



A Newsletter for Parents of Young Children

WINTER 2015

The Parent Line

Keeping Your Children Busy

Keeping your children busy can be as easy or as difficult as you make it. One way to look at this is to think about the things that you enjoyed as you were growing up. Your child just might like these activities as well, especially if you let them know that you played these games when you were a child.

The library is a wonderful place to check out books, videos or DVDs. Allow each child to choose at least two of each, which will give your family variety. Find out when your nearest library has story time, and your child may want to visit and learn new words and meet new friends.

Most cities have free activities during the weekend such as family festivals, parades, business grand openings, youth sports games, and live music in the park. Sometimes the museum will offer free admission on very slow days.



Remind your children that helping others is an excellent way to give back to the community. Ring the bells at the collection kettles around the holidays as a family; sing Christmas carols as you ring the bell. Your children can help by picking up paper on their street and recycling. Be sure to watch them carefully and remind them to only pick up paper and cans. Provide plenty of gloves.

A Parent Asks

Q: I want my baby's sleep environment to be as safe as possible, but I also worry that she may get too cold or not feel secure. How can I safely assure that my baby is comfortable?

A: It is important to keep in mind that loose bedding such as blankets could potentially be hazardous to your baby. It is recommended that all loose bedding and soft objects be removed from the area in which your child is sleeping. Infant sleep clothing is a safer alternative as long as you ensure that the clothing fits properly and that it does not cover the face or head.

You could also swaddle your baby before you plan to lie them down for sleep. Many, but not all, babies find being swaddled comforting and secure. You should use a lightweight blanket (such as a receiving blanket) and wrap your baby from the shoulders down without being too constricting. Always check to make sure that your baby is not overheating by looking for signs of sweating or feeling too warm to the touch.

THE PARENT LINE

Free statewide phone line for parents and others caring for children. Call for support, encouragement, information, and ideas about handling behavior or about community resources.

Mon – Fri
8:00am – 6:00pm
Sat
9:00 am– 1:00pm
Oahu:
526 – 1222
Neighbor Islands
toll free:
1 – 800 – 816 - 1222



CRAFT CORNER

Frosty Soap Painting

Materials:

1 cup powered laundry soap
½ cup cold water
Electric mixer or wire whisk
Food color
Paint brushes
Heavy paper or cardboard

Directions:

Beat or whisk cold water and laundry soap together until stiff.
Add food coloring or leave white if using colored paper.
Paint with a brush or use as finger-paint on heavy paper or cardboard.
Let dry flat, then enjoy your Frosty Painting

SPECIAL DAYS TO REMEMBER

December 7: Pearl Harbor Remembrance Day
December 22: Winter Solstice
December 25: Christmas Day

January is National Blood Donor Month
January 1: New Year's Day

February is National Children's Dental Health Month

February 14: Valentine's Day
February 15: Presidents Day



SPOTLIGHT ON SAFETY

Safe to Sleep

With winter approaching it can be tempting to snuggle up with your baby under some warm blankets. Here are some important tips to keep your infant under one years old safe while sleeping:

Always put baby on their back to sleep, even for naps. When awake, put baby on their stomach for "Tummy time" but do not let baby fall asleep on their tummy.

Keep your home and car smoke-free.

Babies who breathe smoke or who sleep with those who smoke have a greater risk of unexpected death.

Be sure their crib is safety approved, with a firm mattress and tightly fitting sheets.

It is dangerous to let baby sleep on surfaces like adult beds, water beds, couches, recliners, and car seats.

Pillows, stuffed toys, futons and comforters are dangerous in baby's sleep area.

Babies need a firm sleep surface that is free from soft items that could block their breathing.

Sleep in the same room as baby, but not in the same bed.

Sleeping with other people, even parents, sisters and brothers, puts baby at greater risk of unexpected death.

For more information on Safe Sleep

Speak to your pediatrician

Contact The Parent Line

Or check out:

safesleephawaii.org

kipchawaii.org

