

Focus on the Children

A Special Edition of the Valley Voice



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Summertime Outings With Your Child

Summertime means travel for many families. While you may take a vacation lasting several days, it is also likely that you will take your child on short outings during the warm summer months. Outings give young children new experiences that add to their knowledge and prompt language development. A change in scenery is enriching and refreshing for you and your child.

If you are an experienced parent, however, you may have had outings that were less than successful when the carefully planned day dissolved into tears and frustration for both you and your child. What went wrong? Here are some tips to keep in mind when planning outings that everyone will enjoy.

Know your child's limits

Many factors impact your child's ability to cope in an unfamiliar place. Two important ones are your child's development stage and his temperament. A toddler who has just learned to walk and has a strong motor drive is not a good candidate for a long stroller ride. A preschooler who is experiencing nightmares may be upset by a carnival fun house. Understand what your child's development is prompting him to do, and plan outings that match.

Your child's temperament also affects what type of outings he will enjoy. Temperament is a personal style that is usually evident at birth and remains lifelong. Some children are easy going and readily accept change in their environment. Others need more time to warm up to new situations. Knowing your child's personal style will help you plan outings that take his limits into account, and respecting who your child is will allow him to get the most benefit from an outing.

Pack the essentials

"Be prepared" is a motto for parents as well as for Boy Scouts. Always bring water for your family, especially in hot weather. Mild dehydration can cause anyone to be cranky. When young children are learning new things, they require a lot of energy. They also need to rest and recuperate from the increased stimulations of new places. A short break for a snack and a rest can save an outing. Your child may need a favorite stuffed animal or a small assortment of favorite toys to ease the transition to a new place. Bringing things along that help your child cope is not spoiling her; it's an essential part of successful outings.

Safety first

Outings bring their own safety concerns. Be sure to protect your little one from the sun with sunscreen, hats and cover-ups. Tuck a small first aid kit with antiseptic wipes, band-aids, and antibiotic cream into the diaper bag. Be absolutely firm about your child remaining in an approved safety seat appropriate for his weight and age while riding in the car. Also, insist he wear a bike helmet during biking and an approved safety flotation device on outings near water. Bring emergency phone numbers along and send them with any adults who take your child on outings without you.

You're good to go

When you've considered these tips you're on your way to a successful outing. Remember, an outing doesn't have to take a lot of time or money. The destination doesn't have to be a fabulous theme park. Young children enjoy places near their home, even those they've visited before, and simple activities they can do with freedom and the attention of caring adults. So pack the water bottles and the beach ball. You'll be giving your child an opportunity to gain new experiences and building a wealth of family memories.

Tips to take along on outings

- When planning an outing, consider activities with your child's perspective.
- Take water and snacks to fuel energy.
- Keep your child's routine as constant as possible.
- Give your child time to explore new places.
- Give your child time to explore new places.
- Avoid pushing your child into greeting new people; give her time to warm up and she will be friendly.
- Take a first aid kit and emergency numbers

Take the hurry out of outings; slow down the pace and enjoy!



Water Safety for Children

More than 100 million Americans participate in water-related activities each year. To reduce the risk of drowning and other injuries, the National Center for Injury Prevention and Control recommends careful adult supervision at all times, especially when children are near water sources such as bathtubs, buckets, toilets, large puddles, and swimming pools. Small children can drown in as little as 1 inch of liquid, and in only 30 seconds.

HOW YOU CAN PREVENT DROWNING:

- Watch children constantly. If you supervise young children, do not talk on the phone, mow the lawn, read or play cards when watching children near any source of water.
- Never swim alone or in unsupervised places. Make sure that young children are always accompanied by an adult and that older children have a buddy. Water wings are not advised for children of any age.
- Learn to swim
- Check the water depth before allowing children to enter. The American Red Cross recommends 9 feet of water as a minimum safe depth for diving and jumping.
- Use Coast Guard approved personal flotation devices (life jackets) for all boaters, regardless of swimming ability, size of boat, or distance traveled.
- To prevent choking, do not chew gum or eat while swimming, diving, or playing in water
- Keep children away from buckets, and empty all containers of liquids immediately after completing chores.
- Many communities mandate isolation fencing with self-closing and self-latching gates for pools to prevent direct access from a house or yard.
- Get certified in cardiopulmonary resuscitation (CPR)
- Make sure there are telephones near residential pools.



Inside FOCUS ON THE CHILDREN



Helpful and informative information for Parents with children from birth to five years old.

- Local News
 - Health and Safety
 - Nutrition
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 - Second Hand Smoke
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From the Esparto Child Development Center

April projects:

We focused on talking about the weather; we recorded the rainy and the sunny days during the month of April. We also talked about how we needed to dress as the weather changes.

The children looked for different types of flowers blooming this season and learned the names of each flower. They have been working on planting vegetables in their garden, cleaning out the weeds and watering the plants on a daily basis. All the plants are coming up nicely.

The children participated in making their own Easter baskets that they later used for the Easter Egg Hunt that took place here at the Center. They enjoyed this activity very much.



In May:

The Mother's Day project was a flower plant. This plant came from the seeds that the children had planted early on and sprouted over a month ago. The plant was transplanted in a plastic cup full of soil, the children wrapped in tissue paper and given to the Moms to be planted at home in a special place.



The Parent Advisory Committee is organizing a raffle that will raise funds to cover some of the expenses for the children's graduation. The raffle drawing is planned for June 19th at 6:00pm here at the Center. If anyone is interested in buying tickets, the cost is \$1.00 per ticket and they are for sale here at the Center. Raffle prizes that we have collected so far are: a hand-made quilt, a blanket, dish set, toaster, an iron, and a KINGS jersey. There will be more prizes. The parents donated all the items. We are still in the process of collecting more items to raffle to make the raffle bigger and more chances for people to win. In advance, we thank everyone who is participating in this event. The children will have a lot of fun on their graduation day.

The teachers are currently planning the children's graduation that will take place here on August 8th at 11:00am. We are happy that our children had an opportunity to receive a preschool learning experience before they go to kindergarten. We all know that this builds a strong foundation for their future years of education.

We are proud of them and wish them the best.



Give Your Baby a Healthy Start

So you are going to have a baby! Good for you! There are lots of things you can do to make this a happy, healthy time.

Does it Matter What I Eat While I'm Pregnant?

- Yes! Eating well while you're pregnant will help keep you strong and build a healthy baby.

This food guide (see bottom) will help you plan healthy meals and snacks. Try to eat more foods from the bottom of the pyramid and only a little from the top.

Drink lots of liquids, especially water. Drink milk and 100% fruit juices too. Liquids will help keep your body running smoothly.

Did your doctor tell you to take prenatal vitamins? These are important -don't forget them.

How Much Weight Will I Gain While I'm Pregnant?

- You'll probably need to gain between 25 and 35 pounds. You'll need to gain a little more if you were thin when you got pregnant. You should gain a little less if you were heavy when you got pregnant.

Your baby will probably weigh between 6 to 9 pounds. And you'll need to gain some extra weight to help your baby grow.

- Breasts: 1 ½ pounds
- Uterus: 1 ½ pounds
- Placenta: 1 ½ pounds
- Blood and Fluids: 3 pounds
- Baby: 7 ½ pounds
- Mother's Extra fat and muscle: 10 pounds

You'll probably gain just a few pounds during the first few months, and then you'll gain weight faster as your baby grows. During the last 6 months, gaining weight about a pound a week is just about right.

Can I Smoke or Drink While I'm Pregnant?

- Cigarettes, drugs and alcohol (even beer or wine) could hurt your baby. If you need help to stop smoking, drinking, or using drugs, ask your doctor. One cup of coffee a day is probably fine.

Ask your doctor if it's OK before you take any pills, even aspirin.

Can I Exercise While I'm Pregnant?

- Yes, unless your doctor says not to. Talk to your doctor about what's best for you. Walking, or other gentle exercise, helps you feel good. Think of a safe place, maybe a park or a mall, where you can take walks. Try to walk every day.

Who Can I Talk With If I Have Questions About My Pregnancy?

- Keep your appointments at your doctor's office. The people there will answer your questions. They will also listen to your baby's heartbeat and make sure you and your baby are fine.

I Think I'd Like to Breastfeed My Baby, But I Don't Know Much About It

- Find out more about breastfeeding now, while you're still pregnant. Breast milk is best for your baby. Breastfeeding will help keep your baby healthy. It can even help you get your body back in shape!

Having a Healthy Baby Sounds Like a Lot of Work. How Can I Do it All?

- Do what you can. Make changes a little at a time. You CAN make a difference in how your baby grows. And, take good care of yourself. Babies need strong, healthy moms!

Four Steps for Family Safety

According to the National Safety Council, some of the biggest threats to safety are close to home. These four tips can help keep you and your family safe at home.

1. **Focus on falls.** Keep your home clear of tripping hazards such as electrical cords, loose rugs and toys on the floor. Keep stairs free of clutter and place handrails next to all stairs. Install light switches at the top and bottom of stairs.
2. **Prevent poisoning.** Keep all medications locked away from children and tighten child-resistant caps properly. Move cleaning products to cabinets with safety latches. Keep the poison control center number close to the phone. Have syrup of ipecac on hand to induce vomiting in case of poisoning. Use it only if directed to do so by a doctor or poison control center staff person.
3. **Be watchful near water.** Never leave a child alone at a pool or beach or in a bathtub. If you have a swimming pool, fence it in, install self-closing doors leading to it and put toys away when not in use. Install a cover that prevents access to the water.
4. **Prevent children from choking.** Always put babies to sleep on their backs on a firm mattress, not on a soft cushion or pillow. Keep toys with long cords away from small children. Keep small objects that a child could swallow, such as jewelry, safely out of reach.



Food Guide Pyramid

	Fats, Oils, and Sweets
	Protein Foods: 3 servings
Milk Products: 3 to 4 servings (4 for teens)	Fruits: 2 to 4 servings
Vegetables: 3 to 5 servings	Breads, Grains and Cereals: 6 to 11 servings
<i>You can make a difference in how your baby grows. Take good care of yourself, babies need strong, healthy moms!</i>	Try to eat more foods from the bottom of the pyramid and only a little bit from the top!

Brought to you by The California Children & Families Commission. Funded by Prop 10. For More information please call (800) KIDS-025

Protect Your Child From Poison

Guidelines for Parents

Children can get very sick if they come in contact with medications, household pesticides, chemicals, cosmetics, or plants. This can happen at any age and can cause serious reactions. However, most children who come in contact with poison are not permanently harmed if they are treated right away. This information has been developed by the American Academy of Pediatrics to inform parents how to prevent poisonings and what to do if their child has been poisoned.

Prevention

Young children are poisoned most commonly by things in the home such as:

- Drugs and medications (iron medications are one of the most common causes of poisonings in children under age 5)
- Cleaning products
- Plants
- Cosmetics
- Pesticides
- Paints and solvents

Poison-Proof Your Home

- Keep all drugs, medications, household cleaning products, and cosmetics locked up and out of your child's reach.
- Use safety latches on drawers and cabinets that contain objects that might be dangerous to your child.
- Keep a small bottle of syrup of ipecac on hand with your other medicines—out of children's reach. It is available without prescription at most pharmacies. Use it only with instructions from the poison center or your pediatrician.
- Post the poison center and other emergency numbers near every phone in your home. Be sure that your baby-sitter knows how to use these numbers.

In the Kitchen

- Store cleaners, lye, furniture polish, dishwasher soap, and other dangerous products in a locked cabinet.
- If you must store items under the sink, use safety latches that lock every time you close the cabinet (most hardware and department stores have them).
- Never put dangerous substances into container that look as if they might hold things your child usually eats or drinks.

In the Bathroom

- Buy and keep all medicines in containers with safety caps. Remember, however, that these caps are *child-resistant*, not *childproof*, so store them in a locked cabinet.
- Throw away any leftover prescription medicines.
- Do not keep toothpaste, soaps, shampoos, and other frequently used items in the same cabinet as dangerous products.
- Do not take medicines in front of small children; they may try to copy you.
- Never say that a medicine is candy in order to get your child to take it.
- Check the label every time you give medication. This will help you to be sure you are giving the right medicine in the right amounts. Mistakes are more common in the middle of the night, so always turn on a light when handling any medication.

In the Garage and Basement

- Keep paints, varnishes, thinners, pesticides and fertilizers in a locked cabinet in their original, labeled containers.
- Read labels on all household products before you buy them. Try to find the least toxic ones for the job. Buy only what you need to use right away.
- Never put poisonous or toxic products in containers that were once used for food, especially empty drink bottles, cans or cups.

Never run your car in a closed garage. Be sure that coal, wood, or kerosene stoves are in good working order. If you smell gas, turn off the stove or gas burner, leave the house and call the gas company.

Children can get very sick if they come in contact with medications, household pesticides, chemicals, cosmetics, or plants.

**Local poison control phone number:
1-800-876-4766**

Secondhand Smoke and Your Family

What is Secondhand Smoke?

Secondhand smoke is the smoke breathed out by smokers and the smoke from the burning end of a cigarette, cigar, or pipe. The smoke from the burning end of a cigarette has many harmful chemicals.

Secondhand smoke is also called environmental tobacco smoke (ETS); exposure to secondhand smoke is called involuntary smoking or passive smoking.

It is not easy to avoid secondhand smoke because about one in four people smoke.

Why Should You Worry About Secondhand Smoke?

Secondhand smoke causes about 3,000 deaths each year from lung cancer in people who don't smoke.

Secondhand smoke causes irritation of the eyes, nose, and throat. Secondhand smoke can also irritate the lungs, leading to coughing, excessive phlegm and chest discomfort.

Secondhand smoke has been linked with the onset of chest pain and is associated with death from heart disease in 37,000 people each year.

Secondhand Smoke Especially Hurts Children!

Children who breathe secondhand smoke are more likely to suffer from pneumonia, bronchitis, and other lung diseases.

Children who breathe secondhand smoke have more ear infections.

Children who breathe secondhand smoke are more likely to develop asthma.

Children who have asthma and who breathe secondhand smoke have more asthma attacks.

There are an estimated 150,000 to 300,000 cases every year of infections, such as bronchitis and pneumonia, in infants and children under 18 months of age who breathe secondhand smoke. These result in between 7,500 and 15,000 hospitalizations.

How Can You Protect Yourself and Your Family?

Here are some ways to protect yourself and your family from secondhand smoke:

- Don't smoke in your home.
- Ask other people not to smoke in your home, especially baby-sitters or others who may care for your children.
- Ask smokers to go outside while they smoke.
- If someone must smoke inside, limit them to rooms where windows can be opened or fans can be used to send the smoke outside.

Help people who are trying to quit smoking.



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Developmental Milestones of Early Literacy

MOTOR:	COGNITIVE:	WHAT PARENTS CAN DO:
<ul style="list-style-type: none"> Reaches for book Book to mouth Sits in lap, head steady Turns pages with adult help 	<ul style="list-style-type: none"> Looks at pictures Vocalizes, pats pictures Prefers pictures of faces 	<ul style="list-style-type: none"> Hold child comfortably, face-to-face gaze Follow baby's cues for "more" and "stop" Point and name pictures
<ul style="list-style-type: none"> Sits without support May carry book Holds book with help Turns board pages, several at a time 	<ul style="list-style-type: none"> No longer mouths right away Points at pictures with one finger May make same sound for particular pictures (labels) Points when asked, "where's...?" Turns book right side up Give book to adult to read 	<ul style="list-style-type: none"> Respond to child's prompting to read Let the child control the book Be comfortable with toddler's short attention span Ask "where's the...?" and let child point
<ul style="list-style-type: none"> Turns board book pages easily, one at a time Carries book around the house May use book as transitional object 	<ul style="list-style-type: none"> Names familiar pictures Fills in words in familiar stories "reads" to dolls or stuffed animals Recites parts of well-known stories Attention span highly variable 	<ul style="list-style-type: none"> Relate books to child's experiences Use books in routines, bedtimes Ask "what's that?" and give child time to answer Pause and let child complete the sentence
<ul style="list-style-type: none"> Learns to handle paper pages Goes back and forth in books to find favorite pictures 	<ul style="list-style-type: none"> Recites whole phrases, sometimes whole stories Coordinates text with picture Protests when adult gets a word wrong in a familiar story Reads familiar books to self 	<ul style="list-style-type: none"> Keep using books in routines Read at bedtime Be willing to read the same story over and over Ask "what's that?" Relate books to child's experiences Provide crayons and paper
<ul style="list-style-type: none"> Competent book handling Turns paper pages one at a time 	<ul style="list-style-type: none"> Listens to longer stories Can retell familiar story Understands what text is Moves finger along text "writes" name Moves toward letter recognition 	<ul style="list-style-type: none"> Ask, "what's happening?" Encourage writing and drawing Let child tell the story



Learn and play is the approach that RISE Inc. with the support of the First 5 California (California Children & Families Commission) encourages through the *Mommy & Me* program. The program meets twice a month on Wednesdays from 9:00 to 10:30 am at the Esparto Library. This program is for expectant mothers and mothers with children 0-2 years of age. The goal of this program is to provide participants information and access to support services for young children 0-5 years of age that are available within Yolo county.



In addition, educational ideas are presented that address the developmental stages children will experience as they continue to grow. Many hands on activities are planned that enhance the areas of cognitive awareness, gross motor and language skills. An abundance of learning strategies to use with children that focus on singing, movement, rhyming and creating books, feeling boards, and learning toys continue to be introduced as learning tools for parents. Above all parents are given the opportunity to use their own creativity. This group is open to all community members that may be interested in participating. For more information, please contact Oralia or Lupe at RISE Inc., (530) 787-4110.

COME JOIN US!

Sponsored by RISE Inc. with the support of the FIRST 5 CALIFORNIA (California Children and Families Commission)

Fact Sheet on Smoking and Pregnancy



Cigarette smoking during pregnancy can cause serious health problems to an unborn child. Smoking during pregnancy has been linked to premature labor, breathing problems and fatal illness among infants.

An estimated 430,700 Americans die each year from diseases caused by smoking. Smoking is responsible for an estimated one in five U.S. deaths and costs the U.S. at least \$97.2 billion each year in health care costs and lost productivity.

Smoking during pregnancy is estimated to account for 20 to 30 percent of low-birth weight babies, up to 14 percent of preterm deliveries, and some 10 percent of all infant deaths. Maternal smoking during and after pregnancy has been linked to asthma among infants and young children.

In 1996, 13.6 percent of mothers were reported to have smoked during pregnancy, a 26 percent decline from the 1990 level.

Smokers inhale nicotine and carbon monoxide, which reach the baby through the placenta and prevent the fetus from getting the nutrients and oxygen needed to grow. Secondhand smoke also adds a risk to pregnancy. Breast milk often contains whatever is in the woman's body. If the woman smokes, the baby ingests the nicotine in her breast milk.

Reducing frequency of smoking may not benefit the baby. A pregnant woman who reduces her smoking pattern or switches to lower tar cigarettes may inhale more deeply or take more puffs to get the same amount of nicotine as before.

The most effective way to protect the fetus is to quit smoking. If a woman plans to conceive a child in the near future, quitting is essential. A woman who quits within the first three or four months of pregnancy can lower the chances of her baby being born premature or with health problems related to smoking.

Pregnancy is a great time for a woman to quit. No matter how long she has been smoking, her body benefits from her quitting because it lessens her chances of developing future tobacco-related health problems, such as lung and heart disease, and cancer.

American Lung Association offers: Freedom from smoking, self-help guides, audio and videotapes, and group programs. Special materials for pregnant smokers, new parents and their health-care providers. There has never been a better time to quit!! For more information please visit: www.lungusa.org and call (800) 586-4872.

Little Artists

Little kids love art. What's more, from a developmental perspective, ages 1 to 3 are prime time to begin exposing them to it. A child is able to scribble with a crayon about the same time he takes his first steps.



If you look at a toddler's scribbles, they look like scribbles. A closer inspection of the whirls and swirls reveals dots, loops, spirals, zigzags, and lines all precursors to writing. Making these shapes over and over prepares children for the complex work of forming letters and reading them according to experts. From 12 to 24 months, these symbols are made randomly; to the child, it seems as if the crayon itself is making them. Between 14 and 18 months, he'll begin to recognize the connection between his own hand movement and the marks on the paper. Until the age of two, a child scribbles from the shoulder, creating lots of horizontal and vertical lines. Between 2 and 3, the scribbles become more controlled and varied. Now he can deliberately make circles, lines, and more.

Now don't go rush to teach your 2 year old how to write his name. Scribbling continues through age 4 or 5 and is more fundamental than recognizing the letter "N". Plus, it helps a child develop hand-eye coordination and make the various lines that will become part of his letters later on.



PEQUENOS ARTISTAS

A los niños les gusta el arte. El cual da una prospectiva al desarrollo infantil, las edades de 1 a 3 años son primordiales para empezar a exponerlos al arte. Un niño puede hacer garabatos con un crayón al mismo tiempo que el niño da sus primeros pasos.

Si usted ve los primeros garabatos de un niño, se ven simplemente como garabatos, pero se los ve mas detenidamente los remolinos revelan puntos, rizos, zigzag, y líneas precursoras a la escritura. De acuerdo con los expertos, hacer estos garabatos una y otra vez, preparan a los niños para el complejo trabajo de la formación de letras y leerlas.

De los 12 a 24 meses, estos símbolos son hechos al azar y a los niños les parece que el crayón lo hace por si solo. Entre los 14 y 18 meses, el niño comienza a reconocer la conexión entre el movimiento de su mano y las marcas en el papel. Hasta la edad de 2 años los garabatos crean más líneas horizontales y verticales. Entre las edades de 2 a 3 años los garabatos empiezan hacer controlados y variados. Ahora los niños pueden deliberadamente hacer círculos líneas y mucho más.

No presione a su niño de 2 años de edad a escribir su nombre. Los garabatos continúan hasta las edades de 4 a 5 años y esto es más fundamental que reconocer letras "N". Además, estos le ayuda al niño a desarrollar la coordinación entre la vista y el movimiento de su mano y hace que esta variedad de líneas sean parte sus letras mas tarde.

DIBUJAR EN LAS PAREDES, UN TRABAJO DE ARTE

¿Nunca su niño ha tomado un marcador, lápiz, pluma, o un crayón y ha trazado una línea o garabatos sobre la pared? Entonces usted tiene una reacción muy natural gritándole "NO" y lo castiga por hacer eso. Recuerde, los infantes raramente conciben que hacen algo malo cuando están haciendo garabatos en lugares no permitidos. Es una necesidad física. Ellos(a) harán lo mismo con un palo en el lodo o con su dedo en el puré de manzana cuando están comiendo. Si ellos(a) no tiene acceso a esos materiales, el lápiz labial de la mama y la pared mas cercana servirán el propósito también.

En vez de volver una inocente exploración en algo negativo, redirija a su niño para usar el papel y crayón. Dígame "esto es donde se raya o dibuja" y haga unas cuantas marcas en el papel. Los padres algunas veces miran con lascivia esto y con frecuencia evitan darles a los niños pinturas o crayones. Necesitamos recordar que le aprendizaje muchas veces significa hacer batidero. Usted necesita demostrarles como hacer estos batiaderos mas aceptable. Esto parece obvio, pero compre crayones, marcadores, o pinturas que son limpiadles porque no todos los productos para niños pueden limpiarse tan fácilmente.



¡Dele a su Bebe la Oportunidad de Llevar Una Vida Sana!

¡Así que usted va a tener un bebe!

¡Felicitaciones! Hay muchas cosas que usted puede hacer para que su embarazo sea feliz y sano.

¿Es Importante lo Que Coma Durante mi Embarazo?

- Comer bien durante su embarazo es de vital importancia porque le ayudara a su bebe a ser sano y fuerte.

Esta guía de nutrición le ayudara a planear comidas y bocadillos saludables. ¡Trate de comer mas alimentos del pie de la pirámide y solamente un poco de los alimentos de la parte de arriba!

Tome muchos líquidos, especialmente agua. Tome leche y jugos de fruta. Los líquidos le ayudaran a mantener su cuerpo sano.

¿Le indico su medico que vitaminas prenatales debe tomar? Estas son muy importantes—no las olvide.

¿Cuánto Peso Subiré Durante el Embarazo?

- Es probable que necesite subir entre 25 y 35 libras. Necesitara subir un poco mas si usted esta delgada al comienzo del embarazo. Usted debe subir un poco menos si no esta delgada al quedar embarazada.

Su bebe pesara entre 6 y 9 libras. Y usted necesitara subir un poco de peso para ayudar a sus bebe a crecer.

- Senos: 1 ½ libras
- Útero: 1 ½ libras
- Placenta: 1 ½ libras
- Sangre y fluidos: 3 libras
- Bebe: 7 ½ libras
- El músculo y grasa extra de la madre: 10 libras

Es probable que necesite subir unas libras durante los primeros meses de embarazo, y después subirá de peso un poco más rápido cuando su bebe empiece a crecer. Durante los últimos seis meses, subir de peso una libra a la semana es normal.

¿Puedo Fumar o Tomar Durante mi Embarazo?

- Los cigarrillos, drogas y alcohol (cerveza o vino) pueden dañar al bebe. Si necesita ayuda para dejar de fumar, tomar o usar drogas, consulte con su doctor para recibir ayuda. Una taza de café al día es permitida.

Consulte con su doctor si le es permitido tomar cualquier tipo de píldoras como la aspirina.

¿Puedo Hacer Ejercicio Durante mi Embarazo?

- Si, al menos que su doctor le indique lo contrario. Consulte con su doctor acerca de lo que es mejor para usted. Caminar u oro ejercicio ligero, le ayudara a sentirse mejor. Escoja un lugar seguro, tal vez un parque o un centro comercial, donde usted pueda caminar. Trate de caminar todos los días.

¿Con Quien Puedo Hablar si Tengo Preguntas Acerca de mi Embarazo?

- No falte a sus citas con su medico. Las personas en el hospital o centro medio podrán contestar sus preguntas. Además, harán un chequeo del latido del corazón de su bebe para saber si esta sano.

Me Gustaría Darle de Mamar a mi Bebe Pero No se Mucho Acerca de Eso.

- Averigüe acerca de cómo amamantar a su bebe, cuando aun esta embarazada. El amamantar a su bebe le ayudara a crecer sano. También le ayudara a que su cuerpo regrese a la normalidad.

Mantener a un Bebe Sano es Muy Difícil. ¿Que Puedo Hacer para Lograrlo?

- Haga lo posible. Haga cambios poco a poco. Usted puede lograr que su hijo crezca sano. Y, cuídese a si misma. ¡Los bebes necesitan madres fuertes y sanas!



¡Trate de comer más alimentos del pie de la pirámide y solamente un poco de los alimentos de la parte de arriba!

La Pirámide de la Nutrición

Productos Lácteos:
3 a 4 porciones

Vegetales:
3 a 5 porciones

Grasas, Aceites y Dulces
Comidas con Proteína: 3 porciones

Frutas: 2 a 4 porciones

Pan, Granos y Cereales: 6 a 11 porciones

¡Trate de comer más alimentos del pie de la pirámide y solamente un poco de los alimentos de la parte de arriba!

Desarrollado por el Departamento de Servicios de Salud de California, Divino de Nutrición Suplementaria de Mujeres, Infantes y Niños (WIC). Para mas información sobre WIC, llame al (888) 942 9675. Traído a usted por la Comisión de Niños y Familias de California. Patrocinada por la Proposición 10. Para mas información llame al (800) 543 7025.

¡ El Grupo De Mami y Mí Continúa a Celebra el Desarrollo de Niños!

Durante nuestras sesiones pasadas, RISE Inc. ha proporcionado actividades para el desarrollo apropiadas para niños para que padres puedan alentar el idioma y la audiodiferencia del desarrollo sensorio. Estas actividades han incluido sensorio, quemando, leer y cuentos que crean para reforzar en casa con sus niños. Cuando nosotros nos adelantamos, muchas más actividades se planean eso aumenta los cinco sentidos y continúa incorporar la importancia de escuchar a los niños y el desarrollo adicional alentador del idioma.

Por el mes de padres de abril fueron mostrados para cómo crear los libros visuales de la lectura usando los tipos diferentes de materias fundan en el hogar. Las tablas conmovedoras del sentimiento fueron hechas por padres para usar en casa con su niño para reforzar el sentido del toque, indicador su bebé' mano de s en cada artículo y hablar a ellos acerca de lo que él / ella toca y cómo se siente. Una oportunidad de hacer conejitos de toallita usando el hilo y dobló las toallitas para padres para utilizar cuándo habla a su niño acerca de partes de cuerpo al permitir ellos manipular el producto terminado. La canción Los Pollitos Dicen/Los Polluelos de Bebé Cantan para reforzar la vacación de Pascua para padres para practicar quemando a su niño para alentar el familiarización de palabras.

Estas actividades junto con otros se desarrollan para quedar la distancia de la edad de donde los niños son medicamento y para el desarrollo. ¡Para más información, continúe mirar para fechas próximas de reunir de grupo y tiempo! O llame al programa de RISE Inc. al número 787-4110 y hable con Oralía o Lupe.

Hoja de datos El Habito de Fumar y el Embarazo

El fumar cigarrillos durante el embarazo puede causar problemas de salud muy serios para un bebe por nacer. Fumar durante el embarazo ha sido asociado con nacimientos prematuros, problemas de respiración y enfermedades fatales entre los bebes.

Un numero estimado de 430,700 personas en los Estados Unidos mueren cada ano de enfermedades causadas por el habito de fumar. El habito de fumar es responsable de una de cada cinco muertes en los Estados Unidos y con un costo de por los menos \$97.2 billones cada ano en cuidado médico y falta de productividad.

El fumar durante el embarazo es el causante de un número estimado de 20 a 30 por ciento de bebes nacidos con bajo peso, mas de un 14 por ciento de nacimientos prematuros y casi un 10 por ciento de las muertes entre bebes. El fumar durante y después del embarazo ha sido asociado con el desarrollo de asma entre bebes y niños.

En 1996, un 13.6 por ciento de las madres reportaron el haber fumado durante su embarazo, una disminucion de un 26 por ciento desde 1990.

Los fumadores inhalan nicotina y monóxido de carbono, los cuales llegan al bebe a través de la placenta y previene que el feto reciba los nutrientes y oxigeno que necesita para crecer. El humo de segunda mano también es un riesgo para el embarazo. La leche materna contiene lo que se encuentra en el cuerpo de la madre. Si la madre fuma, el bebe ingiere la nicotina en la leche materna.

El reducir la frecuencia de fumar puede que no beneficie al bebe. Una mujer embarazada que reduce la cantidad de cigarrillos que fuma o cambia los cigarrillos por otros con un nivel mas bajo de nicotina puede inhalar mas profundamente o inhalar mas para recibir la misma cantidad de nicotina que antes.

La manera más efectiva de proteger al feto es el dejar de fumar. Si una mujer decide concebir un bebe en un futuro cercano, dejar de fumar es esencial. La mujer que deja de fumar durante los primeros tres o cuarto meses de embarazo puede reducir las probabilidades de que el bebe nazca prematuramente o con problemas de salud relacionados con el habito de fumar.

Durante el embarazo es la mejor oportunidad de dejar de fumar. No importa cuanto tiempo hay fumado, el cuerpo de la madre puede beneficiarse de dejar de fumar porque reduce las probabilidades de desarrollar problemas de salud relacionados con el habito de fumar tales como enfermedades del pulmón, del corazón y cáncer.

Hitos Del Desarrollo De La Alfabetización Temprana

A Nivel Motriz:	A Nivel Cognitivo:	Lo Que Los Padres Pueden Hacer:
<ul style="list-style-type: none"> Se estira para tomar el libro; Se lleva el libro a la boca Se sienta en el regazo con la cabeza erguida; Da vuelta las paginas con la ayuda de un adulto 	<ul style="list-style-type: none"> Observa las figuras; Vocaliza, toca las figuras; Prefiere las figuras de rostros 	<ul style="list-style-type: none"> Sostenga al niño en una posición cómoda; mírelo cara a cara Siga las señales que le da el niño de "seguir" o "detenerse" Señale y nombre las figuras
<ul style="list-style-type: none"> Se sienta sin que lo sostengan; Puede cargar un libro Sostiene el libro con ayuda Da vuelta las paginas duras, de a varias al mismo tiempo 	<ul style="list-style-type: none"> Ya no empieza a balbucear inmediatamente Señala las figuras con un dedo Puede emitir algún sonido para una figura en particular (rótulos) Señala cuando se le pregunta "¿dónde está...?" Sostiene el libro con el lado correcto hacia arriba Le da el libro a un adulto para que lea 	<ul style="list-style-type: none"> Responda cuando el niño le insta a que lea Deje que el niño controle el libro Sientase cómodo con el poco tiempo de atención del bebe Pregunte "¿dónde está...?" y deje que el niño señale
<ul style="list-style-type: none"> Da vuelta las paginas duras, de a una por vez Lleva el libro por la casa Puede usar el libro como un objeto transicional 	<ul style="list-style-type: none"> Nombra las figuras conocidas Intercala palabras en los cuentos conocidos Lee "lee" a muñecas o muñecas de peluche Recita partes de cuentos conocidos El nivel de atención varia considerablemente 	<ul style="list-style-type: none"> Relacione los libros con las experiencias del niño Use los libros como parte de rutinas, horas de dormir Pregunte "¿que es?" y de al niño tiempo de contestar Deténgase y deje que el niño complete la oración
<ul style="list-style-type: none"> Aprende a manipular paginas de papel Avanza y retrocede en libros para buscar sus figuras preferidas 	<ul style="list-style-type: none"> Recita frases completas, a veces cuentos completos Relaciona el texto con la figura Protesta cuando el adulto se equivoca en una palabra en un cuento conocido Se lee a sí mismo cuentos conocidos 	<ul style="list-style-type: none"> Siga usando libros en rutinas, horas de dormir Este dispuesto a leer el mismo cuento una y otra vez Pregunte "¿que es?" Relacione los libros con las experiencias del niño De al niño papel y crayones
<ul style="list-style-type: none"> Sabe manipular un libro, da vuelta las paginas de papel de a una por vez 	<ul style="list-style-type: none"> Escucha cuentos más largos Puede volver a contar un cuento conocido Comprende que es el texto Mueve el dedo sobre el texto "escribe" el nombre comienza a reconocer letras 	<ul style="list-style-type: none"> Pregunte "¿que pasa?" anime al niño a que escriba y dibuje deje que el niño cuente el cuento

CUATRO PASOS PARA LA SEGURIDAD FAMILIAR

De acuerdo al Concilio Nacional de Seguridad, algunos de las más grandes amenazas a la seguridad están cerca de su hogar. Estos cuatro consejos lo pueden mantener a usted y a su familia seguros en casa.

1. Enfoque sobre las caídas. Mantenga su casa libre de objetos peligrosos para tropezar, como cordones eléctricos, tapetes y juguetes en el piso. Mantenga las escaleras libres de objetos y coloque un pasamano. Instale luces arriba y abajo de las escaleras.

2. Prevenga el envenenamiento. Mantenga todas las medicinas bajo llave y lejos del alcance de los niños. Tenga el número telefónico del control del envenenamiento cerca del teléfono. Tenga miel de ipecac en mano para inducir el vomito en caso de envenenamiento. Úselo solamente como lo indica el doctor o el personal del centro de control de veneno.

3. Tenga cuidado cerca del agua. Nunca deje su niño solo en la alberca, o playa, o en la bañera. Si tiene alberca, ponga una cerca alrededor, instale una puerta con cerrojo y recoja los juguetes cuando no los use. Instale un cobertor para prevenir acceso al agua.

4. Prevenir el ahogamiento en sus niños. Siempre duerma a su niño boca arriba sobre un colchón firme, no un colchón suave o una almohada. Mantenga juguetes con cordones largos lejos de sus bebes. Mantenga artículos pequeños lejos de sus niños, pues se los ponen en la boca y los puede ahogar.



Proteja a su Hijo Contra el Envenenamiento

Consejos Para Los Padres

Los niños pueden enfermarse gravemente si tienen contacto con medicinas, pesticidas, químicos, cosméticos o plantas. Esto puede suceder a cualquier edad y puede causar reacciones serias. Así mismo, muchos de los niños que tienen contacto con venenos no sufren daños permanentes si son tratados a tiempo. Esta información ha sido desarrollada por la Academia Americana de Pediatría para informar a los padres acerca de cómo prevenir envenenamientos y que hacer si su hijo sufre un envenenamiento.

Prevención

Los niños pequeños son envenenados más comúnmente por venenos que se encuentran en el hogar:

- Drogas y medicinas (medicinas que contienen hierro son la causa más común de envenenamientos en niños menores de 5 años).
- Productos de limpieza
- Plantas
- Cosméticos
- Pesticidas
- Pinturas y solventes

Como Asegurar su Hogar

- Guarde todas las drogas, medicinas, productos de limpieza y cosméticos bajo llave y fuera del alcance de los niños
- Use picaportes seguros en sus cajones y gabinetes los cuales contengan objetos que pueden ser dañinos para su hijo
- Guarde una botella pequeña de ipecac con sus demás medicinas y fuera del alcance de los niños. Ipecac esta disponible sin receta medica en la mayoría de las farmacias. Úsese solamente bajo las instrucciones del centro de envenenamientos o su pediatra.
- Tenga el numero de teléfono del centro de envenenamientos y otros números de emergencia cerca de cada teléfono en su hogar. Asegúrese que su niñera sepa donde encontrar estos números.

En la Cocina

- Guarde los productos de limpieza, lejía, cera para muebles, jabón para la maquina lavaplatos y otros productos peligrosos en un armario bajo llave.
- Se debe de guardar algunos productos debajo del fregadero, use picaportes de seguridad que se cierran cada vez que usted cierre el armario (la mayoría de las ferreterías o tiendas de departamentos tienen estos picaportes disponibles).
- Nunca ponga substancias peligrosas en recipientes que tengan algún parecido con recipientes en los que su hijo como o con los que juega.

En el Baño

- Compre y guarde todas las medicinas en recipientes con tapas de seguridad. Recuerde que estas tapas son diseñadas para resistir cuando los niños quieran abrirlas, pero no son cien por ciento resistibles, así que guarde las medicinas en un armario bajo llave.
- Si tiene alguna cantidad de medicina que le haya sobrado, no la guarde, deságase de ella.
- No guarde la pasta de dientes, jabones, champú u otros artículos de uso frecuente en el mismo armario donde guarde algún producto peligroso.
- No tome ninguna medicina frente a niños pequeños; puede ser que ellos quieran imitarlo.
- Nunca diga que una medicina es un "dulce" para que su hijo la tome.
- Inspeccione la etiqueta cada vez que le de alguna medicina a alguien. Esto le ayudara a cerciorarse que usted esta dando la cantidad correcta de medicina. Los errores son muy comunes durante la noche, así que asegúrese de prender las luces cuando este tratando con medicina.

En el Garaje y el Sótano

- Guarde las pinturas, barniz, disolventes, pesticidas y fertilizantes en un armario con llave en sus recipientes originales y con sus etiquetas originales.
- Lea las etiquetas de todos los productos para su hogar antes de comprarlos. Busque los que contienen menos tóxicos. Solamente compre los productos que necesite usar enseguida.
- Nunca ponga productos tóxicos o venenosos en recipientes que hayan sido usados para comida, especialmente botellas de bebidas gaseosas, botes o tazas vacias.

Nunca arranque su automóvil dentro de un garaje cerrado. Asegúrese que las estufas de carbón, madera o queroseno trabajen adecuadamente. Si siente olor a gas, apague la estufa o el quemador de gas, abandone la casa y llame a la compañía de gas.

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El Humo de Segunda Mano y su Familia

¿Qué es el Humo de Segunda Mano?

El humo de segunda mano es el humo que expelen los fumadores y el humo de un cigarro, puro o pipa encendido. El humo de un cigarro encendido contiene químicos muy dañinos. El humo de segunda mano también es llamado humo de tabaco en el medio ambiente (ETS por sus siglas en ingles). A la exposición al humo de segunda mano también se le conoce como fumar involuntariamente o fumar pasivamente. No es fácil evitar el humo de segunda mano porque una de cada cuatro personas fuma. Los siguientes consejos le ayudaran a

protegerse y proteger a su familia.

¿Por Que Debe de Preocuparse Acerca del Humo de Segunda Mano?

El humo de segunda mano es la causa de aproximadamente 3,000 muertes cada año de cáncer del pulmón en personas que no fuman. El humo de segunda mano causa irritación en los ojos, nariz y garganta. El humo de segundo mano también puede irritar los pulmones y causar tos, flema excesiva y molestia en el pecho. El humo de segunda mano ha sido asociado con dolor de pecho y con la muerte a causa de enfermedades del corazón de más de 37,000 personas al año.

¡El Humo de Segunda Mano es Dañino Para lo Niños!

Los niños que respiran el humo de segunda mano son más propensos a sufrir de neumonía, bronquitis, y otras enfermedades del pulmón. Los niños que respiran el humo de segunda mano sufren de mas infecciones del oído. Los niños que respiran el humo de segunda mano son mas propensos a desarrollar asma. Los niños que sufren de asma y que respiran el humo de segunda mano tienen mas ataques de asma.

Hay un numero estimado de 150,000 a 300,000 casos de infecciones cada año, tales como bronquitis y neumonía en bebés y niños menores de 18 meses de edad que respiran el humo de segunda mano. Esto resulta en 7,500 a 15,000 hospitalizaciones!

¿Cómo Puede Protegerse y Proteger a su Familia?

Las siguientes son formas en las que usted puede protegerse y proteger a su familia del humo de segunda mano:

- No fume en su hogar.
- Pídale a otras personas que no fumen en su hogar, especialmente niñeras u otras personas que cuiden de sus hijos.
- Pídale a los fumadores que fumen afuera.
- Si alguien tiene que fumar dentro del hogar, límitelo a las habitaciones donde se pueda abrir las ventanas o haya ventiladores disponibles para deshacerse del humo.
- Ayude a las personas que estén tratando de dejar de fumar.

Celebrate Your World

Here's a few of the highlights that are happening around you. Take some time to explore a few with your family.

In June celebrate the following:

- X National Fresh Fruit and Vegetable Month (www.keepkidshealthy.com)
- X National Tennis Month (www.usta.com)
- X National Candy Month (www.candyusa.org)
- X National Drive Safe Month (www.nsc.org)
- X National Iced Tea Month (www.cookingvillage.com)
- X National Safety Month (www.nsc.org)
- X American Rivers Month (www.amrivers.org)
- X National Flag Month (www.nationalflagday.com)
- X Cancer Awareness Month (www.cancer.org)
- X National Burglary Prevention Month (www.weprevent.org)

In July celebrate the following:

- * National Baked Bean Month (www.americanbean.org)
- * National Picnic Month (www.superfreshfood.com)
- * National Hot Dog Month (www.hot-dog.org)
- * National Blueberry Month (www.blueberry.org)
- * National Ice Cream Month (www.funwithfood.com)
- * National Anti Boredom Month (www.mentalhealth.org)
- * National Recreation and Park Month (www.nrpa.org)
- * Fireworks Safety Month (www.fireworksafety.com)
- * National Purposeful Parenting Month (www.parentsplace.com)
- * National Outdoor Month (www.americasoutdoors.gov)

Activities To Do With Your Children

Letter Recognition: Letter U Under My Umbrella

Under my umbrella, I am dry.
(Cup hand above index finger.)
When it's raining, my oh my.
(Fingers wiggle like rain coming down.)
I wait until the raindrops stop.
(Clap hands together on the word stop.)
Now no umbrella on my top!
(Just hold up index finger.)

Dramatic Play—Be an Animal

How about if they pretended to be an animal, like a duck, and made up a story about their day on the farm? What would they do, what would they eat, where would they sleep, etc. Play a pantomime game. Using small plastic farm animals or small pictures as cues, one child looks at the picture or animal secretly and then pantomimes the actions of that animal - kids guess which animal he/she is.

Science

Biodegradable?

This activity can be used to illustrate how items can be broken down and how some items cannot. You may want to do this ahead of time, before your Earth Day unit.

Items needed:

Styrofoam cup
plastic sandwich bag
cotton swab (Q-Tip)
apple cores
packing peanut
piece of bread
or any items that you know will break down and items that won't break down

Choose an area for the children to bury some of the things found in the garbage. Have the children predict what will happen to each item. Write their answers down and keep them to refer to later. Bury the items in the ground and keep the area moist. Dig up the items each week to check on their progress. Discuss the predictions when you have finished. You may want to mark the area that you have dug.

FUNNY, FRUITY PIZZAS

Ingredients: low-fat mozzarella cheese slices (1 slice per child)
English muffins, sliced in half (1 half per child)
fruit (an apple, banana, orange, or seedless grapes)

Have the children wash the fruit. Children can peel bananas and oranges or pluck grapes from their stems. An adult should cut the fruit into small pieces.

Split the English muffins. Give each child one half. Have the children place a slice of cheese on each muffin. Toast the English muffins until the cheese melts. Have each child top his or her muffin with fruit.

Science—Make cyclones

Need: 2 - liter pop bottles, water, blue food coloring, blue glitter

Directions: Fill one bottle 3/4 with water and add blue food coloring and blue glitter place the other bottle directly on top of it (no caps) and tape VERY well - I use the clear packing tape several times. Lift the bottle so the water is on the top and give it a swirl as you do the water in the bottle will create a whirlpool as it flows to the lower bottle

Hey Kool-Aid Play dough

Need: 1 cup flour, 1 tablespoon vegetable oil, 1 package unsweetened Kool-Aid, 1/4 cup salt, 2 tablespoons cream of tartar, 1 cup water Mix flour, salt, cream of tartar and Kool-Aid in a medium saucepan. Add water and oil. Stir over medium heat 3 to 5 minutes. When mixture forms a ball in pan, remove. Knead until smooth. Put in a plastic bag and refrigerate.

MATH

Parking Garage

Need: Masking tape on floor place like a parking spaces, numbers or letters written in each space (you can use pieces of paper with the number written on them) Directions: Children take turns driving their car to the correct number parking space that you assign them

Sort Animal Crackers Animal crackers can provide excellent sorting and matching experiences for children. And the best part is once you have finished the task, everyone gets to eat the assignment.