



A Newsletter for Parents of Young Children

Spring 2017

The Parent Line

Moments with Your Child

What if your 4-month-old kept crying at the doctor's office while you were waiting for an appointment and you couldn't get him or her to stop? What if your 3-year-old decided to throw a full-blown tantrum at the supermarket because he or she didn't get what he wanted?

These are typical moments many parents experience. You may feel ashamed and unsure of yourself as a parent during these times. You may sense your frustration building up and have the urge to stop and quiet them in any way possible.

You are not alone.



But what about the child? What is he or she going through during these moments?

Places and situations which seem normal to us may feel totally overwhelming for babies and young children, such as a busy, well-lit doctor's office. A toddler's despair at not getting a candy bar at the grocery store may seem over-the-top, but to the child, he or she may be feeling as if they have absolutely no control in their world.

Something we can do as parents is to tune in to our own children by acknowledging their feelings and experiences and by trying to understand where they are coming from when they act out. We need to make them feel safe, secure, and accepted as they experience new and sometimes scary things. By being available, present, and supportive, parents are able to help their children move through even their most challenging and difficult moments.

For more information check out: <http://circleofsecurity.net/for-parents/animations/>
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Ask Dr. Sears... Raising a Smart Baby

It is never too early to help your baby become an intellectual human being. Here are ways to raise a smart baby through proper womb environment, nurturing, nutrition, music and play (to name a few).



Smart Start – a baby's brain develops faster during the nine months in his mother's womb than at any other time in the child's life, and the development of the fetal nervous system is affected –for better or worse– by what is in the mother's blood during the nine months of pregnancy.

Smart nutrition – The milk, in addition to the mothering, gives babies a head start. At least eleven scientific studies show that breastfed babies are smarter.

Smart talk – How you talk to your baby has a profound effect on your baby's brain development.

Smart responses – Responding to baby's cues builds brain connections.

Smart music – music relaxes mind and body.
Source: www.askdrsears.com

Lets Get Cooking!

Cheesy Chicken Bagel Pizzas

Ingredients:

- 2 (4 ½ inch, 2 ¼ ounce) plain bagels, sliced in half
- ½ cup lower sodium marinara sauce
- 1 cup shredded rotisserie chicken breast
- 1 cup pre-shredded part-skim mozzarella cheese

Preparation:

Preheat broiler
Place bagel halves, cut side up, on a baking sheet. Broil 2 minutes or until lightly toasted. Spread 2 tablespoons marinara on cut side of each bagel. Top each half with ¼ cup chicken, and sprinkle with ¼ cup cheese. Broil bagel halves an additional 2 minutes or until cheese melts.



Special Days to Remember

MARCH IS NATIONAL NUTRITION MONTH

- March 3: Girls' Day
- March 17: St. Patrick's Day
- March 26: Prince Kuhio Day

- April 1: April Fool's Day
- April 2: Children's Book Day
- April 7: World Health Day

May 2: National Teacher Appreciation Day

- May 5: Boys' Day
- May 14: Mother's Day
- May 29: Memorial Day



APRIL IS

NATIONAL CHILD ABUSE PREVENTION MONTH!

Pinwheel Promise is an interactive coloring book that shows the meaning behind the Pinwheel used for Child Abuse Prevention Month.

Pinwheel Promise



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For information on activities happening in April contact :

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526-1222

SPOTLIGHT ON SAFETY: Battery Safety for Little Kids

While it is natural for kids to explore, it helps to learn which discoveries are safe and which pose potential hazards. Protect your kids from button batteries and other small parts they might find following these steps.

Top Safety Tips

Keep small electronics or devices that use button batteries out of reach of small children.

If you suspect your child has ingested a battery, go to the hospital immediately. Do not induce vomiting or have your child eat or drink anything until assessed by a medical professional.

The symptoms may be tricky to recognize (they include coughing, drooling, and discomfort), so if you have even the smallest doubt, do not take any chances. Go to the emergency room right away.

Enter the National Battery Ingestion Hotline (202-625-333) into your phone right now. Call anytime for additional treatment information.

Source: <https://www.safekids.org>