

Comments from Comprehensive Services

March 2021

March is National Nutrition Month

*Learn about making informed food choices and
developing healthful eating and physical activity habits.*

Week 1: Eat a variety of nutritious foods every day!

- ✓ Include healthful foods from all food groups.
- ✓ Hydrate healthfully.
- ✓ Learn how to read Nutrition Facts Panels.
- ✓ Avoid distractions while eating.
- ✓ Take time to enjoy your food.

Week 2: Plan your meals each week!

- ✓ Use a grocery list to shop for healthful foods.
- ✓ Be menu-savvy when dining out.
- ✓ Choose healthful recipes to make during the week.
- ✓ Enjoy healthful eating at school and at work.
- ✓ Plan healthful eating while traveling.

Week 3: Learn skills to create tasty meals!

- ✓ Keep healthful ingredients on hand.
- ✓ Practice proper home food safety.
- ✓ Share meals together as a family when possible.
- ✓ Reduce food waste.
- ✓ Try new flavors and foods.

Week 4: Consult a Registered Dietitian Nutritionist!

- ✓ Children First has contracted with an RD, Katrenia Dubose.
- ✓ Receive personalized nutrition advice to meet your goals.
- ✓ Thrive through the transformative power of food and nutrition.
- ✓ Reach out to Champaigne Spivey, our Health & Nutrition Manager, to arrange a consult.



Grounding: A strategy to reduce anxiety

A mindfulness practice

1. Rate your anxiety on a scale of 1-10.
2. Sit up straight and tall. Place your feet on the floor. Relax your shoulders.
3. Breathe slowly and deeply.
4. How many windows are in the room?
5. How many electrical outlets do you see?
6. What's does the chair or couch you're on feel like? Is it soft? Rough? Smooth?
7. What color are your pants? Your shoes?
8. What do you hear?
9. What material is the floor made of? Is it smooth or bumpy? Soft or hard? Dirty or clean? What imperfections can you see?
10. Name all of the TV shows you can think of.
11. Name all of the types of shapes you can think of.
12. Rate you anxiety on a scale of 1-10. IF it is still over a 5, repeat the grounding exercises.



The Effects of Music on Child Development are AMAZING!

Listening to music can provide anyone, young or old, with a sense of well-being. When you sing you release those feel-good endorphins, lifting you out of that bad mood. Making music offers us opportunities for self-expression, self-esteem and self-control. Children develop talents and strengths through musical play. Music and child brain development are closely linked with language, concentration and learning all improved through singing and learning to play musical instruments of all kinds.

Music and Brain Development/Activity in Children

- Start early to get the most benefit from music in your child's learning.
- Music and singing can help toddlers develop memory, social skills, speech and listening skills
- Preschool children and toddlers' auditory systems are stimulated by music. This system is also engaged in general sound processing that is fundamental to language development, successful communication and reading skills.
- Singing helps young children express themselves both verbally and emotionally. The child hears and learns the differences in vocal sounds and how to more accurately imitate them.
- Learning and listening to lyrics increases vocabulary knowledge
- Singing helps to strengthen the oral musculature – the lips and tongue through repeated exercise which is then stored in muscle memory.
- Singing improves understanding of rhythm and how to rhyme while improving enunciation and diction.
- Many children's songs reinforce learning to count and the alphabet. Others songs teach different languages helping children remember phrases with great accuracy.

Fun Ways to Introduce Music/Singing into the Daily Routine

- Come up with songs to accompany routine tasks like getting dressed, washing hands, changing diapers etc. Be creative, change the lyrics to simple tunes like *"Wheels on the Bus"*, *"If You're Happy and you Know it"*, *"Here we go Round the Mulberry Bush"*, *"Twinkle Twinkle"*.
- Alternate reading a bedtime story with singing a song to help get your child off to sleep.
- Listen to music in your car. Don't be shy...Sing out loud!
- When allowing some "tech time" make it more educational by watching (age appropriate) musical content together.
- Make simple homemade musical instruments to keep the beat.
- Add movements to favorite songs for improving physical health, brighten your mood and self-expression.

Medication and Children

Children aren't just small adults. It is especially important to remember this when giving medicine to children. Giving a child the wrong dose, a non-pediatric medication, or the medication of another child can have serious side effects.

Some over the counter (OTC) to treat fever and pain, have been studied for effectiveness, safety, or dosing in children. But many other OTC medicines have not. It is important to read the labels carefully, to make sure that the medicine is right for your child. Helpful tips include:

- **Read and follow the label directions every time.** Pay special attention to usage directions, warnings, and recommended age.
- **Watch out for problems.** Contact your health care provider or pharmacist right away if you notice any new symptoms or unexpected side effects in your child, or if the medicine doesn't appear to be working when you expect it to. For example, antibiotics may take a few days to start working, but a pain reliever usually starts working soon after your child takes it.
- **Know the abbreviations for the amounts of medicines:**
 - Tablespoon (tbsp.); Teaspoon (tsp.); Milligram (mg.); Milliliter (mL.); Ounce (oz.)
- **Use the correct dosing device.** Use the proper measuring device. Don't guess or substitute another item, such as a kitchen spoon.
- **Check with your health care provider or pharmacist before giving two medicines at the same time.** That way, you can avoid a possible overdose or an unwanted interaction.
- **Follow age and weight limit recommendations.** If the label says don't give to children under a certain age or weight, don't do it.
- **Always use the child-resistant cap** and re-lock the cap after each use. Also, keep all medicines out of the reach of children.
- **Ask your health care provider or pharmacist** if you have any questions.