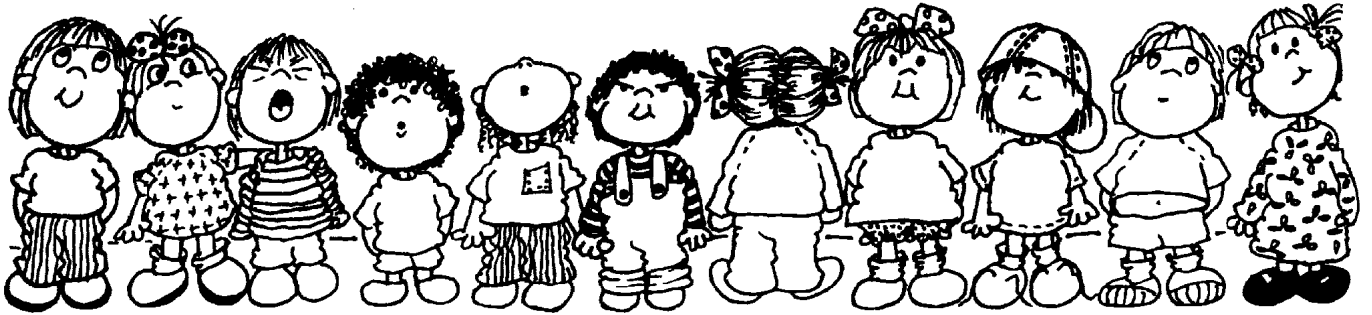


# SOUTH CENTRAL REGIONAL KIDS PROGRAM



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## Enhance Your Baby's Motor Skills

The motor milestones that occur during your baby's first year may seem unrelated to one another, but in fact they happen in sequence. Development usually progresses from head to foot, with skills involving the head and arms developing before those that involve the legs and feet. Motor control also progresses from the center of the body outward, which means that your baby will be able to control her torso before she can manipulate her fingers and toes. The following are some of the most important milestones from head to toe, and suggestions for enhancing your baby's development.

### Head Control

One of the first things new parents are taught is to support the baby's head because baby can't do it himself until about 3 months of age.

- Once his neck muscles strengthen, he'll be able to do "mini push-ups," raising both head and chest off the floor.
- By about 7 months of age, your baby will attain full control of his head and will be able to hold it steady for a long time while sitting on

your lap or being held upright.

To help baby develop head control:

1. Place your baby stomach-down on the floor. Do this several times a day to let him practice.
2. Entice your baby to lift his head. Put an unbreakable mirror or large picture in front of him, or get down on the floor face-to-face with him.

### Reaching and Grasping

Most infants start waving or batting at objects by 3 months of age, an impulse that quickly becomes more refined.

- By 5 or 6 months, your child should master visually directed reaching, which means she's able to see an object and reach for and grasp it with her hand.
- By 8 or 9 months, as your baby learns to grasp with her thumb and forefinger, she can pick up surprisingly small objects—crumbs of food, for example, and, unfortunately, bits of dust and dirt from the floor. You'll have to keep a watchful eye on

## The Facts of Lice

Four little-known truths that will make them bug you less.

**Hatched lice live for only a day or two** without a human host. So you don't need to seal the stuffed animals for weeks at a time (two days is fine), vacuum daily, or do laundry constantly. Just vacuum, and wash all hats, bedding, and brushes once using hot water.

**They can't fly or jump** through the air. (But they do crawl really fast.)

**Head lice don't carry any diseases** and there aren't any medical conditions or infections transmitted by head lice in this country. They're just a nuisance.

**Getting lice doesn't reflect bad hygiene.** In fact, they prefer clean hair, perhaps because it's less greasy—so they can get a better grip.

Parents / October 2009

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### Points of Interest

- Facts of Lice
- How Sick is too sick for a home visit?
- Tantrum Stopper that Works
- Mini Veggie Frittatas Recipe

baby, because she'll be tempted to taste whatever she picks up.

Try these four suggestions to encourage development of baby's eye-hand coordination:

1. Install a crib gym. This allows him to bat at the objects overhead. (To be safe, remove it from the crib as soon as he can sit up.)

*Continued on page 3*

## HOW SICK IS TOO SICK FOR A HOME VISIT?

If your child has the following symptoms:

- A temperature of 100 degrees or greater.
- Behavior changes or other signs that your child does not feel well.
- Diarrhea and / or vomiting in the past 24 hours.
- A runny nose accompanied by fever, cough, crankiness, or difficulty breathing.
- A skin rash or open sores, as they are difficult to diagnose unless seen by a physician.
- Itchy, watery eyes (Often symptoms of pink eye).

The interventionists at Infant Development appreciate your understanding. As always, feel free to call us if you are uncertain about your child's condition at 701-952-3500.

## A Tantrum Stopper That Works

"My toddler won't let me buckle him into his car seat."

### Worth a battle?

Absolutely. Buckling isn't just the law, it's a matter of life or death. Keep your toddler in a five-point-harness seat as long as possible. They're safer, and harder to unfasten in mid ride.

### Tactics to try: Keep it light.

"I make games out of things that they must do," says Harrisburg, NC, mom Shannon Mathews of her four kids, including 2-year-old twins. "We make it a race to see who can get buckled into their car seat first." Distracting play, like silly songs or goofy faces, works, too. "If I have just the babies, I make them laugh as I'm strapping them so they forget what I'm doing, and then I quickly give them each a toy off the floor of the van— there's

always a toy on the floor of our van!"

### Bribe them, pure and simple.

One snowy winter when Ann Nibbio, a mom of three, was repeatedly having a hard time getting her brood into their car seats, she stashed a bag of chocolate kisses in the glove compartment. "On the way to the car, I'd say, "Hey! I just remembered those kisses in the car. You can have one when you're all buckled up."

By

Paula Spencer, Parenting



## Get'em Hooked on Books

While there's no reason to rush children into reading on their own, it's never too early to help them develop an appreciation for books. Follow these age-appropriate tips to raise a child who loves to read.

**Babies:** Make reading enjoyable by cuddling on the couch or lying on a pile of pillows for storytime. Opt for books with pictures of faces (babies love looking at them) and with lots of basic images and primary colors.

**Toddlers:** Choose picture books with a theme your child likes, such as trucks or animals. Kids also enjoy interactive features like flaps. Don't limit reading to bedtime; make books an integral part of your toddler's entire day.

**Preschoolers:** Look for rhyming books to lay the groundwork for learning phonics. As you read to your child, discuss what's going on in the story. Consider a series so your child will grow attached to familiar characters.

## Winter Weather Announcements

During the winter months when bad weather keeps us from providing services, a program closure announcement for our program will be on

CSI Cable TV

Or

[www.jamestownusa.com](http://www.jamestownusa.com)

Or

Call 701-952-3501 and listen to the message.

Or

Announced on radio stations KSJB-600 AM / KQDJ-1400 AM

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Should an appointment be cancelled because an individual provider cannot get to a particular area then the provider will call you to cancel.

## Enhance Your Baby’s Motor skills - continued

1. While your baby lies on his back on the floor, dangle eye-catching objects above him. Shake them three to eight inches above his head, giving him the opportunity to swipe at them.
2. To help your 4-month-old baby practice grasping objects, hand her rattles or other safe items to hold. Things that make noise when she shakes them, or have a nice texture to gum on, may encourage her to keep her grip.
3. Place several toys within reach. Let her grasp for things as she lies on her stomach on the floor.

### Rolling Over

While gaining control of their unwieldy head is a gradual process, turning over is one milestone that seems to appear out of the blue in babies—a milestone that parents anxiously await.

- At 4 or 5 months, your baby will be able to roll over in one direction only (either back-to-stomach or stomach-to-back).
- She probably won’t be able to flip herself in the opposite direction until 6 or 7 months.

You can encourage rolling by:

1. Providing baby with plenty of space and opportunity to practice. The floor is always great for this.
2. Praise baby. Talk to her and encourage her as she practices rolling.
3. Hold an object of interest, such as a rattle or a baby mirror, next to her. This can catch her attention and entice her to turn her body to see it.

### Sitting Up

Once a baby can roll over, sitting up isn’t far behind. Babies have a whole new view of the world when they learn to sit up. So it’s as exciting for them as it is for their parents!

- By about 4 months of age, your baby can sit when propped up.
- By 6 months your baby may have some success sitting in a high chair, and sometime before 1 year of age, she’ll perfect the art of

sitting unaided.

To help baby practice sitting skills:

1. Place him in your lap, facing outward, while you sit cross-legged on the floor. Your stomach and legs will provide the necessary support for his back.
2. Prop baby on a standard pillow or a U-shaped pillow. Let him experience the sensation of sitting with your supervision.

Discovery Health

By Terri Isidro-Cloudas

## Winter Storm Safety Checklist

Dress in several layers of lightweight clothing, wear mittens and a hat (preferably one that covers your ears).

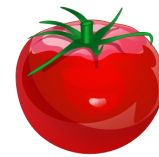
- Wear waterproof, insulated boots to keep your feet warm and dry and to maintain your footing in ice and snow.
- Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS).
- Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- Bring pets / companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.

- Running water, even at a trickle, helps prevent pipes from freezing.
- All fuel-burning equipment should be vented to the outside and kept clear.

### Cold –Related Emergencies

- Frostbite and hypothermia are two dangerous and potentially life-threatening emergencies. Learn how to care for these emergencies by taking a first aid class.

*American Red Cross*



## Mini Veggie Frittatas

They’re a great way to slip any kind of vegetables - even the ones that are left over from last night’s dinner - into a healthy, kid-friendly breakfast.

### Vegetable-oil spray

**4 eggs**

**3 Tbs. low-fat milk**

**1/4 tsp. salt**

**1/3 cup part-skim mozzarella, shredded**

**4 whole sundried tomatoes, packed in oil and chopped**

**1/3 cup green pepper, chopped**

1. Preheat oven to 375 Degrees F. Spritz 12 mini muffin tins with vegetable oil.
2. In a bowl, whisk eggs, milk, and salt. Add cheese, tomatoes, and peppers. Spoon a tablespoon into each muffin cup. Bake for 12 to 14 minutes. Makes 12.

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South Central Regional KIDS Program  
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*The South Central Regional KIDS Program provides intervention services to families with children birth through age two who have a delay in development.*

*Eligibility for the South Central Regional KIDS Program is based on the results of the Developmental Evaluation and other criteria established by the North Dakota State Department of Human Services, Development Disabilities Division.*

*Services are available to residents in the counties of Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman and Wells.*

*Services are usually provided in the family home but may be in other locations designated by the family.*

*Referrals of children birth through age two can be made by parents, family members, physicians, nurses, social workers, therapists or any concerned individual.*

