

A Newsletter for Parents

Summer 2022



# The Parent Line

## Early Language for your Keiki

All children are born ready to learn about their world. Child development can vary from child to child but overall, child development occurs as the child grows. Areas of child development include: social/emotional (how children interact with other humans in their environment), cognitive (how children learn, think, or problem solve in their environment), physical (how children move their body through their environment) and language/communication (how children receive and express their thoughts to those in their environment).



Some suggestions to building early language development with your children are to share books, label common household items, write the names of all family members on cards, and point out and name items that you see as you are out and about. Other ways to build language development include going on nature walks, visiting the zoo, visiting the park or playground, the grocery store, the mall, and any other places outside the house you can think of that your children might find interesting. The key is to talk about everything that you do. Label, label, label. You will find that by playing the label game your children will start to initiate the game. Letters and words are the most powerful tools in your children's world. Repetition is key to learning. Continuously encouraging the use of early language will help support your children's healthy development of early language.



The following books may be helpful in fostering early language and learning with your children. They can be found at your local library or bought online. Mahalo to the staff of the **Edna Allyn Room for Children** at the *Hawai'i State Library* for providing the list of books!

### 100 First Things to Know

By Dawn Sirett  
Infant – Preschool

### Where is Baby's Belly Button?

By Karen Katz  
Infant – Preschool

### Little Blue Truck

By Alice Schertle  
Infant – Preschool



### The Very Busy Spider

By Eric Carle  
Infant – Preschool

### Good Night, Gorilla

By Peggy Rathman  
Infant – Preschool

### This Little Piggie: Lap Songs, Finger Plays, Clapping Games, and Pantomime Rhymes Edited

By Jane Yolen  
Infant – Preschool

## Cooking with Young Children

### Applesauce Oatmeal Bites

#### Ingredients

- Cooking spray
- 1 cup applesauce
- 2 cups quick-cooking oats

#### Directions

1. Preheat oven to 350 degrees F, lightly grease a baking dish with cooking spray.
2. Combine applesauce and oatmeal in a bowl, mix until evenly moistened.
3. Spread mixture into the prepared baking dish.
4. Bake in the preheated oven until no longer sticky (about 10 minutes).
5. Flip applesauce oatmeal onto a workspace. Cut into bite-sized squares and allow to cool.



### Whipped Banana Ice Cream

#### Ingredients

- 2 bananas, peeled and sliced

#### Directions

1. Place sliced bananas in an airtight container and freeze until solid (about 1.5 hours).
2. Blend frozen bananas in a blender until whipped and smooth.

#### Developmental skills enhanced

- Distinguishes between edible and inedible objects
- Follows directions
- Gives empty dishes to adult
- Reads picture words
- Names kitchen utensils
- Measures ingredients
- Imitates two to four word phrases
- Points with index finger
- Uses both hands



## Spotlight on Safety

### Choking

Choking is the fourth largest cause of accidental death in the U.S., claiming over 5,000 victims in 2015. From a bite of dinner going down the wrong tube to a young one accidentally swallowing a small item, choking is scary. Educate yourself with these safety tips about choking hazards and take measures to keep your family safe.

- Inspect toys - Regularly inspect toys for any loose parts. Scour floors for small toys or items where little hands might easily find them.
- Keep choking hazards out of reach - Be sure to keep small, hard foods like nuts or candies out of reach of children. Pay special attention at adult gatherings where children can more easily sneak something unnoticed.
- Cut up food - Do not introduce solid foods earlier than recommended by your pediatrician. For children under the age of four, always cut up hard foods into bite size pieces to prevent blocking their airways as blocked airways leads to choking. The same applies for softer foods like grapes, cherry tomatoes, and hot dogs.



### Ocean Safety for the Summer

- Swim at a location where there is a lifeguard on duty. While swimming, assure you are in a location where you can always see the lifeguard.
- Some beaches are naturally more child-friendly, such as beaches that are calm.
- Always have a capable adult or swimmer with eyes on children.
- Be mindful of current ocean conditions and posted warning signs. Remember, when in doubt, do not go out!
- Have kids wear or be on flotation devices.
- Never turn your back on the ocean.

