



Wings

A Weekly Newsletter for Families

July: Week 4
Parenting Tips

“Believe you can and you’re halfway there.” – Theodore Roosevelt

Up, Up and Away: Airline Travel Safety

The American Academy of Pediatrics (AAP) offers these helpful pointers for stress-free family travel this summer and all year long.

- Allow extra time to get through security, especially with younger children.
- Check the airline’s website before you travel to find out about their policies for bringing car safety seats.
- Keep your child properly restrained while flying. The best option is a car safety seat that fits your child’s age, weight and height. Check the car seat label to see if the seat is FAA-approved. Children who weigh more than 40 pounds can use the aircraft safety belt.
- While the FAA allows children under age 2 to be held on an adult’s lap, explore options to holding your child while in flight. If you can’t buy a seat for your child, try to pick a flight that is likely to have empty seats where your child could ride in their safety seat.
- To decrease ear pain, encourage your infant to nurse or suck on a bottle. Older children can try chewing gum or drinking through a straw.
- Wash your hands frequently or bring hand-washing gel or disinfectant wipes to prevent illness.
- Talk to your pediatrician before you fly with a child who had an ear infection or ear surgery in the past two weeks.



•• INFANT Inspiration

Make the Most of Naptime
Set a good nap routine and stick to it by:

- Having the same nap times each day.
- Avoiding late afternoon naps. If your baby has trouble falling asleep at night, make nap time earlier or wake them from their nap well before bedtime.
- Using the crib at night and at nap time, so the baby thinks “sleep” whenever they’re in the crib.

As your baby gets older, encourage longer naps by stretching the time between naps. One- to two-hour naps will lead to sounder sleep at night.

•• TODDLER Tales

Seven Secrets of Toddler Discipline

Thanks to our friends at webmd.com for these tips:

- Be consistent
- Avoid stressful situations
- Think like a toddler – acknowledge their feelings, set limits while respecting the child and give choices
- Practice the art of distraction
- Give your child a break
- Stay calm
- Know when to give in

•• PRESCHOOL Power

The Positive Way to Good Behavior

To encourage good behavior in your preschooler, take a positive and constructive approach.

- Be a role model. For example, if you want your child to say “please” and “thank you” – say it yourself.
- Catch your child being good. When children behave in a way you like, give them positive feedback.
- Get down to your child’s level. This helps you tune into what they might be feeling or thinking. Being close also helps kids focus on what you’re saying about their behavior. It also means you’ll have the child’s attention and don’t need to make them look at you.
- Keep promises so your child learns to trust and respect you.

