



Early Learning Digest

Research-based information provided through a partnership between the Minnesota Department of Education and the Working Family Resource Center

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Summer Safety Tips for Children

Summer brings warm weather and outdoor activities. Here are important ways to keep children safe and healthy this summer.

Prevent Sunburn:

- Dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. Avoid sun exposure if at all possible with infants under 6 months. If necessary, apply a minimal amount of sunscreen with at least 15 SPF to small areas, such as the face and the back of the hands.
- With older children, the best defense is to cover up with a hat, sunglasses and long sleeve cotton clothing.
- Stay in shade when possible and limit exposure during peak hours.
- On sunny and cloudy days use a sunscreen with a SPF of 15 or greater that protects against UVB and UVA rays. Reapply sunscreen every two hours, and after swimming or sweating.

Avoid Bug Bites:

- Avoid scented soaps, perfumes or hair sprays on children, which can attract insects.



- Combination sunscreen and insect repellent products should be avoided. Sunscreen needs to be reapplied every two hours, but insect repellent should not be reapplied.
- Current Center for Disease Control recommendation for children under 2 months of age is to use 10 – 30 percent DEET. DEET should not be used on children under 2 months.
- Choose the lowest concentration of DEET that will provide required length of coverage. 10 percent DEET provides protection for about 2 hours, and 30 percent DEET provides protection for about 5 hours.

Source: "Summer Safety Tips – Part 1," *American Academy of Pediatrics*, April; 2011. For full article go to www.aap.org/advocacy/ZZzeases/summertips.htm.

Will Baby DVDs Help My Child Develop?

Many baby DVDs proclaim to promote good child development. While these DVDs may catch your baby's attention, an infant can learn just as much – if not more – by interacting with you and other caregivers.

In a 2007 study, children ages 8 months to 16 months learned six to eight fewer new words for every hour of screen time a day than did babies who had no screen time. In a 2009 study of children ages 2 months to 4 years, turning on the television reduced verbal interaction between parents and children, which may delay language development. In contrast, research has shown that reading to young children once a day has the opposite effect, boosting language ability for both babies and toddlers.

The American Academy of Pediatrics discourages screen time for children younger than age 2. Instead of relying on baby DVDs, promote infant development by talking, playing, singing and reading to your baby. Even if your baby doesn't understand what you're saying or grasp the plot of a story, he or she will soak in your words and love the attention. These simple activities form the basis for speech and thought.

Still, baby DVDs aren't necessarily off-limits. If your family enjoys this kind of programming, turn it on only occasionally and encourage interaction by watching the programming together.

Source: "Baby Einstein: Can baby DVDs promote infant development?" *Mayo Clinic*, 2009.

Trusted parenting information, resources and activities to help your children grow, develop and learn from birth through high school at www.MNParentsKnow.info.

New Baby Sibling, Part 2

Once your new baby arrives, you can help your older child adjust by doing the following:

- Set aside special time for your older child. Let your child choose the activity.
- Listen to how your child feels about the baby and the changes in your family.
- Have the new baby and the older child exchange gifts.
- Have some special “big brother” or “big sister” gifts to give your child as friends and relatives start showing up with baby gifts.
- Give them special jobs that they can do to help the family and help with the baby’s care.
- Point out the benefits of being an older child, like choosing what to eat, being able to go to the park, and having friends.



Having a new baby in the family may be one of the tougher things your older child has to deal with. However, it may eventually be one of the greatest gifts you can give them.

Source: “New Baby Sibling: Helping Your Older Child (or Children) Adjust,” University of Michigan Health System, 2011.

Tufts University 

Child&FamilyWebGuide

Experts from Tufts University have systematically evaluated websites to ensure that the child development and health research presented is of the highest quality and is parent friendly. You can quickly access information on these sites through the Google Custom Search at http://education.state.mn.us/ParentsKnow/acrossTheNet.jsf?ageGroup=age1_2.

Test Your Knowledge of the Impact of TV on Children.

- T F Children who consistently spend more than 4 hours per day watching TV are more likely to be overweight.
- T F Viewing violent acts on TV does not have significant impact on children’s behavior because they don’t really understand the reality of violence and its consequences.
- T F TV characters can reinforce gender-role and racial stereotypes that children may believe.

Answers: 1) T, 2) F, 3) T

Mom Enough™ Podcasts



Mother-daughter co-hosts Marti and Erin Erickson invite you to explore with them the many facets of motherhood in today’s world – from confronting the daily joys and strug-

gles of helping kids grow up well, to balancing work and family, to considering the big questions of how society views and values mothers and mothering. They invite you to join the conversation at www.momenough.com.



Working Family Resource Center delivers high quality family and wellness education to employees where they work, in order to strengthen individuals, families and communities. Visit us on the web at www.workingfamilyresourcecenter.org.

help me



If you have concerns about your child’s growth and development, please talk to your child’s health care provider or call 1-866-693-GROW (4769), to talk to a professional and find out how you can get connected with various resources in Minnesota.