

Parents' Place News

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Parents' Place
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Live United

September 14, 2011 is the United Way Day of Caring. This day is the official kick-off for the United Way Campaign. Volunteers from the business community spend their day working alongside staff from schools and non-profit agencies to provide hands-on support to a variety of local projects. These businesses also ask their employees to make a donation to the United Way to continue their support after the Day of Caring is over.

Parents' Place receives United Way funding by providing services that meet two target areas of the United Way: Nurturing Children and Youth and Strengthening Individuals and Families. You can help the United Way support these or other target areas with a donation of time or money, or by doing business with the companies that contribute to the United Way Campaign. For more information about the United Way, call 360-423-5320 or find them online at www.cowlitzunitedway.org. Also, contact the United Way to find out how your donation can be doubled!

We would like to thank Fibre Federal Credit Union for working with us this year on the Day of Caring. Our families have a clean meeting space again, thanks to their hard work.

2011 Relay for Life

Parents' Place Pulverizers' team participated in the 2011 Relay for Life, which was held at the Expo Center on August 13. It was the second year that we have participated and it was equally rewarding. Our team consisted of parents, staff and supporters of Parents' Place. The Relay for

Life is an amazing community event that raises awareness and funds to fight cancer. The relay is a 24-hour walk during which each team has someone walking on the track, symbolizing the fact that cancer never sleeps or takes a break. It honors survivors, those who have lost their battle, and those whose lives have been impacted by the effects of cancer. It is a wonderful way for families to give back to the community and to teach their children, by example, how great things can be accomplished by coming together for a single cause.

Thank you to this year's participants: Courtney Walker, Lorraine Hippner and family, Jodie Verhassert, Nick Harty, Sasha and Raina VanDusan, Judy Potter-Ordonez and family, Edith Bautista, Ryan Kerr, Gary Gray (AmeriCorps), Jason McVey (Vet Works), and Vickie Reif.

Supplies for School

August also brought the Parents' Place annual collection and distribution of school supplies for Union Familiar families in Woodland. For the past three years, we have collected donated supplies to insure that the children of our Hispanic families are properly equipped to start the school year. This year we were able to help 20 families in Woodland, several DADS families, and 5 other PP families. This is due to the generous donations of Debbie Sullivan and her mother, Sandi King, Yvonne Martin, DiAnn Strozyk, Judy Potter and Vickie Reif. In all, over 63 boxes of crayons, 110 glue sticks, 50 boxes of pencils were purchased.

Avoid That Funny Head Shape

By Sue Abell, M.D

Many lives have been saved since the “back to sleep” program began teaching parents to put babies to bed on their backs. More babies end up with lopsided skulls, though, due to the amount of time spent in that position. Many babies are born with skulls that are asymmetric, also, due to their position in the uterus.

If your baby is born with a reasonably round head shape, there are some steps you can take to help keep it that way. The following recommendations are from the American Academy of Pediatrics Task Force on Sudden Infant Death Syndrome:

1. Encourage “tummy time” when the infant is awake and you are present and watching. This will also help encourage the development of muscles needed for later motor skills.
2. Avoid having your baby spend a lot of time in car-seat carriers or baby bouncers, in which pressure is also applied to the back of the head. Spend more time holding your baby in the upright position (he will also benefit from the feel of your body, your scent and the close interaction you can provide at the same time).
3. Change your baby’s head position during sleep occasionally. Turn his head to one side for a week and then to the other for a week – always keeping him on his back in the safe position. It is also helpful to change the location of his bed occasionally, since when he is awake he will likely turn toward the things he hears outside his room, or toward your bed if you share a room.
4. My addition: hang an interesting crib toy or mobile on one side of the crib and move it to the other side after a week.
5. If your baby has any kind of developmental delay or neurologic disorder or injury, it is even more important to take the above steps.
6. If your baby already has a somewhat flattened skull on one side, keep the interesting things in a

location that encourages her to lie on the rounder part of her head.

7. Ask your doctor for a referral to physical therapy if your baby has very tight neck muscles so that it is harder to turn her head to one side than to the other.
8. If your baby’s skull shape seems to be getting more lopsided as time goes on, discuss that with your doctor; some babies need evaluation for “craniosynostosis,” the condition in which some of the bones of the skull fuse together too early.



Pirate Celebration during Toddler Tuesday

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Our mission is to promote a community commitment to healthy parenting and to strengthen and enhance families to ensure the well-being of children.

DECEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>Baby Beginnings 11-12</u> LITERACY: CHRISTMAS	2	3
5	6 <u>Toddler Tuesday 10-11:30</u> CHRISTMAS ACTIVITIES Children in the Middle(6pm)	7 <u>Union Familiar 11-1</u> CHRISTMAS ACTIVITIES Love & Logic 5 of 5 (6:30pm)	8 <u>Baby Beginnings 11-12</u> CHRISTMAS ACTIVITIES	9	10 Children in the Middle(9am)
12	13 <u>Toddler Tuesday 10-11:30</u> CHRISTMAS CELEBRATION	14 <u>Union Familiar 11-1</u> CHRISTMAS CELEBRATION <u>DADS GROUP</u>	15 <u>Baby Beginnings 11-12</u> CHRISTMAS CELEBRATION	16	17
19	20 <u>Toddler Tuesday 10-11:30</u> NO GROUPS ALL WEEK BOARD MEETING	21 <u>Union Familiar 11-1</u>	22 <u>Baby Beginnings 11-12</u>	23	24
26	27 WINTER BREAK OFFICE CLOSED THIS WEEK	28	29	30	31

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