



Family Times

A Family Newsletter from Child Development and Education, Inc.

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www.cdedu.us/familytimes

A Note From CDE



Dear Friends and Family of Child Development,

I hope you are off to a great start to the new school year. It is hard to believe winter is just around the corner!

In this issue we cover a wide-range of health issues, from physical and nutritional health in our articles on vaccinations and salt consumption, to brain development in our feature article on the new "Brain Building in Progress" campaign by EEC and the United Way. These are based on some of the latest scientific research and policy work.

It is important to keep in mind that these articles are meant to alert you to new initiatives and ideas that you may not have been aware of, and are not the sole opinions of Child Development. We hope that you discuss any questions or concerns you have, relating to your child's health and development, with your pediatrician. These topics are meant to inspire meaningful conversations between you and other parents, medical professionals and educators. We hope that you find these articles interesting and enjoyable!

On behalf of everyone at Child Development, I wish you a healthy and happy holiday season.

Sincerely,
Bill Restuccia

Policy Update

Brain Building in progress, research-based initiative

In late August, the Department of Early Education and Care and United Way launched "Brain Building in Progress, a public-private early childhood education communications initiative." The purpose of this initiative is to highlight the importance of providing a positive, healthy environment and enriching experiences for the baby brain to grow and develop. With the launch of a new website, www.brainbuildinginprogress.org, early education and care experts, community leaders and policy-makers, hope to bring awareness to this very critical time in a child's life.



a child grows in, and the relationships that are developed during this birth to 5 year period, have a direct effect on how well the brain develops and will lay the foundation for future cognitive capacity. Children need positive relationships from those in their environment everyday, meaning parents, grandparents, and their caregivers, with whom they often spend the majority of their time.

That science is now backing what many child care providers and parents have long known to be true, is an exciting endorsement of the importance of the early education and care field. "Brain Building in Progress summarizes the importance of early child-

Research shows that a child's brain grows at a rapid speed during the first 5 years of life. A baby brain grows from 25% of its adult size to 70% of its adult size in the first year alone. Research also shows that the environment that

hood education, an incredibly powerful tool to close student achievement gaps and to build the Commonwealth's future workforce," said Mass. Education Secretary Paul Reville.

Help Shape Your Child's Brain Development

The Brain Building in Progress website has some ideas for how to help build positive brain activity in your child's brain in simple, meaningful ways throughout the day.

- Engage your child by talking to them about their surroundings, ask questions that don't require a yes or no.
- Read a book with a toddler.
- Have a conversation while you shop at the supermarket.
- Play peek-a-boo with a baby.
- Talk with your child about his artwork.
- Get down on their level. Look them in the eye. Don't use baby talk. Listen.

Every interactive experience that an adult has with a young child creates valuable connections that permanently wire the architecture of the amazing brain!

Quotable Quotes:

"Today you are you, that is better than true. There is no one alive that is you-er than you!" - Dr. Seuss

Question & Answer

Q My one year old hates getting shots at the doctors. When she was a baby, she screamed and cried when she had to get shots. Is it really necessary to get all her vaccination shots, or can I wait?



important for parents to talk to their pediatrician about their concerns before making any decision about their child's health care, because delaying vaccinations could have harmful effects on children and the general public.

Some important things to keep in mind when discussing vaccinations with your child's pediatrician:

- Vaccines are mostly safe. Doctors stress that people generally have very few side effects from vaccinations.
- Vaccines do not cause autism. This is a myth that has been scientifically disproved and discredited.

- Just because there is a vaccine for a disease, doesn't mean children can no longer get this disease. The only disease that has been effectively eliminated is small pox. Other diseases that we vaccinate against, such as, measles, polio and chicken pox are still prevalent in other countries and could re-emerge in the U.S.
- By increasing the number of people vaccinated for a disease, we decrease the chance of the disease reemerging in our children.

This is based on the doctors' general recommendations. Please consult your own pediatrician with any questions or concerns about vaccinations.

A This is definitely a question you should bring up with your pediatrician. However, most doctors follow the recommendation of The U.S. Centers for Disease Control and Prevention that children between ages 0 and 2-4 months, begin with regular vaccinations for 14 different diseases. Most require multiple doses, and booster shots—additional dose of vaccine needed periodically to "boost" immune system—every few years. The good news is many of these vaccines are now available in a few combination shots—reducing the overall number of shots a child must receive.

The Journal of Pediatrics recently published a paper that found that 1 in 10 parents vaccinated their children outside the recommended schedule. Parents had a variety of reasons for delaying or skipping vaccinations, including: belief that vaccines aren't really necessary, belief that vaccines cause autism, disbelief that by skipping they were putting others' health at risk, as well as claiming that their child doesn't like shots, and the vaccinations were too expensive. It is

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N is for **November**

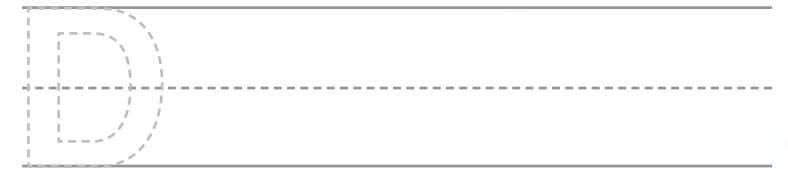


In November we celebrate what we are thankful for on a holiday called **Thanksgiving**. Are you thankful for your brother or sister? Are you thankful for summertime? Are you thankful for ice cream sundaes? Think about all the things that you are thankful for today. Then cut out the pictures of leaves below. Write what you are thankful for on each leaf. Hang the leaves somewhere where you can see them everyday!

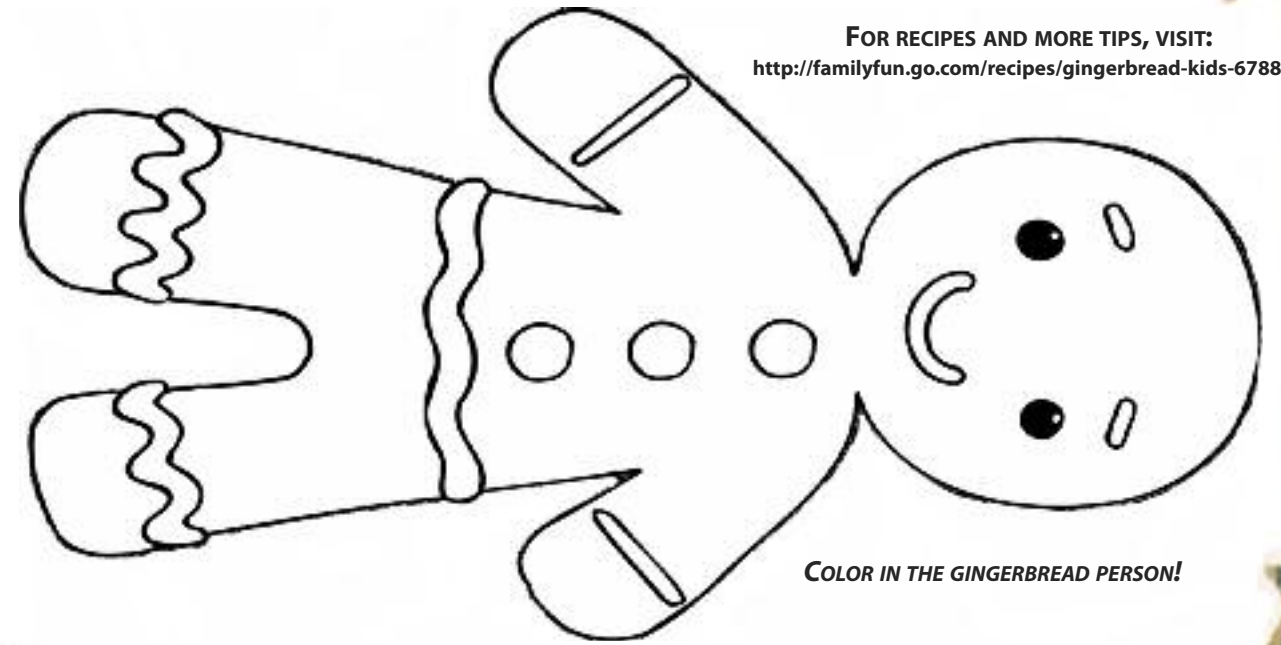
Four leaves for a gratitude activity, each with the text "I am thankful for" and a set of horizontal lines for writing.

- Top-left: Yellow background, simple leaf shape.
- Top-right: Orange background, leaf with red veins.
- Bottom-left: Orange background, leaf with red veins.
- Bottom-right: Yellow background, simple leaf shape.

D is for **December**



Gingerbread people are popular around the holidays in December. You can make gingerbread cookies and decorate them with icing to make faces or clothes or whatever you would like.



FOR RECIPES AND MORE TIPS, VISIT:
<http://familyfun.go.com/recipes/gingerbread-kids-678845>

COLOR IN THE GINGERBREAD PERSON!

J is for **January**



Practice printing all these numbers.

0 ZERO



1 ONE



2 TWO



are the numbers in this year: **2012**

January marks the first month of the new year!
12 months = 1 year.

JANUARY 2012

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Use the calendar above to answer these questions.

- How many days are in the month of January?
- How many days are in one week?
- What day of the week is January 1?
- What is today's date?