

## Supportive Relationships in Early Childhood



Studies and research tell us that early brain development is directly influenced by day to day interactions with caregivers. Babies and young children rely on adults to be available to care for their needs. These early experiences in relationships, whether at home or in an early childhood education environment set the stage for future brain functioning.

As young children experience responses from their caregivers,

their brains start to form expectations for how they will be treated and how they should respond to their caregiver. For example, if a baby cries and an adult consistently responds to provide comfort, the child will anticipate similar responses in the future.

Young babies and children need relationships with caregivers who are sensitive to their needs and messages, timely in responding especially to messages of distress, accurate in the reading of their cues, and understanding of appropriate levels of stimulation. When caregiving relationships are responsive and primarily positive, children perceive the behaviors and messages of others in positive ways and become motivated to explore more in their environment.

Negative experiences or caregiving that is not responsive to a young

child's needs can impact young children as they come to expect the behaviors and messages of others to be negative, and they start to perceive new experiences with others in a negative way. This can eventually lead to challenging behaviors as the young child finds adaptive ways to have their physical and emotional needs met.

If you would like additional information on supportive relationships or activities to build your relationship with your child, please connect with your site's assigned Disabilities/Mental Health Specialist.



## What is the flu?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs.

Flu illness can vary from mild to severe. Flu can be serious in kids who are healthy, it can be especially dangerous for young children and children of any age who have certain health problems like asthma, chronic lung disease and Diabetes.

### Symptoms of the flu can include:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)

Some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.*

The best way to protect against flu is to get a yearly flu vaccine. Everyone 6 months of age and older should get a flu vaccine by the end of October, if possible.

Children 6 months through 8 years of age may need either 1 or 2 doses of vaccine.

Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. Parents, siblings, and anyone who cares for the baby should be vaccinated.

*In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.*

Stay away from people who are sick, cover your cough and sneezes, wash your hands often with soap and water for at least 20 seconds, do not touch your eyes, nose, and mouth, and clean and disinfect surfaces and

objects that may be easily contaminated. (toys, door knobs, light switches....)

### If your child is sick:

If your child becomes sick with flu illness, you should keep them home. CDC recommends that they stay home for at least 24 hours after their fever is gone. The fever should be gone without the use of a fever reducing medicine. A fever is defined as 100°F or higher.

Make sure your child gets plenty of rest and drinks enough fluids.

Call your health care provider as soon as child starts with symptoms. In some cases medication can be given to reduce the symptoms and length of the illness.



## Pumpkin Chocolate Chip Cookies!

### Ingredients

- 3 cups granulated sugar
- 1 29-ounce can pure pumpkin
- 1 cup butter , melted
- 1 teaspoon vanilla
- 2 eggs
- 5 cup all-purpose flour
- 6 teaspoons baking powder
- 4 tablespoons pumpkin pie spice
- 1 1/2 teaspoons baking soda
- 1 teaspoon kosher salt
- 1 12-ounce bag semi-sweet chocolate chips, regular or mini morsels

### Instructions

- Preheat the oven to 375°F.
- In the bowl of a stand mixer, combine the sugar, pumpkin, melted butter, and vanilla and mix until smooth. Add the eggs, and beat for 1-2 minutes.
- In a small bowl, whisk the pumpkin pie spice, baking powder, baking soda and kosher salt in a small bowl. Add to the wet ingredients and mix well.
- Add 2 cups of the flour, and mix until incorporated. Repeat with 2 more cups of flour, and then the final cup. Add the chocolate chips, and mix just until incorporated.
- Line a baking sheet with

parchment paper or a baking mat. Drop 1/4 cup rounded scoops (I use an 18/8 cookie scoop) of the cookie dough on the sheet, about 2 inches apart.

- Bake the cookies for 12-15 minutes. Cool on the baking sheet for 2-3 minutes, then move to a cooling rack to cool completely.



## Window Covering Safety

When we think of the many ways to ensure our homes are safest they can be for our children, window falls are usually a concern. But, parents still often overlook a potentially serious item, window covering cords.

According to the U.S. Consumer Product Safety Commission (CPSC), corded window coverings are one of the top five hidden hazards in American homes. Corded window coverings are a strangulation hazard as infants and young children can accidentally become entangled in the cords. A serious accident can only take seconds.

The CPSC, the window covering industry and consumer safety advocates all agree that only cordless window coverings or those with inaccessible cords should be used in homes with young children.

### **What can you do?**

- Replace window blinds, corded

shades and draperies with products that are cordless or have inaccessible cords, such as those marked with the “Best for Kids” label certification, available at major retailers in the U.S.

- The Best for Kids™ certification program makes it easy for parents and caregivers to make the right choice to help them identify the window covering products that are best suited for homes with young children. In order to be eligible for this certification, manufacturers must meet the specified program criteria and submit their window covering products to a designated third party testing laboratory. Once products pass testing, they may be labeled Best for Kids™.
- To maximize window covering cord safety when young children are present, parents should follow these safety guidelines:

- Install only cordless window coverings or those with inaccessible cords in homes with young children.
- Replace window blinds, corded shades and draperies with products that are cordless or have inaccessible cords, such as those marked with the Best for Kids™ label certification. There are many cordless window covering options offered today at retailers across the country.
- Move all cribs, beds, furniture and toys away from windows and window covering cords, preferably to another wall.
- Ensure that all window covering cords are out of sight and reach, by shortening or tying them up and away, so that they are inaccessible to young children

Resource:

<https://windowcoverings.org/safety-month/>

# 30 DAYS OF FALL ACTIVITIES

naturalbeachliving.com

1 go on a bike ride	2 have a photo shoot 	3 go bowling	4  visit an apple orchard	5 <b>PAINT PUMPKINS</b>
6 build a bird house 	7 visit a festival	8 eat candy corn	9 make a fall wreath	10 go on a nature walk 
11 jump in a pile of leaves	12 make apple cider	13 watch a fall movie	14 go horse back riding 	15 CREATE A LEAF CRAFT
16  read outdoors	17 roast marsh- mallows	18 make soup	19 have a picnic 	20 volunteer
21 <b>BUILD SOMETHING</b>	22 bake cookies	23  find acorns	24 make a na-sew blanket	25 go on a hay ride
26  make trail mix	27 visit an outdoor market	28 go for a walk	29 <b>MAKE SOMETHING WITH PUMPKIN</b>	30 have a bonfire 