



Toddlers On The Move

A child's exploration through movement and motor development is important for learning, communication and over-all health. As your toddler moves-she learns! Whether using small muscles or large muscles, she is discovering new things and her independence and self-confidence are increasing. With the mastery of each new muscle or motor skill, your child's confidence grows and will lead to learning more challenging skills.

While every child is unique and develops at his own rate, there are certain "developmental milestones" or things that a child can do within certain age ranges. A well-known saying, "walking by one, talking by two and drawing by three" is a very general guideline you can use to let you know broad expectations of your toddler's development.

Walking, for example, occurs when a child is between the ages of 9-15 months, and the average age that a child walks is 13 months. When a child does not reach a developmental milestone within the typical age range, the parent and health care provider will want to make sure that there is not something causing a delay, and get help early if needed.



Motor development is one of the developmental milestones your health care provider will check routinely on well-child visits. Motor development includes both small muscles and large muscles. Small motor activities involve muscles that are used for picking up Cheerios, stacking blocks, turning pages of a book or coloring with a crayon. Large motor activities involve muscles that are used for walking, jumping, climbing and dancing.

Specific information about developmental milestones by age is available online, as well as activities that parents and caregivers can do to develop a child's large and small muscles—and ideas to cope with "toddlers on the move!"

Source: http://parentsknow.state.mn.us/parentsknow/age1_2/topicsAZ/PKDEV_000366

Bugs and Bites

Most bug bites and stings are minor, but occasionally they cause infections that require medical treatment, or allergic reactions that can be serious, even fatal. Know the signs of an infection or allergic reaction, and when to get medical attention.

If there are signs of a severe reaction:

- Call 911. If the child is conscious, give him or her diphenhydramine, such as Benadryl.
- If the child has an injectable epinephrine (EpiPen), it should be given.

If there are no signs of a severe reaction:

- If the child was stung and insect's stinger is visible, remove it as quickly as possible by scraping the skin horizontally with the edge of a credit card or your fingernail.
- Wash the area with soap and water.
- Apply ice or a cool wet cloth to the area to relieve pain and swelling.
- Give a pain reliever safe for children.

Seek medical care if:

- A sting or bite is inside or near the mouth.
- The child has a known severe allergy to a stinging or biting insect.
- Injectable epinephrine (EpiPen) was used.

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Teaching Kids about Playground Safety

Safe equipment and adult supervision are important for safety on any playground. But children also need to learn how to be safe and act responsibly, since adults are not always present as kids get older.

Even though you may be supervising them, it's never too soon to discuss these playground safety tips with children:

- Never push others while on jungle gyms, slides, seesaws, and other equipment.
- Use equipment properly — slide feet first, don't climb outside guard rails, no standing on swings.
- Remind kids to make sure others are not in the way if they plan to jump off equipment, and teach them to land on both feet with their knees slightly bent.

- Leave bikes, backpacks, and bags away from the play area so that no one trips over them.
- Wear a helmet while bike riding, but take it off while on playground equipment.
- Avoid using playground equipment that is wet because moisture makes the surfaces slippery.
- Check the temperature of playground equipment in the summertime. If equipment feels hot to the touch, it is not safe to play on. Contact burns can occur within seconds.
- Avoid wearing drawstrings, purses, and necklaces since they can get caught on equipment and accidentally strangle a child.
- Wear sunscreen even on cloudy days to protect against sunburn.

Source: http://kidshealth.org/parent/firstaid_safe/outdoor/playground.html#

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- The site looks infected (increasing redness, warmth, swelling, pain, or pus occurring several hours or longer after the sting or bite).
- The child is wheezing or having difficulty breathing; there is swelling of the lips, tongue, or face, dizziness or fainting, and nausea or vomiting.

Think prevention by teaching your children to avoid walking barefoot while on grass. Avoid playing in areas where insects nest or congregate. Be sure to tell your child's caregiver about any history of allergic reactions as well.

Source: "Bug Bites and Stings," http://kidshealth.org/parent/firstaid_safe/emergencies/insect_bite.html#.

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 struggles of helping kids grow up well, to balancing work and family. They invite you to join the conversation at www.momenough.com.



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.

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