

The Durham Child Health and Development Study Times

Summer 2004 Vol.1 Issue 2

Summer is here! In the midst of the beautiful and sunny weather, we are sending you this newsletter to update you on the study's progress. In addition, we've included some fun and useful information. Once again, thank you so much for your help in our study, and we hope that you have a wonderful summer. Please call us at 1-866-561-8134 (toll free) if your phone or address changes so we will be able to reach you for your next visit.

STUDY UPDATE

The study is continuing on schedule, and we're very excited about our progress. 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!

We are no longer enrolling new families, which means that our study is at its maximum capacity with just over 200 participating families. Visits are currently conducted with children at 3, 6, 12, 18, and 24 months. We've almost completed the last of our 6-month visits and are about to start the 24-month visits on our oldest children. In the future we are tentatively planning visits at 30 and 36 months as well.

One focus of the 24-month visit is to continue to observe your child's development of new language skills as we did at the 12 and 18 month visits. In addition, we will be looking at your child's increasing abilities in several other areas using fun, game-like tasks. Like at 18 months, we will conduct this visit in the Durham Lab. We are very excited about this new visit, and we've planned what we hope will be a fun experience for your 2 year old.

COMMUNICATION ADVICE FOR YOU AND YOUR CHILD

As your child approaches his or her second birthday, you will begin to see language development move ahead at full speed! Not only can your child express thoughts and feelings, but also your child can now begin to understand you as well. However, not all babies develop at the same rate, and this is perfectly fine. When your child is ready to talk, language will gush forth, and there will be no turning back. Before you know it, words will turn into phrases and sentences, gestures will turn into conversations, and everything your child sees will evoke a question or comment. As you already know, communication can also have a downside, because your toddler is learning the art of protest and will quickly master the word "no." Keep in mind that testing the limits is simply another form of communication.

Because your child is listening to everything you say, you have a large role in your child's language development. By speaking slowly and clearly, you provide your child with the correct names for objects, people and places. Listen carefully to this fun and interesting time in your child's development.

Websites for more information on communication:

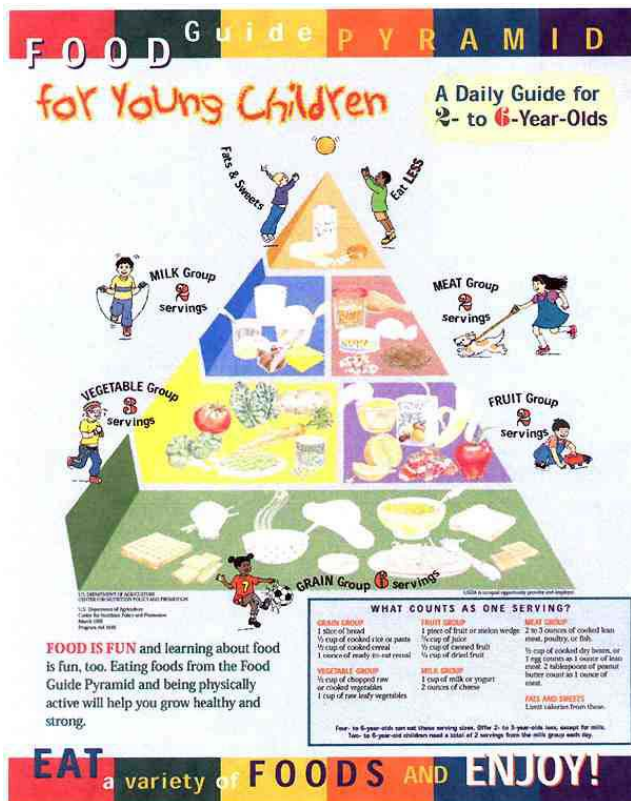
http://kidshealth.org/parent/growth/communication/c12yr_p2.html

www.nccc.org/Guidance/dc34_talk.toddlers.html

<http://www.pbs.org/wholechild/parents/talk.html>

NUTRITION FOR KIDS

Our staff at the DCHDS is amazed to see how fast our child participants are growing! We are interested in your child's optimal development, and with that goal in mind, we want to provide your family with some useful information about proper nutrition and ways to keep your child healthy and strong! Here is a child-friendly Food Guide Pyramid to help you along the way.



http://www.michigan.gov/documents/KidPyramidsheet_9323_7.pdf

...but what counts as one serving?

Grain: 1 slice bread, 1/2 cup of cooked rice, 1/2 cup cereal, 1 oz. ready to eat cereal

Fruit: 1 piece of fruit, 3/4 cup of juice, 1/2 cup of canned fruit, 1/4 cup of dried fruit

Vegetable: 1/2 cup of chopped raw or cooked vegetables, 1 cup of leafy raw vegetables

Milk: 1 cup of milk or yogurt, 2 ounces of cheese

Meat: 2 or 3 ounces of cooked lean meat, poultry or fish, 1/2 cup of cooked dry beans

(1 egg or 2 tablespoons of peanut butter count as 1 ounce of meat)

Fats: Limit!

FUN AND INEXPENSIVE WAYS TO BEAT THE SUMMER HEAT!

1. Color
2. Blow bubbles
3. Play Hide-and-Seek
4. Play Peek-a-Boo
5. Play chase
6. Play dress up in mommy or daddy's clothes
7. Sing a song
8. Collect rocks in a basket
9. Make an obstacle course out of cushions and/or furniture
10. Make a fort out of cushions and sheets
11. Go for a walk
12. Make a car out of a box
13. Read a book
14. Go to the park
15. Fingerpaint
16. Play with Clay-Dough
17. Toss bean bags into a bucket
18. Have a picnic
19. Dance to music
20. Make a "mummy-mommy" with toilet paper
21. Practice putting things in and taking things out of boxes and bags
22. Make a temporary slide out of a table leaf and your couch
23. Draw with chalk on the sidewalk
24. Scoop dirt or sand into a child's bucket (or use a serving spoon and bowl)
25. Practice climbing by stacking boxes on top of each other (only with adult supervision)
26. Put on a puppet show
27. Go fishing with a yard stick and yarn
28. Make an easy puzzle with felt and velcro
29. Play matching with a deck of cards
30. Do the hokey-pokey
31. Run through a sprinkler
32. Play with a bucket of water and a sponge
33. Make a drum out of an oatmeal box
34. Play with a kazoo
35. Wash windows together
36. Bang on pots and pans with a spoon
37. Make sock puppets
38. Play dress-up with stuffed animals and your child's clothes
39. Stack canned or boxed food on top of each other
40. Stack mixing bowls inside each other
41. Give a piggy-back ride
42. TAKE A NAP

Adapted from:

www.personal.engin.umich.edu/~ajdark/toddler/list.htm