




First 5 Inyo County
a division of
 Health & Human Services
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AN EARLY CHILDHOOD NUTRITION & FITNESS NEWSLETTER * JUNE 2011



FIRST 5 INYO
 F. amilies
 U. nderstanding
 N. utrition & Fitness



YOUTH POW WOW
 Joan at 872-4600
 Saturday June 6, 2011

Come on over to the Pow Wow grounds on N. PaHa in Bishop!

GET READY FOR PRE-K ICSOS at 760-873-5123
 Tuesdays in June—Bishop
 Wednesdays in June—LP

Sign up for this fun opportunity to introduce your child to preschool activities & play! Flyers at www.inyocounty.us/first5.

BOUNCING PARK PONIES
 Carol at 760-933-2606
 Throughout June 2011

Freedom in Motion is offering classes in Bishop that earn children riding hrs at the Ranch!

EVERYBODY SWIMS
 Karey at 760-873-5863

Session 2 Jun 14th to 23rd
 Session 3 June 28 to July 8th
 Sign up for these free swim classes for kids up to 5 years!

GRANDPARENT PLAYDAY
 Tina at 760-873-5040
 Fridays at 10 in June

Join us at Millpond for some fun activities and play ideas!

**Want to Change the World, or at least your Neighborhood or School?
 FIRST 5 STRATEGIC & SPECIAL GRANTS FUND CHANGE FOR CHILDREN**

Community organizations that want to make a difference in the lives of children 0 to 5, or their families, step up now! Up to \$2,500 is available monthly to any organization that has an idea to benefit children's health, development, school readiness, or family functioning. Past projects have centered on nutrition, motor skills, literacy, and more!

And through July 29, Organizations can also apply for up to \$60,000 in special grant funds to offer more comprehensive health, development and family strengthening programs during this next fiscal year that stretches from July 1, 2011 to June 30, 2012. Grants can be downloaded at www.inyocounty.us/first5 or call 873-6453 to learn more.

New Autism Test With 75% Accuracy

Screening babies at one year allows for new therapies & earlier treatment



In piecing together the puzzle of autism, Science made a huge stride this Spring with the development of a simple 5-minute questionnaire that screens for signs of autism in one year olds.

Early detection of autism is a huge benefit for children and their families, because it allows for therapies to begin sooner, leading to significant improvements in that child's development and learning abilities. Karen Pierce, PhD, of the University of San Diego pioneered this screen, creating a network of over 130 Sand Diego County pediatricians to implement the screen with their clients & test its effectiveness.

Of the almost 10,500 children screened by the tool, 43 were identified as candidates for further tests regarding language & developmental delays, and 32 were ultimately diagnosed with ASD. But the incredible benefit was that on the average children were referred for the correct language and behavioral therapy before they were a year and a half old, whereas the average autism diagnosis & therapy doesn't take place until a child is about age 6 and has already wrestled with years of social and school issues undiagnosed.

96% of the pediatricians involved rated the program favorably and 100% of the 130 study offices are still using this screen. To learn more about the CSBS DP Infant Toddler Checklist visit www.nih.gov and the screen is available for downloads in English & Spanish from the First Words Project online.



GREAT GAME!

Supplies:

Household sprinkler, hose, cups, balls, etc.

Objective:

Summer is the time when wet is synonymous with fun, so splash it up in your yard this month! Encourage your kids to use foam and plastic balls to create new sprinkler games. Play dodge ball around a stationary sprinkler with the rule that the ball has to pass through the spray before hitting a human target, or divide kids into two teams — each with a plastic cup & bucket. One at a time, team members have to fill their cup with sprinkler spray and then run and dump it in the bucket. First full bucket wins!



Quick Picks

*Easy to Prepare Meals
That Are Good For You!*

**This month's selections,
available at our website,
www.inyocounty.us/first5 are:**

DADDY's BBQ ROAST RUB



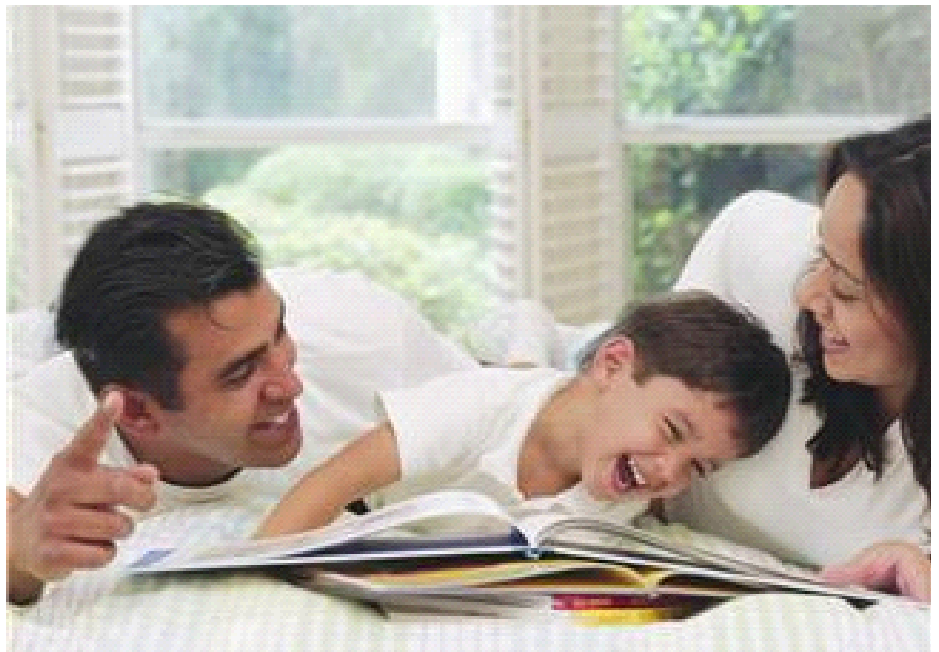
POP's CORN FLAKE CHICKEN

D.A.D. SPELLS PRETZELS

FATHER's DAY FAJITAS



Dad's Matter: Facing Fatherhood Facts



CHILDREN ARE LESS HEALTHY WITHOUT FATHERS

- Infant mortality rates are 1.8 times higher for infants of unmarried mothers than for married mothers.
- Based on birth and death data for 217,798 children born in Georgia in 1989 and 1990, infants without a father's name on their birth certificate were 2.3 times more likely to die in the first year of life compared to infants with a father's name on their birth certificate
- Youths are more at risk of first substance use without a highly involved father. Each unit increase in father involvement is associated with 1% reduction in substance use. Living in an intact family also decreases the risk of first substance use.

CHILDREN ARE POORER WITHOUT FATHERS

- Children in father-absent homes are five times more likely to be poor. In 2002, less than 8% of children in married-couple families were living in poverty, compared to the 40% of children in female-householder families.
- A child with a nonresident father is 54 percent more likely to be poorer than his or her father.

CHILDREN ARE MORE LIKELY TO GET INVOLVED WITH CRIME WITHOUT FATHERS

- Adolescents, particularly boys, in single-parent families are at higher risk of delinquencies. Moreover, students attending schools with a high proportion of children of single parents are also at risk.
- A 2002 Department of Justice survey of 7,000 inmates revealed that 39% of jail inmates lived in mother-only households. A similar women's prison study found 45% of female inmates in Chicago grew up without a father.

*STATS FROM NATL. FATHERHOOD INITIATIVE

