

Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas

Support of Breastfeeding Moms

Breast milk is the ideal food for infants. The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for the first six months of an infant's life. During this time, no other foods or beverages should be served. At six months, solid foods can gradually be introduced to an infant's diet. However, breastfeeding should continue until at least 12 months, and as long as desired by mother and baby.

Breastfeeding has been shown to reduce infants' risks of developing many common illnesses and chronic conditions such as asthma, diabetes, ear infections, respiratory tract infections, dermatitis, and celiac disease. Infants who are breastfed are also less likely to be overweight or obese. Additionally, breastfeeding promotes bonding between a mother and her infant.

As an early care and education (ECE) provider, you have a very important role in promoting and facilitating breastfeeding among the families you serve. If a mother wishes to breastfeed, work with her to develop a system to ensure that an ample supply of breast milk is available while the infant is in your care. This includes having a refrigerator/freezer available for breast milk storage and/or a designated private space for mothers to pump or breastfeed. Breast milk should be clearly labeled with each infant's name and the date on which it was expressed. This ensures that an infant receives only his/her own mother's breast milk and that the breast milk is safe for consumption.



Kansas
Breastfeeding
Coalition, Inc.

Did you know you can find resources to help support breastfeeding in your program, check out ksbreastfeeding.com for the following support materials and more!

- A Provider & Families Resource List
- Paced bottle feeding information
- Feeding Tips cards
- Sample Infant Feeding Guide
- Sample Infant Feeding Plan
- Breastfeeding Friendly Books & Toys ideas
- A Policy Sample

Helpful tips and guidelines for safe storage and preparation of breast milk:

- ◆ Never microwave breast milk. It is best to defrost breast milk in the refrigerator overnight, by running under warm water or by setting it in a container of warm water. Thawed breast milk should be used within 24 hours.
- ◆ At room temperature, a bottle of breast milk can safely stay out for 3-4 hours.
- ◆ Breast milk can be safely stored in the freezer for up to six months.
- ◆ If an infant doesn't finish the bottle of breast milk within one hour, throw out the rest. Bacteria from saliva can contaminate the milk and make the infant sick if he/she drinks it later.

Source: *Best Practices for Healthy Eating, Nemours: A Children's Health System*



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Do you have everything your business needs for the new school year?

- ☒ Books
- ☒ Pencils
- ☒ Crayons
- ☒ Snacks
- ☐ Lending Library Materials

Call us today for a list of lending library resources and for more information!



BACK TO SLEEP AND TUMMY TO PLAY

Tummy time is important for the development of infants. Babies need to sleep on their backs, but should spend awake time on their tummies. Why?

1. It strengthens the baby's neck, back and trunk muscles. Babies need strong muscle groups to crawl and walk.
2. Tummy time will help avoid flat head syndrome. Babies who spend too much time on their backs or in recliners can develop flat spots on their head.
3. Babies who spend time on their tummies look at the environment around them with a different perspective which supports cognitive development.
4. Tummy times helps with visual development as babies learn to track movement and focus on objects.



Babies should always be supervised by an adult during tummy time and always on the floor, grass, or ground.

Source: Childrensmemorial.org; AAP

"Clip and Save"
Makes it easy to clip out and save this healthy recipe before recycling the newsletter.



BALANCING ACT



AGES: 12-24 MONTHS

Goal: Toddlers need to practice balance both dynamic and static balance.

Static Balance requires a child to maintain a desired shape while still

Dynamic Balance requires the child to maintain an on-balance position while moving, starting and stopping.

Directions:

1. Have toddlers balance a bean bag on their heads.
2. Encourage them to stand up and sit down, walk fast and slow while balancing it. Talk about what they are doing as they move saying, "You're walking so quickly with the bean bag on top of your head" or "I can tell you are trying to balance it because you are walking slowly."
3. Then have them balance the bean bags using other body parts: shoulders, elbow, knee, foot. Again, describe their actions while they move. Say, "Balancing it on your elbow looks tricky!" or "You are holding your foot very still to keep the beanbag on top of it."
4. Have them get down on the floor, feet in the air and balance it on the bottom of one foot and then make it jump like a frog off their feet.
5. Don't forget to laugh and have fun.

Source: *Growing, Moving and learning Infant Toddler Toolkit: Nemours and Delaware Institution for Excellence in Early Childhood.*



FUN DATES TO CELEBRATE!

- 3rd: Watermelon Day
- 9th: Book Lovers' Day
- 16th: Tell a Joke Day
- 29th: More Herbs, Less Salt Day
- 31st: Trail Mix Day

Source: funfamilycrafts.com

Healthy Eats

Baked Zucchini Fries

- 1/2 cup Panko Bread Crumbs
- 1/4 cup parmesan cheese, grated
- 2 eggs
- 1 pound zucchini squash (about 3 medium)



Directions:

1. Preheat oven to 425 degrees. Line a baking sheet with aluminum foil and spray with non-stick cooking spray.
2. Cut the ends off the zucchini, then cut it into sticks.
3. Wisk eggs together in a shallow pie plate.
4. Dip zucchini in egg mixture, shake to remove excess, then roll in bread crumbs.
5. Bake 10-12 minutes. Flip the fries and bake another 10-12 minutes.

Makes 6 servings

Source: [Pinterest](https://www.pinterest.com)

Early Childhood Wellness, a Program of Child Care Aware® of Kansas

www.ks.childcareaware.org

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