



TRAINING OPPORTUNITIES

Saturday, November 10, 2018

8:30 AM -- 3:30 PM

Sue Hancock

TECPDS Master Registered Trainer

Infant and Toddler Training

*** Includes 1 hour trainings on Shaken Baby Syndrome and Child Maltreatment, as required by DFPS**

- Building a Healthy Brain for Children Birth through Three Years Old
- Supporting Parents in Understanding Children's Temperament
- Social and Emotional Development and Needs of Infants and Toddlers
- Recognizing Child Abuse and Neglect (Maltreatment)

SAVE THE DATE

The 5th Annual Child and Youth Conference will be held on **March 30, 2019.**

Seven hours of training will be available.

Details are still being finalized and will be announced soon.

Texas Rising Star

Texas Rising Star is a voluntary, quality-based child care rating system of child care providers participating in the Texas Workforce Commission's subsidized child care program. Benefits include:

- Online professional development
- One-on-one mentoring
- Increased child subsidy reimbursements

To find out more about becoming a TRS provider, contact Paige Bickford at 325-653-2321, ext. 1279.

Do you have parents that work or go to school who might qualify for childcare assistance?

Child Care Services is enrolling.

Call 325-653-2321 to find out more.

Tips for a Worry-Free Winter

With winter quickly approaching, children will be spending more time indoors. For kids to develop properly, it is important they have at least 60 minutes of physical activity daily, especially during the winter months. Research shows that children who are consistently active all year long have better muscle development, bone strength, heart health, cognitive development, weight control, and academic performance. They are at lower risk to develop heart disease, high blood pressure, high cholesterol, osteoporosis, and type 2 diabetes later in life. Some of the best benefits of having active youngsters are that physically active children sleep better and are able to handle mental and physical challenges that come along. Kids that exercise during childhood are more likely to grow up and lead healthy and active adult lifestyles.

Another thing to consider when kids are indoors during the winter months is that communicable diseases tend to be more rampant. The best way to ward off unwanted sickness is to exercise and eat a healthy diet.

Below are a few tips to help you get through an enjoyable winter:

Ways to Keep Your Kids Active:

- **Jump rope:** in the hall or garage; include chant jump-rope rhymes.
- **Obstacle course:** Create a furniture course for your kids to go over, under, and around. Include a tunnel by draping sheets over furniture.
- **Wheelbarrow, crab, and bear-walk races:** These positions will give your kids a workout.
- **Animal races:** Hop like a bunny or frog; squat and waddle like a duck; and so on.
- **Balloon tennis:** Tennis rackets can be made with small paper plates and Popsicle sticks.
- **Follow the leader:** Add jumping, stomping, and squatting for more movement.
- **Dance party:** Turn on the music and shake your booty.
- **Snowball fight:** Wad up paper and throw at each other, include picking up, too.
- **Go on a bear hunt:** Hide a stuffed bear and have your child search for it. Include climbing, jumping, swimming, running, etc.
- **Hopscotch:** Use chalk, yarn, or tape to make a path for your child to hop.

The best way to have an active child is to be active *with* your child, which will benefit you both in the long run.

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Ways to Keep your Kids Healthy:

- **Vitamin C** protects little bodies from sneezes, sniffles, infection, and speeds up the healing time for boo-boos. Include a diet high in fruits and veggies like strawberries, tomatoes, sweet red peppers, cantaloupe, and mango.
- **Vitamin A** helps strengthen your child's little immune system. But a plate piled high with carrots, cantaloupe, and sweet potatoes will also strengthen his or her eyesight when it comes to color definition and vision at night.
- **B complex vitamins** feature popular names like thiamin, riboflavin, niacin, B6, B12, folate, and biotin. Without them, kids will develop anemia, a condition in which the body lacks enough healthy red blood cells to provide oxygen to body tissues. Luckily, B vitamins are found in many foods, like fish, poultry, leafy greens, dairy, and whole grains.
- **Calcium** is responsible for building strong bones and teeth in kids. Serve your child a big glass of milk with each meal. Low fat yogurt and cheese are also great sources of calcium for kids.
- **A lean serving of meat** (particularly beef) as well as beans and leafy greens, ensures the transportation of oxygen to the vital organs via the blood.
- **Vitamin D** is the ticket to your kids' bones staying strong. That means a diet high in eggs, tuna, fortified milk, and fortified cereal will ensure little bodies absorb the calcium necessary to absorb vitamin D through the skin—via the sun!
- **Essential Fatty Acids**, or EFAs, help regenerate cell growth, strengthen brain activity, and encourage energetic, little bodies to absorb all of those vital nutrients you're feeding them. That means a diet rich in deep water fish, like salmon and tuna, as well as nuts, seeds, avocados, and olive oil will ensure your child is eating adequate EFAs.

For more information and ideas on ways to keep your child active and healthy, go to <https://kidshealth.org/en/parents/exercise.html> from which this information was taken.



Workforce Solutions of the Concho Valley is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. If you require special accommodations, please email accommodations@cvworkforce.org or call 800-996-7589. Funding provided via Concho Valley Workforce Development Board.

Screen Time

With children spending more time indoor during the winter months, it would be so easy to give your child a cell phone or an iPad to entertain themselves. Children should have limits on the amount of time they spend in front of a screen, whether it is a TV, smartphone, tablet, video, movies, or game. Below are the newly revised guidelines for parents recommended by the American Academy of Pediatrics:

Media is just another environment. Children do the same things they have always done, only virtually. Like any environment, media can have positive and negative effects.

Parenting has not changed. The same parenting rules apply to your children's real and virtual environments. Play with them. Set limits; kids need and expect them. Teach kindness. Be involved. Know their friends and where they are going with them.

Role modeling is critical. Limit your own media use, and model online etiquette. Attentive parenting requires face time away from screens.

We learn from each other. Neuroscience research shows that very young children learn best via two-way communication. "Talk time" between caregiver and child remains critical for language development. Passive video presentations do not lead to language learning in infants and young toddlers. The more media engender live interactions, the more educational value they may hold (e.g., a toddler chatting by video with a parent who is traveling). **Optimal educational media opportunities begin after age 2**, when media may play a role in bridging the learning achievement gap.

Content matters. The quality of content is more important than the platform or time spent with media. Prioritize how your child spends his time rather than just setting a timer.

Curation helps. More than 80,000 apps are labeled as educational, but little research validates their quality (Hirsh-Pasek KPsych Science2015; 16:3-34 Google Scholar). An interactive product requires more than "pushing and swiping" to teach. Look to organizations like Common Sense Media (www.commonsensemedia.org) that review age-appropriate apps, games and programs.

Co-engagement counts. For infants and toddlers, co-viewing is essential. Family participation with media facilitates social interactions and learning. Play a video game with your kids. Your perspective influences how your children understand their media experiences.

Playtime is important. Unstructured playtime stimulates creativity. Prioritize daily unplugged playtime, especially for the very young.

Set limits. Tech use, like all other activities, should have reasonable limits. Does your child's technology use help or hinder participation in other activities?

Kids will be kids. Kids will make mistakes using media. These can be teachable moments if handled with empathy. Certain aberrations, however, such as sexting or posting self-harm images, signal a need to assess youths for other risk-taking behaviors.