminophen (Tylenol, Tempra, Feverall) or ibuprofen (Advil, Motrin).
- If the infant with the cold is less than 6 months old, consult the doctor before giving any medicine.
- If the child has any difficulty breathing or has a history of asthma, consult the doctor.
- If the child has a very high fever (more than 103 degrees) or a fever that has lasted more than 3 days, consult the doctor.
- If the cough has lasted longer than 10 days, consult the doctor. 

Arts Corner

This activity brought to you by Kristin Read of the Miami Children Museum's Early Childhood Center.


From a variety of boxes, perhaps some left over from the holiday season, you can help your child build a neighborhood that is uniquely their own.

First, find a low-traffic, open space that can become your model neighborhood.

Next, work with your child to name and layout the buildings and places your family visits each week.

The neighborhood might include your child's school, a park, the supermarket, library and the building where Mommy or Daddy work each day.

When you have both finished building the neighborhood, use markers, colored paper and other materials to add such architectural details as windows and doors.

Ask your child to tell you about the neighborhood. What buildings and places did he or she choose to include? Ask your child to tell you a story that takes place in the neighborhood with your family as the characters. 





Your Child At Play

Fun activities for you to enjoy with your child


Adapted from *Your Child At Play: Birth to One Year*, by Dr. Marilyn Segal.

10 Months Old

Your 10-month-old baby will enjoy trying to imitate your sounds and actions.

Playfully bang with both hands on your baby's high chair or low table. Your baby might try to copy you.

Over the next few months, your baby will try to imitate you more and more. He might hold a phone to his ear. Or make "nice" to the family dog. Or blow a kiss. Your baby is learning so much about the world by watching you.

Enjoy your baby and this special time. 



Visit your local library for books, activities and ideas to encourage your child's literacy. To find a library near you, call 305-275-2665 or log on to www.mdpls.org.

Be a part of our Newsletter

Send in:

Photos, question or helpful tips. Photos will be included in each issue. These photos personify our readership and do not imply or suggest any particular family styles or situations.

- Questions will be answered by local experts.

MAIL TO:

The Early Childhood Initiative Foundation
3250 SW Third Ave., Miami, Fla. 33129

Published through support from:

The Early Childhood Initiative Foundation

(305-646-7229) and United Way Success By 6 at (305-860-3000).

These two organizations work closely with the Miami-Dade School Readiness Coalition, responsible for subsidized child care programs. The coalition chief executive officer is Paula Bender (305-646-7225).

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Nova Southeastern University's Mailman Segal Institute for Early Childhood Studies, formerly known as the Family Center, provides a range of programs designed to strengthen families and enhance the ability of parents and caregivers to foster the healthy development of children.

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