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**Resource Centers and
Lending Libraries**
Erie Early Childhood Cntr.
Merrill School
Northside School
Prophetstown Elementary
Tampico Elementary
Wallace Education Center

Administered By
Whiteside County Regional
Superintendent's Office

Funded By
State Board of Education
Erie Dist. #1
Prophetstown Dist. #3
Sterling Dist. #5
Morrison Dist. #6
East Coloma Dist. #12
Rock Falls Dist. #13
Riverdale Dist. #14
Montmorency Dist. #145

Whiteside County

PARENTS AS TEACHERS

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Sterling, IL 61081

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Preschool Screening

Elementary schools in Whiteside County will offer free preschool screening for 3 to 5 year olds in January, February, and March. This is an opportunity for you to find out how your child is progressing in his/her development.

All Whiteside County school districts have prekindergarten programs funded by the Illinois State Board of Education. If you would like your child to be considered for placement in a class next fall, he/she must attend the screening in your district.

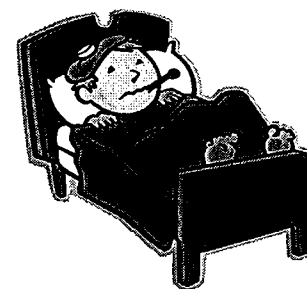
Sterling prekindergarten teachers will screen children on January 30 and 31. If you live in the Sterling School District, you may call Jefferson School at 625-6402, beginning January 3, to make an appointment.

Preschool screening dates for the other Whiteside County schools will be published in future newsletters.



When to Cancel Your Home Visit

If you or your child has a cold or the flu, please call your parent educator to cancel your visit. She will gladly re-schedule your home visit, whenever possible, to a time when you are all well.



Change of Day for LAPSITS

The Rock Falls Public Library will continue to offer Lapsits in the coming year, but they will now be on Thursday morning at 10 a.m. This way you and your children can attend the Lapsit on Thursday and our gym time at Wallace on Friday morning.

Wednesday Library Play Time

Due to lack of attendance, we will no longer offer the Wednesday afternoon play time in our Wallace Parents As Teachers Lending Library. Please continue to join us on Tuesday at Merrill and Friday at Wallace. See the enclosed calendar for times.

Keeping Young Children Safe in the Car



Far too often, we hear of preventable tragedies involving young children and cars. We can avoid these tragedies by keeping in mind a few simple rules.

✧ Never hold a baby or young child in your lap when riding in a car

Always use a car seat suited to your baby's age and size. It's important to use the right kind of car seat. Illinois's 2002 Child Passenger Protection Act specifies that

- Children under age 4 must be secured in an approved child safety seat—rear-facing for infants, forward-facing for toddlers, and forward-facing booster seats that are used with the vehicle lap and shoulder belt system for older preschoolers.
- Children ages 4 to 16 must be secured in a child safety seat or seat belt.
- The parent or legal guardian of a child under 4 years of age is responsible for providing a child safety seat to anyone who transports his or her child.

Children with physical disabilities that prevent the use of standard child safety seats are exempt from the provisions of the law if the disability is duly certified by a physician.

✧ Put children in the back seat—away from the air bag!

An inflating passenger air bag can kill a baby in a rear-facing safety seat if the seat is in the front. The National Highway Traffic Safety Administration (NHTSA) warns against placing a child seat for infants in the front seat of any car with an air bag. NHTSA also recommends that the safest place for children of any age to ride is the rear seat of a vehicle.

✧ Give each child a separate seat belt

A child who isn't buckled up could hurt himself or someone else. Buckling two people—even two children—into one seat belt could injure both of them in a crash. Each child safety seat needs its own seat belt too.

✧ Avoid heat-related injuries

In just a few minutes alone in a car, children can be in serious danger from heat exposure and dehydration, even if the windows are partly open. No matter how short a time you plan to be away from the car, take your child with you.

✧ Remember that children don't belong in truck beds

Allowing children to ride in a truck bed is dangerous as well as illegal. They can fall out of the truck bed when the driver swerves, brakes, or drives over rough roads. Children may forget what you have told them and stand up, sit on the tailgate, or play while the truck is moving. Covered truck beds pose problems, too. In covered truck beds, children can become overheated and be exposed to carbon monoxide poisoning from exhaust fumes.

✧ For related Web resources, see "Keeping Young Children Safe in the Car" at <http://illinoisearlylearning.org/tips.htm>.



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Illinois State Board of Education

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For more tip sheets on other topics, please go to <http://illinoisearlylearning.org>

Mantenga a su niño seguro en el automóvil



Demasiadas veces, nos enteramos de tragedias evitables que involucran a niños pequeños y carros. Podemos evitar estas tragedias teniendo presentes unas pocas reglas sencillas.

★ Nunca lleve a un bebé en su regazo cuando está en el carro

Utilice siempre un asiento apropiado a la edad y el tamaño de su bebé. Es importante tener el tipo adecuado de asiento. La ley Child Passenger Protection Act de Illinois de 2002 (Ley de Protección de Niños Pasajeros) especifica que:

- Los niños menores de 4 años de edad tienen que estar asegurados en un asiento de seguridad aprobado para niños pequeños. Este debe orientarse hacia atrás para los bebés menores de un año de edad y hacia adelante para los niños de uno y dos años de edad. Los asientos tipo "booster" que se orientan hacia adelante deben usarse con el sistema de seguridad del vehículo—cinturones que se cruzan en el hombro y el regazo—para niños de edad preescolar.
- Los niños y jóvenes de 4 a 16 años de edad tienen que estar asegurados con un asiento infantil de seguridad o con el cinturón de seguridad.
- El padre o tutor legal de un niño menor de 4 años de edad es el responsable por proveer, a cualquier persona que lleve al niño en un automóvil, con un asiento infantil de seguridad.

Los niños con discapacidades físicas que les impiden el uso de asientos infantiles de seguridad estándares, están exentos de las provisiones de esta ley siempre que un médico certifique debidamente la discapacidad.

★ Coloque a los niños en el asiento de atrás—¡lejos de la bolsa de aire!

Al inflarse, una bolsa de aire para pasajeros podría matar a un bebé en un asiento de seguridad que mira hacia atrás si el asiento se pone adelante. La National Highway Traffic Safety Administration (NHTSA, o la Administración Nacional para Seguridad de Tránsito en las Carreteras) advierte que nunca se debe colocar un asiento infantil en el asiento delantero de ningún vehículo que tenga una bolsa de aire. La NHTSA recomienda también el asiento trasero del vehículo como el lugar más seguro para los niños de cualquier edad.

★ Déle a cada niño su propio cinturón de seguridad

Un niño que no está bien asegurado podría lastimarse a sí mismo o a otra persona. Abrochar a dos personas—inclusive a dos niños—con un solo cinturón podría lastimar a los dos en caso de un choque. Cada asiento infantil de seguridad necesita su propio cinturón también.

★ Evite las heridas relacionadas con el calor

En solamente pocos minutos solos en un coche, los niños pueden estar en grave peligro debido a la exposición al calor y la deshidratación, aun cuando las ventanas se dejen parcialmente abiertas. No importa el poco tiempo que piense estar fuera del carro, lleve a su hijo con usted.

★ Tenga en cuenta que los niños no deben estar en la parte trasera de las camionetas

Permitir que los niños vayan en la parte trasera de los pickup (camionetas) es tan peligroso como ilegal. Pueden caerse cuando el conductor dobla, frena o maneja por caminos escabrosos. A los niños se les puede olvidar lo que Ud. les haya dicho, y así pararse, sentarse en la puerta trasera o jugar mientras la camioneta está en movimiento. Las camionetas cubiertas también presentan problemas ya que en ellas los niños pueden recalentarse y exponerse al envenenamiento por el monóxido de carbono de los humos del escape.

English Title: Keeping Young Children Safe in the Car



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Para más páginas de consejos acerca de otros temas, favor de visitar el: <http://illinoisearlylearning.org>



Parent Page

EAT YOUR VEGETABLES — THAT MEANS YOU, PARENTS!

"Eat your vegetables!" is a plea often heard around family dinner tables. Why is it that many young children don't seem to like vegetables? Are kids just born that way? It turns out that taste preferences are, in fact, developed prenatally. Research conducted by Leann Birch, Ph.D., at Pennsylvania State University shows that unborn babies may detect taste differences as early as the 13th week of pregnancy.

Prenatal influences

The taste of amniotic fluid changes with the foods the mother eats. Pregnant women who eat a wide variety of foods, including vegetables, expose their children to different tastes. Dr. Birch notes that babies' gulp rate of amniotic fluid increases when sweetness is present. Even unborn babies like dessert!

Breast milk is another way nursing babies are exposed to a variety of different tastes. The taste of formula is consistent from bottle to bottle, but the taste of breast milk changes based on what the nursing mom eats. Eating a wide variety of vegetables gives a nursing baby a sample of what's to come once he gets those teeth.

Toddler experimentation

Early exposure is an important factor in encouraging children to develop a taste for vegetables. Toddlers typically become more selective about the foods they will accept. Give your baby a wide variety of steamed vegetables cut in small pieces as soon as she can safely eat them. Some nutritionists recommend exposing your child to as many as 200 different foods by the age of 2 years. The more opportunity your toddler has to experiment with different tastes, the more willing she will be to accept variety. Your child may

narrow her food choices in the preschool years, but she is more likely to eat a variety of vegetables later on if she has been exposed to them early.

Texture counts, too

As your child is able to eat solid foods safely, present him with a variety of textures. Cooked green beans are crunchy and mashed sweet potatoes are smooth. Expose your child to both. Part of the reason children reject vegetables is that they don't like the feel of them in their mouths. Don't fall into the habit of giving your child only foods with smooth, slippery textures.

Does your child have to eat a heaping helping of steamed spinach to be exposed to it? Experts say no! A child may have to taste a new food 15 to 25 times before he is ready to eat a few bites. Don't worry about counting and don't be concerned with rejection; just keep putting those lima beans on the plate and cheerfully encouraging your child to take a taste. Smelling and touching foods also count as exposures. Let your curious toddler touch and smooch his zucchini. Some just may wind up in his mouth!

It starts with YOU!

You are the most important model for your child's good eating habits. Fill your plate with a variety of nutritious foods, including vegetables. Let your child see that you enjoy — or are willing to taste — vegetables and other nutritious foods. Young children often want a taste of what you are eating. Encourage them to taste the vegetables on your plate. Good nutrition is something you want to share.

Minding your peas and carrots: tips for lifelong veggie-loving

- ▶ Start early to offer steamed vegetables.
- ▶ Introduce 200 foods before age 2.
- ▶ Offer a vegetable 15-25 times.
- ▶ Let kids smell, touch, and taste veggies.
- ▶ Eat vegetables with your child.



Página para Padres

COMER VERDURAS – ¡UN MENSAJE PARA UDS., LOS PADRES!

“¡Coman las verduras!”, es un pedido que se oye muy a menudo en las cenas familiares. ¿Cuál es el motivo de que a tantos niños pequeños no les gusten las verduras? ¿Será que los niños nacen de esa forma? Resulta que las preferencias acerca de los gustos se desarrollan, de hecho, antes de nacer. El estudio realizado por Leann Birch, Ph.D., de la Universidad Estatal de Pennsylvania, indica que ya en la 13ava semana del embarazo los bebés aún no nacidos pueden detectar diferencias de sabor.

Influencias prenatales

El sabor del líquido amniótico cambia según los alimentos que ingiera la madre. Las mujeres embarazadas que ingieren una amplia gama de alimentos, incluyendo verduras, exponen a su hijo a sabores variados. La Dra. Birch observa que el índice de absorción de líquido amniótico aumenta en presencia de alimentos dulces. ¡Hasta a los bebés aún no nacidos les gustan los postres!

La leche materna es otra forma en que los bebés que amamantan están expuestos a una gama de sabores variados. El sabor de la fórmula es siempre el mismo, biberón tras biberón, pero el sabor de la leche materna varía según lo que ingiera la madre que amamanta. Ingerir una amplia gama de verduras le proporciona a un bebé que toma leche materna una muestra de los alimentos que probará una vez que tenga dientes.

Experimentación de los niños pequeños

La exposición temprana es un factor importante para fomentar que los niños desarrollen el gusto por las verduras. Los niños pequeños se vuelven generalmente más selectivos acerca de los alimentos que aceptan. Ofrezca a su bebé una amplia gama de verduras cocidas al vapor y cortadas en pequeños trozos, tan pronto como pueda comerlas sin peligro. Algunos nutriólogos recomiendan que, al cumplir los 2 años de edad, su hijo haya sido expuesto a unos 200 alimentos. Cuantas más oportunidades tenga el

niño pequeño de experimentar sabores diferentes, más alta es la probabilidad de que los acepte. Su hijo quizá limite las opciones de alimentos durante la etapa preescolar, pero tendrá más probabilidad de comer varios tipos de verduras más adelante, si ha estado expuesto a ellos a una edad temprana.

La textura también es importante

A medida que su hijo pueda ingerir alimentos sólidos sin peligro, ofrezca varios tipos de texturas. Los ejotes son crujientes y el puré de papa dulce es suave. Exponga a su hijo a ambas cosas. Parte del motivo por el cual los niños rechazan las verduras es que no les gusta la sensación que les produce en la boca. No caiga en el hábito de darle a su hijo solamente los alimentos con texturas suaves y blandas.

¿Su hijo debe comer una montaña de espinaca hervida para estar expuesto a ella? ¡Los expertos dicen que no! Un niño puede probar un alimento nuevo entre 15 y 25 veces antes de estar listo para comer algunos bocados. No se preocupe por llevar cuentas ni se inquiete si su hijo rechaza el alimento; continúe sirviéndole los frijoles blancos en el plato y fomentando con entusiasmo que los pruebe. Oler y tocar los alimentos también son formas de exposición. Permita que su niño pequeño toque y juegue con las calabacitas para satisfacer su curiosidad. ¡Quizá algún trozo termine en la boca!

¡El buen ejemplo comienza con USTED!

Usted es el ejemplo más importante para que su hijo desarrolle buenos hábitos alimenticios. Llene su plato con varios tipos de alimentos nutritivos, incluyendo verduras. Deje que su hijo le vea saborear, o note que está dispuesto a probar, verduras y otros alimentos nutritivos. A menudo los niños pequeños desean probar lo que usted está comiendo. Invítelos a probar las verduras que tiene en su plato. La buena nutrición es algo que usted descargará compartir.

Preocúpese por los chícharos y las zanahorias: Consejos para ser un aficionado de las verduras toda la vida

- ▶ Ofrezca verduras cocidas al vapor desde temprana edad.
- ▶ Introduzca 200 alimentos antes de que su hijo cumpla los 2 años.
- ▶ Ofrezca un mismo tipo de verdura entre 15 y 25 veces.
- ▶ Permita a los niños oler, tocar y saborear las verduras.
- ▶ Coma las verduras con su hijo.

January Parent and Child Activities

For all Parents As Teachers and Pre-kindergarten Families

Family Gym Time

Date: Tuesday, January 10
Time: 6 - 7 p.m.
Place: Dillon School Gym, Rock Falls

Join us for an evening of fun on the run in the gym. We will provide some riding toys, balls, hula hoops, and more. Hope to see you all there.

Hosted by Linda Berentes and Sandy Davis.

Lapsit: Stars

Date: Thursday, January 12
Time: 10:00 - 10:30 a.m.
Place: Rock Falls Public Library
1007 Seventh Avenue



Lapsit is a playtime designed especially for parents and children ages 1 - 3. You and your toddler will enjoy songs, finger plays, a simple activity, and time to share books.

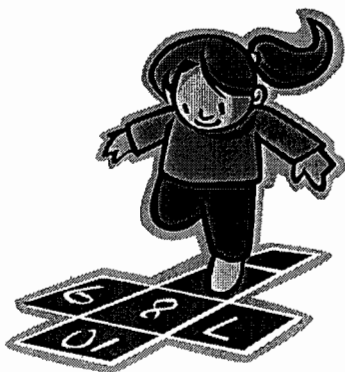
Sponsored by the Rock Falls Public Library.

Family Gym Night

Date: Tuesday, January 17
Time: 6 - 7 p.m.
Place: Prophetstown Elementary Gym

Bring the family in out of the cold for play time in the gym. Children may bring an indoor riding toy or skates if they would like to do so.

Hosted by Laura McCullough and Prophetstown Prekindergarten Program.



Hay Música en el Aire!

Fecha: 20 de enero, el viernes
Hora: 1:00 - 2:00 por la tarde
Lugar: Escuela Wallace en el gimnasio
Sterling

Vengan con nosotros para cantar, bailar, oír, y jugar con la música. Sentirán buenos y tendrán un buen tiempo.

Anfitrionas: Devorah Jacobs, Mary Etnyre, y Sue Austin.

Music in the Air

Date: Friday, January 20
Time: 1 - 2 p.m.
Place: Wallace Education Center Gym
Sterling

Join us for singing, dancing, and playing music. These activities not only make you feel good but have many benefits for children.

Hosted by Deb Jacobs, Sue Austin, and Mary Etnyre.

Family Gym Night

Date: Monday, January 23
Time: 6 - 7 p.m.
Place: Morrison Northside School Gym

Bring the family in out of the cold for play time in the gym. Children may bring an indoor riding toy or skates if they would like to do so.

Hosted by Laura McCullough and Morrison Prekindergarten Program.

A Night in the Gym

Date: Tuesday, January 31
Time: 6 - 7 p.m.
Place: Erie Early Childhood Annex Gym

The gym will be divided into activity areas for balls and hoops, giant tinker toys, sit-on bouncy balls, tunnels, and riding toys. Some trikes will be available, but children are invited to bring their own indoor riding toy if they would like to do so. To protect the gym floor, these riding toys will have to "pass inspection" at the "wheel inspection station" to be sure the wheels are clean. There will be a "wheel wash station" available if the wheels do not pass the initial inspection. A snack will be served.

Hosted by Kathy Wolf and Erie Prekindergarten Program.

January Toy Lending Library Hours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3 MERRILL LIBRARY CLOSED For Staff Training	4	5	6 Wallace Library 9:00-10:00 a.m. Wallace Gym 10:00-11:00 a.m.	7
8	9	10 Merrill Library 9:00-11:00 a.m.	11	12	13 Wallace Library 9:00-10:00 a.m. Wallace Gym 10:00-11:00 a.m.	14
15	16	17 Merrill Library 9:00-11:00 a.m.	18	19	20 Wallace Library 9:00-10:00 a.m. Wallace Gym 10:00-11:00 a.m.	21
22	23	24 Merrill Library 9:00-11:00 a.m.	25	26	27 Wallace Library 9:00-10:00 a.m. Wallace Gym 10:00-11:00 a.m.	28
29	30	31 Merrill Library 9:00-11:00 a.m.				



Oh, the weather outside is frightful...

When the schools are closed due to bad weather, all Parents As Teachers activities will be cancelled, and the toy lending libraries will be closed. If you should have questions about any of our scheduled activities, please call your parent educator at home or Pat at 625-1495.

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