

National ECELC Newsletter



New Year, New Beginnings for Your Child!

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New Screen Time Rules

For years, the American Academy of Pediatrics (AAP) has been publishing statements on kids and screens in the journal *Pediatrics*. Previously the Academy set screen time limits: no more than two hours in front of the TV for kids over age 2 and no screen time for babies 18 months and younger. However, in a world full of digital media defining screen time can be difficult. For the new guidelines, the AAP identifies screen time as time spent using digital media for entertainment purposes. Other uses of media, such as online homework, don't count as screen time. Parents play an important role in helping children and teens navigate their media environment. Below are some tips to make your toddler's screen time more productive:

Be with young kids during screen time and interact with them. This means playing an educational game with your child or talking about something you see together in an age-appropriate TV show or video.

Research games and apps before getting them for your child. There are thousands of apps and games that claim to be educational, but not all of them are. Search online to see which ones educators and doctors consider the best.

Schedule plenty of non-screen time into your child's day. Unstructured playtime is important for building creativity, so young children should have time to play away from screens every day. Family meals and bedtimes are also important times to put the screens away and interact with your child.

Be an example. Parents are children's main role models, so it's important for moms and dads to have healthy digital media habits. This means being conscious of setting down cellphones, turning off the TV and shutting laptops at night.

The National ECELC

Welcome to the National Early Care and Education Collaboratives Project (ECELC) Newsletter! We hope this newsletter is helpful as we offer supplemental information to help you prepare for the Learning Sessions and provide technical assistance to early care and education (ECE) providers. Topics within each newsletter will emphasize areas outlined in the *Let's Move!* Child Care goals including healthy eating, physical activity, screen time, and breastfeeding support. We hope you enjoy it!

-The National ECELC Team

Visit the *Let's Move!* Child Care website:

www.healthykidshealthyfuture.org

New Teeth, No Appetite? Tips for Helping Your Teething

Baby



Learn five new ways to enhance your child's sensory world

- 1. Go eye to eye.** When talking with your children, make eye contact. Eye contact lets your child know you're attending to him and models how to pay attention, which is critical for learning.
- 2. Do a blindfold taste test.** Experiment with different flavors. Ask your child to say if a taste is good or bad, salty or sweet, sour or bitter. Help her learn the language of taste. You can also reinforce this idea during meals.
- 3. Let them feel with their hands.** Let the child play with materials like clay, water, sand, rice, playdough, and gelatin. Let the child explore the feel of these items and describe how they feel. Make sure to find an outdoor area or an indoor area where it's safe to get messy!
- 4. Share music.** Sound evokes immediate responses from the central nervous system, such as alarm, shock, fear, happiness, calm and more. Experiment with different types of music and talk to your child about how that music makes him feel.
- 5. Experiment with scents.** Smell is another immediate sense that provides the brain with instant information and feedback. Place some familiar scents under his/her nose, such as chocolate, cinnamon etc. Ask them questions such as: What do you smell? Do you recognize it?

Additional resources can be found on the *Let's Move!* Child Care website:
www.healthykidshealthyfuture.org

Questions?
Please contact your
State/Local Project Coordinator or
ECELC at Nemours

ecelc@nemours.org

When your baby's first tooth shows up, it can be an exciting yet stressful experience. Every baby experiences teething differently. Some babies have virtually no symptoms, while others experience teething pain for months. Below are some signs that could potentially affect your child's nutrition:

Biting.

Many mothers find a real challenge during the time that the baby is actively cutting teeth, rather than after the teeth have erupted. Sometimes there is concern that the baby may bite, or that teething will cause breastfeeding to become uncomfortable. Babies can experience significant discomfort due to teething and will sometimes alter their positioning or latch to avoid hitting the sore spots on their gums. This can cause mothers temporary nipple soreness or discomfort.

Solution

Before nursing, offer your baby a cold, wet washcloth or a cold teething toy to chew on. Also, try massaging your baby's gums with a clean finger. During nursing, try different nursing positions to ensure that the weight of your baby's body is well supported when he is latched on. After nursing, consider rinsing your nipples with cool water, as some mothers find that baby's increased saliva from teething irritates the nipples.

Loss of appetite.

Teething babies can be fussy about feedings and get more frustrated as neither their discomfort nor their hungry tummies find relief.

Solution

Take cues from your child. If they show signs of wanting to eat try by giving a small amount. Remember to also gently rub their gums with a clean finger in order to soothe the pain. Keep at it, but be sure to call your pediatrician if the hunger strike lasts more than a few days.

Resources and References

KidsHealth

Parents.com

LaLecheLeague.org

WorkingMother.com



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