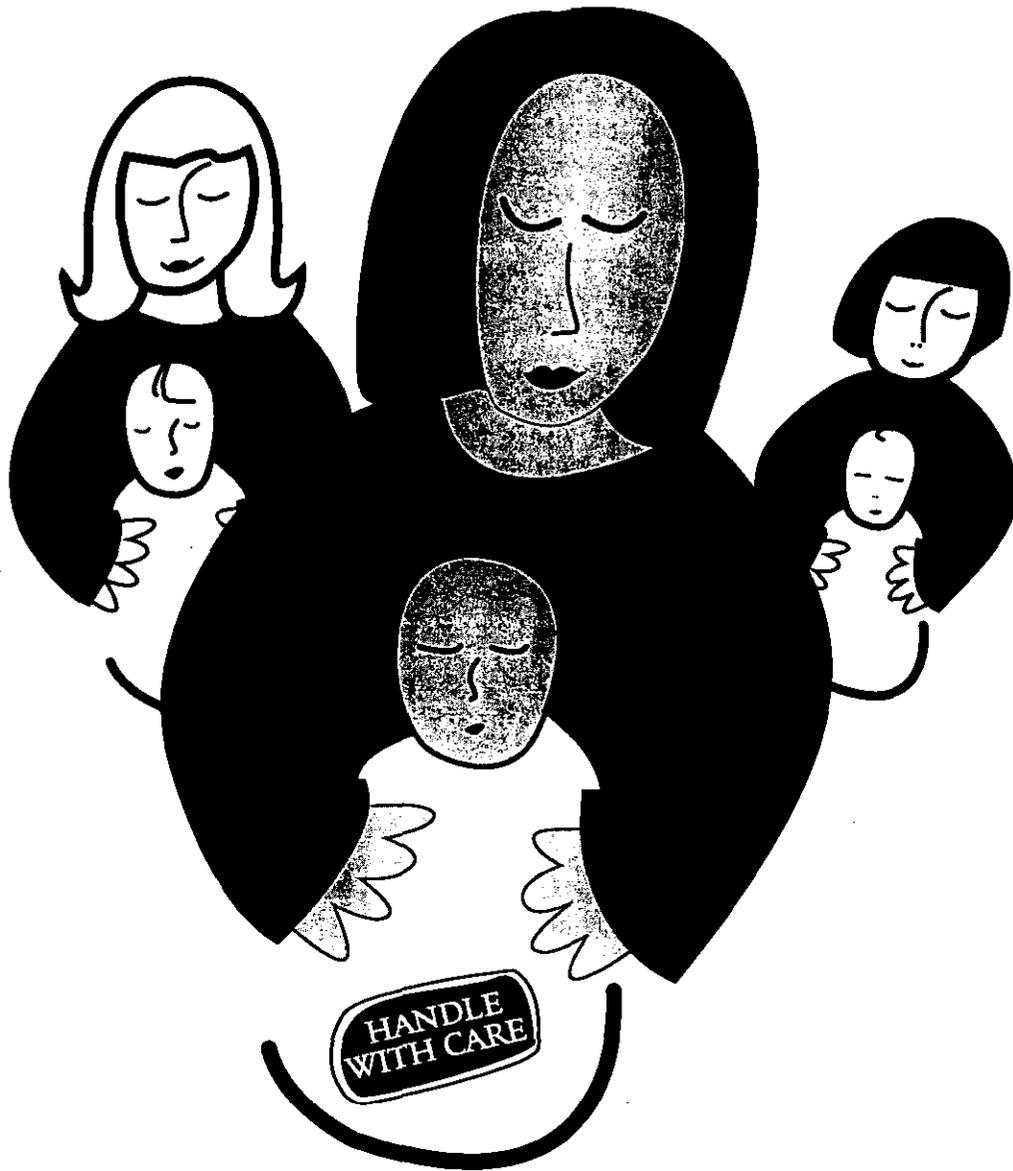


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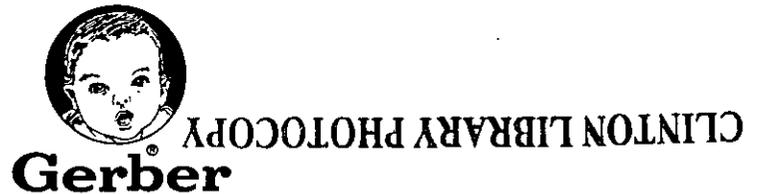
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Since February 1911
Baby **SAFETY** *Shower*



H O W - T O K I T



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The Baby Safety Shower How-to Kit was developed by the U.S. Consumer Product Safety Commission and Gerber Products Company.

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Question: What's fun and games — with lots of lifesaving information?

Answer: A baby safety shower!

If you're looking for ways to help parents take better care of their children, consider organizing a baby safety shower — a baby shower with a new twist.

A baby safety shower is a learning party where all the activities revolve around home safety themes. Parents and caregivers have fun — and leave with new ideas about keeping their babies safe at home.

The U.S. Consumer Product Safety Commission and Gerber Products Company developed this baby safety shower initiative to help good parents become even better ones. After all, no parents are born knowing about safety for their babies.

Baby safety showers have been organized in all kinds of communities for all kinds of audiences. As First Lady Hillary Rodham Clinton said when she attended the kick-off Baby Safety Shower in Washington, DC, "I hope families all over America will have baby safety showers (to) educate each other about what we need to do to keep all of our babies safe and healthy." These showers are an especially good way for local organizations to reach new parents and parents-to-be with important safety information.

You can arrange a baby safety shower for any number of people — from 20 to 200. At larger baby safety showers, parents can visit a variety of workshops where volunteers illustrate important safety information with games, prizes, and other activities. At smaller showers, a few volunteers can lead the group in safety games.

Your theme can focus, like the material included here, on keeping your baby safe at home — or you can include additional issues, like nutrition and health.

Baby safety showers are also a good way to create and promote public-private partnerships among many different organizations. By offering, for example, to distribute donated baby products or health information, you can enhance your ties with the local business community and build your relationships with local health and social service organizations. All this creates community goodwill — and provides your invited parents with welcome information, products, and services.

The materials you'll need to get started are included in this *Baby Safety Shower How-to Kit*. Take special note of the *Baby Safety Checklist*, in both English and Spanish, which provides 12 important home safety tips that all parents should know.

Use your imagination to create a baby safety shower for your specific situation. The key to success is providing important safety information in a festive and inviting setting. So, roll up your sleeves — and have fun!

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PART ONE: Planning Ahead

1. Getting Organized

A baby safety shower should be fun for all involved. But it's important to be well-organized.

As your first task, put together a planning committee to help you. The more assistance you get, the easier your job will be. Recruit representatives from groups and organizations that are interested in baby safety issues and can do the job well. Discuss early on:

- Who and how many people you want to invite to your baby safety shower.
- Where you can hold the shower.
- Who in the community — volunteers, organizations, businesses — can help you.
- How you will cover any costs.
- What theme and safety messages you want to convey.
- What games and activities you can use to make learning fun.
- Whether you want to enhance your shower with food, exhibits, gifts, and publicity.
- How you will schedule the shower day.

Suggestions and ideas for all of these topics are included in this *How-to Kit*.

Delegate responsibility for broad categories of shower-related activities (getting sponsors, publicity, food, program, decorations, etc.) to your committee members. Keep in touch with everyone regularly to ensure that everything gets done.

Think about how you can use contributions from many different sources. For example:

- Your *partners* can help you plan and organize the event — and form the core of your working committee.
- Your *sponsors* can contribute most of the goods and services for the event.
- Your *volunteers* — recruited from your organization and those of your partners and sponsors — can staff the actual event.

Start planning early — and enjoy yourself!

2. Following a Timetable

Planning and organization are crucial to the success of your baby safety shower. This timetable should help you plan a large event. A smaller shower can be organized more quickly.

16-18 weeks ahead:

- Recruit baby safety shower partners
- Form a planning committee
- Select tentative shower dates
- Decide whom to invite
- Select site and confirm exact date

14-16 weeks ahead:

- Choose shower theme, programs, activities, and workshops
- Recruit volunteers
- Recruit local businesses and organizations to underwrite expenses or donate shower goods, exhibits, and services
- Estimate costs
- Develop master “to-do” list
- Invite VIPs

12-14 weeks ahead:

- Develop activity, game workshop, and program materials
- Plan refreshments
- Plan site logistics with building management
- List needed equipment and supplies

10-12 weeks ahead:

- Plan opening ceremony
- Plan schedule of shower activities
- Plan publicity
- Make transportation and parking arrangements

8-10 weeks ahead:

- Arrange baby-sitting or child care
- Recruit greeters, workshop leaders, food preparers and servers
- Prepare invitation list

6-8 weeks ahead:

- Assign volunteers to shower activities
- Begin collecting donated items
- Make, and/or duplicate shower materials (e.g., signs, fliers, posters, invitations, games, *Baby Safety Checklist*)

4-6 weeks ahead:

- Invite shower guests
- Publicize shower through fliers, posters, and local media
- Order publications (use order form in Part Four: Attachments)
- Confirm food arrangements
- Finalize activities and workshops

2-4 weeks ahead:

- Finish collecting donated items
- Reconfirm shower arrangements with partners and sponsors
- Hold orientation sessions for volunteers
- Distribute news release and broadcast ad

1 week to 1 day ahead:

- Make final media arrangements
- Check with volunteers to ensure that everything is on track
- Remind invited celebrities, partners, sponsors, public officials about the event
- Assemble workshop materials and equipment
- Reconfirm food arrangements
- Prepare gift bags for shower guests

Day of the event:

- Set up
- Enjoy the event!
- Clean up

1 week after:

- Thank everyone who helped
- Evaluate the event (what went well, what didn't, what you'd do differently next time)
- Complete and send in the evaluation form from Part Four: Attachments

3. Inviting Your Guests

Decide which group you want to reach with safety information. For example, you may want to work with teen mothers, parents-to-be, low-income parents, low-literacy parents, or non-English speaking parents. The shower activities work best if developed around the special needs of one group at a time.

Work with organizations and groups that serve the people you have targeted. They can help you decide whom to invite and plan an appropriate program. They also can help you determine how many shower guests to invite. For example, you can hold a shower for 20 people in someone's living room or for 200 in your local high school gymnasium.

Make your guests feel special by inviting each one personally — and encouraging them to RSVP. This will communicate that you really want them at the shower and will help you plan for the number of guests actually attending.

See Part Four: Attachments for a sample invitation.

4. Choosing the Site

Choose a site for the shower that's familiar and convenient to your invited audience and offers a warm, friendly environment.

Depending on the size of your shower, the site could be a community center, public library conference room, church social hall, hospital or clinic reception area, school cafeteria, gymnasium, auditorium, or a similar space in a professional office building. Check the following points.

- The site is available at a convenient time for your invited guests.
- The space in the facility:
 - can accommodate your audience for a variety of activities (greeting/reception area, opening session, game workshops, refreshments, and exhibits);
 - has sufficient lighting and electrical outlets, a kitchen, conveniently-located rest rooms, and telephones; and
 - has building staff to assist you when needed (e.g., to unlock the kitchen or rest rooms or control lighting, heating/air conditioning).

- You can provide transportation for your guests, if needed. If your guests drive to the shower, be sure the site has free and safe parking. If your guests take public transportation, nearby bus or subway stops should be safe and convenient.
- The space in the facility can accommodate child care, if needed, during the shower.
- Any costs can be covered.

No matter where you hold your shower, keep a list of emergency or medical services telephone numbers handy, just in case you need them.

5. Recruiting and Using Volunteers

You'll need plenty of volunteers to prepare for the shower and then help on the day of the event. Start recruiting early.

Decide how many volunteers you want and what they will do. Volunteers can head committees, solicit sponsors, collect donations, set up equipment, make decorations, greet guests, run game workshops, serve food, clean up, and much more. Plan to line up more people than you need, in case some drop out before the event.

To help volunteers, be very clear about what they must do. Provide orientation sessions. If needed, schedule a dry run close to the event so all involved feel comfortable about their assignment.

After the shower, be sure to thank everyone for making the event a success!

6. Working with Businesses and Organizations

Baby showers involve games, gifts, and edible goodies. Start early to enlist the help of interested health and safety organizations, companies doing business in your area, and volunteers. There are probably many in your community eager to help.

Good places to start:

- *Trade groups, local manufacturers, and merchants* (e.g., grocery, drug, department stores, and companies in the health care or safety business). Contact the community relations managers for possible donations of baby-related goods and services, refreshments, prizes, free advertising, etc.
- *Community organizations* (e.g., hospitals, auxiliary leagues, chambers of commerce, foundations, local print and broadcast media). Contact community relations or public affairs managers about speakers, or baby-sitting help.
- *Government organizations* (e.g., local CPSC offices, state and local health departments, local offices servicing the community with federally-sponsored health and safety programs for children). Contact public affairs or public relations offices to alert them and solicit support.
- *Local elected officials* (e.g., mayor, city or town council members). Invite celebrity guests with an important link to the community you're serving.

Tips for working with other organizations:

- Target organizations that have goods or services relevant to the safety and health of babies, young toddlers, or new parents.
- Provide the company or organization with an incentive for contributing to your event (e.g., good community public relations, potential new customers).
- When contacting a company or organization, describe the purpose of the shower and what valuable role this group can play.
- After an organization makes a commitment, send it a letter spelling out your understanding of the agreement.
- Identify a contact person (and a backup individual) who can get you the needed goods or services in the time and quantities required.
- Keep in touch with the contact people about how plans for your event are developing or changing.

- Try to arrange for these groups to deliver their goods to the event site.
- If an organization is providing an exhibit, get the name and phone number of the person staffing it at the shower.
- Make arrangements at the shower site to receive and store deliveries for the event.
- Make arrangements with either staff at the shower site or the organizations providing exhibit booths to have the materials and props removed or thrown away at the conclusion of the event.
- Following the shower, write or call to thank everyone involved. Let them know how important they were to the shower's success.

7. Covering Your Costs

A baby safety shower need not cost a lot, but you'll probably have some expenses. Your partners and sponsors may be able to underwrite your expenses or donate most of the goods and services. Here is a list of possible expenses:

- Facility (electricity, janitorial services, tables, chairs, etc.)
- Game and program materials (game workshops, exhibits, etc.)
- Duplication and mailing of invitations (see Part Four: Attachments)
- Transportation for shower guests
- Food (snack or meal)
- Decorations
- Prizes
- Audio-visuals (television and VCR, overhead or slide projector)

If you can't cover these costs or arrange for donations, you may need to modify the shower activities. For example, you can make your own invitations or duplicate the one in this *How-to Kit* and hand-deliver them. You can ask volunteers to donate homemade food. You can design your own decorations. Be creative! What's most important is developing a warm and friendly atmosphere where your guests feel comfortable and motivated to learn.

8. Arranging Publicity

Publicizing your shower can have many benefits. It can announce details of your upcoming shower to your target audience. It also can alert businesses, local elected officials, media celebrities, and other community leaders to your efforts and attract their support.

Notify the local media about your event. The sample press release and broadcast advertisement in Part Four: Attachments should help you get started. Follow up with personal calls to the news or community events director.

It helps if there is a well-known person associated with your shower. For example, you may want to invite a well-known VIP, like the mayor or a local TV personality. Try enlisting a radio or television show or local newspaper as a sponsor of the shower. These organizations often are interested in supporting community efforts important to their audiences.

Don't forget the value of fliers posted in grocery stores, drugstores, libraries, bus stops — any public location where your targeted audience is likely to see them.

PART TWO: Developing Your Shower Program

9. Shower Theme

Plan to select an overall theme for your baby safety shower. This *How-to Kit* is developed around the theme of keeping your baby safe at home. Integral to this program is the *Baby Safety Checklist* (see following pages), which presents 12 tips for keeping babies safe in the bedroom, bathroom, kitchen, and other living areas.

While this is critical information for every new parent, you may want to include additional health and safety themes. Choosing quality child care, selecting safe toys and nursery equipment, ensuring immunizations and proper nutrition for infants and toddlers — all of these would work.

If you invite a small group, focus on one theme. If your group is larger and you have the space, consider broadening the scope. Bring in other partners to work with you. For example, get the health department or local hospital to offer an immunization clinic. Ask a local supermarket to sponsor a nutrition booth — with appropriate games and prizes.

Pick your theme early, so you can better plan your program and activities. Coordinate your work with all involved, so that everyone knows what to do to make each activity successful.

10. Baby Safety Checklists (English and Spanish)

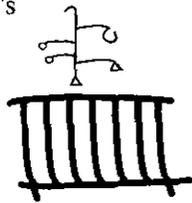
The following four pages are masters for handouts. They can be removed from the kit (at the perforations) and photocopied so that each of your shower guests can have one. We recommend that the *Checklist* be printed on one side and *The Reasons Behind the Checklist* on the reverse side of 8½" x 11" paper.



Baby SAFETY Checklist

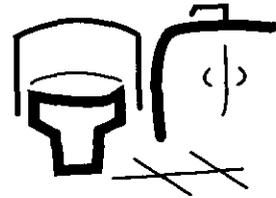
Bedroom

- ♡ Put your baby to sleep on her back or side in a crib with a firm, flat mattress and no soft bedding underneath her.
- ♡ Make sure your baby's crib is sturdy and has no loose or missing hardware.
- ♡ Never place your baby's crib or furniture near window blind or curtain cords.



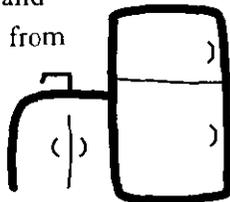
Bathroom

- ♡ Keep medicines and cleaning products in containers with safety caps and locked away from children.
- ♡ Always check bath water temperature with your wrist or elbow before putting your baby in to bathe.
- ♡ Never, ever, leave your child alone in the bathtub or near any water.



Kitchen

- ♡ Don't leave your baby alone in a highchair; always use all safety straps.
- ♡ Use your stove's back burners and keep pot handles turned to the back of the stove.
- ♡ Lock household cleaning products, knives, matches, and plastic bags away from children.



Living Areas

- ♡ Install smoke detectors on each floor of your home, especially near sleeping areas; change the batteries each year.
- ♡ Use safety gates to block stairways and safety plugs to cover electrical outlets.
- ♡ Keep all small objects, including tiny toys and balloons, away from young children.





REASONS BEHIND THE

Baby SAFETY Checklist



Bedroom

- ♡ Put your baby to sleep on her back or side in a crib with a flat, firm mattress and no soft bedding underneath her. Follow this advice, to reduce the risk of suffocation and Sudden Infant Death Syndrome (SIDS). To prevent suffocation, never put babies to sleep on adult beds.
- ♡ Make sure your baby's crib is sturdy and has no loose or missing hardware. This will prevent babies suffocating or strangling by becoming trapped between broken crib parts.
- ♡ Never place your baby's crib or furniture near window blind or curtain cords. This will prevent babies from strangling on the loop of the cord. To prevent falls, keep children away from windows.

Bathroom

- ♡ Keep medicines and cleaning products in containers with safety caps and locked away from children. This will prevent children from being poisoned.
- ♡ Always check bath water temperature with your wrist or elbow before putting your baby in to bathe. This will prevent burns to a baby's delicate skin.
- ♡ Never, ever, leave your child alone in the bathtub or near any water. This will prevent children from drowning. In addition, keep children away from all standing water, including water in toilets, 5-gallon buckets, and pools.

Kitchen

- ♡ Don't leave your baby alone in a highchair; always use all safety straps. This will prevent injuries and deaths from the baby climbing out, falling, or sliding under the tray. Be sure to use safety straps in strollers and baby swings.
- ♡ Use your stove's back burners and keep pot handles turned to the back of the stove. This will prevent deaths and injuries from burns. In addition, keep children away from tablecloths, so they can't pull down hot foods or liquids on themselves.
- ♡ Lock household cleaning products, knives, matches, and plastic bags away from children. This will prevent poisonings, bleeding injuries, burns, and suffocation.

Living Areas

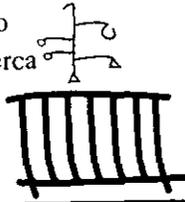
- ♡ Install smoke detectors on each floor of your home, especially near sleeping areas; change the batteries yearly. This will prevent deaths and injuries from fires.
- ♡ Use safety gates to block stairways and safety plugs to cover electrical outlets. This will prevent injuries from falls and electric shocks.
- ♡ Keep all small objects, including tiny toys and balloons, away from young children. This will prevent choking and possible death.



Medidas De SEGURIDAD *Proteger a su Bebé'*

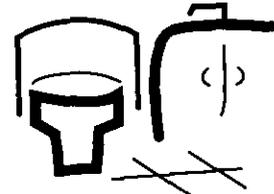
El Cuarto

- ♡ Cuando acueste a su bebé para dormir, colóquelo boca arriba o de un lado, en una cuna con colchón firme, plano y sin ropa de cama que se abulte debajo del bebé.
- ♡ Asegúrese de que la cuna del bebé sea resistente, y no le falten herrajes o piezas, ni estén flojos.
- ♡ Nunca coloque la cuna o los muebles del bebé cerca de los cordones de persianas o cortinas.



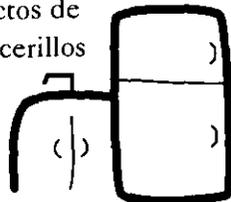
El baño

- ♡ Mantenga los medicamentos y los productos de limpieza en envases con tapas de seguridad y bajo llave, lejos del alcance de los niños.
- ♡ Cerciórese siempre de que la temperatura del agua para bañar al bebé no esté demasiado fría, ni caliente, tocándola primero con la muñeca o el codo de usted.
- ♡ Nunca jamás deje a su bebé solito en la tina o bañera, ni cerca de agua.



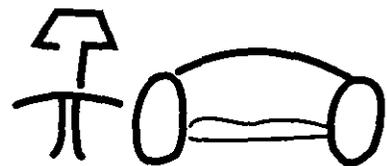
La Cocina

- ♡ No deje al bebé solito en su silla alta y póngale siempre los cinturones de seguridad.
- ♡ Al cocinar, use los quemadores traseros y mantenga los mangos de las sartenes o calderos, hacia la parte de atrás de la estufa o cocina.
- ♡ Guarde bajo llave, lejos del alcance de los niños, los productos de limpieza, cuchillos, cerillos o fósforos y bolsas de plástico.



Areas de su hogar

- ♡ Instale detectores de humo en cada planta o nivel de la casa, especialmente cerca de las áreas donde se duerme. Cambie las pilas o baterías cada año.
- ♡ Coloque rejillas de seguridad en las escaleras y tapas de seguridad en los enchufes eléctricos.
- ♡ Mantenga todos los objetos pequeños, incluyendo juguetes y globos, fuera del alcance de los niños pequeños.





Medidas De

SEGURIDAD



Proteger a su Bebé'

El Cuarto

- ♡ Cuando acueste a su bebé para dormir, colóquelo boca arriba o de un lado, en una cuna con colchón firme, plano y sin ropa de cama que se abulte debajo del bebé. Siga estas indicaciones para reducir el riesgo de asfixia y el Síndrome de Muerte Infantil Repentina (Sudden Infant Death Syndrome) - SIDS. Para evitar el peligro de asfixia, nunca acueste a un bebé a dormir en una cama para adultos.
- ♡ Asegúrese de que la cuna del bebé sea resistente, y no le falten herrajes o piezas, ni estén flojos. Esto evita el peligro de que el bebé se asfixie o se estrangule al quedar atrapado entre piezas rotas de la cuna.
- ♡ Nunca coloque la cuna o los muebles del bebé cerca de los cordones de persianas o cortinas. Esto evitará que el bebé se estrangule con el lazo que se forme en los cordones. Para evitar que el bebé se caiga por una ventana, manténgalo alejado de ventanas.

El baño

- ♡ Mantenga los medicamentos y los productos de limpieza en envases con tapas de seguridad y bajo llave, lejos del alcance de los niños. Esto evitará el peligro de envenenamiento.
- ♡ Cerciórese siempre de la temperatura del agua para bañar al bebé tocándola primero con la muñeca o el codo de usted. Esto evitará el peligro de quemar la delicada piel del bebé.
- ♡ Nunca jamás deje a su bebé solito en la tina o bañera, ni cerca de agua. Esto evitará el peligro de que el bebé se ahogue. Además, manténgalo alejado de recipientes con agua, incluyendo el agua en sanitarios/inodoros, cubetas/baldes y albercas/piscinas.

La Cocina

- ♡ No deje al bebé solito en su silla alta y póngale siempre los cinturones de seguridad. Esto evitará lesiones o muerte ocasionadas por caídas. Use siempre los cinturones de las carriolas/cochecitos y columpios para bebé.
- ♡ Al cocinar, use los quemadores traseros y mantenga los mangos de las sartenes o calderos, hacia la parte de atrás de la estufa o cocina. Esto evitará lesiones o muerte debido a quemaduras. Además, mantenga a los niños lejos de manteles, para evitar que los halen y les puedan caer encima alimentos o líquidos calientes.
- ♡ Guarde bajo llave, lejos del alcance de los niños, los productos de limpieza, cuchillos, cerillos o fósforos y bolsas de plástico. Esto evitará el peligro de envenenamiento, lesiones, quemaduras y asfixia.

Áreas de su hogar

- ♡ Instale detectores de humo en cada planta o nivel de la casa, especialmente cerca de las áreas donde se duerme. Cambie las pilas o baterías cada año. Esto evitará el peligro de lesiones o muerte debido a incendio.
- ♡ Coloque rejillas de seguridad en las escaleras y tapas de seguridad en los enchufes eléctricos. Esto evitará el peligro de lesiones debido a caídas y a choques eléctricos.
- ♡ Mantenga todos los objetos pequeños, incluyendo juguetes y globos, fuera del alcance de los niños pequeños. Esto evitará que se sofoquen y puedan inclusive morir.

11. Game Workshops

Games and other fun activities are an effective way to teach and reinforce safety and health messages. The games included here focus on the theme of keeping your baby safe at home.

These games are based on the safety messages found in the *Baby Safety Checklist*. There is one suggested game for each area of the home: bedroom, bathroom, kitchen, and other living areas.

Below is a brief description of each game.

Adapt these games to your needs or develop new ones. Be sure you have more than enough materials for every participant to play each game.

- For the bedroom: *Can You Answer This?* The game leader asks each team questions. The team that answers the most questions correctly wins the round.
- For the bathroom: *Safety Sayings*. Each team calls out letters that spell a safety message. The team that first guesses the safety message wins.
- For the kitchen: *Picture Safety*. One person on each team draws an image based on the *Baby Safety Checklist*. The team that first identifies the image and tells why it's important wins the round.
- For other living areas: *Safety Bingo*. Each guest marks an answer to each question asked on her bingo card. The winner is the first to mark three answers in a row and call out "bingo!"

If you only have time for one game, play *Safety Bingo* — it includes safety tips from each area of the home, it's easy, and it's fun!

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BEDROOM SAFETY GAME: "Can You Answer This?"

Game Tips:

- Before playing this game, review the relevant bedroom *Baby Safety Checklist* tips and reasons with shower participants.
- Decide whether your guests can peek at the *Checklist* for the answers during the game. Award points for other common-sense answers not included in the *Checklist*.
- After each game, review the *Checklist* again.

Materials Needed: Flip chart or blackboard, markers for scoring.

Game Rules

Participants are split into two teams. The moderator asks Team A for three answers to each game question. For each correct answer, Team A gets one point. If Team A is stumped, Team B gets a chance to answer. The moderator then asks Team B one game question — and so on.

When the four game questions are answered, the moderator simultaneously asks each team a bonus round question. The team that first answers the question correctly wins.

Game Questions (1 point for each correct answer):

Q: Can you name three things that describe an unsafe crib?

A: (1) missing hardware (2) not sturdy (3) loose hardware

Also correct: mattress that doesn't fit snugly; corner posts; decorative cutouts in head or foot boards; crib slats that are too far apart

Q: What are the three possible safe or unsafe sleep positions for your baby in a crib?

A: (1) back (safe) (2) side (safe) (3) stomach (unsafe)

Q: Can you name three examples of soft bedding?

A: (1) pillows (2) soft, fluffy comforters (3) quilts

Also correct: sheepskin

Q: Can you name three things you should never place near a window with blind or curtain cords?

A: (1) crib (2) playpen (3) highchair

Also correct: other children's furniture

Bonus Round Questions (2 points for each correct answer):

Q: Can you name three small objects that are choking hazards for children under three years of age?

A: *Accept answers like:* buttons, balloons, marbles, foods like grapes, peanuts, hard candy, cut-up hot dogs

Q: What are three safety concerns to look for in and on your child's toy box or toy chest?

A: *Accept answers like:* toys with sharp edges or points; toys that are too small; toys with detachable small parts; hinged-lid toy boxes without safety-lid supports

Q: What are three common hazards found on children's clothing?

A: *Accept answers like:* loose buttons, drawstrings, loose snaps, small decorations that detach

BATHROOM SAFETY GAME: "Safety Sayings"

Game Tips:

- Before playing this game, review the relevant bathroom *Baby Safety Checklist* tips and reasons with shower participants.
- Decide whether your guests can peek at the *Checklist* for the answers during the game.
- After each game, review the *Checklist* again.

Materials Needed: Flip chart or blackboard, markers.

Game Rules

Participants are split into two teams. On the flip chart, draw the number of blank lines (similar to the game of hangman) corresponding to the number of letters and spaces in the safety saying. Each team in turn guesses a letter to go in the spaces; correct letters are written in the appropriate blank(s). To make the game go more quickly, you may want to fill in the vowels beforehand. When one team thinks it knows the saying, it calls out the answer. The team correctly guessing the most safety sayings wins.

Safety Sayings:

- Keep baby safe
- Use child-safety caps
- Keep medicines locked up
- Babies and water don't mix
- Never leave children alone in water
- Check bath water with wrist or elbow

KITCHEN SAFETY GAME: *“Picture Safety”*

Game Tips:

- Before playing this game, review the relevant kitchen *Baby Safety Checklist* tips and reasons with shower participants.
- Decide whether your guests can peek at the *Checklist* for the answers during the game.
- After each game, review the *Checklist* again.

Materials Needed: Two flip charts, markers, 3" x 5" cards (for safety clues).

Game Rules

Participants are split into two teams. The teams sit or stand facing each other. The flip charts are positioned back to back between the teams. The moderator selects a safety clue card and shows it to one person from each team. When the moderator says “go,” each person draws a picture of the safety clue on her team’s flip chart. The first team to guess the picture wins 5 points. The team can win 5 more points if it correctly describes how the clue is safety-related. The team with the most points wins.

Safety Clue Cards:

Safety or Hazard Issue:

Cabinet safety latch

Prevents children from getting into cabinets where harmful household products are kept.

Dish detergents

Can be harmful if children swallow them.

Highchair with safety straps

Prevents children from climbing or falling out and getting injured.

Pots and pans on stoves

Can burn children if they reach handles and spill hot liquid or food on themselves.

Knives

Can injure children if they reach them and cut themselves.

Plastic trash bags

Can cause children to suffocate if the bag gets over their noses and mouths.

Matches

Can burn and start fires.

OTHER LIVING AREAS SAFETY GAME: "Safety Bingo"

Game Tips:

- Before playing this game, review the relevant *Baby Safety Checklist* tips and reasons, as well as the clues on the bingo cards, with your shower guests.
- Let your guests peek at the *Checklist* for the answers during the game.
- After each game, review the *Checklist* again.

Materials Needed: bingo game cards (see the attachments section) and several "chips" or buttons for each participant.

Game Rules

This game is similar to bingo. Each participant is given a game card with a picture in each box. The moderator reads a safety clue aloud, and each participant covers the appropriate picture box on her bingo card. The winners are those who first correctly cover all the boxes on their cards in a row across, down, or diagonally and call out "bingo." This game can be played many times, with the questions read in different order.

Safety Clues:

- Q: One of these should be on every level of the home for protection from fires.
A: Smoke detector.
- Q: One of these will prevent children from falling down stairs.
A: Safety gate.
- Q: Stops children from poking fingers and inserting objects into electrical outlets.
A: Safety plugs.
- Q: This round game part is a choking hazard to young children who put things in their mouths.
A: Small toy ball and jacks set.
- Q: If burst or uninflated, these can be a choking hazard to young children.
A: Balloons.
- Q: These may look like candy to small children. Keep in container with safety cap.
A: Medicine pills in bottles with safety caps.

Q: This is the best position for babies to sleep.

A: Back or side.

Q: Stops children from opening cabinet or cupboard doors where cleaning products or medicines are stored.

A: Cabinet lock.

Q: In a smoke detector, this should be changed every year.

A: Battery.

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PART THREE: Putting Your Shower Together

12. Equipment and Supplies

Plan far ahead for all the materials, equipment, and supplies you'll use at the shower. Your own list of needed materials will reflect the specific activities planned for your shower. Here are some suggestions:

- *Reception area:* welcome signs, tables, chairs, name tags, markers, and information packets/bags for guests.
- *Opening session:* chairs and podium for VIP guests, microphones, and colored posters illustrating shower themes.
- *Game workshops/exhibits:* tables, chairs, table coverings, signs and posters for exhibit booths, tabletop displays with props and literature, lighting, decorations, TV monitor/VCR, colored markers, and game materials.

13. Food

No party is complete without food! Whether you serve snacks or a full luncheon, make it a festive and sociable part of the shower. What you serve depends on the time of day, your resources, and the generosity of your sponsors. Here are some basics.

- *Table/food center:* Be sure you have ample space for food preparation and serving and a place to seat your guests. You also may need a refrigerator for storage; a coffee maker, stove or microwave for hot foods, as well as the following items: tables, tablecloths, napkins, plates, cups, eating utensils, trays, serving dishes, ice, and plastic trash bags and trash cans for cleanup.
- *Healthy snacks:* Fruit and juice reinforce good nutrition messages.
- *Box or bag lunches:* Try to get a local supermarket to contribute food, such as sandwiches, drinks, and fruit.
- *Decorations:* Baby-related centerpieces and other decorations will brighten up your shower.

14. Exhibits

If your shower includes exhibits displaying health and safety information or baby-related products and services, be sure your facility can accommodate this. Provide each exhibitor with this list:

- Set-up and take-down times.
- Space dimensions.
- Table dimensions allowable (whether provided by facility or by exhibitor).
- Dimensions of backdrop allowable (whether provided by site or by exhibitor) and if items can be hung from it.
- The number of items (literature, samples, etc.) needed based on the number of guests expected.

15. Gifts and Prizes

Everyone loves receiving gifts, and your shower guests are no exception.

Supermarkets, drug stores, baby stores, and specialty shops are great places to ask for contributions of gifts and prizes. Remember that your invited guests are potential customers — and merchants are always looking for ways to establish a good reputation in the community.

Try to get some donated items related to baby safety, such as cabinet locks or electric socket plugs. Also include products every parent can use: baby bath items, disposable diapers, baby food, toys, and baby clothing. Moms also may welcome special treats for themselves — like a makeover or gift certificates from local stores.

You may want to give a prize to game winners, or even better, to all participants in a game. A “goody bag” filled with product samples, discount coupons, gift certificates — and safety literature — would delight all your guests.

Save your best and biggest prize for a raffle or door prize. Finish off your shower with an exciting finale!

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16. Shower Day Schedule

Whether you plan a large or small event, develop a realistic schedule for the day. The suggestions below may help you with a large event. Make arrangements ahead of time with the building management to reserve the room, tables, chairs, partitions, kitchen, and other facilities or equipment at the site. Allow sufficient time before and after the shower for setup and cleanup.

Room Setup (1-1/2 hours)

Make sure volunteers help set up the room. Consider traffic flow around room entrances, game workshops, exhibits, food tables, and child-care area. Room arrangements may include:

- *Registration table.* Provide chairs for volunteers helping with registration. Have name tags, paper, and pens for signing in. Keep “goody bags” of prizes, products, and other materials here.
- *Refreshment table.* Use simple table decorations that reflect the shower theme.
- *Game workshops.* Make sure there are enough chairs, tables, and materials for each game area.
- *Exhibit booths.* Arrange enough floor space for each booth.
- *Signs.* If needed, post signs to designate game workshops, exhibits, and rest room locations.
- *Audio-visual equipment.* If used, make sure all equipment works *before* the day of the shower. Provide extension cords and duct tape. Tape loose cords to the floor to prevent tripping.

Registration and Welcoming Activities (1/2 hour)

Register each guest, hand out name tags, and provide materials about the day’s event. Consider including refreshments and entertainment as ice-breakers.

Opening Remarks (15 minutes)

The primary organizer welcomes the guests, sets the theme, and reviews the overall shower program. Consider asking a parent to relate a human interest story based on the importance of child safety in the home.

Game Workshops (1 hour)

At the start of the shower, each guest is assigned to a game workshop focusing on one topic or room area. Throughout the hour, guests rotate to each of the other game workshops. Or, if your group is not too large, you might hold one session where all the games are played.

Closing Remarks (15 minutes)

The primary organizer summarizes the game workshop messages, encourages guests to use the products and materials given out, and thanks all the sponsors and organizations who contributed to the event.

Other Options

Meal (1/2 - 1 hour)

If time and resources permit, serve a meal, like lunch. This allows time for further exchange of information with your guests.

Exhibits (1/2 - 1 hour)

Schedule time for guests to visit exhibits for additional health and safety information. This can be done during the lunch hour or after the program's closing remarks.

Finally

Cleanup (1 hour)

After the guests leave, clean up! Make arrangements with the building management for janitorial services or tell your volunteers ahead of time what they need to do before leaving the facility. A simple checklist might include such duties as packing up unused workshop materials, sweeping the room, cleaning kitchen facilities, and removing trash. Be sure to leave the facility in clean condition.

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PART FOUR: Attachments

17. Publication Ordering Information

From the U.S. Consumer Product Safety Commission (CPSC)

Your organization can order up to five copies of the *How-to Kit* and up to ~~50~~¹⁰⁰ copies each of the other materials listed below. Complete this form and send it to CPSC at the address shown. Be sure to include your name and address. Allow at least two weeks for delivery.

<u>Title</u>	<u>Item Number</u>	<u>Quantity</u>
Baby Safety Checklist Growth Chart*	CPSC 206 (Eng.)	_____
Baby Safety Checklist Growth Chart*	CPSC 206S (Span.)	_____
Baby Safety Shower How-to Kit*	CPSC 207	_____ (up to 5)
Tips for your Baby's Safety	CPSC 200 (Eng.)	_____
Tips for Your Baby's Safety	CPSC 200S (Span.)	_____
Protect Your Child	CPSC 241	_____
The Super Sitter	CPSC 243	_____
Think Toy Safety Coloring Book (English and Spanish)	CPSC 283	_____

* Available over the Internet at <http://www.cpsc.gov>

Mailing Address

Publication Request
U.S. Consumer Product Safety Commission
Washington, DC 20207

From the American Academy of Pediatrics (AAP)

To order a single copy of "Choking Prevention and First Aid for Infants and Children," send a self-addressed stamped envelope to the address below:

AAP
Department C
Choking & First Aid Brochure
PO Box 927
Elk Grove Village, IL 60009-0927

18. Sample Press Release

Recommended Use: 5-7 days prior to event

For Immediate Release
(date of release)

Contact: (your name)
(your phone number)

(Your organization) Launches Baby Safety Shower Program

(Your city, state, date) — (Your organization name) plans to launch its Baby Safety Shower Program on (date), teaming up with (names of partners involved in program) to reduce the risk of injury and death to infants and children at home. This (length of shower event) Baby Safety Shower program is designed to encourage young parents to make their homes safe for children.

“We want to help educate parents about home safety,” (quote from well-known figure who supports the event). Parents who attend the shower will learn through games, fun, and other activities about home safety. Each participant will receive free gifts to take home, courtesy of (partner’s name).

In (your community), the shower is (description of Baby Safety Shower activities and events). Call (phone/times to call) for information on how to register for this free Baby Safety Shower to be held at (exact date, time and location).

“We are proud to sponsor this event” (quote from well-known figure who supports the event). “Working together, we can ensure that every home is a safe home, and that our babies have a safe start in life.”

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19. Sample Broadcast Advertisement

Medium: Radio
Length: :60 Spot
Topic: General Event Announcement
Recommended Use: Use 5-7 days prior to event; may use as Public Service Announcement

Baby Safety Showers are coming — no need for an umbrella! Expectant mothers, new parents, and day-care providers are invited to attend this free (time) event. The shower will be held at (location) on (date/time).

Parents who attend will learn through games, fun, and other activities how to make their homes safe havens for their babies. This information will help reduce the risk of injury and death for our smallest, most vulnerable citizens.

For more information about home safety for your child, come to the Baby Safety Shower at (location). Pre-registration is required. Call (name and phone) during (hours) to register for the Baby Safety Shower. (Free baby-sitting will be available.)

Safety for children is everyone's business. Working together, we can ensure that every home is a safe home, and that our babies have a safe start in life.

{Optional: This message is brought to you as a public service by (your organization) and this radio station.}

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20. Invitation and Bingo Game Masters

The following three pages are masters for the invitation and bingo game. They can be removed from the kit (at the perforations) and photocopied on 8½" x 11" paper. The two-sided invitation folds in half and the bingo masters should be cut between the two game cards.

CLINTON LIBRARY PHOTOCOPY

You're Invited to a

Baby **SAFETY**
Shower



CLINTON LIBRARY PHOTOCOPY

*invites you to join us
for some fun and games at our*

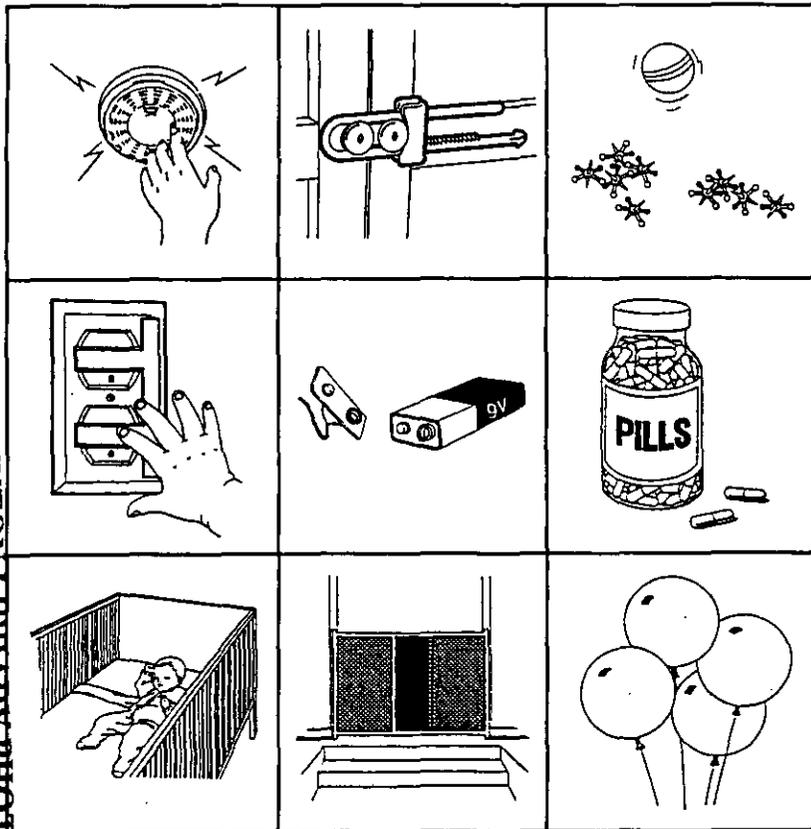
Baby Safety Shower!

Date: _____

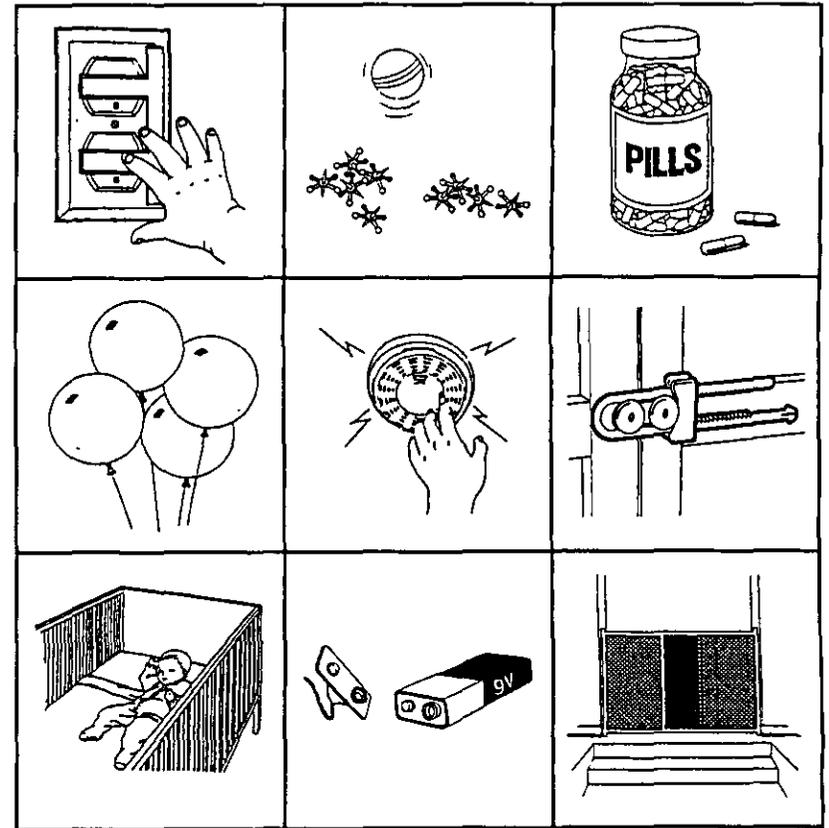
Time: _____

Place: _____

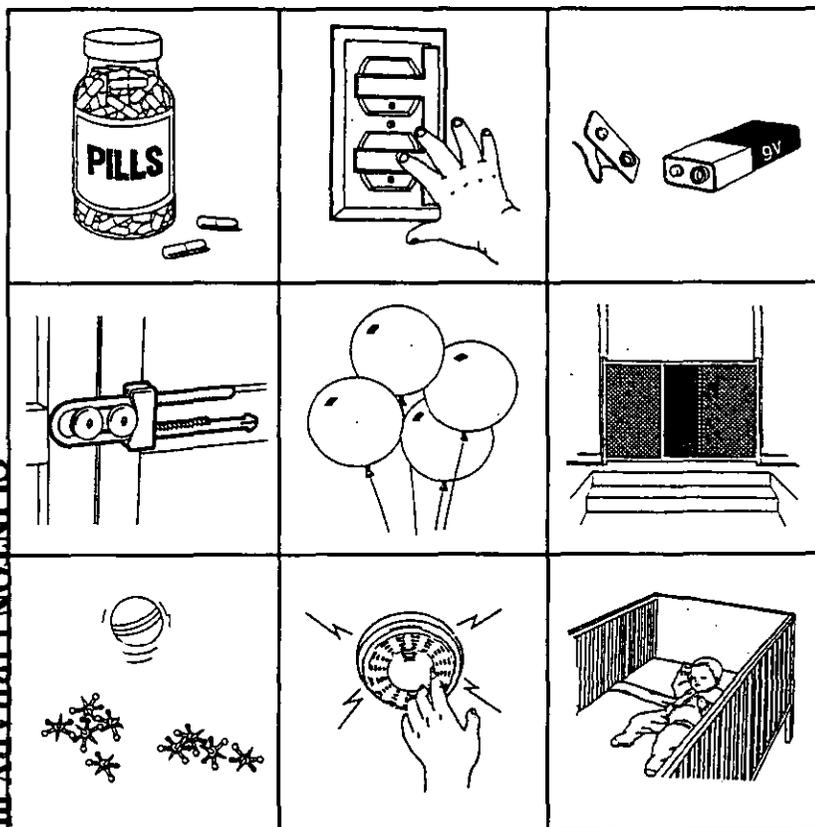
SAFETY BINGO



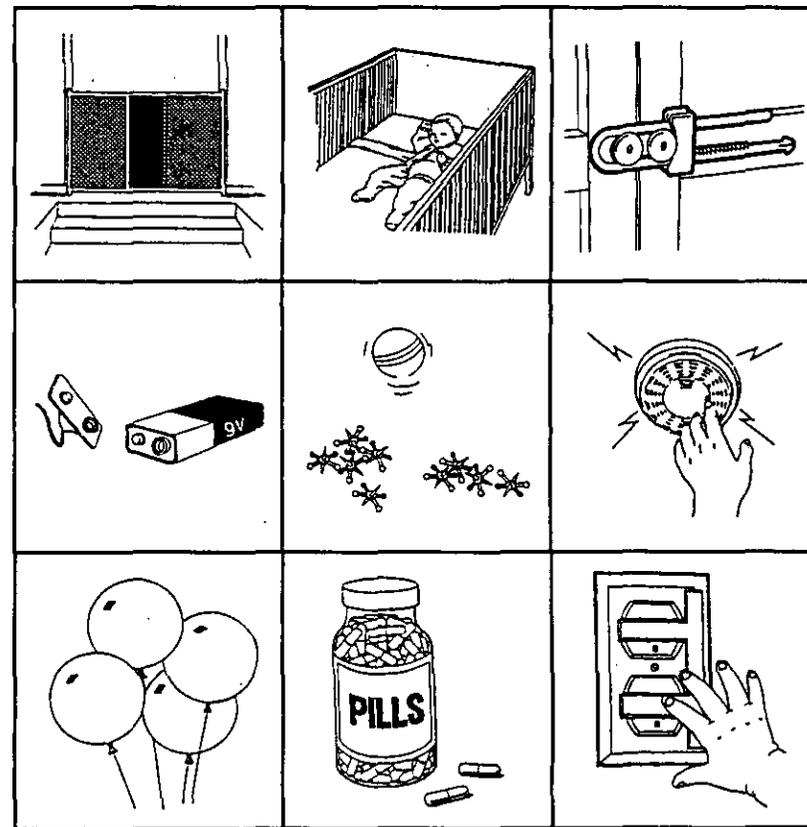
SAFETY BINGO



SAFETY BINGO



SAFETY BINGO



Program Evaluation Form

AT CPSC, we're always trying to improve. If you'd like to help us make the Baby Safety Shower program and materials better, you can use the space below to tell us what you think about them.

Baby Safety Shower How-to Kit. Check each one you used:

Timetable Publication order form Sample broadcast ad
 Shower day schedule Invitation Bingo cards
 Baby Safety Checklist Sample press release

Which parts of the kit did you find most useful (+)? Least useful (-)?

Timetable Publication order form Sample broadcast ad
 Shower day schedule Invitation Bingo cards
 Baby Safety Checklist Sample press release _____ Other
Please specify

What additional information would you have found useful?

Shower Event. Please send any special materials you developed for your shower.

Who was your target audience? (Check each that's appropriate.)

Parents-to-be Low-income parents Middle-income parents Mixed
 Low-literacy parents Ethnic minority parents _____ Other
Please specify

How many attended? _____

What were your theme and activities?

How did your guests like the event? Not at all Some A lot Not sure

Additional Comments

Optional Information

Your name

Title/phone no.

Organization

Address

[Please fold this over and mail it to the address on the other side. No postage is necessary if mailed in the United States.]

U.S. Consumer Product Safety Commission
Washington, D.C. 20207

OFFICIAL BUSINESS



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NECESSARY
IF MAILED
IN THE
UNITED STATES



An Equal Opportunity Employer

BUSINESS REPLY MAIL
FIRST CLASS PERMIT NO. 12064 WASHINGTON, DC

POSTAGE WILL BE PAID BY CONSUMER PRODUCT SAFETY COMMISSION

**U.S. CONSUMER PRODUCT SAFETY COMMISSION
BABY SAFETY SHOWERS RM 708
WASHINGTON, D.C. 20207**

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CPSC HOTLINE

If you have any questions related to the safety of a consumer product or want to report a safety problem with a consumer product, call the U.S. Consumer Product Safety Commission!

The toll-free Hotline number is 1 (800) 638-CPSC/1 (800) 638-2772. The TTY number is 1 (800) 638-8270. You can contact CPSC any time, day or night.

CPSC also offers Internet services:

- To get product recall information, go to CPSC.gov
- To file a product complaint or report an injury, contact CPSC's Internet address: Info@CPSC.gov

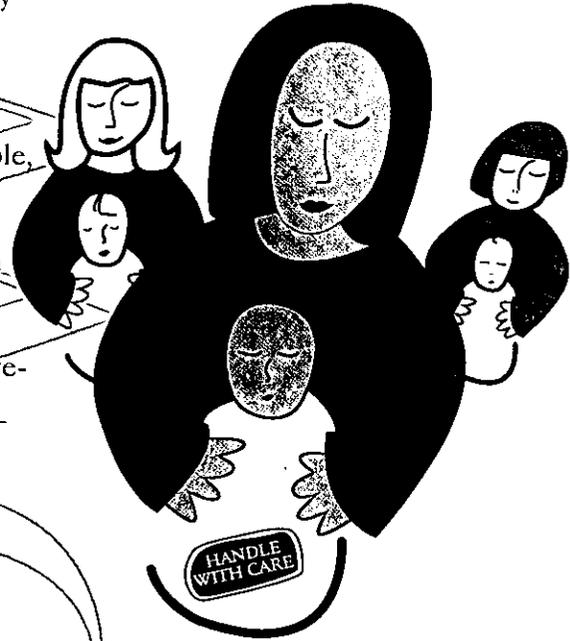
CLINTON LIBRARY PHOTOCOPY

Brought to you by
U.S. Consumer Product Safety Commission
Gerber Products Company
009512
CPSC 207

CLINTON LIBRARY PHOTOCOPY

Watch your baby

grow. Keep this growth chart by your changing table, crib or rocking chair. Use it often by marking and dating the measurements and reviewing the important safety tips.



35

34

33

32

31

30

29

28

Baby SAFETY Checklist

Bedroom

Put your baby to sleep on her back or side in a crib with a firm, flat mattress and no soft bedding underneath her.

2
26
25
24
23
22
21
20
19
18
17

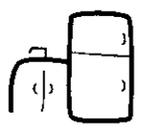
- ♡ Make sure your baby's crib is sturdy and has no loose or missing hardware.
- ♡ Never place your baby's crib or furniture near window blind or curtain cords.



Bathroom

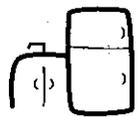
- ♡ Keep medicines and cleaning products in containers with safety caps and locked away from children.
- ♡ Always check bath water temperature with your wrist or elbow before putting your baby in to bathe.
- ♡ Never, ever, leave your child alone in the bathtub or near any water.

CLINTON LIBRARY PHOTOCOPY



Kitchen

1
17
16
15
14
13
12
11
10



Kitchen

♡ Don't leave your baby alone in a highchair; always use all safety straps.

♡ Use your stove's back burners and keep pot handles turned to the back of the stove.

♡ Lock household cleaning products, knives, matches, and plastic bags away from children.

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Living Areas

♡ Install smoke detectors on each floor of your home, especially near sleeping areas; change the batteries each year.

1
2
3
4
5
6
7
8

♡ Use safety gates to block stairways and safety plugs to cover electrical outlets.

♡ Keep all small objects, including tiny toys and balloons, away from young children.

CLINTON LIBRARY PHOTOCOPY

THE REASONS BEHIND THE

Baby
SAFETY
Checklist

CLINTON LIBRARY PHOTOCOPY

In The Bedroom:

- ♡ Put your baby to sleep on her back or side in a crib with a flat, firm mattress and no soft bedding underneath her. Follow this advice, to reduce the risk of suffocation and Sudden Infant Death Syndrome (SIDS). To prevent suffocation, never put babies to sleep on adult beds.

- ♡ Make sure your baby's crib is sturdy and has no loose or missing hardware. This will prevent babies suffocating or strangling by becoming trapped between broken crib parts.

- ♡ Never place your baby's crib or furniture near window blind or curtain cords. This will prevent babies from strangling on the loop of the cord. To prevent falls, keep children away from windows.

- ✓ Never place your baby's crib or furniture near window blind or curtain cords. This will prevent babies from strangling on the loop of the cord. To prevent falls, keep children away from windows.

In The Bathroom:

- ♡ Keep medicines and cleaning products in containers with safety caps and locked away from children. This will prevent children from being poisoned.
- ♡ Always check bath water temperature with your wrist or elbow before putting your baby in to bathe. This will prevent burns to a baby's delicate skin.

CLINTON LIBRARY PHOTOCOPY

Never, ever, leave your child alone in the bathtub or near any water. This will prevent children from drowning. In addition, keep children away from all standing water, including water in toilets, 5-gallon buckets, and pools.

In The Kitchen:

- ♡ Don't leave your baby alone in a highchair; always use all safety straps. This will prevent injuries and deaths from the baby climbing out, falling, or sliding under the tray. Be sure to use safety straps in strollers and baby swings.
- ♡ Use your stove's back burners and keep pot handles turned to the back of the stove. This will prevent deaths and injuries from burns. In addition, keep children away from tablecloths,

safety seats in strollers and baby swings.

- ♡ Use your stove's back burners and keep pot handles turned to the back of the stove. This will prevent deaths and injuries from burns. In addition, keep children away from tablecloths, so they can't pull down hot foods or liquids on themselves.
- ♡ Lock household cleaning products, knives, matches, and plastic bags away from children. This will prevent poisonings, bleeding injuries, burns, and suffocation.

In Other Living Areas:

- ♡ Install smoke detectors on each floor of your home, especially near sleeping areas; change the batteries yearly. This will prevent deaths and injuries from fires.
- ♡ Use safety gates to block stairways and safety plugs to cover electrical outlets. This will prevent injuries from falls and electric shocks.
- ♡ Keep all small objects, including tiny toys and balloons, away from young children. This will prevent choking and possible death.

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*Brought to you by
U.S. Consumer Product Safety Commission
Serber Products Company*

NOV 23 1995

Baby safety showers shine light on danger

By DARLENE SUPERVILLE
Associated Press

WASHINGTON — Even longtime children's advocate Hillary Rodham Clinton didn't know everything about keeping babies safe when she had Chelsea.

Like any new mother, the first lady experienced the anxiety that comes with a newborn: the questions, the worries, the fears.

Should I put the baby to sleep face down or face up? How will I know if the bath water is too hot or too cold? Are high chairs safe to use?

To help, the Consumer Product Safety Commission recently hosted a baby safety shower to answer such questions for 80 mothers and moms-to-be.

It was a new twist on an old idea that agency officials hope will help reduce the accidental injuries that kill thousands of children every year.

"It was a blessing to me because you're never too old to learn anything," said Christine Davis, 27, whose youngest of six children is 3 years old.

For the event attended by Mrs. Clinton, four rooms at a local child care center were redecorated to look and feel like a real bedroom, bathroom, kitchen and living room.

The moms and moms-to-be, all from the Washington area, moved

from room to room to watch officials from the consumer agency and the Gerber Products Co. demonstrate do's and don'ts of baby safety.

They learned that toddlers drown in toilet bowls, suffocate in cribs and strangle on window blind cords. Among the safety tips they picked up were warnings to lock medicines and household cleaners away, strap children into high chairs and cook food on the back burners of stoves.

"We are not taught these things," said Fontella Williams, 28, who has five boys and girls, ages 3 to 13. "A lot of deaths could be prevented."

Though not a typical baby shower with cute outfits and toys, the women still took home plenty — in knowledge and other baby gifts.

Gerber donated cabinet locks for the home and spoons and teething rings that the women won playing "Wheel of Safety" and "Safety Bingo."

Marion McMillian immediately practiced what she learned.

"I went home, and the latches that they gave me, I put it on the cabinet and I went out and bought several more," said the 28-year-old, who works at the center and is expecting her sixth child in January.

Mrs. Clinton, who is writing a parenting book, said she found



ASSOCIATED PRESS

Elizabeth Ghormley, right, had a safety shower and a traditional baby shower as a new mother. The 20-year-old college freshman explained it simply: "Safety is a must."

during her travels as first lady that "many of us just don't know everything we need to know to keep our babies secure."

A graduate of Yale Law School and formerly one of the country's top lawyers, Mrs. Clinton her efforts when Chelsea was born 15 years ago were "trial by error."

"There is nothing more important to any parent than keeping our babies and our children safe and secure," Mrs. Clinton said.

Unintentional injuries killed 6,674 children age 14 and under in 1992, according to the National Safety Council.

Ann Brown, chairwoman of the Consumer Product Safety Commission and mother of two adult

daughters, said safety showers are important because "there is no built-in instruction manual that comes with motherhood."

"There's no better way for a parent to show love for their baby than to take responsibility for their baby's safety," she added.

But Elizabeth Ghormley, a 20-year-old college freshman and new mother who appreciated the safety advice, likes traditional baby showers too. She has had both.

"Safety ... it's a must," she said, bouncing her 7-month-old son, Matthew, on a knee. "But I don't know what I would have done if I hadn't gotten the (traditional) clothes shower, because I needed it."

Hillary Clinton was the guest of honor at CPSC's kick off baby safety shower



Chicago Tribune

Sunday, November 26, 1995

Chicago and
Final
\$1.75

WOMAN NEWS

SUNDAY, NOVEMBER 26, 1995 • SECTION 13

Hillary seeks cloudburst of baby safety showers

By Denise Cowie
Kensington Reporter/Columnist

Hillary Rodham Clinton has her way, the new trend for mothers-to-be will be Baby Safety Showers — parties with a serious purpose.

President Clinton's wife is certainly doing her bit to make it happen. In October she helped open a national campaign to promote the safety showers. Then she became one of the first in the country to throw one, hosting a shower for a pregnant friend.

Babies don't come with a how-to manual, Clinton told a group of mothers and expectant mothers at a shower at the Edward C. Mazique Parent Child Center in Washington recently.

Clinton — who is writing "It Takes a Village," a book on parenting to be published by Simon and Schuster, with profits going to charity; — teamed up with the U.S. Consumer Products Safety Commission and Gerber Products Co., a babyfood manufacturer, for the launch.

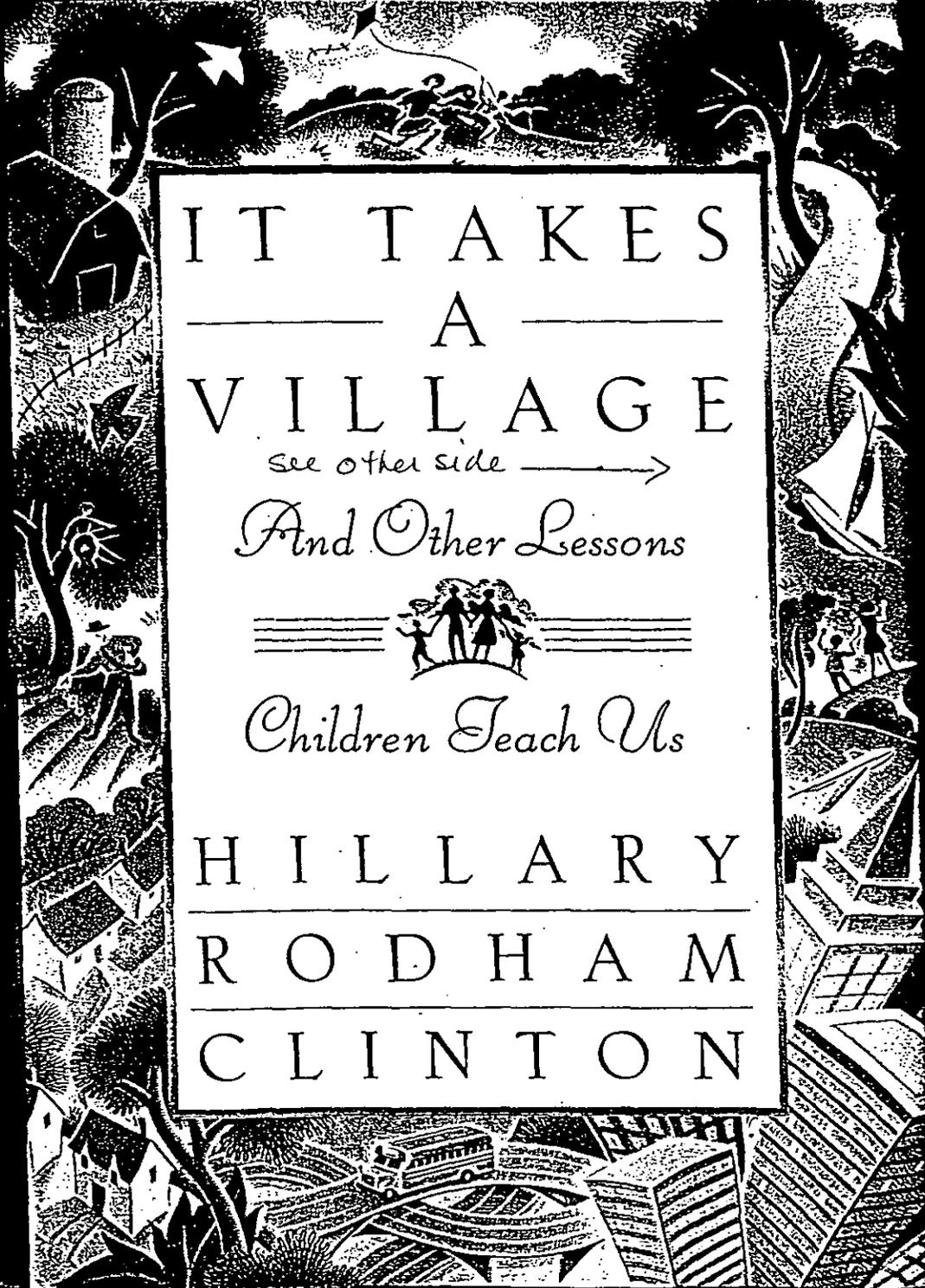
The groups have focused on baby showers as a way of getting safety information across to new parents. The parties feature games

and activities revolving around a 12-point safety checklist.

Pointing out that more children die from unintentional injuries than from any of the childhood diseases, commission chair Ann Brown said that safety showers for new mothers and mothers-to-be could help them make each room in their homes safe for children.

Gerber, the Consumer Product Safety Commission and the Food Marketing Institute collaborated on developing a "Baby Safety Shower How-To Kit" and Gerber funded 2,000 of the kits for distribution to groups interested in planning showers. The kits give details on how to throw the showers, from invitations and attendance certificates to games and free literature for guests. There are even samples of a public service announcement and a news release for groups seeking publicity for their parties.

For information on Baby Safety Shower How-To Kits or for a copy of the Baby Safety Checklist, call 1-800-634-2772.



IT TAKES
— A —
VILLAGE

see other side →

And Other Lessons



Children Teach Us

H I L L A R Y

R O D H A M

C L I N T O N

children don't scald their hands, and repaint peeling walls so that children don't ingest lead, which can harm their developing brains.

Ann Brown, whom I like to think of as the Pied Piper of child safety—she chairs the Consumer Product Safety Commission—has pulled together a wealth of information on “childproofing” homes. Recently, she invited me to accompany her to the Mazique Parent-Child Center in Washington, D.C., as she teamed up with Gerber Products and the Food Marketing Institute to unveil the Baby Safety Shower How-To Kit. Brown suggested that baby showers with a safety theme are a great way to help new and expectant mothers childproof every room in their homes. I was so impressed by the shower idea that I gave safety items at a White House shower I hosted for a friend who had just adopted a baby.

I watched as Ann performed a test that all new parents should know about: If a can of soda held upright fits through the slats on the side of a baby's crib, the space between them is too wide and babies can get their heads caught. Baby mattresses should be firm and flat; mattresses that are too soft can smother babies as they sleep. Inexpensive plugs for electrical outlets and safety gates to block stairways can avoid other serious mishaps.

Three times as many children die each year from preventable household accidents as from murder. By definition, accidents are unpredictable. Beyond a certain extent, then, they cannot be avoided, but serious injuries from them most often can be. My mother remembers the time when, as a toddler, I spotted a Coke bottle that painters in our apartment building had filled with turpentine. I began drinking it before anyone knew what I was doing. The adults around me reacted quickly to pre-

This was CPSC's first baby safety shower.

vent serious consequences. The experience cured me of ingesting anything I wasn't sure about (except for the fermented mare's milk I sampled as the honored guest of a nomadic family in Mongolia). But as I grew up, even with watchful adults hovering close by, I still had more than my share of accidents: an arm scalded with boiling water, gashed ankles, knees, and eyebrows; falling down stairs.

Parents should be willing to go toe-to-toe with their kids over taking certain precautions, like wearing helmets to bicycle, ride a motorcycle, skateboard, or Rollerblade. I remember once, on a trip to San Diego, telling Chelsea and a friend that they didn't need to wear helmets to accompany me on a short bike ride, and I didn't either. Imagine my horror when Chelsea's friend ran into the door of a truck that opened suddenly in her path. Thankfully, she was not hurt, and I got off with a good scare and deep embarrassment when articles about the incident ran in local newspapers. But wearing helmets could help protect some of the more than forty thousand children who receive head injuries each year. Car safety seats and seat belts, used properly, could help prevent another forty-nine thousand injuries in car accidents.

Among the most tragic accidents are those involving guns. Each year, about five thousand people under the age of twenty die because of firearms. One in ten of these deaths is said to be accidental, many of them caused by children who find loaded guns in their homes. Nearly half of all American households have guns, and often, instead of being locked up, they are just hidden or even left in a drawer, filled with ammunition. Accidental gun injuries have become so prevalent that the American Medical Association advises doctors to make a point of



It Pays

Karen Caffarini

Shower your baby with safety

Expectant parents usually welcome a baby shower to help them get a jump start on what will probably be the 21 most expensive years in their lives.

Unfortunately, though, few of the cutely decorated packages they receive will contain the knowledge that will help them learn how to keep their helpless infant safe. Worse, some of those gifts could even cause the child harm, or death.

According to the National Safety Council, more than 93,000 children under age 5 were treated in hospital emergency rooms for injuries associated with nursery products in 1994; since 1981 more than 180 babies have died from strangulation with window blinds or curtain cords; and up to 1,800 babies may suffocate from soft bedding each year.

Watching infants scoot around in walkers is cute, but a number of children have fallen over in those devices and been injured. Similarly, grandma's crib may be a beautiful antique, but it could also be dangerous, as children can get their heads caught between the spindles.

Other infants have choked to death on a small toy, drowned in an unattended tub or pool, or electrocuted themselves by putting a metal object in an outlet.

To help prevent these and other accidents, the U.S. Consumer Product Safety Commission and Gerber Products Co. are urging individuals, community organizations and day care centers to throw "Baby Safety Showers," instead of the usual fare.

The national, grass roots program provides expectant mothers and fathers life-saving information for keeping their babies safe. It does this through various shower games and activities.

The program teaches expectant mothers and fathers life-saving information for keeping their babies safe.

How-to kits and other written materials are available by phoning the U.S. Consumer Product Safety Commission at (800) 638-2772.

Also, a limited supply of safety checklists will be available in the safety aisle of Dominick's stores throughout the Chicago area.

"There are many safety concerns that just aren't obvious to most parents, but that can prove deadly," said Ann Brown, chairman of the safety council. "From old cribs, to quilts and comforters, to venetian blind cords — these can all be lethal to small children. If parents are aware of these hazards, they can help prevent a tragedy."

The how-to kit is divided into four sections: planning ahead, developing the shower program, putting the shower together and attachments.

The kit includes a sample invitation and eight baby safety checklists, all of which can be photocopied and sent to each of the guests.

It includes several games that focus on safety in various rooms of the house and a Safety Bingo game, which also contains safety tips from various areas of the house.

A typical question asked in Safety Bingo is: "If burst or uninflated, these can be a choking hazard to young children." Answer: balloons. Another is: "This is the best position for babies to sleep." Answer: Back or side.

The kit encourages a healthy lunch be served at the shower and provides an address where guests and the guest of honor can receive a number of publications on safety issues at a nominal charge or for free.

So, instead of showering the soon-to-be parents with adorable outfits that the baby will quickly outgrow, and expensive baby things that could be dangerous, you might want to help them ensure that their child can safely make it to adulthood.

And even seasoned parents might discover something they didn't know about raising children in a safe environment.

It may be harder to "slam" or "clone" someone in Illinois in the near future, as a result of legislative action last week.

See IT PAYS, Page D-2

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THE STAR

ORLAND PARK, ILL.

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MAY 26, 1996

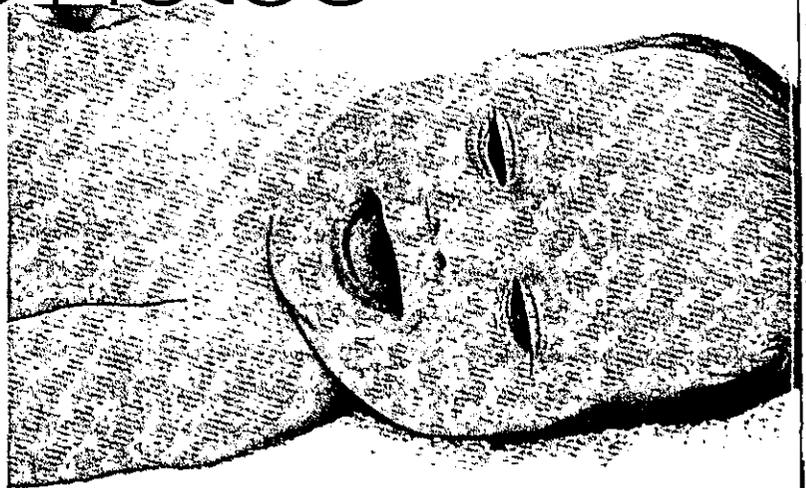
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Showered With Safety

If you're an expectant or new mom, chances are you've got friends who are pregnant too. And that means a round of baby showers. Here's an unusual, yet fun and practical, idea for a theme.

The Consumer Product Safety Commission (CPSC), working with Gerber Products Company, has put together a "Baby Safety Shower How-to Kit," which includes everything from a sample invitation to games (such as Safety Bingo) to a safety checklist (in the form of a growth chart). If you're part of an organization that's looking for something to do for a group of new parents—maybe in your church or neighborhood—you'll be happy to know that the kit also includes advice on getting sponsors, volunteers, and prizes.

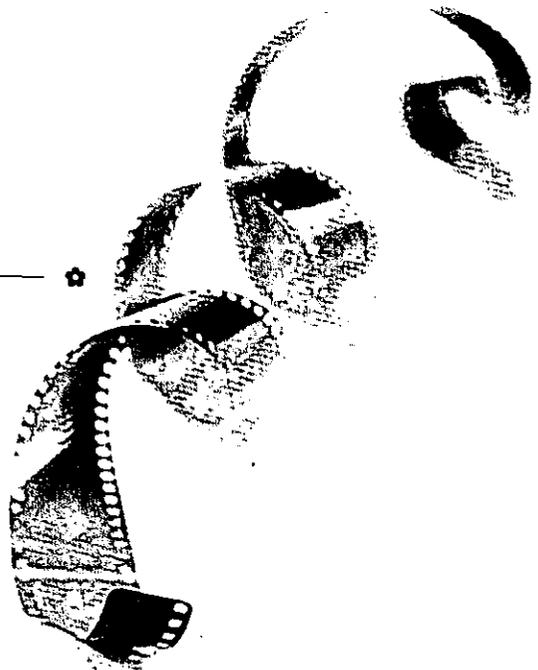
For a free copy of the how-to kit, write to: Baby Safety Shower How-to Kit, Item #207, U.S. CPSC, Washington, DC 20207.



"Pampered" Photo Contest

It's been 35 years since the creation of Pampers, the first disposable diaper. To celebrate, Pampers is holding a photo contest. The grand prize includes \$35,000 toward college tuition, the chance to appear in a Pampers print ad, and a house call from T. Berry Brazelton, MD. Other prizes include a professional photo session and supplies of Pampers.

Photo must be of a parent (or legal guardian) and baby, capturing their special relationship, and must have been taken within the past 12 months. Baby must be three years old or younger at time of entry. For complete details, call 800-PAMPERS. Entries must be postmarked by November 7.



Watch US!

Will your firstborn be studious? What's the best way to teach a biracial child about his background? What are babies learning when they play?

Get answers to these questions and more by watching *The American Baby TV Show*, Saturdays at 7:00 A.M. on The Family Channel. This month join host Heidi Bohay and *AMERICAN BABY* editor, Judith

Nolte, for discussions that include these topics: birth order (Oct. 5); biracial families (Oct. 12); babies and play (Oct. 19); and "new American moms" (Oct. 26).

Want more answers? Stay tuned for *The Healthy Kids Show*, at 7:30 A.M. Model and mom Kim Alexis hosts, as pediatricians from the American Academy of Pediatrics share their expertise.



TOP: TOSCA RABIGORDA MIDDLE: OTERO

A K-III PUBLICATION

American

Baby

FOR EXPECTANT AND NEW PARENTS OCTOBER 1996

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Zoo!
Creative
Costumes

Guide to a
Better Labor

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Best Buys for
Baby's First Room

be OK.

If people don't help with these babies, the babies will not!

- Paula Van Straten, St. Vincent prenatal care coordinator

Keeping baby

safe

This special shower makes teen parents more aware of home hazards

By Sean Schultz
Press-Gazette

One teen mother envies her friends who didn't get pregnant in high school. Another teen mom says flat out: "It would be great if I didn't have a baby."

But both put envy and regret aside to enjoy a Baby Safety Shower this week at St. Vincent Hospital.

Despite the pressures of parenthood when they're still kids themselves, the young mothers and nearly 70 others like them want to be the best mothers they can be.

The shower was designed to help. It featured games and prizes artfully designed around a safety theme, giving young mothers and mothers-to-be the tools to make their babies safer.

Sheila Knuth and Paula Van Straten, prenatal care coordinators at St. Vincent, planned the event with the help of several local agencies and volunteers.

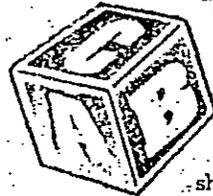
Among them were representatives from the School Age Parent Programs at Green Bay and Pulaski schools, the YWCA, Family Service Association, Children Service Society, Family Violence Center, the Brown County Health Department and Bay Lake Bank West.

Van Straten, who is also coordinator of the YWCA's Teen Parent Center, said she hopes the shower will become an annual event. She said it's important that agencies and individuals take up the cause of the pregnant teens.

"Research has indicated that if people don't help with these babies, the babies will not be OK," she said. "Instead of cutting programs, we need to stay involved with them to break a lot of these patterns."

One-third of the girls at the shower were pregnant, the others are already parents.

The baby shower, said Kristine Lappen, 18, a high school senior due March 12, "gets everybody together. They can tell us what to do with baby safety. I never thought about it."



Her friend, Tina Pinchart, 18 and a senior, has a 7-month-old son who has made her pay attention to safety. "He's starting to climb up on things and he falls over quickly," she said. "He can hit his head."

Tina said she worries about what her baby is doing while she's at school. That's something Kristine must face.

"I worry about child care for the first six months when I have no day care," she

Carrie Spencer, 17, who is working toward a high school equivalency diploma, holding down a part-time job and caring for two daughters, ages 11 weeks and 17 months, faces safety issues every day with her girls.

"Just going to the grocery store" can be a problem, she said. "It's hard. My Mom makes me take them with me a lot of the time, but she helps out a lot with the kids, too."

The baby shower addressed all those concerns.

"We hope through fun and activities that it will be a learning experience, but a fun kind of thing," Knuth said.

The focus, she said, "is making the home a safe haven. Statistically, more children die of accidental injuries each year than from all childhood diseases."

The shower provided outlet covers and other safety items, as well as tip sheets on making the home safe and selecting adequate baby sitters. Through games, the girls learned safety tips for every room.

"We don't teach people how to be parents," Knuth said. But through activities like the safety shower, "we give them the tool to keep the babies healthy."

Straten thinks that reward is due the teens she meets through the School Age Parent Programs in local schools.

"They really really care about their kids and they really want to learn to be good parents," Van Straten said.

Attending the shower is just one way Kristine tries to be a responsible parent. She also works and goes to school.

"I'm paying for this baby basically by myself," she said. "I don't get Medical

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Baby safety checklist for the home

XI

Kitchen:

- ✓ Don't leave your baby alone in a highchair. Always use all safety straps on the chair. When away from home, a belt or dish towel may be used to replace the safety straps.
- ✓ Use your stove's back burners and keep pot handles turned to the back of the stove.
- ✓ Lock up household cleaning products, knives, matches and plastic bags to keep them away from children.



Bedroom:

- ✓ Put your baby to sleep on her back or side in a crib with a firm, flat mattress and no soft bedding underneath her. Pillows and stuffed animals are dangerous in a crib because they can suffocate a baby.
- ✓ Never let baby sleep on an adult waterbed. Suffocation is possible.
- ✓ Make sure the crib is sturdy and has no loose or missing hardware.
- ✓ Never place the crib or other baby furniture near window blind or curtain cords.

Source: U.S. Consumer Product Safety Commission, Gerber Products Company, St. Vincent Hospital

Living areas:

- ✓ Install smoke detectors on each floor of your home, especially near sleeping areas. Change the batteries each year.
- ✓ Use safety gates to block stairways and safety plugs to cover electrical outlets.
- ✓ Keep all small objects, including tiny toys and balloons, away from young children.

Bathroom:

- ✓ Keep medicines and cleaning products in containers with safety caps and locked away from children.
- ✓ Check bath water temperature with your wrist or elbow before putting your baby in to bathe.
- ✓ Cover hair-care products and keep them out of baby's reach. Don't let cords dangle on hair appliances or leave them where baby might be burned or electrocuted.
- ✓ Never leave your child alone in the bathtub or near any water.
- ✓ Slip guards in the tub will keep baby from falling.
- ✓ Don't give youngsters access to a thermometer. It can break, leaving poisonous mercury and broken glass exposed.



About teen moms

■ Brown County averages 250 12- to 19-year-old mothers delivering babies each year, a figure that has held steady for the past several years.

■ Nationally, 1 million teen girls in the United States conceive each year.

About half go through childbirth.

■ Statistics show that 50 percent to 75 percent of the fathers of these babies are adult men.

■ By the time the girl gives birth, the majority of the fathers are no longer involved with the girl.

— Source: St. Vincent Hospital prenatal care coordinators

Assistance. My parents still have two younger children themselves."

Josh Verheyen, 17, was the only dad-to-be at the shower and he didn't mind.

"I'm not embarrassed," he said. "I plan to be part of it."

He is the only male in the School Age Parent Program at East High School, too, but he enjoys his time with that group.

"We learn stuff you never really thought of, like about breastfeeding increasing IQ, and we know if it's normal what she's going through," he said.

Josh and his girlfriend, Naomi De Young, 18, hope to be married in December. Their baby is due March 15. The couple lives with his parents, but both sets of parents are supportive, they said.

Two young mothers had to struggle with safety issues at the shower. They brought their lively toddlers along and worked to keep them happy and harm-free during the half-day event.

The girls, in evaluations filled out at the end of the program, gave it a thumbs up, Knuth said.

That's the same rating the organizers gave the moms and moms-to-be for caring enough about their babies to take time out for safety.



**EXCERPTS FROM REQUESTS FOR CPSC
BABY SAFETY SHOWER MATERIALS**

From Parents, Expectant Parents, and Grandparents

"Being a pilot, I firmly believe in the use of checklists and I think the baby checklist is an excellent idea. Would you please arrange to have approximately 9 copies of the "Baby Safety Checklist" delivered to my home? The reason I am requesting so many copies is because I would like for all those relatives and friends who sometimes care for our child to have a checklist, too. Thank you very much for your service."

HB, Rehoboth Beach, Delaware

"I am having a baby in November (1996)...You see so many young children dying needlessly from things that could have been prevented in the first place. It is enough to scare anyone who has a child or is going to have a child. Awareness is the key to safety."

MAF, Arlington, Texas

"I am a 'new' mom for the second time, and I have friends who are pregnant. Your kit seems like a fun, as well as practical, theme....Thank you for your time and ideas. It is very appreciated. I am looking forward to using the ideas."

TW, Friendsville, Tennessee

"Your idea of a Baby Safety Shower How-to Kit is wonderful. I can't believe that you're going to send it to me free! Wow! Thank you for this opportunity."

FH, Gainesville, Florida

"...I and several friends/relatives are all expecting between November and January. Please send (your Baby Safety Shower How-to Kit) right away. We'd hate to miss out on something that sounds like so much fun while educating ourselves about these new wonders entering our lives. Keep up the good work!"

CLF, Florence, South Carolina

"It seems like everyone in town, including myself, got pregnant around the same time. I know that before it is my turn to have a shower, I'll be in charge of a few of them....With the help of the 'Baby Safety Shower How-to Kit," I'm sure to give a show that is unique and fun.

BH, Caruthersville, Missouri

"Thanks for the great idea. I can't wait to see what you send so I can get all the planning done."

KM, Page, Arizona

"Please send me the Baby Safety Shower how-to kit....My daughter is going to have our first grandchild in May of 1997...."

PWS, Stilwell, Kansas

"Please send me the free Baby Safety Shower How-to Kit. Both my son and daughter are having babies this year (1996), and I would like to use this to educate them, to keep my grandchildren safe. After all, grandmothers can't be there all the time."

LCA, Middlebury Center, Pennsylvania

"My children are just starting to have grandbabies, and I am most concerned about their safety and can help my children be more aware of the dangers I've learned about through the years....I am grateful for this helpful information and materials, especially where it can be learned and reviewed in such a fun way."

PP, Bountiful, Utah

"I am soon to be new grandmother -- twice in 1996. My son's baby (is) due any day. My daughter's baby is due in September. I would also appreciate receiving (your) free kit on how to plan a baby safety shower so I can examine and make use of your helpful hints. Thank you."

RG, Franklin Square, New York

"During the last six months I have been blessed with three new grandchildren....I believe your 'Baby (Safety) Checklist' guide will prove quite important to my new little babies and their new mothers. In fact, I probably require a refresher course myself as a new grandma!"

SK, Rochester, New York

"Please send a free baby (safety) growth chart to my granddaughter....Being a mom and married is really pushing it at the age of 19. I'm sure she needs all the help she can get."

RB, Clyde, Ohio

"Please send me a free baby growth chart and safety checklist. My baby is 9 months old and into everything!"

LM, Melrose, Florida

"I am very interested in receiving a 'Baby Safety Shower How-to Kit.' I would further like to comment that this was an excellent idea you came up with."

SG

"Please send me 5 baby safety checklists. (I have a lot of pregnant friends.) Thank you!"

DKP, Plymouth, Michigan

"Please send me a Baby Safety Shower kit, as I have a close friend who is due to have a baby in July. This (baby safety shower) sounds so much better than the traditional boring baby showers!"

MH, Lehigh, Iowa

"I am expecting our first children -- yes, triplets! What a way to start! So I need all the help and information I can get my hands on. I'm very much interested in the free baby (safety) growth chart and checklist."

JM, Bancroft, Iowa

"Please send me the...materials for a Baby Safety Shower I will be holding in my neighborhood. Thank you very much for having these materials available, at no charge, for parents. It's great to know the CPSC cares!"

SJ, Dacula, Georgia

"I am interested in receiving a free copy of the Baby Safety Shower How-to Kit for my church. Thank you for such a wonderful idea!"

MC, Richmond, Virginia

"I am planning two baby showers for the month of November (1996). I read about (the Baby Safety Shower How-to Kit)...and thought it was a great idea! Being a new mom myself, I wish I would have heard about this earlier. Thank you very much."

JH, Hilo, Hawaii

"Please send me a copy of the Baby Safety Checklist....Thank you for putting out such an important and valuable list. I will do anything I can to keep my baby safe!"

MW, Mankato, Minnesota

"I am writing to request two (baby) safety growth charts. One for me, as my daughter is 11 months old, and one for my sister, who is expecting her first child in September. I think it's something we both should have!"

LG, West Hempstead, New York

"Please send me your safety check list and baby growth chart....I think this is such a valuable service you are providing for expectant mothers. We thank you for this."

DM, Burke, Virginia

"...I'm a new father and not completely sure on everything. I would need the information that you are printing and any more safety issues you may have. So, I could use a copy of the (baby) safety checklist for the home that you stated I could receive by writing to you."

RWS, Little Falls, Minnesota

"Please send me ...(your) Baby Safety Checklist (and) Baby Safety Shower information....Not only will the above information be used on a personal level, but also I work at (a children's hospital) and we would be very interested in looking at your infant safety documentation."

SKW, Milwaukee, Wisconsin

"I am very safety conscious as a registered nurse and think this is a wonderful idea for a baby shower, as well as educating the public in my everyday work. Thank you for this offer."

RR, Louisville, Kentucky

"What a great idea!!! We are hosting a baby shower in June and would appreciate it if you would send a copy of (the baby safety shower how-to kit)....I'm sure it will be a hit at our baby shower. Being a new parent myself, I wish I would have had something like this before my baby was born. I'm sure I will learn some things from this kit also which will protect my six-month old.

CS, Mesquite, Texas

From Organizations and Others Concerned with Children's Safety and Health

"I am writing on behalf of the planning committee for the 1997 Greater Lawrence Community Baby Shower...a unique health fair for new and expecting parents. Your Baby Safety Shower How-to Kit would greatly benefit the families of the Greater Lawrence area."

SE, Event Coordinator
Lawrence, Massachusetts

"I would like to use this idea (baby safety shower) for the parenting support group I coordinate with my employer."

TD, Raymond, Maine

"Our National Safety Council first aid training agency trains large numbers of child care providers....I would like to show and promote the (baby safety shower) kit during our 15-hour health and safety course, and encourage the providers to hold Baby Safety Showers. Furthermore, I would like to send these kits to our local child care resource and referral agencies and family day care associations. I think they would be interested in hosting their own showers."

CB, Director
Southern California Safety Training Center
Rolling Hills Estates, California

"Please send the Baby Safety Shower Kit...to my office....I would like to recommend your services to my obstetric patients."

BHF, M.D.
High Point, North Carolina

"This (Baby Safety Shower) Kit would assist our nurses and nursing students in teaching patients, pregnant adolescents and the community on this important topic (safety)."

DR, Jersey Shore Medical Center
Ann May School of Nursing
Neptune, New Jersey

"I am a home economics teacher....My students will be having a baby shower in the spring (of 1997) and will be carrying around "babies" as a class requirement. Your Baby Safety Shower Kit would be a great theme for our shower. I guarantee these kits will be used to promote safety with children."

LH, Wernersville, PA

"I teach Home Economics...and would like to incorporate a 'Baby Safety Shower' into my curriculum and/or use this as a project for my FHA Chapter to increase community awareness as to the need for keeping babies safe."

CA
Troup County Comprehensive High School
LaGrange, Georgia

"I recently read an article in our daily newspaper concerning the baby safety shower put on by Hillary Clinton, Gerber and (the) Consumer Product Safety Commission....My organization in conjunction with several other social service agencies in our area are interested in hosting a shower. Please send all the information you have to offer...."

BR, Program Coordinator
Child Care Resource & Referral
Longview, Washington

"We at Mini University (child care center at Miami Valley Hospital) are sponsoring a...Baby Safety Shower on November 2, 1996. We will be passing on some very important information to...approximately 200...families regarding ways to keep their babies safe at home. Please send us extra copies of (your)...publications so we can accommodate everyone who attends this program."

LAW, Family Services Coordinator
Mini University, Inc.
Dayton, Ohio

"As a health educator, I organize parenting workshops for parents of children birth to two years of age....I believe the (baby safety shower) how-to kit will provide a tremendous source of information for new parents...."

IDJ
Health Insurance Plan of Greater NY
New York, New York

"I recently received a copy of the Baby Safety (Shower) How-to Kit. I was really impressed. It contains a lot of creative ideas and themes that we could use with our WIC participants."

LS, RD and LD
Arkansas WIC Program
Arkansas Dept. of Health
Little Rock, Arkansas

"Please send me a copy of the *How-to Kit* for my Unintentional Injury Grant Program. We have a well-child clinic and WIC program here....I am hoping to do some sort of program for pregnant women and new moms."

JKD
Naugatuck Valley Health District
Shelton, Connecticut

"I was so pleased to hear about your Baby Safety Shower program. What a great idea! I am always looking for ways to pass on information to parents and child care providers on the importance of a safe and healthy environment for young children."

LG
PATCH (People Attentive to Children)
Kauai, Hawaii

"I am a member of the First Lutheran Church in Geneseo and we are looking for ways to inform and educate parents in an effort to prevent some of the deaths of small children we have had in the area recently."

JF, Geneseo, Illinois

"I am part of...Moms-N-Tots...We are currently handling the meetings at our local church for the community....An upcoming segment will be on child safety....The How-to Kit on baby safety sound ideal for a great supplement to the program!"

JD, Waterford, Michigan

"The Community Education Department of the Robert Wood Johnson University Hospital would like to receive your "Baby Safety Shower How-to Kit...to (use with) our class entitled, 'Preparing to be a Grandparent.'"

BV, RN, MA
Coordinator, Community Education
New Brunswick, New Jersey

"I am a psychologist...and I would like to use this material with expectant and new mothers."

CF
Dept. of Environment, Health and Natural
Resources, Div. of Maternal & Child
Health
Boone, North Carolina

"Our organization is interested in sponsoring a community-based safety program during National Safety Month (June 1997). I appreciate any assistance I can get in helping to spread the safety message, and this kit sounds like a great idea!"

SCB, President
American Society of Safety Engineers
Nesconset, New York

"I am currently co-chairperson of the health & education committee for the North Royalton Preschool PTA. I feel our 165 members could benefit from your 'Baby Safety Shower How-to Kit'."

DO, North Royalton, Ottawa, Canada

"I am a social worker at the Talbot County Family Support Center and feel that this (Baby Safety Shower How-to Kit) would be quite useful in parenting and support groups I hold."

CEP, Adolescent Case Coordinator
Talbot County Health Department
Easton, Maryland

"We are always looking for quality materials to give to our young parents, and the safety information and shower kit seem ideal, since (they) provide much needed information in a clear, fun format. Since many of our adolescents speak only Spanish, having the material available in that language is a big plus."

CE, Program Coordinator
LifeSpan, Parkland Hospital
Dallas, Texas

"I'm an infant teacher in a day care center. This information would be greatly appreciated by us and our new to-be parents and already-parents."

MLP
Children's Learning Center
Yardley, Pennsylvania

"(We) offer...the Health Families Nurturing Baby Program. This program matches teen parents with a home visitor who provide emotional support, educational information, and community resources....Safety is an important issue we cover with our clients. A Baby Safety Shower would be a new, fun way in which to present the hidden hazards of home. We would value a (Baby Safety Shower How-to) kit."

TLB, Americorps VISTA Volunteer
The Youth and Family Project
Port Washington, Wisconsin

"As a multi-specialty clinic with pediatrics, we will be able to help the community by using these two programs (Baby Safety Shower How-to Kit and Baby Safety Checklist/Growth Chart)."

ST, Manager
Mollie Scott Clinic
Sun Valley, Idaho

"I am a maternal/child visiting nurse, as well as a newly certified child birth instructor and am always looking for new, innovative ideas of teaching infant & child safety. Please send (your baby safety shower materials)...."

LT, RN, BSN
Franklinville, NJ

"I am in charge of a Teen Mothers Group here in Kentucky. The (Baby Safety Shower How-to) kit sounds wonderful for my young, economically disadvantaged mothers-to-be."

PC
Nelson County Family Resource Center
Bardstown, Kentucky

"I work with the 4-H clubs...and will use this information with our special groups of At-Risk youth."

KO, Associate Home Economist
Louisiana Cooperative Extension Service
Tallulah, Louisiana

"I am writing to request a Baby Safety Shower Kit to use with my teen parent groups at the Department of Juvenile Justice and the Waverly Family Center."

AS, Baltimore, Maryland

"Early Intervention Services, a program of Goodwill Industries of North Central Wisconsin, Inc., is interested in receiving (your baby safety shower and other) publications to distribute to families participating in our birth-to-three program."

CF, Program Director
Neenah, Wisconsin

"I am a college student and am doing my practicum with caring communities. We have parent meetings with some of our clients, and I'd like to share some of this (baby safety shower) information with them."

BD, McClure, Illinois

"I work with pregnant and parenting students. Ultimate goals are to stay in school, prenatal care, parenting classes. Safety is one area we cover....Please send me...a 'Baby Safety Shower How-to Kit.' Thank you for helping these teenagers."

JEB
Tolles Technical Center
Plain City, Ohio

"These (Baby Safety Shower) materials will be passed out to AmeriCorps Action for Children Today (ACT) members at our upcoming national orientation and training. The members will be expected to use these materials to plan training and educate their respective communities about safety issues for infants and toddlers."

CL, Infant Toddler Care Coordinator
AmeriCorps ACT Program
Washington, DC

"I am an AmeriCorps VISTA volunteer working with babies and new expectant mothers in...the Lighthouse Program, (which) is designed to open doors to self-sufficient living for homeless mothers and fathers between the ages of 16 and 25. I think your Baby Safety Shower Kits will be a very valuable resource to use with these young parents."

DC, VISTA Volunteer
Marshalltown, Iowa

"I am planning to use these (baby safety shower) materials as part of my Healthy Child Campaign....We assist families in the community who have children birth to five or are expecting."

AD, Coordinator
Brooke Hancock Starting Points Center
Weirton, West Virginia

"I teach a safety class, and this (baby safety shower material) would be a wonderful asset."

State of Florida Dept. of Health and
Rehabilitative Services
St. Lucie County Public Health Unit
Fort Pierce, Florida

"The Baby Safety Shower is much needed in our community. We appreciate your help and supplies."

CM, RN, Perinatal Case Manager
Matthew Walker Comprehensive Health
Center, Inc.
Nashville, Tennessee

"I teach a parenting class for pregnant and parenting teens...I inform my clients and students of the variety of safety considerations. Your materials, games and activities sound like just what we need!"

CJ, Community Educator
Planned Parenthood
Sacramento, California

"I would like to receive a copy of the (baby safety) checklist....This would be very helpful in my health and safety classes I teach to day care center workers."

MS
Louisiana Dept. of Health and Hospitals
Bastrop, Louisiana

"Please send a "Baby Safety Shower" kit to our organization so we may work with our infant and toddler mothers.

JMW
Early Childhood Education Program Mgr.
Colville Confederated Tribes
Nespelem, Washington

"I am most interested in receiving *Baby Safety Shower How-to Kit* (and) the *Baby Safety Checklist*. I am...developing a preventive home visitation in our community (that) will be delivered by volunteers and available to all new mothers in our county."

CMT
Babytime!
Person County (NC) Health Department

"We are planning a children's health fair at our large church on April 21, 1996, and would like to have your Baby Safety Checklist and Baby Safety Shower How-to Kit available for our parents."

JB, MSN, RN
Parish Nurse for Children
San Diego, California

"My organization (a community action agency) is organizing a community baby shower on March 30 (1996). Approximately 15 organizations will be participating and over 250 people are expected to attend. It would be great to give a talk about child safety at this event and hand out the Baby Safety Checklist...we (will) definitely hand them out to all who attend."

BB, Coordinator
Haverhill, Massachusetts

"Please send me a Baby Shower 'How-to Kit'...and several copies...of the Baby Safety Checklist. The program I work for works with over 1,600 families of newborns each year. We offer weekly parenting groups (and) provide support and information to the families. Safety information is exactly the type of information we like to provide....A "Baby Safety Shower" would be a perfect activity."

DS, Dunkirk, New York

"...(w) deal with young parents and parents-to-be. I would appreciate it if you would send a free 'Baby Safety Shower (How-to) Kit' so I could coordinate programs regularly."

GB, Uvalde, Texas
State Farm Insurance Company

"I would appreciate 10 sets (of the baby safety checklists and baby safety shower how-to kits) as I will give them to the 10 high schools in our district. These schools have child development classes and we will use them with the students, many of whom are teen parents. This sounds like a fun activity...."

JL, La Mesa, California

"(Our organization) is a free-standing birth center run by certified nurse midwives. We have many births a year and we send home post-partum packets with our moms. One of our nurses came across the Baby Safety Shower How-to Kit and safety checklist, and we would like to include them in our take-home packets...."

Mary, Englewood, New Jersey

"I would like to have information, checklist and a kit for the Baby Safety Shower program. I am a public health nursing instructor and am interested in coordinating a shower in collaboration with local communities and health departments."

MC, RN, MSN
Ellisville, Missouri

"Please send me the Baby Safety planning guide. We would like to host a baby safety shower for all the teen moms in our county. Thank you!"

PVS
YWCA
Green Bay, Wisconsin

"I'm a child therapist and school counselor based in Los Angeles, California. Please send me three copies of your Baby Safety Check List for parents and families I work with."

FPW, Beverly Hills, California

"We are a community-based health organization with five health centers, a teen pregnancy program and a day care center throughout Philadelphia. As the person responsible for planning health education activities for the company, I am always looking for resources and ideas. I like the baby safety shower idea and may plan one for each of our centers!"

MEK, Philadelphia, Pennsylvania

"I would like to order a free baby safety growth chart checklist. I teach a parenting class for pregnant teens at our high school....We have a unit on safety in March (1996) and I've found handouts work well with this group...."

LH, Quincy, Illinois

"I coordinate Sisters Plus, a program for pregnant and parenting teens. I am always searching for materials I can share with them to encourage them to focus on their parenting skills and their children's safety. Being teenagers, they seldom realize so many of the things they need to do to help keep their children safe. Your safety shower looks like an excellent way to grab their attention and motivate them."

AM, Coordinator
Harrisburg, Pennsylvania

"I am interested in getting 30 safety growth charts for the people I work with in my program...disadvantaged pre-schoolers and their parents, a lot of whom are pregnant. Thank you."

CS, Center Supervisor
Greensburg, Pennsylvania

"I am a child care specialist at...a corporate child care resource and referral service serving parents nationwide. We help working parents with issues around work and family, parenting and child care. Your (baby safety checklist) would provide a beneficial resource...."

GG, New York, New York

"As Community Wellness Coordinator, I am interested in your (baby safety) checklist on tips to keep baby safe at home...."

KB
Community Health Center
Branson, Missouri

"Our organization sponsors a community baby shower, "Shower Your Baby With Love," along with other community organizations. We feel (your) material would be a wonderful addition to our program."

DM, Beaverton, Michigan

"Please send a (Baby Safety Shower) How-to Kit and Baby Safety Checklist...to distribute to our customers in our Baby Department. Thank you."

SF, Baby Department Manager
(Major retail store)
Indianapolis, Indiana

"...I own a children's and maternity clothes re-sale store....I am always interested in passing on vital information to my customers and consider the Baby Safety Shower Kit a great idea. Having a 1-year old son, I am extremely concerned about taking the appropriate safety precautions...."

FZ-R, San Diego, California

"Would you please send me your Baby Safety Checklist and your Baby Safety Shower 'How To' Planning Kit? We are planning a baby shower theme for our April Christian Women's Club (that) involves close to 100 women...."

JN, Carter, South Dakota

"I would be interested in obtaining 11 copies of the 'Baby Safety Shower Kit', if possible. That would provide one for each of the public health nurses on the staff of our local health department."

LS, RN
Portage, Wisconsin

"I would like to receive your (baby safety shower) planning guide. I work for (a county) community action agency and I talk to children about 911 and safety. We help children and teach parents on how to keep children safe....."

JB
Sharon, Pennsylvania

"The purpose of this memorandum is to request a 'How-to Kit' for holding a Baby Safety Shower. I work in the Base Safety Office at (an) Air Force Base and plan to take this program to the base child care center...."

TWU, SSgt, USAF
Alabama

Elena -

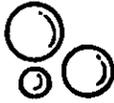
This is the terrific
parenting kit calendar +
South dent! we would
release at the conference

The Ed Dept was only
planning on paying for
200,000 so we will need
to get outside funding
for more.

- Pauline

File -

0-3 Out - Parenting
Kit



AMERICA READS CHALLENGE
 READY★SET★READ

1997-1998 EARLY CHILDHOOD ACTIVITY CALENDAR

A Joint Project of the U.S. Department of Education, the Corporation for National Service,
 the U.S. Department of Health and Human Services, and Books and Beyond.

SPECIAL ACTIVITY CENTER



JUNE TIP OF THE MONTH

Encourage children to do things for themselves when they are ready. Let them feed and dress themselves, and clean up after themselves even if these tasks take more time and are not done perfectly.



Story Time

Have fun reading or telling stories with your child. Ask other friends or family members to share favorite stories with your child. Stories about the child's own history or culture are especially exciting. Ask the librarian to help you pick out books that have pictures and stories about people with the same ethnic background as your child.



Library Outing

Visit the local public library with your child. Be a role model by checking out books that you would enjoy reading. When you get home, set aside a special time to read with your child.



Fruity Fan

Help your child make a colorful watermelon fan to keep cool all summer!

Materials:

- paper plate
- crayons, markers, or paint
- watermelon seeds (if available)
- popsicle sticks

Color or paint a one inch circle of green around the edge of a paper plate. Leaving a small ring of white next to the green, color the inside of the plate red. When the paint is dry, draw black seeds in the red center, or glue on real watermelon seeds. Glue a popsicle stick on the back of the plate and use as a fan.



Rhyme 'N' Play

Touch the body parts named as you sing the words. Repeat the rhyme over and over, going faster each time.

*Head, shoulders,
Knees and toes,
Knees and toes,
Head, shoulders,
Knees and toes,
Knees and toes.*

*Eyes and nose
and ears and mouth
Head, shoulders,
Knees and toes,
Knees and toes.*

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<p>Cut out a food pyramid from the side of a cereal box or other food. Talk about the different food groups. Ask your child to name a favorite food and what food group it belongs to.</p> <p>1</p>	<p>2</p>	<p> Story Time</p> <p>3</p>	<p>Print the letters in your child's name. Ask him or her to name three words that begin with each letter of the name.</p> <p>4</p>	<p>5</p>	<p>6</p>	<p> Library Outing</p> <p>7</p>
<p> Fruity Fan</p> <p>8</p>	<p> Story Time</p> <p>9</p>	<p>Play "Peek-a-Boo" with your child, hiding behind a favorite book. Finish your game by reading the story.</p> <p>10</p>	<p> Rhyme 'N' Play</p> <p>11</p>	<p>Help your child cut pictures of healthy foods out of a magazine. Have the child glue the pictures on paper plates. Make a mobile by hanging the plates with yarn to a clothes hanger.</p> <p>12</p>	<p>13</p>	<p>Flag Day</p> <p>Let your child draw a flag on a piece of paper. Attach a stick to one end, turn on the radio to lively music, and let your child march around the house carrying the flag.</p> <p>14</p>
<p>Father's Day</p> <p>15</p>	<p>Help your child make a book for someone special, drawing pictures showing what your child likes about this person. Write down what the pictures are about. Share it with the special person.</p> <p>16</p>	<p>17</p>	<p>Have your child look in a mirror and name the features on his or her face. Ask your child what each part does, and whether the child has one or two of each part named.</p> <p>18</p>	<p>19</p>	<p> Story Time</p> <p>20</p>	<p> Library Outing</p> <p>First Day of Summer</p> <p>21</p>
<p>Take your child outside with a bucket of water and a paint brush to "paint" his or her name, and to draw shapes and letters on the sidewalk with the water.</p> <p>22</p>	<p>23</p>	<p>Have a pretend phone conversation with your child, asking what your child did yesterday, is doing today, and wants to do tomorrow.</p> <p>24</p>	<p> Story Time</p> <p>25</p>	<p>26</p>	<p>Plan a "TV Blackout" night. Instead of watching TV, read aloud or play games with your child.</p> <p>27</p>	<p> Fruity Fan</p> <p>28</p>
<p>29</p>	<p> Rhyme 'N' Play</p> <p>30</p>	<p></p> <p>JUNE 1997</p>				

Steppin' to the Beat



JULY TIP OF THE MONTH

Teach children songs, poems, and rhymes. Encourage them to dance, sing, and clap their hands to the music or words.

SPECIAL ACTIVITY CENTER



Rhyme
'N' Play

Let your child dance while you sing together.

*Here we go 'round the mulberry bush,
The mulberry bush, the mulberry bush.
Here we go 'round the mulberry bush,
So early in the morning.*

Repeat using:

*This is the way we wash our clothes.
This is the way we scrub the floor.
This is the way we sweep the house.
This is the way we bake our bread.*



Story
Time

Have fun reading or telling stories with your child. Each time you open a book with your child, you take the child on an exciting journey. Open a world of new ideas in books and give your child a great start to learning. Remember, one of the best ways to encourage a love of reading is to have a regular time for sharing books with your child.



Puppet
Making

Read or tell a story. Ask your child to pick out a favorite character and to explain the choice. Using a paper bag, crayons, magic markers, glue, construction paper or other materials, make a puppet of that character. Help your child retell the story using the puppet. Each week a new "character" can be created. By the end of the month you will have a collection of puppets your child can use to make up his or her own stories!



Library
Outing

Visit the local public library with your child, take him or her to the children's section, and let your child pick out books to take home, read, and return during the next visit.

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		<p>Play music and dance with your child. Let your child use pots, pans, and spoons to create sounds. 1</p>	<p>2</p>	<p> Story Time 3</p>	<p><i>Independence Day</i> Find a place to safely watch a fireworks display with your child. Talk about why you are proud to be an American. 4</p>	<p> Library Outing 5</p>
<p> Puppet Making 6</p>	<p>Take a "counting" walk. Pick something to count (cars, signs, flowers, birds, bikes) and as you walk, keep track of how many you see. 7</p>	<p>8</p>	<p>Play "Pat-a-Cake" with your child. Help your child count how many fingers there are on each hand. 9</p>	<p> Rhyme 'N' Play 10</p>	<p>11</p>	<p>Go for a reading picnic under the stars. Take a flashlight, a snack, and a few favorite books to read outside. Look for pictures that the stars make in the sky. 12</p>
<p>13</p>	<p>14</p>	<p>Sing "Old McDonald Had a Farm" with your child. Take turns making the animal sounds. 15</p>	<p> Rhyme 'N' Play 16</p>	<p>17</p>	<p>Watch a musical on TV with your child. Talk about what your child's favorite part was. Try to talk by singing. 18</p>	<p>19</p>
<p> Puppet Making 20</p>	<p>Let your child help with a household chore today, setting the table, emptying the trash, putting away the toys, or feeding a pet. When the work is done, thank your child for helping. 21</p>	<p>22</p>	<p> Story Time 23</p>	<p>Plan a "TV Blackout" night. Instead of watching TV, read aloud or play games with your child. 24</p>	<p>25</p>	<p> Library Outing 26</p>
<p>Go somewhere you can play in the water today—a pool, a lake, the ocean, or under a sprinkler. 27</p>	<p> Story Time 28</p>	<p>Sing a simple song with your child. Count the words that rhyme. Make up a new song of your own using words that rhyme. 29</p>	<p>30</p>	<p> Rhyme 'N' Play 31</p>		

SPECIAL ACTIVITY CENTER



Library
Outing

Visit the local public library with your child. Find out the days and times of special activities or story hours for children that take place in August. Mark the dates on your calendar so you will remember to attend!



Bubble
Time

Ingredients:

- 1/8 cup dishwashing liquid • 1 cup water
- bubble wand

Mix soap and water in a plastic container. Let your child dip a bubble wand in the liquid and blow or run holding the blower against the wind.

Wand Ideas:

- * *Straw*—Cut a drinking straw in half; then cut the tip 3 times and fold pieces back. Dip the tip in the bubble solution and blow!
- * *Soda-Can Rings*—Cut one of the plastic rings off the plastic soda can holder. Tape to a wooden stick or pencil. Dip in the mixture and wave through the air.



Story
Time

Have fun reading or telling stories with your child. Find a quiet, well-lit spot where you can sit comfortably with your child. Let the child pick out a book (even if it's the same one over and over) and enjoy spending time with your child in an imaginary world!



Rhyme
'N' Play

*If you're happy and you know it,
Clap your hands! (Clap, clap.)
If you're happy and you know it,
Clap your hands! (Clap, clap.)
If you're happy and you know it,
Then your face will surely show it,
If you're happy and you know it,
Clap your hands! (Clap, clap.)*
Add other verses, using motions that fit the words:
* *If you're sleepy and you know it,
Close your eyes.*
* *If you're sad and you know it,
Cry "Boo hoo!"*
* *If you're mad and you know it,
Stamp your feet.*



Fit and Fun Play

AUGUST TIP OF THE MONTH

Talk with children as you play and do daily activities together. Ask your child lots of questions and be sure to listen to the answers.

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AUGUST

1997



Play "Hide and Seek" with your child. Hide an object and give your child three easy-to-follow clues to find it. Congratulate your child for listening and following directions when he or she finds the object.

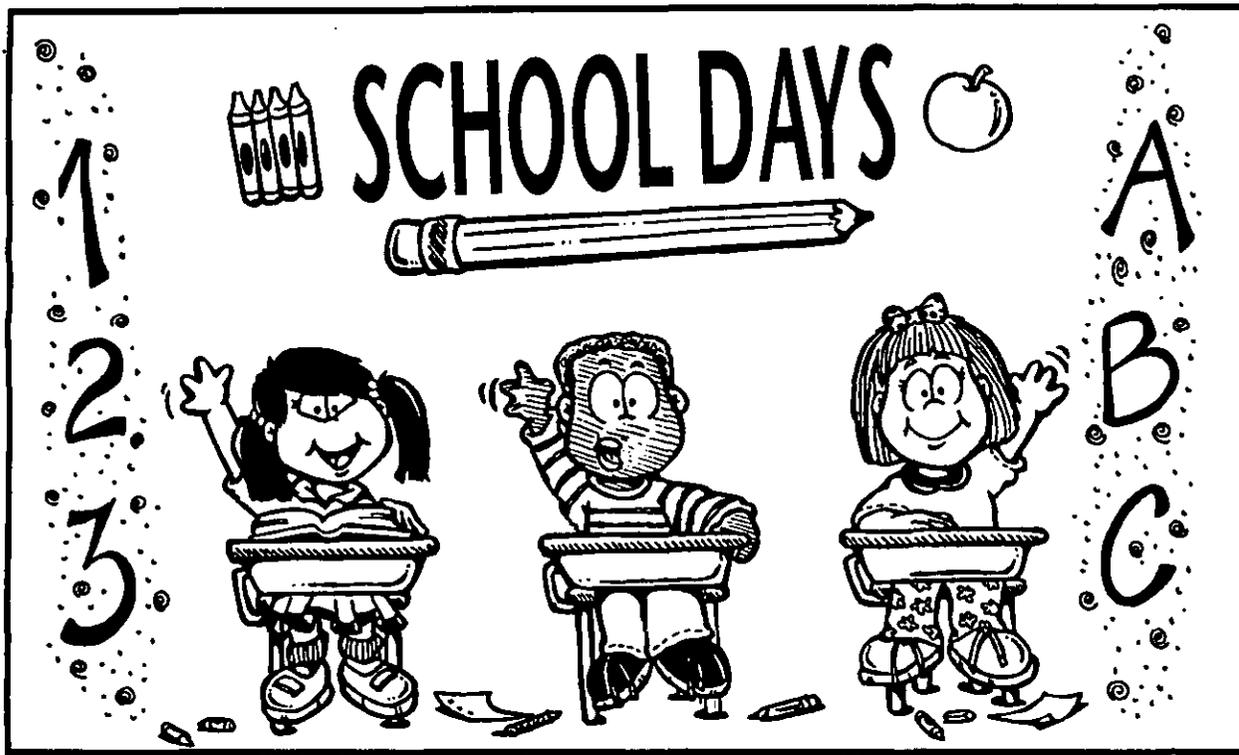


Library
Outing

1

2

 Bubble Time 3	4	Make "Bugs on a Log" for a snack. Fill celery sticks with peanut butter and top with raisins. Go on a nature walk and see how many real bugs your child can find. 5	 Rhyme 'N' Play 6	Play a game of leap frog. Measure how far your child can "hop." 7	8	9
Plan a "TV Blackout" night. Instead of watching TV, read aloud or play games, do a puzzle, or sing songs with your child. 10	11	 Story Time 12	Make up a song or rhyme using your child's name. Let your child add motions to the song as you sing it. 13	14	Have a family movie night at home. Pop popcorn and talk about your child's favorite part of the movie. Ask your child what was real and what was pretend. 15	 Library Outing 16
 Story Time 17	Have your child try to name five things that start with the letter "F," then five things that start with "U," then "N." Write down the words the child mentions. Then write the letters "FUN" to show your child how much fun letters are! 18	 Rhyme 'N' Play 19	20	Play "Pat-a-Cake" with your child. 21	22	Fill a low shelf or drawer with safe toys, books, or empty containers for your child. Write your child's name on a piece of paper; let your child decorate it, and then tape it to the "special" place. 23
24 Bubble Time 31	 Story Time 25	Count something with your child using the rhyme, "One potato, two potato, three potato, four. Five potato, six potato, seven potato, more!" 26	27	 Rhyme 'N' Play 28	Play "catch" with your child. Stand a short distance from the child and toss or roll a large ball back and forth. Count aloud each time someone catches the ball. 29	 Library Outing 30



SEPTEMBER TIP OF THE MONTH
 Take toddlers and preschoolers to the library so that they can choose books to read. Find out about the library's special books and services.



Story Time

Have fun reading or telling stories with your child. When you are reading a book, magazine, or newspaper, give your child his or her own book or page to look at. Looking at books that don't have words still counts as "reading."



Create a "Me Book"

Make a book with your child. Have your child draw a self-portrait, a family picture, a favorite animal, a hand and a foot print, and a birthday cake to record his or her birthday. Include anything that helps the child tell his or her life story. Ask your child to tell you the story or ideas that go with each picture and record them at the bottom of each page. Join the pages together with yarn ties or brads. Let your child color the cover.



Rhyme 'N' Play

Make up hand and body movements to go with the words. Let your child follow along.

*Mary had a little lamb, little lamb,
 little lamb.
 Mary had a little lamb, whose fleece was white
 as snow.*

*It followed her to school one day, school one
 day, school one day.
 It followed her to school one day,
 which was against the rules.*

*It made the children laugh and play, laugh
 and play, laugh and play.
 It made the children laugh and play,
 to see a lamb at school.*



Library Outing

Visit the local public library with your child. Look for books that are written for children who are your child's age. Even babies enjoy picture books, especially ones made out of cloth. If you need help, ask a librarian to help you find just the right books!

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Labor Day

Go for a walk and collect flowers. Ask your child to think of words, other than "flowers," that start with the letter "F."

1



Rhyme 'N' Play

2

3

Show your child how to spell his or her full name, street address, town, city, and phone number. Repeat this information often so that he or she can memorize it.

4

5



Create a "Me Book"

6

Grandparents' Day

Visit a bakery. Read the signs in the store. Share the smells and tastes of a special treat.

7

8

Let your child use your keys to open the door to your house or car. Talk about other things or places that use keys (treasure chest, diary, padlock, jewelry box, bike lock, safe, stores, and offices).

9

10



Story Time

11

Take a reading picnic under the stars. Take a blanket, some popcorn or other treat, a flashlight, and a favorite storybook. When you finish your story, find pictures stars make in the sky.

12



Library Outing

13



Create a "Me Book"

14

15



Story Time

16

17

Play music and dance with your child. Let your child use pots, pans, and spoons to create sounds.

18

19



Rhyme 'N' Play

20

Play "Peek-a-Boo" with your child, using a favorite book to hide behind.

Rosh Hashanah

First Day of Autumn

Yom Kippur



Rhyme 'N' Play

24

25

Make up a story with your child as the main character. Let the child retell the story to you.

26



Library Outing

27

Plan a "TV Blackout" night. Instead of watching TV, read aloud or play games, do a puzzle, or sing songs with your child.

21

22

23



Story Time

30

Talk with your child about the difference between hot and cold, big and small, open and closed, and other opposites. Help your child find or think of examples for each word.

28

29



SEPTEMBER

1997



OCTOBER TIP OF THE MONTH

Keep a supply of books and other reading materials where children can reach them. Add new books as children's skills and interests change.



Story Time

Have fun reading or telling stories with your child. Children love stories! Whether you read a story or tell a story of your own, your child is learning how to imagine, and how words communicate ideas. The most important thing you can do as you share a story with your child is to make it an enjoyable experience for you both.



Cook with a Book

Read or tell the story of "Goldilocks and the Three Bears." Let your child help make the porridge using the recipe below, or one on a hot cereal box.

Three Bears' Breakfast Porridge:

- 3 cups water
- 1/2 cup raisins
- 2 cups oatmeal
- 1/4 teaspoon salt
- milk, brown sugar, & cinnamon

Add salt and raisins to water and boil. Add oatmeal. Stir and cook 5 minutes. When the porridge is "just right," serve with milk, brown sugar, and cinnamon.



Rhyme 'N' Play

Make up hand motions to follow along with the words of the rhyme.

*Itsy Bitsy Spider went up the water spout.
Down came the rain and washed the spider out.
Out came the sun and dried up all the rain.
And Itsy Bitsy Spider went up the spout again.*



Library Outing

Visit the local public library with your child. Find a book on tape and a tape player that can be checked out. Plan a special family time to enjoy listening to the tape together. If you have your own tape recorder, you can record yourself reading the library books so your child can enjoy them later.

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 Cook with a Book

5

6

Find several boxes of different sizes. Have your child line them up from smallest to largest. See if the child can stack the boxes without having them fall.

7

 Rhyme 'N' Play

8

Read a story to your child. In the middle of the story, have the child pretend to be the author. Ask how he or she would end the story.

9

10

 Library Outing

11

12

Columbus Day
This is the day we celebrate the discovery of America. Talk with your child about an imaginary voyage the child would like to take. What would your child like to discover? How would your child get there?

13

 Story Time

14

Plan "TV Blackout" night. Instead of watching TV, read aloud, play games, do a puzzle, or sing songs with your child.

15

16

 Rhyme 'N' Play

17

Make a pumpkin face. Color a paper plate orange. Glue a green scrap of paper to the top for a stem. Let your child color a face on the "pumpkin." Print your child's name on the back of the plate.

18

19

20

Sing a song! Teach your child the songs or rhymes you loved as a child. Help your child make up a silly song.

21

 Story Time

22

Play "Peek-a-Boo" hiding behind your child's favorite book.

23

24

 Library Outing

25

 Cook with a Book

26

27

 Rhyme 'N' Play

28

29

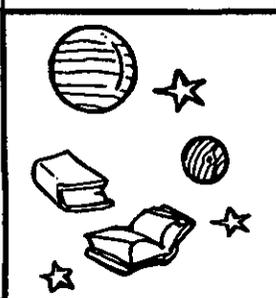
 Story Time

30

Halloween

Make up your own silly, funny, or scary story. Ask your child to tell how his or her story can end happily-ever-after.

31





We Are Family

NOVEMBER TIP OF THE MONTH

Point out to children the printed words at home, child care, and in the community.



Library
Outing

Visit the local public library with your child. Pick out books that have lots of colorful pictures or photographs and few words. Let your child look at the pictures and tell you what he or she thinks is happening in the story.



Story
Time

Have fun reading or telling stories with your child. A child who looks at books and hears stories read, learns that words and ideas can be written down, and that marks on paper have meaning. Show your child that there are things to read everywhere. Make a game of finding things with words on them (like soup cans, cereal boxes, comics). This will help your child to see how important it is to be able to read.



Rhyme
'N' Play

Make up hand movements to go with the words. Let your child follow along.

*Twinkle, twinkle, little star,
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star,
How I wonder what you are.*

*Star light, star bright
First star I see tonight.
I wish I may, I wish I might,
Have the wish I wish tonight.*



Turkey
Placemats

Materials:

- construction paper
- crayons or colored markers

Trace your child's hand on the paper. Help your child make a "turkey" by coloring the fingers different colors for feathers. Add feet, eyes, and a beak. Print your child's name in the center of the turkey. Let the child decorate around the outside edge of the paper. Each time you make a new "turkey" the child can print another name of family or friends, until there are enough turkeys to use at your Thanksgiving meal.

SUNDAY

MONDAY

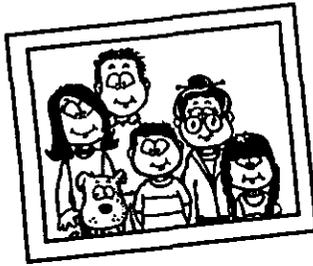
TUESDAY

WEDNESDAY

THURSDAY

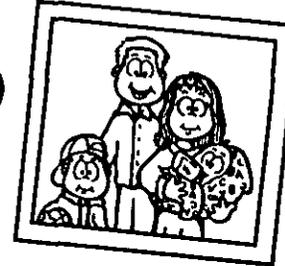
FRIDAY

SATURDAY



NOVEMBER

1997



Library
Outing

1

<p>Help your child write a poem about your family. Be creative. Start each line with a letter from the word "family." Encourage the child to draw a picture to go with it.</p> <p>2</p>	<p> Story Time</p> <p>3</p>	<p><i>Election Day</i></p> <p>Have a "Family Election." Read two books together. Have each person vote for his or her favorite book. Count up the votes. Which book wins?</p> <p>4</p>	<p>5</p>	<p> Rhyme 'N' Play</p> <p>6</p>	<p>Plan a "TV Blackout" night. Instead of watching TV, read aloud, play games, or listen to music with your child.</p> <p>7</p>	<p>8</p>
<p> Turkey Placemat</p> <p>9</p>	<p>Help your child make a puzzle. Cut up a pretty card or magazine cover in large pieces. Encourage your child to put the picture back together.</p> <p>10</p>	<p><i>Veterans' Day</i></p> <p>11</p>	<p> Story Time</p> <p>12</p>	<p>Cut straws into different lengths. Let your child line them up from shortest to longest.</p> <p>13</p>	<p>14</p>	<p>Have a Recycling Day. Set aside everything that your family uses today that can be recycled. Talk about why recycling is a good idea. Take the things to a recycling bin.</p> <p>15</p>
<p>Put on a family play. Dress up in costumes and act out a simple story. Pop popcorn for a snack afterwards.</p> <p>16</p>	<p>17</p>	<p> Story Time</p> <p>18</p>	<p>Every time your child has to climb up or down stairs today, count out loud with the child, each step he or she takes.</p> <p>19</p>	<p>20</p>	<p> Rhyme 'N' Play</p> <p>21</p>	<p>22</p>
<p>23  Turkey Placemats</p> <p>30</p>	<p>Print out two sets of alphabet letters: one upper case (capitals), one lower case (small letters). Cut the letters out, mix them up and play a match-up game with your child (A-a, B-b, C-c).</p> <p>24</p>	<p>25</p>	<p> Story Time</p> <p>26</p>	<p><i>Thanksgiving Day</i></p> <p>At dinner, have each person mention one thing he or she is thankful for.</p> <p>27</p>	<p>28</p>	<p> Library Outing</p> <p>29</p>



DECEMBER TIP OF THE MONTH
 Show children how you read and write every day to have fun and to get things done.



Story Time

Have fun reading or telling stories with your child. The best way for your child to learn to love reading and books is to have a reading experience each day. Reading can be done anywhere—in a car, a fast-food restaurant, a bus, an office, in the park, or at home. Keep books or other reading material handy, so it's always an easy activity to choose.



Rhyme 'N' Play

Make up hand motions to go with the words.

*Over the river and through the woods,
 To Grandmother's house we go.
 The horse knows the way to carry the sleigh,
 Through the white and drifted snow.
 Over the river and through the woods,
 Oh how the wind does blow.
 It stings the toes and bites the nose,
 As over the fields we go.*



Library Outing

Visit the local public library with your child. Try to find books about a variety of holidays and traditions that are written for children. Find out if there are any special displays or activities planned for children this month that you could attend with your child.



King/Queen for a Day

Materials:

- construction paper, glue, glitter, buttons, yarn, old jewelry, or any craft items you have.

Measure around the top of your child's head. Cut a piece of paper to fit. Cut the bottom straight and the top in points to look like a crown. Let your child decorate the crown with craft items. Have the child trace or print his or her name on the back of the crown and then attach the ends. Let the child wear the crown for the day. What would he/she do as King/Queen?

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Story Time

1

Set a red, a yellow, and a green apple on the table. Ask your child to name the colors. Cut the apples open and talk about how they have different colors on the outside, but are the same on the inside, just like people. Enjoy your snack!

2



Rhyme 'N' Play

3

Different people celebrate different holidays. Talk about your child's favorite holiday. What does the holiday celebrate?

4

5



Library Outing

6

Plan a "TV Blackout" night. Instead of watching TV, read aloud or play games, do a puzzle, or sing songs with your child.

7

8



Story Time

9

Play the "colored food" game. How many foods can your child think of that are red? green? yellow? orange? What "color" foods did your child eat today?

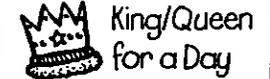
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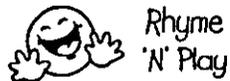
Make a Family Collage. Let your child cut pictures out of a magazine of things the child does with your family. Glue them on a piece of paper with "My Family" written on top.

12

13



King/Queen for a Day



Rhyme 'N' Play

14

15

Beethoven's Birthday
Play music and dance with your child. Let the child use pots, pans, and spoons to create sounds.

16



Story Time

17

Help your child memorize his or her full name and address. Talk about where the name came from and where your child was born. If you have a map, find the city you live in now and the places different people in your family were born.

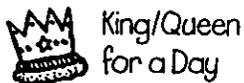
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20



Library Outing



King/Queen for a Day

21

22



Story Time

23

Watch a children's movie as a family. Talk about what makes the characters in the movie different from each other.

24

25



Rhyme 'N' Play

26

27

First Day of Winter
First Day of Kwanzaa

Hanukkah begins at sundown

Christmas

Give your child an assortment of beans, buttons, or small stones to be sorted by color, size, or shape. When the sorting is finished, the child can glue the objects onto a card and give it to someone special.

28

29

Draw a picture of a clock. Point to the numbers and let your child tell you what the number is. Talk about what the child does at different times of the day and night.

30

31

New Year's Eve

★ ★ ★ ★ ★
DECEMBER
★ ★ ★ ★ ★
1997

SPECIAL ACTIVITY CENTER



Mystery Bag Search

Place small, safe objects that all start with the same letter (e.g., spoon, soap, straw, sock) in a paper bag. Let your child reach into the bag. Without your child peeking, let him or her guess what it is. Talk about what letter all the objects start with.



Story Time

Have fun reading or telling stories with your child. Children love to hear the human voice. Even babies find great comfort in listening to voices. What better way for them to hear you speak than through reading to them! In fact, one of the best ways to encourage a love of reading is to have a regular time for sharing books with your child each day.



Rhyme 'N' Play

Follow the motions with your child.

*Hands on shoulders, hands on knees,
Hands behind you,
If you please.*

*Touch your shoulders, now your nose,
Now your hair,
And now your toes.*

*Hands up high as before,
Now clap your hands,
One-two-three-four!*



Library Outing

Visit the local public library with your child. If you don't already have a library card, apply for one so that you can check out books and magazines (some libraries will even let you check out toys, videos, and tapes). January is a great month to look at books on weather.



JANUARY TIP OF THE MONTH

Read with your children at a regular time each day and whenever they ask you.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JANUARY

1998



<p><i>New Year's Day</i></p> <p>1</p>	<p> Mystery Bag Search</p> <p>2</p>	<p>Draw a face on both of your child's index fingers with a washable marker. Let your child retell a favorite story with the "puppet fingers" as the characters.</p> <p>3</p>				
<p>4</p>	<p> Story Time</p> <p>5</p>	<p>Use an egg carton to teach your child how to sort. Give your child a variety of buttons, candy, or coins and let him or her sort them by color, size, or item.</p> <p>6</p>	<p> Rhyme 'N' Play</p> <p>7</p>	<p>8</p>	<p>Plan an indoor picnic for dinner. Let your child bring some favorite books to read.</p> <p>9</p>	<p> Library Outing</p> <p>10</p>
<p> Mystery Bag Search</p> <p>11</p>	<p>Plan a "TV Blackout" night. Instead of watching TV, read aloud or play games with your child.</p> <p>12</p>	<p>13</p>	<p>Trace your child's hand on a piece of paper. Ask your child to think of different ways people can be kind to others. Write his or her ideas on each finger of the hand drawing.</p> <p>14</p>	<p> Story Time</p> <p><i>Martin Luther King, Jr.'s Birthday</i></p> <p>15</p>	<p>16</p>	<p><i>Benjamin Franklin's Birthday</i></p> <p>Help your child learn to write his or her own name. Print it for your child to trace. Let him or her pretend to write and sign a very important message.</p> <p>17</p>
<p>18</p>	<p> Story Time</p> <p><i>Martin Luther King, Jr.'s Birthday Celebrated</i></p> <p>19</p>	<p>Help your child name letters of the alphabet in the newspaper headlines or a magazine cover. Cut out five new letters for your child to keep and learn.</p> <p>20</p>	<p>21</p>	<p>Have your child point out all the round-shaped things nearby. Have a round snack of banana slices, crackers, cookies, or tortillas.</p> <p>22</p>	<p>23</p>	<p> Library Outing</p> <p>24</p>
<p> Rhyme 'N' Play</p> <p>25</p>	<p>26</p>	<p><i>Mozart's Birthday</i></p> <p>27</p>	<p>Print the alphabet on a piece of paper. Point to each letter as you sing the Alphabet Song together. Let your child trace the letters. Pick out the letters used to spell your child's name.</p> <p>28</p>	<p>29</p>	<p> Story Time</p> <p>30</p>	<p>31</p>

SPECIAL ACTIVITY CENTER



Story Time

Have fun reading or telling stories with your child. Start by choosing books that are written for children and have brightly colored, simple pictures. As you read, let your child point to the pictures and talk about what is happening to the characters and which character he or she likes best. Be sure to read with lots of enthusiasm so that your child can tell you're enjoying story time as well!



Library Outing

Visit the local public library with your child. Find out the days and times of special activities or story hours for children that take place in February. Mark the dates on your calendar so you remember to attend.



Cookie Creations

Ingredients:

- 3/4 cup shortening
- 1 cup sugar
- 2-1/2 cups flour
- 1 teaspoon salt
- 2 eggs
- 1 teaspoon baking powder
- 1 teaspoon vanilla

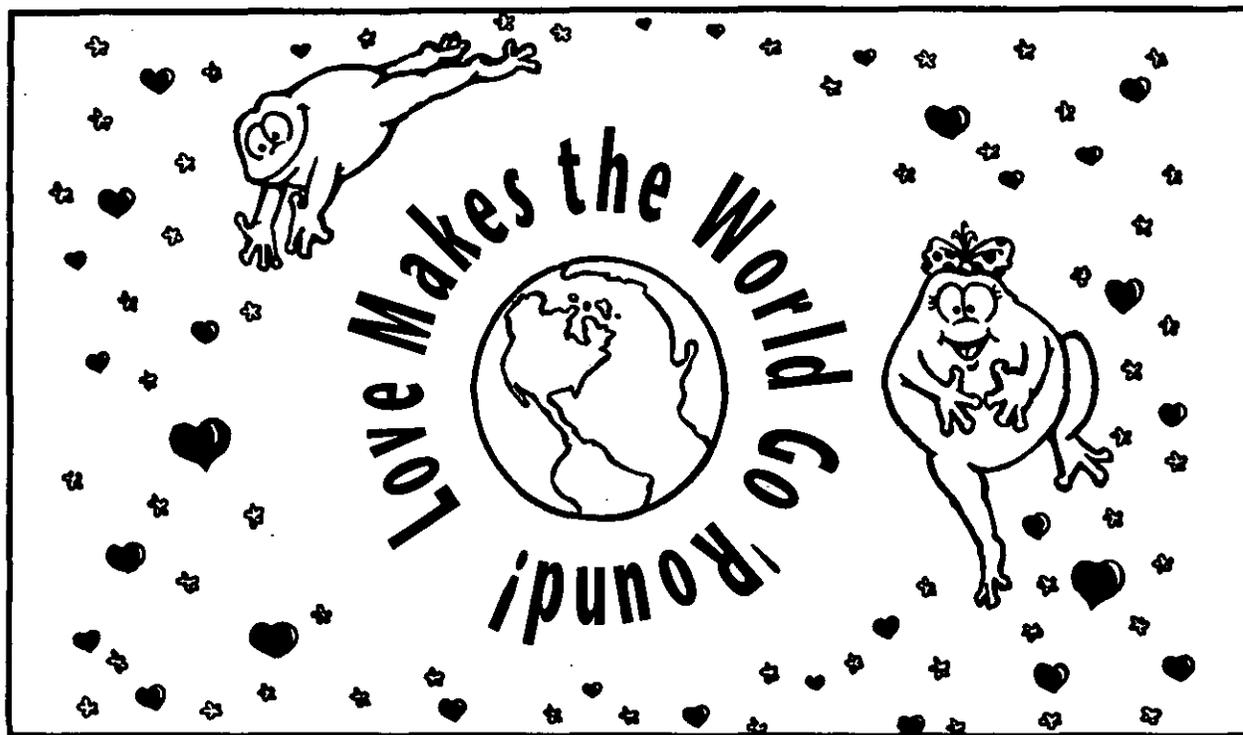
Mix shortening, sugar, one egg, and vanilla. Blend in flour, baking powder, and salt. Cover; chill one hour. Roll dough 1/8 inch thick on lightly floured board. Using cookie cutter, cut in desired shapes. Place on ungreased cookie sheet. Mix one egg yolk with 1/4 teaspoon water, then divide into three containers. Add a different drop of food coloring to each container and mix. Using small brushes, paint the cookies. Bake 6-8 minutes in a 400 degree oven. You can also use ready-made cookie rolls and frosting from the grocery store.



Rhyme 'N' Play

Make up hand and body movements to go with the words. Let your child follow along.

*I'm a little teapot,
Short and stout.
Here is my handle,
Here is my spout.
When I get all steamed up,
Then I shout,
Just tip me over
and pour me out.*



FEBRUARY TIP OF THE MONTH

Create a special place for children to read and write that is well lit and comfortable.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

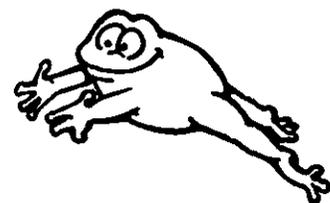
SATURDAY

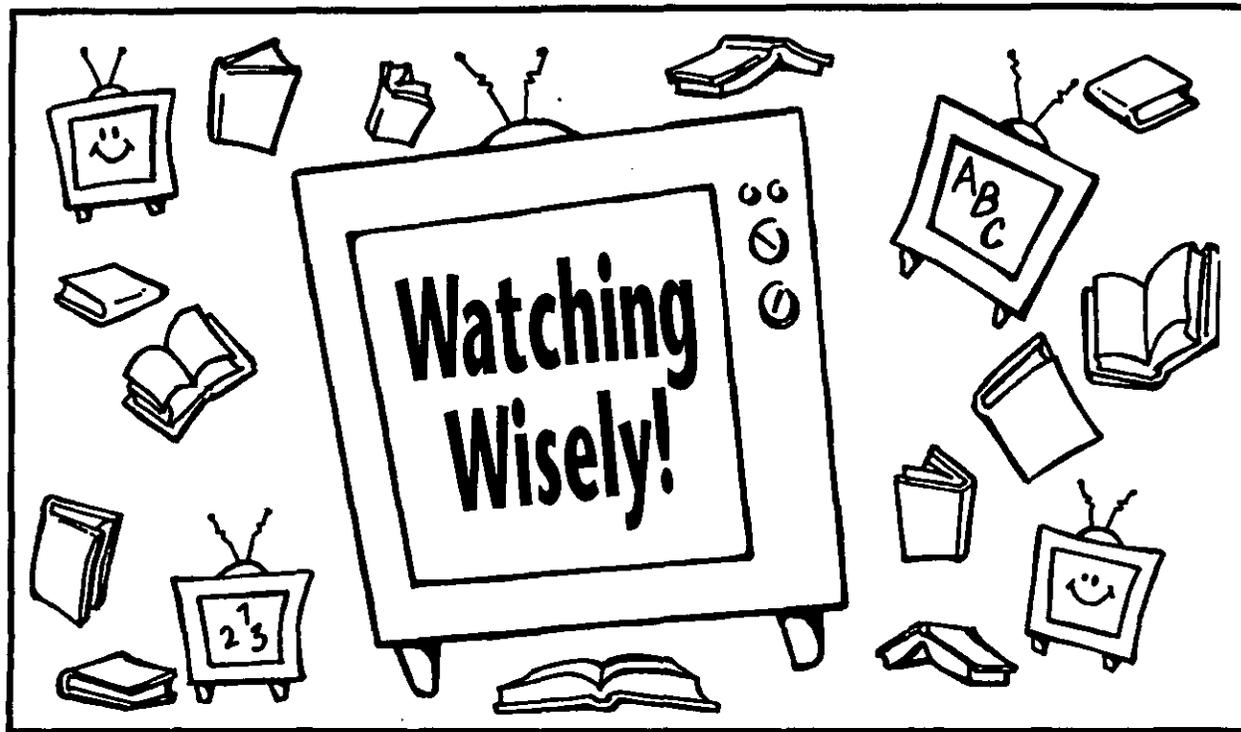
<p>Help your child write and send a letter to a friend. Decorate it with markers or crayons.</p> <p>1</p>	<p><i>Groundhog Day</i></p> <p>2</p>	<p>Let your child help set the table for dinner. Let the child practice counting out forks, plates, or cups.</p> <p>3</p>	<p> Story Time</p> <p>Make a story block. Draw or cut out pictures and paste them on all sides of an empty milk carton. Let your child tell stories by turning to the different pictures.</p> <p>4</p>	<p>5</p>	<p>Plan a "TV Blackout" night. Instead of watching TV, read aloud or play games with your child.</p> <p>6</p>	<p> Library Outing</p> <p>7</p>
<p> Cookie Creations</p> <p>8</p>	<p> Rhyme 'N' Play</p> <p>9</p>	<p>10</p>	<p>Make Valentines and send them to special friends. Either use purchased cards or make your own out of colored paper. Let your child write or trace his or her name on each.</p> <p>11</p>	<p><i>Abraham Lincoln's Birthday</i></p> <p>12</p>	<p>13</p>	<p><i>Valentine's Day</i></p> <p>Cut five different sizes of hearts out of paper. Mix them up and place them in a pile. Let your child line up the hearts from smallest to largest.</p> <p>14</p>
<p>Name four things that begin with the "B" sound. Now create a poem or story using the four "B" words.</p> <p>15</p>	<p><i>Presidents' Day</i></p> <p>16</p>	<p>Teach your child the "Golden Rule" (treat others as you would like to be treated). Talk about what it means and how it can be followed.</p> <p>17</p>	<p>18</p>	<p>Play the "Color Game." Point to solid-colored objects and ask your child what the color of each is. Repeat the name of the color and let your child guess the first letter in each word.</p> <p>19</p>	<p> Story Time</p> <p>20</p>	<p>21</p>
<p><i>George Washington's Birthday</i></p> <p>22</p>	<p> Story Time</p> <p>23</p>	<p><i>Ash Wednesday</i></p> <p>Play "Search and Match" with your child. Collect as many pairs of shoes as you can find in your house. Mix them up and place them in a pile. Let your child match up the shoes in pairs.</p> <p>24</p>	<p>25</p>	<p> Rhyme 'N' Play</p> <p>26</p>	<p>Talk about the difference between night and day. Let your child draw a "night" picture and a "day" picture. Print the words "day" and "night" on each. Let your child trace the letters.</p> <p>27</p>	<p> Library Outing</p> <p>28</p>



FEBRUARY

1998





MARCH TIP OF THE MONTH

Limit TV viewing to no more than two hours a night. Help children make other choices for their free time activities (e.g., reading, writing, playing, talking).

SPECIAL ACTIVITY CENTER



Library
Outing

Visit the local public library with your child. Find a quiet corner where you and your child can look at the books your child chooses. March is a great month to look at books that help your child learn about colors, numbers, or letters.



Story
Time

Have fun reading or telling stories with your child. Try "Story Time" just before bedtime. Let your child pick the books he or she wants to read. It will help your child settle down for sleep.



Rhyme
'N' Play

Follow the motions with your child.

*Open, shut them,
Open, shut them,
Give a little clap!
Open, shut them,
Open, shut them,
Lay them in your lap.*

Have your child stand in a safe place. Ask him or her to open and close eyes, then mouth, then hands. Have your child show you how he or she can open and close arms. Now repeat the rhyme.



Watch
Me Grow

Materials:

- egg carton
- bean seeds
- potting soil

Poke a small hole in the bottom of each cup and fill the cups with soil. Plant two bean seeds in each cup. Water the soil and put the cups in a sunlit place. Check every couple of days and water if the soil is dry. Every few days, check to see how the seeds are growing. Measure the sprouts and keep a record of their size on the lid of the egg carton.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>1</p>	 Rhyme 'N' Play <i>Dr. Seuss's Birthday</i>	<p>2</p> <p>Print two sets of alphabet letters: one upper case (capitals), one lower case (small letters). Cut the letters out, mix them up, and play a match-up game with your child (A-a, B-b, C-c).</p>	<p>3</p>	<p>4</p> <p>Plan a "TV Blackout" night. Instead of watching TV, read aloud or play games with your child.</p>	<p>5</p>	<p>6</p> <p>7</p>  Library Outing
<p>8</p> <p>Help your child think of an imaginary land. Make up a story of silly characters who live in this imaginary place.</p>	<p>9</p>	 Story Time With your child, count out the number of forks, spoons, napkins, cups, and plates needed for dinner and let your child set the table.	<p>10</p>	 Rhyme 'N' Play 11	<p>12</p> <p>Watch a children's movie with your child. Talk about what is real and what is pretend in the movie after it is over.</p>	<p>13</p> <p>14</p>  Watch Me Grow
 Rhyme 'N' Play 15	<p>16</p> <p>Plan a "green" dinner. Let your child think of green foods to serve (e.g., celery with cream cheese, green beans, lettuce, green apples, or cabbage) or add a drop of green food coloring to scrambled eggs.</p>	<p>17</p> <p><i>St. Patrick's Day</i></p>	<p>18</p> <p>Go for a walk with your child. Find a safe spot of dirt or sand and let your child draw shapes and letters in the ground with a stick.</p>	<p>19</p>	 Story Time <i>First Day of Spring</i>	<p>20</p> <p>21</p>
<p>22</p>	 Story Time 23	<p>24</p> <p>Watch an educational TV show with your child. Talk about the child's favorite part of the show. What new things did your child learn?</p>	<p>25</p>	<p>26</p> <p>Play "Word Rhyme" with your child. Take turns thinking of silly words and saying as many words that rhyme as you can (e.g., fly, by, my, pie, why, sky, shy).</p>	<p>27</p>	<p>28</p>  Library Outing
 Watch Me Grow 29	<p>30</p> <p>Play "Pat-A-Cake" with your child.</p>	<p>31</p>	<h1>MARCH</h1> <p>1998</p>   			

SPECIAL ACTIVITY CENTER



APRIL TIP OF THE MONTH

Encourage your child to experience and discover new things. The more opportunities children have to see and do, the more they will understand the world around them.



Story Time

Have fun reading or telling stories with your child. Children who learn to love books will be children who grow up to be good readers. The very best time for children to learn to love books is while they are young. You can help them by making story time a regular part of their day.



Candy Crystals

Ingredients:

- 1 cup boiling water
- 1 cup sugar
- 1 pencil
- 1 glass jar
- 3 pieces of string

Combine the water and sugar in a dish. Stir until the sugar is dissolved. Cool slightly. Carefully pour the water into a jar. Tie the string to a pencil. Balance the pencil across the top of the jar with the string hanging inside. Crystals will begin to grow in a few hours. Check every few days. Ask your child questions about what is happening. Does the candy feel hard or soft? Does it taste sweet or sour? Which is the shortest piece, which is longest? Is the candy growing fast or slowly?



Rhyme 'N' Play

Follow the motions with your child.

*Five little monkeys jumping on the bed,
One fell off and bumped his head.
Momma called the doctor and the doctor said,
"No more monkeys jumping on the bed!"*

Repeat using:

*Four little monkeys
Three little monkeys
Two little monkeys
One little monkey jumping on the bed,
He fell off and bumped his head.
Momma called the doctor,
and the doctor said
"No more monkeys jumping on the bed!"*



Library Outing

Visit the local public library with your child. Take your child to the children's section to pick out books to take home, read, and return during the next visit. As soon as children are able to write their name, they can apply for a library card of their own.

SUNDAY

MONDAY

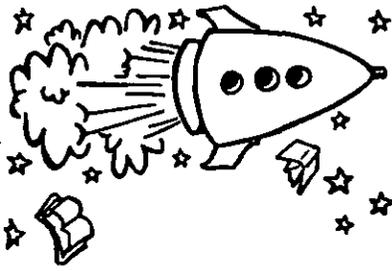
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



APRIL 1998

April Fools' Day

Make your child laugh! Tell a joke, read a funny story or poem, sing a silly song, or draw a cartoon.

1



Story Time

2

Read or tell a favorite story with your child. When you finish, ask your child to tell you what happens first, second, and last in the story.

3

4



Story Time

5

6

7

Play a game by counting how many square-shaped objects your child can find today. How many round ones? Which shape won (more squares or circles)?

8



Rhyme 'N' Play

9

Good Friday

Plan a "TV Blackout" night. Instead of watching TV, read aloud or play games with your child.

10



Library Outing

11

Passover begins at sundown

Easter Sunday



Rhyme 'N' Play

12

13

Help your child name the letters of the alphabet in newspaper or magazine headlines. Can your child find the letters of his or her own name there?

14

15

Cut the tops off of three carrots. Have your child place them in a shallow dish with 1/2 cup of water. Water daily. Have your child measure the green tops as they grow.

16



Candy Crystals

17

18



Story Time

19

Talk about a favorite family tradition with your child. What month is it celebrated in? Have your child name the months of the year with you.

20

21

Earth Day

22

Let your child help set the table for dinner. Practice counting out forks, plates, or cups.

23

Arbor Day

24



Library Outing

25

Help your child make a puzzle by cutting an old photo, greeting card, or calendar picture into large pieces. Let him or her put the pieces back together on a sheet of paper.

26

27

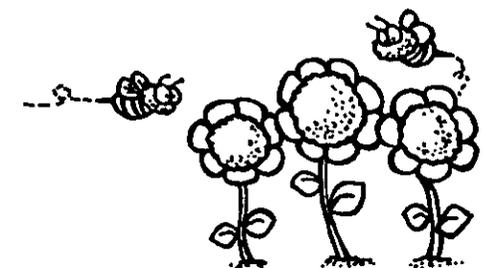
28



Story Time

29

30





MAY TIP OF THE MONTH

Keep writing materials such as washable, nontoxic crayons and markers, paints and brushes, and different kinds of paper where children can reach them.



Lollipop Cookies

Ingredients:

- 3/4 cup shortening
- 1 cup sugar
- 2-1/2 cups flour
- 1 teaspoon salt
- popsicle sticks
- 2 eggs
- 1 teaspoon baking powder
- 1 teaspoon vanilla

Mix shortening, sugar, one egg, and vanilla. Blend in flour, baking powder, and salt. Cover; chill one hour. Roll dough into a long log that is 2-1/2 inches wide. Refrigerate one hour. Slice in 1/4 inch circles; place on ungreased cookie sheet. Paint cookies by mixing one egg yolk with 1/4 teaspoon water. Divide paint into three containers; add a drop of food coloring to each. Using small brushes, paint the cookies. Place a stick in the dough to create a "lollipop." Bake 6-8 minutes in a 400 degree oven. You can also use ready-made cookie rolls and frosting from the grocery store.



Library Outing

Visit the local public library with your child. Find out the days and times of special activities or story hours for children that take place in May. Mark the dates on your calendar so you can remember to attend!



Story Time

Have fun reading or telling stories with your child. As your child is having fun hearing the stories, you are helping the child learn to think, and put ideas and words together. Use different voices for the characters in the book, use a puppet or a stuffed toy to tell the story, or let your child "read" the book to you by looking at the pictures and making up the story.



Rhyme 'N' Play

Have your child follow along, holding up the number of fingers as you say the rhyme.

*One, two,
Buckle my shoe.
Three, four,
Shut the door.
Five, six,
Pick up sticks.
Seven, eight,
Lay them straight.
Nine, ten, a big fat hen.*

Now have your child jump or hop each time you say a number.

SUNDAY

MONDAY

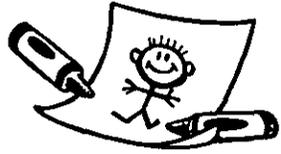
TUESDAY

WEDNESDAY

THURSDAY

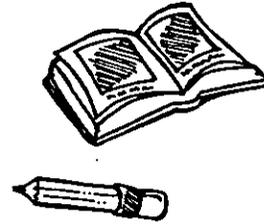
FRIDAY

SATURDAY



MAY

1998



May Day
Make a bouquet of flowers out of opened-up cupcake liners. Write a message at the center of each flower for someone special. Glue or tape a straw or popsicle stick for a stem. Tie the flowers together with a ribbon. 1



2

Read the newspaper comics with your child. Let your child choose a favorite one to cut out, and have your child tell you what is happening in the picture. Your child can even make up a story to go with the pictures! 3



Help your child make an indoor fort using a sheet, blanket, or towel. "Build" it over chairs. Let your child read books with a flashlight inside the fort. 8

4

Cinco de Mayo

5

6

7

9



Plan a "TV Blackout" night. Instead of watching TV, read aloud or play games with your child. 11



Cut the letters in your child's name out of a magazine. Let your child glue the letters in the right order on a piece of paper. He or she can also cut out pictures to decorate around the name. 13

Let your child use chalk to make sidewalk drawings. Draw a circle and a square. Ask your child to draw animals out of the shapes. 16

Mother's Day

10

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Go for a nature walk. Take an empty egg carton to collect treasures along the way. Later, let your child glue the things that have been collected on paper and write the name next to each item. 17



Play the color game. Point to items around the house or outside and have your child tell you what color you are pointing to. 19



Put together a costume box for your child. Have your child dress up in old clothes, hats, scarves, and shoes. Then, your child and friends can act out a favorite story or make up a new one! 22



18

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Memorial Day (observed)
Sketch an American flag on a piece of paper. Tear up pieces of red, white, and blue construction paper and have your child glue the pieces onto the picture, making a "mosaic" flag. 25

Give your child a simple job to do, such as cleaning up toys, washing a sink, or feeding a pet. Have your child look at a clock at the beginning and the end of the job. Did the clock change? 27



Put together a costume box for your child. Have your child dress up in old clothes, hats, scarves, and shoes. Then, your child and friends can act out a favorite story or make up a new one! 22



Story Time 31

25

26

27

28

29

Memorial Day (traditional)

30

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BOOKS AND BEYOND

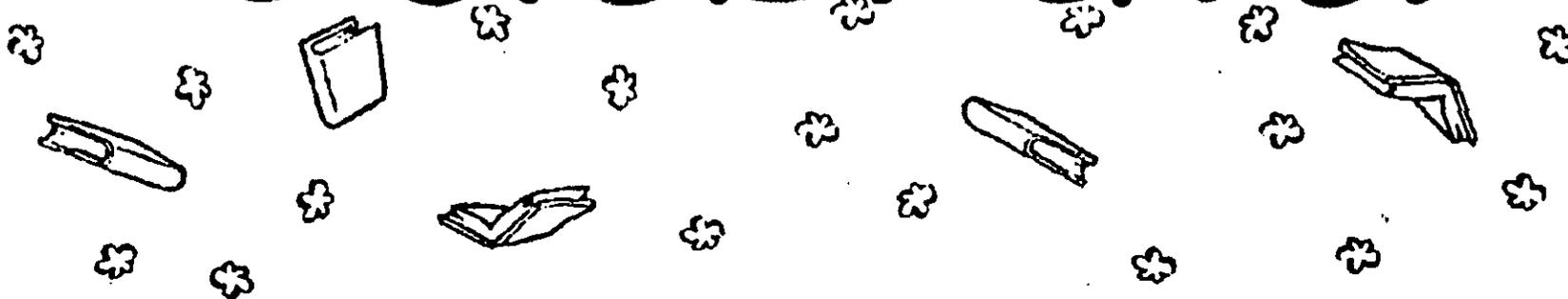
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Celebrate!



★ AMERICA READS CHALLENGE ★
READY ★ SET ★ READ

EARLY CHILDHOOD GROWTH CHART



WHAT MANY CHILDREN DO IN LANGUAGE

Age	What many children do...	If you have concerns about your child's development, talk with a professional such as a pediatrician...	
Infant	Newborn	Babies listen and respond to your voice and other sounds: they tell their feelings by cooing, gurgling, smiling, and crying.	★ If your 3-month-old does not respond to your voice and other sounds.
	3 to 8 months	Babies play with sounds, they babble to themselves and They use sounds to communicate (smiling at the sound of a happy voice, and crying or looking unhappy on hearing an angry voice). Babies can play peek-a-boo. They wave arms and kick feet to show excitement and enjoy reading with you.	★ If your 8-month-old is not making different sounds or does not reach for and grasp objects.
Crawlers and Walkers	8 to 12 months	Babies understand and respond to gestures, facial expressions, and changes in tone of voice. If someone asks, "Where's Mommy?" babies will look for their mother. Babies understand simple words, such as "Da Da." Babies put books in mouth and turn pages in sturdy books.	★ If your baby does not look when people talk to him or her. If your baby is not pointing at or making sounds to get what he or she wants, like favorite toys.
	12 to 18 months	Babies say first words. They understand a few words and simple directions. They know their own names. They will give you a toy if you ask for it. Babies create long babbling sentences and look at picture books with interest.	★ If your 18-month-old does not say more than a few words clearly.
Toddlers	18 to 24 months	Toddlers put two or more words together to make short sentences like "want juice" or "car go." Toddlers learn new words quickly. They can copy adult sounds, words, and motions. Toddlers ask and answer simple questions. They can use crayons and markers for scribbling.	★ If your 20-month-old cannot follow simple requests, such as, "Come to Daddy." If your 24-month-old does not use two words together.
	24 to 36 months	Older toddlers listen to stories being read. They like to play pretend games. They love asking "Why" questions. They use "no" and "not" a lot. Toddlers enjoy looking at picture books, turning pages, and naming objects in them. They scribble with more control.	★ If your 2-year-old does not ask questions or respond to simple questions with "yes" or "no."
Preschoolers	3 to 4 years	Young preschoolers make comments and requests, and tell others what to do. They can talk about things that... They listen attentively to...	★ If your 3- to-4-year-old does not use language freely, experiment with verbal sounds, and begin to use language to solve problems and learn

48"

47"

46"

45"

44"

43"

42"

41"

Preschoolers	3 to 4 years	Young preschoolers make comments and requests, and tell others what to do. They can talk about things that happened and make up stories. They listen attentively to stories and retell stories themselves. They enjoy books that tell about real things as well as make-believe. They may revert to toddler behavior when feeling upset or shy. They make shapes such as circles and squares and pretend to write the way they have seen adults write.	★ If your 3- to-4-year-old does not use language freely, experiment with verbal sounds, and begin to use language to solve problems and learn concepts.	41"
	4 to 5 years	Preschoolers know the names and sex of family members and other personal information. They play with words and make up silly words and stories. They are beginning to draw figures that represent people, animals, and objects. They understand that pictures, numbers, words, and letters are symbols of real things and ideas. They "write" as a way to tell stories and offer information. They enjoy "reading" on their own. They may recognize a few words such as their name or words on signs.	★ If your child is embarrassed and disturbed by his or her speech, or if you or your child's caregiver have concerns about your child's language skills.	40"
	5 to 6	Children can recognize and reproduce many shapes, letters, and numbers. They are gaining control over writing and drawing tools. They understand that letters written on a page represent spoken words. They use invented spelling (tp for top, Mry for Mary). They dictate stories for others to write. They enjoy using computers.	★ Work with your child's teacher to assess his or her language skills through the elementary school system.	39"
				38"
				37"

ACTIVITIES TO HELP YOUR CHILD LEARN ABOUT LANGUAGE

<p>Here are some activities to help your child learn about language. Do them as long as your child enjoys them. Then add new activities as he or she grows older.</p>				36"
Newborn to 3 months	<p>Listen and talk to your baby throughout the day.</p> <ul style="list-style-type: none"> ★ Find out what your baby's sounds and actions mean. Talk to your child about what he or she seems to be saying. ★ Take time while feeding, diapering, and bathing your baby. Sing songs, say nursery rhymes, and smile and coo in response to the baby's smiles and coos. ★ Smile and praise your baby for learning something new. 			35"
3 to 8 months	<p>Talk and play with your baby.</p> <ul style="list-style-type: none"> ★ Use words and actions when talking with your baby. ★ Play games with your baby, such as peek-a-boo and pat-a-cake, that teach your child about taking turns when communicating with another person. ★ Place a rattle in your baby's hand. Hold out a squeeze toy for your baby to grab. ★ Hand things to your baby and ask the baby to hand them back. 			34"
8 to 12 months	<p>Read and tell stories with your baby every day.</p> <ul style="list-style-type: none"> ★ Make reading a shared experience. Point to pictures and name the objects. 			

- ★ Take time while feeding, diapering, and putting your baby to bed to sing songs, say rhymes, and coo in response to the baby's smiles and coos.
- ★ Smile and praise your baby for learning something new.

35"

3 to 8 months

- Talk and play with your baby.
- ★ Use words and actions when talking with your baby.
- ★ Play games with your baby, such as peek-a-boo and pat-a-cake, that teach your child about taking turns when communicating with another person.
- ★ Place a rattle in your baby's hand. Hold out a squeeze toy for your baby to grab.
- ★ Hand things to your baby and ask the baby to hand them back.

34"

8 to 12 months

- Read and tell stories with your baby every day.
- ★ Make reading a shared experience. Point to pictures and name the objects.
- ★ Provide books that are safe to touch and taste. Cloth, vinyl, and washable books are good for babies.
- ★ Hold your baby on your lap while reading, and hold the book so that the baby can see the pictures.
- ★ Use puppets, dolls, and other toys as story props.

33"

12 to 18 months

- Provide play materials that match your baby's skill and interest.
- ★ Let your child "play telephone." Have a pretend telephone conversation.
- ★ Let your child play with pots, pans, wooden spoons, plastic containers and other safe household items.
- ★ Arrange pillows and other objects on the floor for your child to crawl around and play with.

32"

18 to 24 months

- Help your toddler talk about the present past and future.
- ★ Help your toddler learn new words to talk about what he did in the past and what he will do in the future. "I think it's going to be sunny tomorrow. What would you like to do?"
- ★ Discuss the day's events at bedtime. "Remember when we went to the park?"

31"

24 to 36 months

- Read books and do activities that let toddlers join in.
- ★ Play make-believe with your toddler. Provide props so that the toddler can play dress-up or doctor.
- ★ Arrange a special time for reading.
- ★ Respond to your toddler's request to be read to.
- ★ Read the same book again and again, and encourage your toddler to join in with the words he or she knows.

30"

3 to 4 years

- Provide books in English and in your family's home language.
- ★ Let your child see him or herself in books. Choose books about families like yours and people from your cultural and ethnic group.
- ★ Have a special place for books, magazines, and other reading materials in the home. Your child should be able to reach books without help in a reading corner and in other places around the home.
- ★ Help the child to create his or her own "This Is Me" album and enjoy looking at and talking about the family album, photographs, or special memorabilia.

29"

4 to 5 years

- Show your child how reading and writing are important in daily life.
- ★ Point out the print around you and how it serves a purpose. Watch television together and talk about books that relate to topics seen on TV.
- ★ Let your child see you enjoying a book or magazine often.
- ★ Encourage reading in different places. When you leave home take books for your child to read in the car or on the bus.

28"

5 to 6 years

- Make sure that your child has writing materials and places to write.
- ★ Let your child see you write every day.
- ★ Provide writing materials, such as pencils, crayons, markers, and chalk—in an open box on a low shelf so that your child

★ Read the same book again and again, and encourage your toddler to join in with the words he or she knows.

3 to 4 years	Provide books in English and in your family's home language. ★ Let your child see him or herself in books. Choose books about families like yours and people from your cultural and ethnic group. ★ Have a special place for books, magazines, and other reading materials in the home. Your child should be able to reach books without help in a reading corner and in other places around the home. ★ Help the child to create his or her own "This Is Me" album and enjoy looking at and talking about the family album, photographs, or special memorabilia.
4 to 5 years	Show your child how reading and writing are important in daily life. ★ Point out the print around you and how it serves a purpose. Watch television together and talk about books that relate to topics seen on TV. ★ Let your child see you enjoying a book or magazine often. ★ Encourage reading in different places. When you leave home take books for your child to read in the car or on the bus.
5 to 6 years	Make sure that your child has writing materials and places to write. ★ Let your child see you write every day. ★ Put the writing materials—paper, pencils, crayons, markers, and chalk—in an open box on a low shelf so that your child can reach them easily. ★ Talk with your child about his or her writing. ★ If you cannot read the words your child has written, ask your child to read the writing to you. Over time, your child will learn how to write words that others can read.

30"

29"

28"

27"

26"

25"

A Joint Project of the Corporation for National Service, the U.S. Department of Education,
the U.S. Department of Health and Human Services, and Books and Beyond

PLEASE PLACE CHART 2 FEET FROM THE FLOOR

