



Wings

A Weekly Newsletter for Families

August: Week 4
Parenting Tips

“Family means no one gets left behind or forgotten.” – David Ogden Stiers

Keep Bugs from Bugging Your Family

As summer winds down, don't let mosquitos, gnats, flies and other bugs ruin your family's outdoor fun. Keep these tips in mind:

- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or gather, like stagnant pools of water, uncovered foods and gardens where flowers are blooming.
- Make sure your window screens fit tightly and repair any holes to keep bugs out of the house.
- Avoid products that combine sunscreen and insect repellent because the repellent should not be reapplied, while sunscreen should be reapplied every two hours.
- Use insect repellents containing DEET when needed to prevent insect-related diseases. Ticks can transmit Lyme Disease, and mosquitoes can carry West Nile, Zika, Chikungunya and other viruses.
- Carefully read the label of any product with DEET in it. Be sure to follow directions for using the product on infants and children.
- Wash insect repellents off children when they come indoors.
- If you're outside in the evenings or other times when mosquitoes are around, cover up with long sleeved shirts, pants and socks to prevent bites.



•• INFANT Inspiration

Pacifier Safety

Babies are born with the need to suck, both for eating and for soothing, and will suck whether it's on a thumb, finger, bottle, breast or pacifier.

Here are things to look for in a pacifier, from our friends at the American Academy of Pediatrics:

- One-piece models with a soft nipple.
- Firm plastic shield with air holes, at least 1 inch across so your baby can't swallow it.
- Dishwasher safe pacifiers. Clean them often until the baby is 6 months old. After this, wash them regularly with hot water and soap.
- The right pacifier for your baby's age.

In addition:

- Never tie a pacifier around your baby's hand, neck or crib railing.
- Check pacifiers regularly for damage and replace them if the rubber has changed color or torn.
- Make sure breastfeeding is well established before you introduce a pacifier.

•• TODDLER Tales

Saying Goodbye to the Pacifier

Around the age of 2, children develop other strategies to soothe themselves and manage stress. Some naturally start to use the pacifier less.

Children's dentists recommend that you limit pacifier use at age 2 and stop it completely by age 4 to prevent problems with their teeth.

If you need to help your toddler to stop using the pacifier, be prepared for up to five nights of crying. But don't give back the pacifier! Remember that kids and parents have been going through this rite of passage and you CAN do it!

•• PRESCHOOL Power

MORE Tips for Good Behavior

In a recent issue of Wings, we gave you some ways to encourage your preschooler to have good behavior. Here are a few more:

- Listen actively. Nod as your child talks and repeat back what you think your child is feeling. This can help kids cope with tension and big feelings like frustration, which can sometimes lead to unwanted behavior like temper tantrums. It also helps them feel respected.
- Choose your battles. Before you get involved in anything your child is doing, especially to say "no" or "stop," ask yourself if it really matters. By keeping instructions, requests and negative feedback to a minimum, you create less opportunity for conflict and bad feelings.
- Say things once and move on. If you tell your child what to do, or not to do, too often, they might end up tuning you out. If you want to give them one last chance to cooperate, remind them of the consequences of not cooperating. Then start counting to three.

