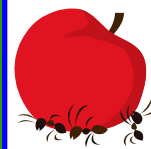


Handfuls

First 5 Inyo County
a division of
Health & Human Services
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Bishop, CA 93514
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EARLY CHILDHOOD NUTRITION & FITNESS NEWSLETTER * SEPTEMBER 2011



FIRST 5 INYO

F. amilies
U. nderstanding
N. utrition & Fitness

Family Fun Thursdays

All September long for
TURN OFF TV month



SEPT. 8—CANAL WALK
Meet us at the E. Line canal at 6PM for a family walk. Follow the balloons, to the half-way marker for a hand stamp, & then walk back to E. Line. Free pedometers & other prizes to those who participate!

SEPT. 15—BOUNCEFEST
Come play on the giant inflatables at Calvary Baptist Church Gym at 1100 W. Line Street in Bishop from 6 to 7 PM!

SEPT. 22—CRAFT NIGHT
Join us for a story and a craft at the First 5 Inyo ofice at 568 W. Line Street. Sign up for 6PM or 6:30 at 760-873-6453!

SEPT. 29—SING-A-LONG
Head out to Isaac Walton Park for a kid-friendly campfire sing-a-long and S'MORES snacks!

HAVE YOU ENTERED OUR TURN OFF TV CONTEST?

Calling all families with a child 5 or younger! Pick a night or a week this month, and turn off your TV! Whether you watch the sunset, go for a family run, or break out into a giant family pillow fight doesn't matter, what does is that you have taken the first step toward life outside of that tiny little box in your living room!

Send us a snapshot or drawing of what you do instead of watching TV, and we'll post it on our website, and place your entry in a drawing to win an \$100 gift card. The first 5 families to turn in their entries receive a free family game and frozen yogurt coupons, so enter ASAP! We know you'll love it, because everything is more fun when it is real!

WORKING MOMS STUDY PROMOTES EDUCATION Nurturing home life linked to working mother's ed level



The fastest-growing sector of the female workforce in the U.S. is mothers of children under 5, & a recent study from the University of Illinois sheds light on the effects of this trend on young children's development.

The greatest predictor of a nurturing home environment is still a mother's educational level, with moms who have finished even a year more of high school or junior college scoring progressively higher in home factors-- from warmth & responsiveness to their child, to cognitive stimulation factors, to creating clean & safe physical environments-- than mothers who discontinued their schooling earlier.

Of the 1,000 working moms in the study, low-income single mothers trended the same, with each extra year of education they attained adding to the quality of the home environment they create for their child. "If young single moms have even one more year of school, they do much better in parent-child relationships," said Christy Lleras, the University of Illinois assistant professor of Human & Community Development who conducted the longitudinal study. "Ultimately, these results underline that helping moms attain as much education as possible benefits their children too," she said.

The next predictive factor of a nurturing home life for single working moms with young children was a job with a predictable day schedule, or room for flexibility with rotating shifts. "If further schooling is not an economic option, then growing jobs with increased flexibility or rotating shifts might help low-income single mothers better leverage their time to establish the type of home environment they want for their children."



GREAT GAME!

Supplies:

Envelopes, bike, basket, etc.

Objective:

Tape up large manila mailing envelopes around your yard or home to serve as mailboxes with simple numerical addresses.

Help your child dress in their blue and white best, and then give them several small white envelopes to deliver to the matching mailboxes. Your child will have fun running to and fro to drop off "mail", and they will be developing their number recognition skills as well!

Quick Picks

Easy Meals That Are Good For You!

For more seasonal recipes like the one below, visit us at: www.inyocounty.us/first5

[Back to School Snacks like these will keep your preschooler ready to learn!](#)



*Cranberry
Almond
Granola*

Pattycakes with Pear Relish

Cider Cinnamon Floats

*Homemade Hummus
with Pita Chips*

*Apple Slices with
Date & Walnut spread*



Why Reduce TV Time?

EARLY EXPOSURE TO TV IMPEDES CHILD DEVELOPMENT

- Screentime for children under 3 is linked to irregular sleep patterns & delayed language acquisition.
- Screentime for children under 2 prevents critical development in the parts of their brain that control creativity, cognitive learning patterns, constructive problem solving, and imaginative play.
- Even when babies & toddlers watch TV with their parents, studies show their parents speak to them less & spend less time interacting with them, the key methods of development for the majority of early childhood.

TOO MUCH TV IS HARMFUL TO YOUR CHILD'S HEALTH

- On average, preschoolers in America spend 32 hours watching TV per week, and this sedentary time makes them more likely to be overweight, sleep poorly, and become depressed more easily.
- Children who watch TV often snack on high calorie & high fat foods while watching TV, and they eat larger portions of food than normal meal portions when eating while dining in front of the TV.
- Childhood Obesity, which is more likely statistically the more TV you watch, leads to health issues like diabetes, heart problems, & respiratory complications, as well as the likelihood of being bullied.

EXCESS TV-VIEWING STRAINS FAMILY RELATIONSHIPS

- Television viewing at a young age is associated with later behavioral problems unless heavy viewing is discontinued by age 6.
- High exposure to TV viewing in the home has been associated with increased early childhood aggression according to studies published in *Pediatric & Adolescent Medicine* magazine.
- The more screentime preschoolers are granted, the less time they spend with their parents as they age. The average adolescent 8 to 18 spends 6+ hrs. a day on screentime & less than 1/2 an hr. with family sans media.



UPCOMING EVENTS

First 5 Wed. Night Playgroup - 6 to 7 PM
Sept. 7, 14, 21, & 28th at Bishop Senior Center

Free Child Admission to Tri-County Fair
Sat. Sept. 3—Kids 12 & Under Free All Day

First 5 New & Expectant Parent Classes—6 to 7 PM
Mondays Oct. 3, 10, 17, & 24 at 568 W. Line Street

First 5 Read & Romp Story Nights—6 to 7 PM
Wednesdays Oct. 5, 12, 19, & 26 at 568 W. Line Street

