

# The Durham Child Health and Development Study Times

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*Time for Fall!* With Fall fast approaching we hope that this newsletter finds you in good health and great spirits. As the temperature lowers and the weather moves you indoors, we've included some ideas to keep you and your children happy and entertained. As always, thank you for your continued participation in our study. We look forward to seeing you soon! If you have any questions or concerns feel free to contact us toll free at 1-866-561-8134.

## STUDY UPDATE

Since our last newsletter went out a few months ago we've kept on schedule with our visits and are making great progress in the study. As you may know, Drs. Martha Cox, Steve Reznick, and Elizabeth Pungello from the University of North Carolina at Chapel Hill are conducting the DCHDS (Durham Child Health and Development Study). We are interested in how families from different walks of life adjust to the birth of a new child and go on to meet the demands of raising a healthy child. We also want to learn more about children's early development. This study is funded by a grant from the National Science Foundation, which is why we are able to provide compensation for visits!

In just a few weeks we will have finished the 12-month visits for all of our families! As these visits wrap up we've begun thinking about the 30-month visit and what it will include. Plans aren't finalized yet, but as always we will do our best to make sure that it is an enjoyable visit for you and your child. When the last newsletter came out we were just beginning the 24-month visit. We've now managed to see a good portion of our two-year-old participants and the visit is going smoothly. As a final note, we just received final approval for an exciting bonus. Those of you who remain in our study through the 36-month visit will be awarded a bonus of \$150! It's our way of saying thank you for your continued support of our study.



## Halloween Safety Tips

Halloween is a great time for kids (and parents!) to dress up, trick-or-treat, and eat candy with friends. To be sure this Halloween is as fun and safe as possible here are some simple safety tips for trick-or-treating:

- always carry a flashlight
- make sure children stay with an adult and/or a group at all times.
- only visit houses that are well lit.
- wear bright costumes so people and vehicles can see you.
- use face paint instead of masks to keep vision unimpaired.
- look over your children's candy before letting them eat it. Make sure all candy is wrapped and unopened.
- give children trick-or-treating at your house candy that is individually wrapped.
- walk facing oncoming traffic if there is no sidewalk.
- have a designated route for trick-or-treating; make sure you stay on that route.
- HAVE FUN and be sure to take pictures to preserve the memories!

Source:

[www.kidsdomain.com/holiday/halloween/safety.html](http://www.kidsdomain.com/holiday/halloween/safety.html)



## Easy Indoor Fall Crafts

Here are some fun and easy ideas for indoor crafts. Take advantage of the weather cooling down to spend quality time together with your child.

### Leaf Prints

Collect leaves from your backyard, the park, school, or other outside areas. Glue the leaves onto a sheet of cardboard or heavy card stock paper. Allow them to dry completely. Cover your working area with newspapers. Pour a small amount of paint onto a sturdy paper plate. Move a paint roller back and forth through the paint, and then roll it over the leaves. You can also use a paintbrush to paint the leaves different colors. Lay a piece of green or black construction paper over the painted leaves and rub back and forth over the paper with your hand. Lift the paper to see your leaf print!



### Window Painting

Here's a fun way to paint a fall scene on your window. This paint is easy to remove meaning you can change your decorations whenever you get a new idea! Give each child a window to decorate. Make the window paint with the following recipe: 2 Tbsp powdered tempera paint, 1 Tbsp warm water, and 1 tsp dishwashing liquid. Measure powdered paint into a container. Mix in water thoroughly to achieve a smooth paste. Add dishwashing liquid, mixing completely, but gently, to avoid making paint too sudsy. Paint away with brushes or fingers. The paint dries on windows in 5 - 10 minutes and washes off easily with a solution of water and vinegar.



### Fall Collage Placemat

Go on a nature walk and pick up things off the ground that have fallen from the trees (for example: leaves, acorns, pine needles, etc.) Come back home and discuss the different things your child found. You can even discuss how the leaves are changing different colors and why that happens. Put a piece of contact paper on your working area. Tape the sides to the table to keep it from slipping. Have your child create a collage out of their findings on the contact paper. Once finished cover the contact sheet with a piece of colored construction paper. Hang up and enjoy or use as a one of a kind placemat!

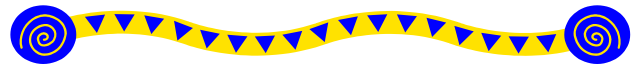
## Center for Disease Control Recommends Flu Shots

In a report issued September 1<sup>st</sup> of this year the Center for Disease Control recommended for the first time that all children between 6 and 23 months of age receive a flu shot. According to the CDC, recent studies have shown that all children that are under two years old are more likely to catch the flu than older children. In addition, younger children are more likely to have side effects that could be dangerous. These side effects may include pneumonia, dehydration, and asthma, among others. In addition, children under two years of age are more likely to be hospitalized due to a bout of the flu. During the last year alone the CDC received reports of 152 flu-related deaths among children under 18 years of age. So if you haven't made an appointment for a flu shot for your child you may want to consider doing so. For further information you can access the CDC web page:

[http://www.cdc.gov/flu/professionals/vaccination/infants\\_providers.html](http://www.cdc.gov/flu/professionals/vaccination/infants_providers.html)

Generally the only symptom of the flu shot a child will suffer is a sore arm. Sometimes they may also have a slight fever, which should go away in a couple of days. Children who have never had the flu shot are supposed to get 2 doses within a couple weeks of each other. In subsequent years only one flu shot will be needed.

For information regarding flu shots, please call the **Durham County Health Department at (919) 560-7608.**



**Words of Wisdom**



"Grown ups never understand anything for themselves, and it is tiresome for children to be always and forever explaining things to them."

- Antoine de Saint-Exupery  
*The Little Prince*, 1943