

# Early Learning Parents' Pages

## September 2018

- Dads Take Your Child to School Day
- Families Prepare for Disaster
- September is Baby Safety Month
- Child Passenger Safety Tips



Coming  
in  
October

Young Children  
and Bullying

What Are  
Executive  
Functioning  
Skills?

Play – The Key  
to Learning

National Book  
Month

## The Power of Dads

To celebrate the impact that dads have on the lives of their children, the Florida Department of Education has designated Wednesday, September 26, 2018 as **Dads Take Your Child to School Day**.

Children without involved dads are three times as likely to find themselves in the juvenile justice system before the age of 18 compared to those with involved dads.

When dads are involved in a child's life and help to care for their children, the children feel loved and valued and are less likely to seek love elsewhere. Therefore, children with involved dads have lower cases of teenage pregnancy and perform better later on in life.

These results are the same across the board, even with dads with little formal education. One of the strongest predictors of a child's language competence is the father's vocabulary.



Heisman Trophy Winner Charlie Ward and Florida A&M University's Head Coach Willie Simmons stopped by the Turlington building to speak on the importance of a male role model in a child's education. #FLDadsAtSchool18 #FLedu

Children with involved dads stay at their jobs longer, are better at solving problems and are better at dealing with frustration. This results in workers who perform better in the workforce.

Children who have both involved fathers and mothers are more flexible when it comes to the roles of men and women in the home and at work.

Having a father or father figure and mother or mother figure makes a big difference in a child's life. It helps make a child feel loved, safe and capable which results in a happier, healthier life.

### The Benefits of Father Involvement

*Students whose fathers are involved in their education*

- Perform better in school.
- Have fewer discipline problems.
- Become more responsible adults.

Watch Chancellor Lyons' video on Dads Take Your Child to School Day:

[https://youtu.be/unmk\\_uo-7QQ](https://youtu.be/unmk_uo-7QQ)

**On September 26, 2018, we encourage everyone to take part in Dads Take Your Child to School Day by sharing photos/video. Be sure to use the hashtag: #FLDadsAtSchool18. 📷📹 #FLedu**

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# Early Learning Parents' Pages

## Families Prepared for Disasters

In Florida, the month of September is often a time for tropical storms and hurricanes. Now is the time to make sure your family will be safe if a tropical storm or hurricane affects your community. **September is National Disaster Preparedness Month** and there are many resources available to help your family prepare for hurricanes and other disasters. Planning ahead can make a big difference in your family's safety during a hurricane and in your family's quick recovery after the storm has passed.

**Preparation before a hurricane protects** your family. Make sure you sign up to get local weather alerts and warnings on your phone and other mobile devices. Have lots of batteries and battery operated lights, flashlights, weather radios and fans. Have plenty of water and non-perishable food for your family. Watch local news and weather reports for information on storms and evacuation notices. Make an evacuation plan with a list of different evacuation routes and a [family emergency communication plan](#). Have your [children make a communication plan](#) as well. Secure a place to stay (family, friends, hotels, shelters) until it is safe to return home. If you have a pet, have a [plan for your pet](#) as well. Have emergency bags for all family members packed and ready to go if needed. Remember to include medicines, special food needed, first-aid supplies and essentials for children and babies. Have a waterproof container or pouch for financial, medical, insurance, legal, and educational documents and records to take with you if you evacuate. Protect your property as best you can by turning off gas or electricity to stoves and water heaters, board up windows and anchor outside objects that may blow away or cause damage to your house. You may want to use FEMA's [hurricane preparedness checklist](#) to make sure you have all of the essential supplies you may need if no stores are open after the hurricane.

**During the storm**, evacuate if advised by local officials. If you stay at home, keep your family on the lowest level of your home, in an interior room, and away from all windows and doors. If there is flooding after the storm move to a higher level. Do not drive through high water or flooded streets. Call 9-1-1 if there is a life-threatening situation. Limit the use of your phones and other battery operated devices to save the batteries to contact officials, family and friends after the storm.



### [Ready Wrigley: An App for Kids](#)

The Ready Wrigley mobile application designed by the Centers for Disease Control and Prevention (CDC) teaches children what to do in emergency situations. Important information about emergencies is designed using age-appropriate language and activities for children to learn about disaster preparedness and response.

This mobile app is an adaptation of the Ready Wrigley activity book series for children, ages 2-8. The app uses the Ready Wrigley storybook, coloring book, and activities. Children can join the preparedness pup as she helps teach them and their families how to be safe during an emergency through fun games and activities!

Download the app for free on the Apple App Store.

**After the storm**, if you evacuated, return home only after local authorities determine it is safe to do so. If you remained at home or return home, do not drink tap water unless local officials report that the water is safe to drink. Do not go into damaged buildings until the buildings are inspected by officials. Watch for downed power lines, trees, poles and other debris that may be dangerous. Keep your children away from standing water, storm-water drains and other dangerous sites. Make sure to throw away all raw food that was frozen and has thawed.

Children will be frightened during the storm and may be upset when they see the damage the storm has done in the community. If your family experiences the loss of or injury to a family member or loss of housing as a result of the storm, your child may need counseling to deal with these traumatic events. Be calm and reassuring during and after the storm and explain to your child how your family plans to recover from the damages or losses caused by the storm. Many communities have health professionals and mental health counselors onsite after a disaster to help children and adults find [ways to cope](#) with their feelings and fears.

Visit these sites for more information on preparing for hurricanes and other disasters: [Preparedness for Hurricanes](#) ; [Be Prepared for a Hurricane](#); [How to Prepare for a Hurricane](#).

# Early Learning Parents' Pages

## Child Passenger Safety Tips



### Child Passenger Safety Awareness Week

September 23<sup>rd</sup> -29<sup>th</sup>

Take time to think about the dangers of children traveling in motor vehicles. Does your child travel in an age- and size-appropriate car seat, booster seat or use a seat belt? Using safety seats and seat belts can reduce the risk of serious or fatal injuries to children involved in accidents. Proper car seats for infants (birth to 12 months) reduces the risk of death in a motor vehicle accident by 71% and toddlers (1 to 4 years) by 54%. When children aged 4 – 8 years ride buckled up in a proper size booster seat, the risk of serious injuries in an accident is reduced by 45% compared with seat belt use alone. Seat belt use by older children reduces the risk of death or serious injuries in vehicle accidents by 50%.

From these statistics, the benefits of having your child in the proper size safety seat is obvious. If you do not know which type of safety seat or booster seat is the best one for your child, the Florida Department of Highway Safety has [guidelines for the type of safety seat or booster seats](#) required for infants, toddlers and young children. There is also a [Champion for Safety](#) children's activity sheet with rules for being a safe passenger on the website.

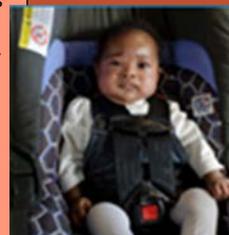
Safe Kids Worldwide has worked with General Motors to create the [Ultimate Car Seat Guide](#). It is available online in English and Spanish. You enter your child's first name, date of birth and weight in pounds. When you submit this information, it takes you to a page that tells you the type of car seat that is safest for your child. It explains how to install the car seat or booster seat and how to tell if it is the correct fit for your child. There are "bonus tips" on each page for additional information. Next, if your child is in a forward facing car seat, you will get information on when to move your child into a booster seat. If you have more than one child, you can find all the information you need for each child to keep them safe.

### Check out the Ultimate Car Seat Guide



#### Babies under 2 use rear-facing car seats

- My child always rides in a back seat and never in front of an air bag.
- My child always rides in a car seat made for his or her size and age.
- My child sits facing the back of the car in his or her car seat.
- The harness straps are snug on my child, and I can't pinch the buckled strap at the shoulder.
- My child's car seat is buckled tightly in the car and doesn't move more than one inch when I pull it where the seatbelt is buckled/attached.
- My child uses a bigger rear-facing car seat until he or she outgrows the harness.
- I never leave my child alone in a car.



#### Toddlers and big kids use forward-facing car seats with a top tether

If my child is over age 2 AND has outgrown the weight or height limits for the rear-facing seat:

- My child always rides in a back seat.
- My child always rides in a car seat made for his or her size and age.
- The harness straps are snug on my child, and I can't pinch the buckled strap at the shoulder.
- My child's car seat is buckled tightly in the car and doesn't move more than one inch when I pull it at the belt path. I use the top tether.
- My child uses this car seat until he or she outgrows the harness. Many harnesses go to 50 pounds or more.

For more safety tips and checklists for children using booster seats and seat belts go to: [Basic Car Seat Safety](#) from [www.safekids.org](http://www.safekids.org) and General Motors.

# Early Learning Parents' Pages

## Bonding with Grandparents

Most people remember their grandparents and treasure the time spent with them. Grandparents are an important part of a child's life and may often spend time reading, singing and playing games with their grandchildren or taking them on trips to historical sites or nature parks. When distance separates families, technology enables grandparents to "visit" their grandchildren virtually and talk, read or sing to them more often.

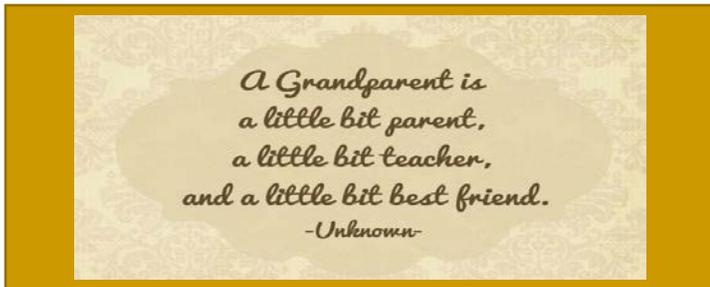
Children who bond with their grandparents have a better sense of physical and emotional safety, know more about their cultural heritage and family history and develop a better sense of trust and independence than children who do not have a strong relationship with grandparents.

Researchers have shown that a strong grandparent-grandchild relationship results from:

- The child feeling a sense of emotional closeness to his grandparent.
- The child having regular contact with her grandparent.
- The grandparent being a source of social support.

### Tips for Parents

### Tips for Grandparents



## Special Dates in October

- Oct. 1- National Homemade Cookie Day
- Oct. 5 – Do Something Nice day
- Oct. 9 – Fire Prevention Day
- Oct. 22 – National Nut Day
- Oct. 31 – Carve a Pumpkin Day



## Try these Activities for the Special Days in September



### National Play Dough Day

September 16<sup>th</sup>. Make play dough with your child. Let them measure the ingredients or mix in the food coloring to make different colors.

**National Family Day** is September 24<sup>th</sup>. Spend time as a family eating dinner together, playing a game and taking a walk after dinner. Look through your family pictures and tell your children stories about the family members in the pictures.

On September 25<sup>th</sup>, choose a favorite healthy treat to prepare for **Better Breakfast Day**. If your family loves pancakes, you can make pancakes and let your child use different pieces of fruit to make faces on the pancakes.

Sept. 26 is **Dads Take Your Child to School Day**. Ask dad or a male father figure to take your child to school, preschool or child care and talk with the teacher or other school staff. Post a picture of dad and your child at school. Please share the photos/video by using the hashtag: [#FLDadsAtSchool18](https://www.facebook.com/FLDadsAtSchool18).

Let your child help you bake a special treat such as caramel apples for a neighbor on September 28<sup>th</sup> for **Good Neighbor Day**.



# Early Learning Parents' Pages

## Keep Your Baby Safe



Most new parents are overwhelmed by all of the information they receive on ways to feed babies, how to bathe babies, how to soothe a crying baby and what kind of bed, car seat and toys are safe for babies. All of this is important for you to know. You may find it easier to have a list of ways you can keep your baby safe as she grows and begins to crawl and walk. [Safe Kids Worldwide](#) is a great site to find simple instructions and lists to “baby-proof” your home and prevent accidents that may harm your child.

Babies and toddlers are curious and active; it can be challenging to keep them safe while allowing them to explore and learn. [Safe Kids Worldwide](#) has many resources and safety checklists for babies and toddlers such as the [High 5 Baby Safety Checklist](#) and [videos](#). The [Can You Spot the Risks](#) video helps you learn to recognize threats to your child's safety around your home. There are videos on car seats, water safety, heat strokes, medicine safety, toy safety, safe play, safe sleep and other safety concerns.

Safe sleep is a priority for parents of newborns. Learn to prepare a safe sleeping environment for your newborn. Watch the [Safe Sleep video](#) for information about safe sleep practices. [Keeping Babies Safe](#) offers crib safety tips, recall information on [baby products](#) and safety newsletters for parents. For information from the American Academy of Pediatrics on sudden infant death syndrome (SIDS) visit [healthychildren.org](#) and read the Recommendations for Infant Sleep Safety.

Baby Safety  
**High 5**  
a safety checklist

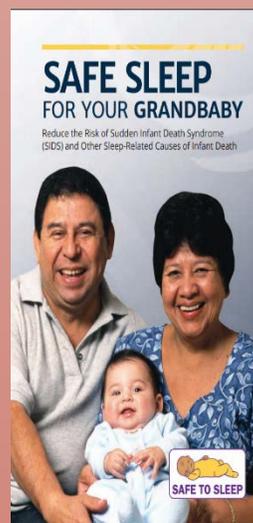


Children ages 0 – 12 months

- A firm mattress and fitted sheet are all you need for your baby's crib. Remove blankets and toys.
- Learn to use your child's car seat the right way. Use this [checklist](#) to help.
- Make sure you have both a working smoke alarm and a carbon monoxide alarm on every level of your home, and in all sleeping areas. Test the alarms to make sure they work.
- Place your baby's crib and other furniture away from windows and blinds. Your baby is safer without any strings or cords within reach.
- Set your water heater to 120° F to avoid scalds.

## What Grandparents Need to Know

Many grandparents babysit their grandchildren on a regular basis or have the grandchildren visit to give their parents a break occasionally. Many child care practices have changed since grandparents had their children years ago. Make sure you share safety tips and information about SIDS with grandparents so they can make their homes safe for your children.



Safe Sleep brochures for grandparents are available from the Safe to Sleep campaign as well as [videos for grandparents](#) to watch that explain the best way for babies to sleep. You can order a free 20 - page booklet, [Safe Sleep for Your Grandbaby](#), that helps grandparents and other care givers learn to reduce the risk of SIDS and other sleep related causes of infant deaths when caring for infants. Most grandparents will welcome a chance to learn ways to keep their grandchildren safe.

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