

The Durham Child Health and Development Study Times

SPRING 2005 VOL.1 ISSUE 4

It's almost Spring! With Spring fast approaching we hope that this newsletter finds you happy and healthy. As the days get warmer and playing outdoors sounds more inviting, read on for fun ideas to keep you and your children happy and entertained. We've also tackled the difficult issues of potty training and how to cope with a child who is a picky eater. 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!

We've recently finished all of the 12-month visits and are quickly wrapping up with our 18-month olds. The 30-month visit is out of its piloting stage and is going smoothly. It's so wonderful to see how quickly your children are growing! We're very excited to soon start work on the 36-month visits. The current plan is that there will be two visits at the 36-month time point; both visits will probably be carried out in our Durham lab. We're all excited for the fun times we're sure to have with your 3 year olds. Don't forget that after completing the two 36-month visits you will receive a \$150 bonus for your completion of our study. Thank you all so much for your continued involvement; we look forward to seeing you at your next visit!



FuN iDeAs FoR rAiNy SpRiNg DaYs!



Have a puppet show



Put on a play

Color with crayons

Bake cookies



Make a collage from magazines



Take a nap

Put on a rain coat and play in the rain

Play hide and seek



Make smores in the microwave



Have an indoor picnic

Write and illustrate a story

Source: http://tn.essortment.com/rainydayactivi_prm.htm

Is your child a picky eater?

Incorporating good nutrition and a balanced diet is important for your child's growth. With a busy schedule and a choosy toddler, it may be easier to choose convenient and fast food options, which may not provide the best nutrition. Here are a few strategies to help you along the way.

Family Meals: This provides a regular time to provide a balanced meal as well as incorporate quality time with the whole family. Your child can predict mealtime and is less likely to snack in between meals.

Serve a variety of healthy choices: It's important to incorporate fruits and vegetables into daily meals, and having them on hand makes it easier for your child to choose healthy snacks. By limiting the junk food supply (chips, cookies, soda, etc.), your child will learn to view these low nutrient foods as a treat, and not a necessity.



Be a good role model: If you eat well, your child will, too! Talk about your fullness. You might say, "That was so good, but my tummy is full, so I'm going to stop eating." Try to keep a positive attitude about your own bodies so that your child will not develop a negative body image.

Avoid battles over food: Well-intentioned parents sometimes use bargaining and bribing as a last resort. A better strategy is to give the child more control, but limit the kinds of foods at home.

A few last suggestions: Establish a predictable mealtime, don't force kids to clean their plates and don't use food as a way to show love. The steps you take now can lead to a lifetime of healthy eating. ☺

Potty Training Tips

Although most children are ready to be potty-trained around 2 years of age, every child is different. When your child is ready, he or she will let you know. Here are a few signs your child may be ready for toilet training:

- He/she can stay dry for a few hours or wakes up dry
- He/she has bowel movements about the same time every day
- He/she understands "pee, poop, wet, dry"
- He/she can pull his or her pants up and down
- He/she lets you know when he or she is wet or soiled
- He/she wants to do things by him/herself
- Your child can tell you when he or she has to use the restroom

It is important to start toilet training at a comfortable time for you, as well. Major distractions (i.e. traumatic events, new caretakers, divorce, etc.) can interfere with this learning process and should be avoided, if possible. **More questions?** You may want to visit

www.pottytrainingtips.com

Source: www.kidshealth.org



Words of Wisdom



"There are only two lasting bequests we can hope to give our children. One of these is roots, the other, wings."

- Hodding Carter