

Bright Start UpDate

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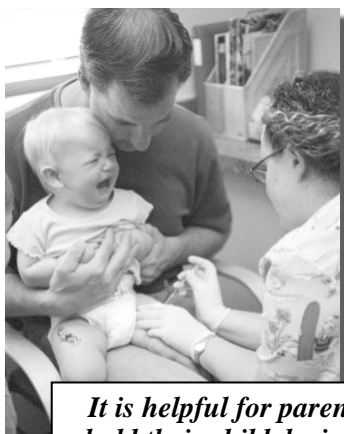
How Many Shots?!?

A well child visit can be a bit of a challenge to parents, children and even health care providers when it involves several vaccinations. Sometimes stories in the media can make one question whether vaccines are safe. Here are five reasons why vaccines are important to your child's health.

1. "Vaccine is good...disease is bad" is a statement I often use in my practice as a public health nurse. Death rates from illnesses have dropped dramatically since the development of vaccines. Polio, whooping cough and meningitis once claimed the lives of thousands of U.S. children. If we stopped vaccinating our children these illnesses and the losses they cause would return because the diseases are still present in the environment.

2. Vaccines are safe. Vaccines are tested in thousands of people before they are added to the immunization schedule and they are continuously monitored for any risks. Several valid scientific studies have shown there is no link between thimerosal (a preservative) and autism. Further evidence is that despite removal of thimerosal from nearly all childhood vaccines in 2001, the rate of autism continues to increase.

3. Deadly diseases are still a threat to children. Outbreaks continue to occur in unvaccinated communities. In South Dakota, in the past few years we have seen outbreaks of mumps and whooping cough, especially in unvaccinated populations. Other countries do not have the same immunization success as the United States and diseases that have not been seen in



It is helpful for parents to hold their child during the vaccinations

this country are only a plane flight away.

4. Multiple vaccines do not overwhelm a child's immune system. Improvements in the way vaccines are developed have led to fewer antigens (what creates immunity to disease) in each vaccine. While there are more types of vaccines given today, the number of antigens that the child's immune system has to respond to is actually less than what a single vaccine contained 50 years ago. Scientists estimate that even young infants can respond to approximately 100,000 different organisms at one time. Children can handle the number of vaccines that are recommended because they are simply a small part of what they come across every day in their regular environments.

5. Staying on schedule is important. Infants and their immature immune system are very susceptible to infectious diseases. Some of these diseases may make an older child sick but could be deadly for an infant. The recommended schedule is designed to work well with the

child's immune system to fully protect the child. It is important to check with your health care provider to assure your child's immunizations are up to date.

Immunizations are just one of the things parents should do to keep their child safe and healthy. Studies have shown there are things that help reduce pain and anxiety during vaccinations. It is helpful for parents to hold their child during the vaccinations. Not only does the child feel safe, you are right there to comfort them. Also, discuss the use of acetaminophen and ibuprofen with your health care provider.

For more information regarding immunizations, call your local or state Department of Health, or visit the Center for Disease Control and Prevention web site at www.cdc.gov/vaccines

Prepared by Paula Gibson, Public Health Specialist, BonHomme County, South Dakota Department of Health



South Dakota State University
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From a Parent's Perspective – All About Sleep

Our sleep struggles began in October. Our 14-month-old son started waking up multiple times a night. I had gotten used to an uninterrupted night's sleep and was reluctant to give that up, so I brought him into our bed. I thought his molars were working their way through and it would soon pass. Thanksgiving rolled around; he was still waking up, crying for our bed and no molars!



him until I realized I am perpetuating the issue, just in another location, and I took him back to his crib. At three o'clock, after a lot of crying and a little gagging, he finally laid down and curled up with his blanket. And that was the end of our sleep struggle.

While in our sleep deprivation state, I heard a variety of ~~excuses~~ reasons why we were experiencing this sleep trouble. One reason mentioned was that his sleep needs had changed...hmmm. The Department of Health and Human Service Center for Disease Control states:

While there is variability between each of us in how much sleep we need, the National Sleep Foundation has noted that the need for sleep changes as we age. The National Sleep Foundation

(www.sleepfoundation.org) has recommended the following sleep guidelines for selected age groups:

Infants	0-2 months: 10.5-18 hours
	2-12 months: 14-15 hours
	Toddler/ Children
	12-18 months: 13-15 hours
	18 months-3 years: 12-14 hours
	3-5 years: 11-13 hours
	5-12 years: 9-11 hours

Each child is different, so learn to read your child's cues. When he starts rubbing his eyes, pulling his ear or hair and yawning...it's time for bed.

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

Source: Department of Health and Human Services, Center for Disease Control at www.cdc.gov/sleep

My husband and I decided he needed a sleep intervention. He had been a great sleeper before so why the change? Sunday night - I gear myself up for a long night of crying and possible throwing up (yes, he still does this and has mutated into a threat of "I'm gonna puke if you don't come get/appease me!" ...fun), but I hear nothing. Was this going to be easier than anticipated?

Monday night came and he woke around two o'clock. I tried rocking

Family Mealtime – Mealtime Matters

With the current trend of grabbing fast food and rushed meals, the times are now rare when families have the chance to gather around the table for a well-balanced, home-cooked meal. Believe it or not, family mealtime can happen – although it may be unrealistic to aim for every night. Having a meal together does take a little planning and setting priorities to make it happen.

Starting a family mealtime ritual requires family communication and a spirit of doing things together. The earlier you can promote these habits with your children the better.

So, *how* do you make more time for a family meal? Consider these ideas that encourage all family members to get involved.

Ask everyone to choose a favorite meal. We all enjoy sitting down at the table to our favorites, right? Somebody's favorite, however, may be someone else's most dreaded meal so compromise is key.

Plan menus together. A regularly scheduled "family meeting" might be a great time to suggest menu ideas for the week or month. Shopping together

can be a great opportunity to teach young children about healthy food choices and basic label reading. You can also utilize the www.mypyramid.gov website for information on serving size and portion control, food groups, and healthy menu ideas.



Take shortcuts. Just because a meal is home-cooked and healthy, doesn't mean that it has to be a lot of work for whoever is in charge of preparing it. Dig out the slow cooker. What could be better than walking in the door from a long day at work and having the food ready to go, with easy cleanup to boot! Also, look for quick and easy recipes that require less preparation and cooking time.

Everyone can cook. Encourage everyone in the family to get involved with preparation and clean-up of the meal. Remember to match each child's age and skill level with the appropriate task at hand. For example, a preschooler can help stir or mash foods, early elementary youth can handle some basic measuring and pouring ingredients into containers and older kids are handy at running the vegetable peeler, chopping vegetables and using the microwave (with supervision).

Clean up together. The more hands you have helping clean up, the quicker you can enjoy other family activities together. Not to mention, this is a great time to share some conversation with your spouse and children. Remember, even young children can participate.

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

Source: "Making Mealtime a Family Matter", Cornell Cooperative Extension, 2003; www.mypyramid.gov

Healthy Baby – Communication – The Process

Communication starts in the womb as a baby hears voices and noises. After birth, first communication consists of smiling and fussing and having different cries. Soon, the parents hear vowel sounds and happy sounds. Then the baby uses inflection and begins stringing sounds together. Sometimes the words sound like “mama” and “dada.” The baby associates the people who love him with those words.



Children need to develop a communication system that meets their needs. Sometimes parents anticipate what their child needs so well that the child does not need to communicate. Parents need to step back, and allow their child to fuss, point at what he/she wants and give choices. Sometimes it helps to introduce a technique called “baby

sign.” This helps the child communicate with their parents as to what is needed. When using “baby sign,” always use the word with the sign. If you think about it, there are lots of gestures we already use: waving bye bye and blowing a kiss.

Here are some ways to stimulate your child’s language development.

Parallel talk: Say what you see!

This is a great technique to use with toddlers. Watch what the child is doing and describe it while he plays. “Cars goes vroom.” “Baby is hungry.” He will use the words later when he’s ready to talk about similar things.

Self talk: Say what you are doing!

Your baby is interested in what you are doing. Describe to him, “I’m brushing my hair.” “I’m folding clothes.”

Stretch talk: Say something more!

Soon your child will be using words. To help him gain vocabulary, repeat what he has said and add something to it. If your toddler says “juice,” you say “More juice.” Speak slowly and make sure your child is looking at you. Try to talk in short phrases as the child will only pick up key words.

As a child develops, so should his/her vocabulary. At two, a child should have 50 – 200 words and be putting words into little phrases. At three, a child should have at least 500 words and have more questions. “What’s that?” and “Why?” are their favorites.

If at any time a child is not meeting these milestones, you are encouraged to contact your local Birth to 3 Service Coordinator or call Birth to 3 Connections, 1-605-773-3678.

Prepared by Kari Haxton, Birth to 3 Service Coordinator, Black Hills Area

Books and Baby – Children’s Reading Time with Stories and Poems

Stories and poems can help children grow and learn in many different ways. Stories and poems can help develop children’s imagination; help children cope with stress; help children relax; teach children about themselves and their worlds; help build children’s interests and create new ones; and teach children about art through picture book illustrations.

Stories and poems are examples of the way words are organized in children’s books. Story books are exactly that - they tell stories. Children’s stories have beginnings that make you want to read more. Poetry is like music to children’s ears. Information books are like encyclopedias for children. Thinking books help children learn about and understand things in their world. A story book can be both an information book and a thinking

book at the same time.

Choosing Books for Children

Before you choose a book, think about the children you will read to. When choosing books, look at the pictures. Will children like them? Will children become absorbed in the story and enjoy the book? Try cloth or board books for babies and young toddlers. Wordless books, pop-up picture books and activity books are suitable for older children.



Reading to Children

Before you start to read, allow the child to get settled. You may get to know children better by listening to their stories. Young children often do not realize that stories and poems are written by people. Allow some time after you read the story or poem for the child to talk about it.

Children have fun re-telling stories using puppets.

You can help children enjoy books at any age. Make your own picture books with children. Let the children decorate the cover of the book. You can make a bird book, a horse book, or a book about whatever the children are interested in.

The children can even make books about themselves. You also can record the children reading or telling stories of their own and then play it back for them. Whatever you do enjoy reading with your child!

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

Source: National Network for Child Care - Good Times with Stories and Poems.

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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