

Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas

Breastfeeding Awareness Month

Breastfeeding and Safe Sleep

By Brenda Bandy, IBCLC, Executive Director, Kansas Breastfeeding Coalition

Breastfeeding is protective against Sudden Infant Death Syndrome (SIDS). Exclusive breastfeeding for 6 months has been shown to reduce the risk of SIDS by 70% (Hauck et al, 2011). However, any breastfeeding for at least 2 months has been shown to be protective against SIDS, decreasing the risk by almost half (Thompson, 2017).

The American Academy of Pediatrics elevated breastfeeding to #3 on its list of recommendations to reduce the risk of SIDS and other sleep-related infant deaths in their updated [2016 Recommendations for a Safe Infant Sleeping Environment](#). This is up from #8 on the list in the previous recommendations. Recommendation #1 is back to sleep for every sleep and #2 is use a firm sleep surface. Breastfeeding offers many health benefits for babies and the reduction in the risk of SIDS is yet another powerful reason for child care providers to support breastfeeding families.

For more information about how to support the breastfeeding family, contact Brenda Bandy bbandy@ksbreastfeeding.org.



Kansas
Breastfeeding
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Breastfeeding Resources

Did you know you can find resources to help support breastfeeding in your program? Check out ksbreastfeeding.com for the following support materials, helpful videos and more!

- Resource List for Providers and Families
- Paced bottle feeding information
- Feeding Tips cards
- Sample Infant Feeding Guide
- Sample Infant Feeding Plan
- Breastfeeding Friendly Books & Toys ideas
- A Policy Sample
- Safe Infant Sleep and Breastfeeding Support: What to Consider When Looking for Child Care
- Caregiver of the Breastfed Baby handout



Beanbag Balance

AGES: 12-24 MONTHS

Goal: Toddlers need to practice balance both dynamic and static balance. Static Balance requires a child to maintain a desired shape while still. Dynamic Balance requires the child to maintain an on-balance position while moving, starting and stopping.

Directions:

1. Have toddlers balance a bean bag on their heads.
2. Encourage them to stand up and sit down, walk fast and slow while balancing it. Talk about what they are doing as they move saying, "You're walking so quickly with the bean bag on top of your head" or "I can tell you are trying to balance it because you are walking slowly."
3. Then have them balance the bean bags using other body parts: shoulders, elbow, knee, foot. Again, describe their actions while they move. Say, "Balancing it on your elbow looks tricky!" or "You are holding your foot very still to keep the bean bag on top of it."
4. Have them get down on the floor, feet in the air and balance it on the bottom of one foot and then make it jump like a frog off their feet.
5. Don't forget to laugh and have fun!



Source: Growing, Moving and learning Infant Toddler Toolkit: Nemours and Delaware Institution for Excellence in Early Childhood.

"Clip and Save"

Makes it easy to clip out and save this healthy recipe before recycling your newsletter.



Smart Choices



Many parents worry they are not feeding their child enough food. But serving sizes for infants, toddlers, and preschoolers are much smaller than for adults. It is important to remind parents that their child may eat more or less, depending on their age, gender, and feeding patterns. Click on the links below for age-appropriate portion size information:

- [Smart Choices for Feeding 9-Month Olds](#)
- [Smart Choices for Feeding Toddlers](#)
- [Smart Choices for Feeding Preschoolers](#)



Tummy Time

Tummy time is important for the development of infants. Babies need to sleep on their backs, but should spend awake time on their tummies. Why?

- **It strengthens the baby's neck, back and trunk muscles. Babies need strong muscle groups to crawl and walk.**
- **Tummy time will help avoid flat head syndrome. Babies who spend too much time on their backs or in recliners can develop flat spots on their head.**
- **Babies who spend time on their tummies look at the environment around them with a different perspective which supports cognitive development.**
- **Tummy times helps with visual development as babies learn to track movement and focus on objects.**

Babies should always be supervised by an adult during tummy time and always on the floor, grass, or ground. For more information, [click here](#).

Source: <https://www1.nichd.nih.gov/sts/about/Pages/tummytime.aspx>; AAP



Healthy Eats

Baked Zucchini Fries

Ingredients:

- ½ cup Panko bread crumbs
- ¼ cup parmesan cheese, grated
- 2 eggs
- 1 pound zucchini squash (about 3 medium)

Directions:

1. Preheat oven to 425°. Line a baking sheet with aluminum foil and spray with non-stick cooking spray.
2. Cut the ends off the zucchini, then cut it into sticks.
3. Whisk eggs together in a shallow pie plate.
4. Dip zucchini in egg mixture, shake to remove excess, then roll in bread crumbs.
5. Bake 10-12 minutes. Flip the fries and bake another 10-12 minutes.

Makes 6 servings

Source: Allrecipes <https://www.allrecipes.com/recipe/236302/baked-zucchini-fries/>

