

# Bright Start UpDate

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## Baby-Proofing Your Home

Baby-proofing your home is one of the most important things you can do for your infant. Babies have no idea how dangerous their environment can be. There are many reasons why it is a good idea to baby-proof your home. It decreases your baby's risk of accidents and injuries. It gives your baby an environment to safely learn and explore in. And, it will decrease your need to say no.



*Babies have no idea how dangerous their environment can be.*

To baby-proof your home, look at the environment from your baby's point of view. Get down on the floor and crawl to see things from your child's perspective. Take note of cabinets, doors, appliances, and other objects within reach.

Begin by covering all electrical outlets. Move cleaning products and chemicals, such as bug killers, to out-of-reach shelves. Put away small items like matches, nails and tiny beads. Keep all medicines out of reach.

A baby-proofing essentials checklist (as recommended by the U.S. Consumer Product Safety Commission guidelines) includes:

- **Approved crib and playpen.** The slats on your child's crib or playpen should be less than 2-3/8 inches apart. If you choose to use a playpen, use one with a spring lock and no

hinges or joints that can pinch tiny fingers.

- **Smoke and carbon monoxide detectors.** Install smoke alarms throughout the house, particularly in and near bedrooms. Replace batteries every six months.
- **Baby monitor.**
- **Safety gates and doorknob covers.** Prevent curious babies from gaining access to rooms that they shouldn't enter. Use safety gates at the top and bottom of stairs.
- **Window guards.** Safety gate over the window to prevent children from falling out of the window.
- **Childproof safety latches.** Use latches on toilets and all cabinets and drawers (especially in the kitchen and bathrooms).
- **Drapery and blind cord wind-ups.** Use these to prevent baby from becoming entangled in long cords.

- **Bathwater temperature gauge, anti-slip mat, and soft faucet guard.** Tip: Set your water heater at 120 degrees F. or lower.
- **Electrical outlet safety covers.** Also, try to move electrical cords up and out of baby's way to prevent a teething baby from pulling on them.
- **Oven lock and stove-knob covers.**
- **Furniture-safety straps or anchors.** These keep furniture such as bookcases from toppling over.
- **Fireplace guard and soft corner-and-edge bumpers.**

Prepared by Ann Schwader, Extension Educator/Family and Consumer Sciences, Gregory County, South Dakota State University

Source: The U.S. Consumer Product Safety Commission at [www.cpsc.gov](http://www.cpsc.gov).



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# Healthy Baby – Flu Facts for Parents

The novel H1N1 flu and the seasonal flu are raising concerns and anxiety among many parents and children. If you cope well with a stressful situation, your children will also cope better. Your confidence and calm attitude will help your children ease their worries and make them feel safe and secure. It is important to keep updated on current recommendations and risk assessment as more is learned about the novel H1N1 influenza.

It is important to follow the advice of the federal, state and local public health officials about vaccinating your children. The Center for Disease Control (CDC) states, “If your child is younger than 6 months, you should get vaccinated against seasonal and 2009 H1N1 since your child under 6 months of

age cannot be vaccinated.” Furthermore, the CDC says, “If your child is 6 months or older, he or she should get both a regular flu shot and a 2009 H1N1 shot when they are available in your community.” For more information, access the CDC website – [www.flu.gov](http://www.flu.gov)



If you are caring for a sick child, keep these precautions in mind:

- Stay home when sick to keep from spreading illness.

Children and adults who are sick should stay home at least 24 hours **AFTER** they are free from fever (100 degrees F) without the use of fever-reducing medications.

- Keep a sick child away from other people as much as possible.

- When holding a small child who is sick, place the child’s chin on your shoulder so that he or she will not cough in your face.

- Keep surfaces clean by wiping them down with a household detergent.
- Wash bed sheets and towels with laundry detergent in hot water. Avoid ‘hugging’ the dirty laundry on the way to the washing machine, and wash your hands right after handling dirty laundry.

Prepared by Deb Rombough, Extension Educator/Family & Consumer Sciences, Lawrence County and Tracey Lehrke, Extension Educator/Family and Consumer Sciences, Roberts County, South Dakota State University

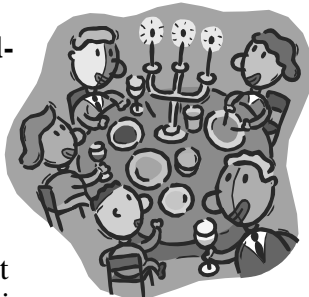
Source: Center for Disease Control - [www.flu.gov](http://www.flu.gov); South Dakota Dept. of Health - <http://doh.sd.gov>

# Family Mealtime – Healthy Eating During the Holidays

From Thanksgiving all the way through to the New Year’s football games, we are constantly surrounded by food temptations. Here are some tips to help your family survive the holiday eating frenzy.

## Think Ahead-

Whether it is a light snack or a family meal, remember that eating something healthy before you go to an event can help your family



avoid filling up on high calorie options.

**Share the health-** If you are asked to bring something to share, choose something healthy. Offer to bring a veggie or fruit tray or a fruit salad.

**Leave some wiggle room-** You and your family don’t have to avoid holiday treats. Instead, keep other meals low in fat and healthy so treats will not break the calorie budget. Then, take the time to enjoy them, eat slowly and you will probably eat less.

**Eat breakfast-** Start the day off with a healthy breakfast. It will get you ready for a big day and ensures that you have at least one healthy meal.

**Plan “physical” gatherings-** Whether it’s a walk to look at Christmas lights, sledding or a snowball fight, look for ways to get the family active.

Prepared by Bobbi Larsen, Extension Educator/Family and Consumer Sciences, Clark County, South Dakota State University

Sources: *Healthy eating for the holiday season*, Ohio University @ [www.ohio.edu](http://www.ohio.edu) and *Healthy Holiday Eating Tips and Recipes*, Utah State University Cooperative Extension @ [extension.usu.edu](http://extension.usu.edu)

# From a Parent's Perspective – Why Won't You Eat?

Why is it that food becomes such a battle once your infant hits the magical age of one? In our family we now have a puker. Not the most pleasant thing; but, food has been a trouble spot since the he started spitting up at six months of age. It doesn't happen all the time, and I am still trying to figure out the triggers, a sensitive gag reflex or a way to garner attention. Either way, once a toddler starts exerting his/her newfound independence, food may become a battle between parent and child.

Ellyn Satter is an internationally recognized expert on eating and feeding children, who hails from South Dakota. She states ... "It is the parent's responsibility to offer the child a healthful variety of foods and a supportive eating environment and it is the child's

responsibility to decide when and how much to eat."

Maintain a division of responsibility: You do the *what, when* and *where* of *feeding* and he does the *how much* and *whether* of *eating*. Provide regular, repeated, and unpressured opportunities to learn. That means the food matter-of-factly shows up again and again on your family table and you eat and enjoy it. It also means that you and other grownups do not pressure him in any way to eat: you do not remind, badger, reward, applaud, or withhold dessert until he eats his vegetables—or anything else.

Don't try to get your child to accept more food, and don't trick him into eating. That will make him pickier.

Such logical advice, but it is so hard to follow! Many times,



parents think they know what is best and how much the child should eat. Instead parents should be looking to the child for cues. Parents, myself included, need to turn off the control switch and let our children teach us.

Prepared by Amanda Larson, Extension Educator/Family & Consumer Sciences, BonHomme County, South Dakota State University

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## Books and Baby – Fit From the Start

The "Fit from the Start" campaign targets South Dakota's 2- to 5-year olds. It provides parents and caregivers with the tools and information they need to offer their kids healthy foods and opportunities for physical activity. Helping young kids adopt these kinds of healthy behaviors will have lasting benefits. "Fit from the Start" has educational materials for parents and caregivers, all emphasizing healthy eating habits and regular physical activity. Check out the recommended books to read to children ages 2 to 5 regarding healthy eating and physical activity.

### Physical Activity Books

*Get Up and Go!* by Nancy L. Carlson, Ages 3 to 8

*From Head to Toe* by Eric Carle, Infant to pre-school

*Hamster Camp: How Harry Got Fit* by Teresa Bateman and Nancy Cote

*Berenstain Bears and Too Much TV* by Stan Berenstain and Jan Berenstain, Ages 5 to 7



### Nutrition Books

*One Cool Watermelon* by Hannah Tofts, Ages 1 to 7

*Will Never Not Ever Eat a Tomato* by Lauren Child, Ages 4 to 6

*Why Should I Eat Well?* (Why Should I? Book Series) by Mike Gordon and Claire Llewellyn, Ages 4 to 7

*Eat Healthy, Feel Great* by William Sears, Martha Sears and Watts Kelly, Ages 5 to 8

*Cool as a Cucumber* by Sally Smallwood, Ages 1 to 7

*Sweet as a Strawberry* by Sally Smallwood, Ages 1 to 7

*Eating the Alphabet* by Lois Ehlert, Infant to pre-school

*The Berenstain Bears and Too Much Junk Food* by Stan and Jan Berenstain, Ages 5 to 7

*Growing Vegetable Soup* by Lois Ehlert, Ages 4 to 6

*Maisy Goes Shopping* by Lucy Cousins, Infant to pre-school

Prepared by Nancy Pauly, Extension Educator/Family and Consumer Sciences, Bennett County, South Dakota State University

Source:

[www.healthysd.gov/parents/fitfromstart](http://www.healthysd.gov/parents/fitfromstart)

## Web Wise – Parent Portal

The Center for Disease Control (CDC) Parent Portal is designed to help parents of children of all ages and even soon to be parents. It offers credible research based information on home and community safety, immunization schedules and even growth charts and developmental milestones. The web site is <http://www.cdc.gov/parents>

Prepared by Leah Burnison, Extension Educator/Family and Consumer Sciences, Union County, South Dakota State University

## Oven French Toast

Entertaining during the holidays and looking for a kid-friendly breakfast idea? Try this recipe.

12 slices whole grain bread  
1 cup skim milk  
4 eggs, or 8 egg whites  
1/4 cup packed brown sugar  
1 tsp. vanilla  
Powdered sugar, optional

Spray a cookie sheet with sides or two 9X 13 inch pans with cooking spray. Lay the slices of bread flat on the pan with the sides touching. Beat egg, milk, brown sugar and vanilla until very well blended. Pour mixture over bread. Turn each slice over to ensure both sides are wet. Cover and refrigerate overnight or bake immediately at 325 degrees F for 30 minutes. Sprinkle lightly with powdered sugar, if desired. Serve hot. Makes 6 servings.

Source: Oregon State University Extension Service – [www.healthyrecipes.oregonstate.edu](http://www.healthyrecipes.oregonstate.edu)

The **Bright Start UpDate** is a monthly publication for South Dakota parents with young children under the age of five. It is brought to you as part of Governor Rounds Bright Start Program, an early childhood initiative with a number of different programs. **Bright Start UpDate** is published by the Office of the Governor 4,470 copies of this publication were printed at a cost of \$.46 per copy. You are welcome to make copies and distribute as needed. You can reach us by calling 1-800-305-3064 or check our web site at: <http://www.sdbrightstart.com>

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