



Take Five!



New Years Resolution: Is Your Child Safe?

Approximately 80% of ALL child restraints (car seats) are installed incorrectly! That's means 4 out of 5 parents/childcare providers are driving around with unsafe car seats.

Growing Up Safe: It is a four-step process. As children grow, how they sit in a car, truck or SUV should change. Save your child from injury or death by observing all four steps:



Infants - from birth to at least 1 year old and at least 20

pounds: For the best possible protection keep infants in the back seat, in rear-facing child safety seats, as long as possible up to the height or weight limit of the particular seat. Don't rush to turn your child around "to see" if your child safety seat allows for a higher weight limit (many go up to 35 pounds

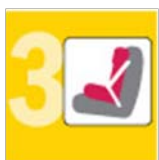
now). The longer a child stays rear-facing the safer they will be, but at a minimum, keep infants rear-facing until a minimum of age 1 and at least 20 pounds. Harness straps (free of any twisting) need to be at or below shoulder level and the retainer clip at armpit level.



Toddlers - Age 1 & 20 lbs to Age 4 & 40 lbs:

When children outgrow their rear-facing seats (at a minimum age 1 and at least 20 pounds) they should ride in forward-facing child safety seats, in the back seat, until they reach the upper weight or height limit of the particular seat (usually around age 4 and 40 pounds). Make sure to use the harness straps (free of any twisting) until the child is at least 40 pounds. Harness straps should be at or above the shoulders and the retainer clip at armpit level. Use LATCH (Lower anchors and Tethers for Child Restraints) when available, but do NOT

use Lower Anchors and seat-belt, use one or the other.



Children - from about age 4 to at least age 8:

Once children outgrow their forward-facing seats (usually around age 4 and 40 pounds), they should ride in booster seats, in the back seat, until the vehicle seat belts fit properly. NEVER use a booster seat with a lap belt only. Belt positioning booster seats must be used with both lap and shoulder belt; no-back booster seats must be used with a high back vehicle seat. Seat belts fit properly when the lap belt lays snug across the upper thighs and the shoulder belt fits snug crossing the chest and shoulder to (usually at age 8 or when they are 4'9" tall).



Twins - age 8 and older: When children outgrow their booster

seats, (...con't on page 3)

School Readiness Newsletter

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Did you know.....

That a baby should have its first dental check up by the age of one...

February is the National Children's Dental Health Month! (NCDHM)

Each February since 1949, the American Dental Association (ADA) has sponsored National Children's Dental Health Month to raise awareness about the importance of oral health.



Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums.

For more information visit www.ada.org



Keeping A Toddler Active in the Winter

What do you get when you combine cold winter weather and high toddler activity levels? A lot of pent up energy waiting to be released. Rather than hop-

ing for a change in the weather it is important to find indoor activities that your toddler will enjoy. These indoor activities will burn off some of that toddler energy, keep your child engaged and

won't leave you with a huge mess to clean. And, you can do most of them with objects you already have around the house.

(...con't on page 2)

Winter* (Cont....) Keeping A Toddler Active in the Winter

Reading and coloring- In addition to your favorite books there are several places on the Internet that you can download coloring pages and read children's stories. Get free coloring pages at: ColoringPages.net and ColoringBookFun.com. For Classic children's stories: ByGosh.com

Bowling- By using empty plastic bottles as pins, and any rubber ball you can set up a toddler friendly bowling alley. Show your child how to roll the ball into the pins and set them up again. The game is just noisy enough and involves enough "demolition" to keep your toddler involved for a good period of time.

Building a tent/fort/castle- All you need to create a magical get-away is a sheet and something to drape it over. This is an excellent activity for laundry day. Have your toddler help

you pull the sheets off the bed and let him play in his fort while you make the beds. Throw in some blankets and pillows for comfort then crawl in with your toddler and read a book or enjoy a snack together. When



you're done let your toddler help you carry the sheet to the washer and help you start the wash.

Bubbles- Bubbles can be as much fun indoors as out. Blow bubbles and have your toddler try to pop them with her fingers or with her feet (which promotes balance). You can also introduce counting as your child pops bubbles.

Pillow Mountains- Toddlers all seem to love this activity. Simply pile up as many pillows, cushions

and blankets as you can spare into a mountain. Make sure the pile isn't near any sharp corners or hard surfaces that your child will get hurt on. Your toddler will enjoy climbing the mountain and rolling back down for hours!

Three Words...A Big Box-

Nothing can keep a toddler busy for a longer period of time than one big box. The right box can provide days of fun. Let your toddler decorate the box with "graffiti" and her favorite toys and blankets.

Keeping a toddler's energy focused on acceptable outlets is difficult when the weather turns frigid. But with some creative planning you should be able to find an indoor activity that agrees with you and your energetic toddler.



The Dangers of Bottle Propping

Danger!

Hold the bottle and baby during feeding. Do not prop bottles for a baby. Propping means a young baby is given a bottle to drink by itself and the bottle is propped up (with a pillow, for example) so that it can flow into the baby's mouth.

Propping a bottle can:

- Cause choking and suffocation, possibly resulting in death
- Possibly cause ear infections and baby bottle tooth decay, and
- Deprive the baby of important cuddling and human contact.

When feeding a bottle, remember to hold

the baby during feedings in the cradle of your arm, partially upright. This makes baby feel secure, helps you to read baby's cues, and helps to prevent the baby from choking during feeding. When the baby's head is a little higher than the rest of the body, this prevents milk from backing up in the inner ear and causing an ear infection. Tip the bottle so that milk fills the nipple and air does not get in. Older babies may be fed a bottle while sitting up in a high chair. Always hold babies who cannot sit while bottle feeding.

Recipe Corner: Cinnamon Snowflake Cutouts

Ingredients:

Flour tortillas

Cinnamon

Sugar and/or Splenda

Butter flavored cooking spray

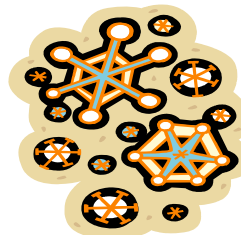
Directions:

Preheat oven to 350F.

1. Use a snowflake cookie cutter

(or any cookie cutter of your choice) to cut desired shapes. Place them on a lined baking sheet.

2. Spray tortillas with butter flavored spray and sprinkle with



cinnamon and sugar as desired, or try using Splenda instead of sugar as a healthy alternative. Spray again to make sure the cinnamon sugar adheres.

3. Bake for 10 minutes or until lightly browned.

Have access to friends, family, health and emergency services all with the California LifeLine Telephone Program!

California LifeLine Benefits:

- Local home phone service for *less than 25¢ a day*
- No charge for deposits or toll blocking
- Only \$10 service connection fee
- Installment payment plans available

HOW DO MY CLIENTS QUALIFY? There are two different ways to qualify:

1. Program-Based Method

Consumers automatically qualify if they or another member of their household is already enrolled in one of the following programs:

- Medicaid/Medi-Cal
- Supplemental Security Income (SSI)
- Low-Income Home Energy Assistance Program (LIHEAP)
- Food Stamps or Supplemental Nutrition Assistance Program (SNAP)
- Federal Public Housing Assistance or Section 8
- Women, Infants and Children Program (WIC)
- Healthy Families - Category A
- National School Lunch's FREE Lunch Program (NSL)
- Temporary Assistance for Needy Families (TANF) – CalWORKS, StanWORKS, Greater Avenues for Independence (GAIN), Welfare-to-Work (WTW)
- Tribal TANF
- Bureau of Indian Affairs General Assistance
- Head Start Income Eligible, (Tribal Only)

2. Income-Based Method

Households that meet income guidelines for the entire household can also qualify for the California LifeLine discounts.

Number of Adults and Children Living in Household	Maximum Annual Income
1 – 2 members	\$24,000
3 members	\$28,200
4 members	\$34,000
For each additional member after 4 people, add:	\$5,800
<i>Income Guidelines are effective 6/1/09 through 5/31/11</i>	



A program of the California Public Utilities Commission

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1-866-742-8587

California LifeLine collateral is available in the following languages: Arabic, Armenian, Chinese, English, Farsi, French, Hmong, Japanese, Khmer, Korean, Lao, Portuguese, Punjabi, Russian, Spanish, Tagalog, Thai and Vietnamese.

FOR ENROLLMENT INFORMATION: Direct your clients to call their telephone company or **1-866-272-0349** for more information.



(Con't...) New Years Resolution: Is Your Child Safe?

(usually at age 8 or when they are 4'9" tall) they can use the adult seat belt in the back seat, if it fits properly (lap belt lays across the upper thighs and the shoulder belt fits across the chest).

Important Safety Reminders

- Failure to read the child safety seat instructions, in addition to vehicle owner manual instructions regarding seat belts, could result in serious injury or death as a result of a failure of the child safety seat to be securely and/or properly restrained.
- Children in rear-facing child seats should not be placed in the front seat of vehicles equipped with passenger-

side air bags. The impact of a deploying air bag striking a rear-facing child seat could result in injury to the child.

- National Highway Traffic Safety Administration (NHTSA) also recommends that children 12 and under sit in the rear seat away from the force of a deploying air bag. Children age 12 and under are safest when properly buckled in the back seat of a motor vehicle.
- Always read the child restraint manufacturer instructions and the vehicle owner manual instructions.
- ALWAYS register your child safety

seat with the manufacturer so that you are informed of any recalls.

- Do NOT buy used child safety seats from yard sales, Craigslist, etc, where you do not know the history of the seat. If you do get one from a friend or family member, be sure to check it for recalls. **YOU CAN'T PUT A PRICE ON A CHILD'S SAFETY!**

For more information visit www.nhtsa.gov and choose Child Safety Seat Information from the left hand menu



It's all about the Kids!



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Visit our website
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Our Mission Statement

First 5 Colusa is committed to enhancing the lives of all children prenatal to age five and their families through a countywide, comprehensive, integrated system of early childhood development.