



## RECIPES FOR LEARNING

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The following tips are brought to us by United Way's *born-learning*.

Before babies are born and ever after children are enchanted by music. Every parent is encouraged to share the rhythms and sounds of music. Let your baby listen to music throughout the day. Turn on the radio and sing along. Wind up a mobile. Fit the music to the mood. Use soothing sounds before bed and silly ones to get a smile. Dance around the room with your baby as both of you enjoy the music.

Sing songs from your childhood. Ask grandparents, aunts and uncles for suggestions.

When a baby shakes a rattle or pounds a drum, she learns about the beats and sounds of speech and music. Making music does magic for the mind. Make & play your own instruments. Making up songs and rhythms helps children express feelings.

## THE DOCTOR'S CORNER

*By Sue Abell, MD*

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Our area has recently witnessed the tragic deaths of two small children within one week. Both drowned in their own back yards. Drowning and near-drowning are unfortunately relatively common in this age group. In fact, it is the second leading cause of injury-related death in children, second only to motor vehicle accidents. (For young children, swimming pools are the greatest danger: the US Consumer Product Safety Commission has stated that a swimming pool is 14 times more likely than a car accident to be involved in the death of a child younger than 5 years old.) Even those children who are rescued from a near-drowning event may suffer terrible consequences, particularly brain damage that may be as mild as a learning disability or as severe as leaving the child in a vegetative state.

Most drownings in the one to four year old age group occur in swimming pools. According to the CDC, most children had last been seen in the home, had been out of sight less than five minutes, and were being watched by one or both parents at the time. The time from checking on your well, happy child to irreversible death IS LESS THAN FIVE MINUTES.

It is so easy to become distracted for those few minutes. If you must have a swimming pool, you MUST install a fence around it that completely separates the house and the rest of the yard from the pool. This fence should be at least 4 feet high and the gate should automatically swing shut when let go. The latch should obviously be out of reach of a child, and preferably difficult to operate (but not so difficult that adults are tempted to prop the gate open). This should be done even if your pool is of the above-

ground type. Don't rely on simply moving a ladder away from the pool. A motivated child might be able to move it back or find some other object to drag near the pool that is tall enough for them to topple forward into the water, or the ladder may be accidentally left in place.

If a friend or relative has a pool without a fence, when you visit them you must directly supervise your child at all times, or assign that task to someone who will have no other responsibilities for the minutes you are busy. Remember that direct supervision means your eyes must be on the child at every second. When you have to pay attention to something else, have someone else take over direct "eyes-on" supervision. It is so easy to become distracted for those few minutes... Remember, too, that children can drown in a very small amount of water. Never leave a child's inflatable pool filled with water after the kids' (supervised) play is done. Never leave a bucket of water unattended when you have a small toddler. Never allow them access to the bathroom without you.

Also remember that although swimming lessons are important and I would highly recommend them, they do not drown-proof a child. They may sometimes even increase the risk by making the child more eager to get into the water.

### CHILD AND ADOLESCENT CLINIC SPECIALIST CARE FOR EVERY CHILD

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PARENT GROUPS: (No child care provided; parents and children bonding together)  
 Toddler Tuesdays: 10-11:30 AM—Parents with children 2-4 years old  
 Wiggles & Giggles: 10-11:30 AM—Pregnant moms and parents with babies up to 2 years old  
 Positive Beginnings: 11 AM-12 PM—Focuses on the needs of new and/or expectant parents  
 Welcome Home Baby: 10-11 AM—a 4-week class filled with information about your amazing newborn  
 Union Familiar: 12-2 PM—A Hispanic playgroup in Woodland

**JULY 2009**

Monday	Tuesday	Wednesday	Thursday
6	7 Toddler Tuesday Discussion Circle	8 Wiggles & Giggles Farm Songs & Stories Union Familiar Woodland Library **Love & Logic #3	9 Welcome Home Baby Still Shiny (Video Part 2) Positive Beginnings Animal Songs & Stories
13	14 Toddler Tuesday Farm songs & stories	15 Wiggles & Giggles Doble Farm Union Familiar Woodland Library—Songs For Kids **Love & Logic #4	16 Welcome Home Baby Class #1: General Appearance Positive Beginnings Post-partum Mood Disorder **Love & Logic #1
20	21 Toddler Tuesday Farm Animal Craft/Collage	22 Wiggles & Giggles Parade Prep Union Familiar Progress Center **Love & Logic #5	23 Welcome Home Baby Class #2: Feeding Positive Beginnings Animal Craft/Collage **Love & Logic #2
27	28 Toddler Tuesday Parade Prep	29 Wiggles & Giggles *Kids' Day Parade* Union Familiar Woodland Library—Dragon Puppets @ 2 **Love & Logic #1	30 Welcome Home Baby Class #3: Still Shiny Positive Beginnings Who Lives At The Beach **Love & Logic #3

**AUGUST 2009**

Monday	Tuesday	Wednesday	Thursday
3	4 Toddler Tuesday Beach Studies: Who Lives At The Beach	5 Wiggles & Giggles Who Lives At The Beach Union Familiar Woodland Library—Ice Cream Social **Love & Logic #2	6 Welcome Home Baby Class #4: Post-partum Disorder Positive Beginnings Beach Books & Stories **Love & Logic #4
10	11 Toddler Tuesday Picky Eaters - Debbie Fredericks	12 Wiggles & Giggles Farm Songs & Stories Union Familiar Childcare Speaker from ESD112	13 Welcome Home Baby Class #1: General Appearance Positive Beginnings Feeding Is More Than Eating
17	18 Toddler Tuesday Scavenger Hunt	19 Wiggles & Giggles Scavenger Hunt Union Familiar Scrapbooking **Love & Logic #3	20 Welcome Home Baby Class #2: Feeding Positive Beginnings Scavenger Hunt **Love & Logic #5
24	25 Toddler Tuesday End Of Summer—Surprise!!!	26 Wiggles & Giggles End of Summer—Surprise!!! Union Familiar End Of Summer Party **Love & Logic #4	27 Welcome Home Baby Class #3: Still Shiny Positive Beginnings End Of Summer—Surprise!!!

**Love & Logic:** (A 5-week class) – An approach to raising children that provides loving support from parents while at the same time expecting kids to be respectful and responsible.  
 \*\*Love & Logic starting dates are subject to change

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*Our mission is to promote a community commitment to healthy parenting and to strengthen and enhance families to ensure the well-being of children.*

## PARENTS' PLACE STAFF DIRECTORY

<b>Main Desk</b>	<b>414-9212</b>
Director, Judy B	Ext. 11
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### *Office Hours:*

Monday—Thursday 9:00 am to 4:00 pm

Fridays 9:00 am to 3:00 pm

*Summer Hours (June 15—August 31)*

9—1 Monday—Thursday, closed Friday

**[www.parentsplacelongview.org](http://www.parentsplacelongview.org)**

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