



## Tidbits for Tots—January 2010

# A Publication of NE Regional KIDS Infant Development Program NE Experienced Parent Program

### Postpartum Depression and other Perinatal Mood Disorders

To the 800,000 women who develop one of several types of perinatal mood disorders each year, (that's about 20% of new mothers), stories about postpartum depression, or PPD, is painfully familiar. Postpartum depression is often used as a catch-all description; but in fact, perinatal mood and anxiety disorders include a lot more than just classic depression—and they can start before or well after delivery. New moms can develop the following:

**Depression.** This can include the typical signs, such as sadness and crying, as well as anger and irritability.

**Anxiety and panic disorder.** Mothers might feel anxious and fearful about

their ability to take care of their baby and worry they will do something wrong. Some suffer debilitating panic attacks and feel unable to go out in public.

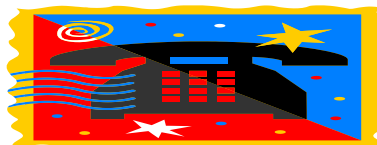
**Obsessive-compulsive disorder.** Women with PPD can be plagued by constant worries about germs or intrusive thoughts about harming their baby. Others are obsessed with doing everything "perfectly."

**Post-traumatic stress.** If something went wrong during birth—a medical complication or an emergency c-section—a mother might have anxiety attacks with flashbacks.

Causes of perinatal mood disorders are still poorly understood, but researchers speculate that shifting chemicals in the brain during and after pregnancy—such as oxytocin,

a hormone related to mood—play a role.

**Getting Help.** Women with PPD and other perinatal mood disorders can find relief relatively quickly with treatments that usually include some combination of medication and counseling. Women are also encouraged to find a way to take care of themselves, not just the baby. There's nothing that's **not** stressful about bringing a new baby into your home. For many women, it helps just to know they're not alone. So if you're experiencing any of the signs of PPD, call your doctor or a mental health professional. It's ok to feel crappy. But it can get better—if you get help.



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### GF Public Library Events for Jan and Feb 2010

**Tuesdays—Preschool  
Storytime—10:00 a.m.**

**Thursdays—Toddler Storytime—10 a.m. (babies welcome)**

**Tuesday, January 12th  
at 4:00 p.m. - Holiday  
Craft Time (a simple  
craft project)**

**Tuesday—February 9th  
at 4:00 p.m.—Holiday  
Craft Time (a simple  
craft project)**

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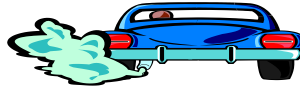
### Get'em Hooked on Books

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 love to read.

**Babies:** Make reading enjoyable by holding your baby in your arms while sitting on the couch for storytime. Opt for books with pictures of faces 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.

# Carbon Monoxide Safety Tips



You can't see or smell carbon monoxide, but at high levels it can kill a person in minutes. Carbon monoxide (CO) is produced whenever any fuel such as gas, oil, kerosene, wood, or charcoal is burned. If appliances are not working properly or are used incorrectly, dangerous levels of CO can result. Hundreds of people die accidentally every year from CO poisoning.

## Symptoms of CO poisoning:

- At moderate levels, you or your family can experience:
  - \* Headaches
  - \* Dizziness
  - \* Mental confusion
  - \* Nausea
  - \* Fainting
- Low levels symptoms may include:
  - \* Shortness of breath

Since many of these symptoms are similar to those of the flu, food poisoning, or other illnesses, you may not think that CO poisoning could be the cause.

## Actions to Take:

If you experience symptoms that you think could be from CO poisoning:

- **Get fresh air immediately.** Open doors and windows, turn off combustion appliances and *leave the house*.
- **Go to an emergency room and tell the physician you suspect CO poisoning.** If CO poisoning has occurred, it can often be diagnosed by a blood test done soon after exposure.



## Warnings:

- Never leave a car running in a garage even with the garage door open.
- Never run a generator in the home, garage, or crawlspace. Opening the doors and windows or using fans will **NOT** prevent CO build-up in the home.
- When running a generator outdoors, keep it away from open windows and doors.
- Never burn charcoal in homes, tents, vehicles, or garages.
- Never install or service combustion appliances without proper knowledge, skills, and tools.
- Never use a gas range, oven, or dryer for heating.
- Never put foil on bottom of a gas oven because it interferes with combustion.
- Never operate an unvented gas-burning appliance in a closed room or in a room in which you are sleeping.

## Carbon Monoxide Detectors

A **carbon monoxide detector** is a device that detects the presence of carbon monoxide. If a high level of CO is detected, the device sounds an alarm to alert you and your family of a potential risk.

## To Purchase a Detector:

Carbon monoxide detectors can be purchased at most retail and hardware stores.

If you would like more information on carbon monoxide poisoning, contact your healthcare provider.



## Involved Dad's Enhance Kids' Eagerness to Learn

When dad's are actively involved in their children's education, grades and performance improve, according to a study presented at the annual meeting of the American Educational Research Association.

Traditionally, mothers have taken on the primary role of educator at home, and past research has tended to focus on the maternal role in a child's education. Fathers also play a key role, and not just biological fathers. Any father figure, including adoptive fathers and adult males living in the household can positively affect a child's learning.

What can you do? This and previous studies have shown that when parents get involved in their children's learning, the results are not only better grades, but also fewer discipline problems.

Activities dad can be involved in when children are young; talking, singing, reading books and play games. For older children, show an interest in what your child is doing at school. Ask him/her to relate the days activities and discuss any concerns with you. Attend parent-teacher conferences regularly and keep in touch with your child's teachers.

# Schedule for Support and Play Groups—January/February/March

January 7—(Support Group)—6:30 p.m. to 8 p.m.

Michelle Dudgeon from Infant Development will speak on "Transitions".

January 11—(Play Group)—10:00 a.m. to 12 noon

January 21—(Play Group) - 6:30 p.m. to 8 p.m.

Jennifer Anhorn, a speech therapist from Altru, will give a demonstration on sign language, daily routines

and common nouns.

February 8—(Play Group) - 10:00 a.m. to 12:00 noon

February 11—(Support Group) - 6:30 p.m. to 8:00 p.m.

A speaker from the Social Security Office has been tentatively scheduled for this evening.

February 25—(Play Group) - 6:30 p.m. to 8:00 p.m.

March 8—(Play Group) - 10:00 a.m. to 12 noon

March 11— (Support Group) 6:30 p.m. to 8 p.m.

March 25—(Play Group) - 6:30 p.m. to 8 p.m.

Location for all support and play groups is at the First Season Community Center in the Purpur Arena, 1122 7th Avenue South, Grand Forks.

See you there!

## Jodi's Zesty Chicken Crockpot Recipe

### Ingredients:

- 5 lb bag of chicken breasts
- 2 cans Mexican corn
- 2 cans black beans
- 2 cans Rotel tomatoes
- 2 packages taco seasoning
- 1 (8 oz ) package cream cheese

Put everything in a crockpot, except the cream cheese. Set on high for four (4) hours or on low for six (6) hours.



When the chicken falls apart, use a spatula to shred the chicken. Add the cream cheese and leave on the low setting until the cheese melts.

You can use this as a taco filling, serve over rice, mix with noodles or add chicken broth and serve as soup.

Make a lot and freezes well. Enjoy!

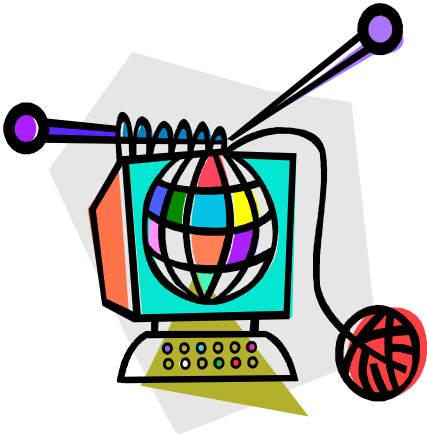
## Pacifiers and Ear Infections

Weaning your child from a pacifier after ten months of age may reduce his or her risk of acute otitis media (AOM) according to a study published in the Journal of Pediatrics.

After studying 845 children who attended childcare centers full-time for 15 months, researchers at the University of Oulu, in Finland, are suggesting that pacifiers be given to children only during the first ten months of life, when the need for sucking is strongest and AOM is uncommon.

The researchers found that the use of pacifiers seemed to increase the number of annual ear infections from 3.6 to 5.4 episodes in children ages ten to two years and from 1.9 to 2.7 episodes in children two to three years of age.

- Parents Magazine



Check out our website!



*The Northeast Regional KIDS Program provides intervention services to families with children birth through age two who have a delay in development or who have a diagnosis that puts them at risk for a delay.*

*Eligibility for the Northeast 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 Grand Forks, Walsh, Pembina and Nelson.*

*Services are provided during the families routines and can take place at home or be in 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 of any concerned individual.*

### Infant Development Program Staff Members

Ramona Gunderson, Coordinator  
Alice Anderson—Educator  
Louise Anvarinia—Social Worker  
Amanda Bass—Educator  
Kimberly Bawek—Educator  
Aimee Curran—Educator  
Michelle Dudgeon—OT  
Reesa Gamliel—Educator  
Lindsay Gilleshammer—Speech Path.  
Jodi Hebl—Experienced Parent  
Lori Holter—Educator  
Jean Hughes—OT  
Trisha MacKenzie—OT  
Wanda Schmisek—Admin Asst  
Katie Stark—OT  
Nicole Trottier—Educator  
Andrea Volk—Speech Pathologist

### 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.