



Bright Beginnings Early Intervention Program

Newsletter

June 2007

Volume 5, Issue 2

HAPPY BIRTHDAYS go to:
August - Damien



To the Dads who:

- seek information to be the best that they can be
- make funny faces in order to connect with their child
- ask questions
- take pride in the small steps
- rearrange your work schedule for yet another doctor's appointment
- find new ways to safety-proof the house
- are there for their spouse
- love their children unconditionally
- do any, all, or more than the above

Happy Father's Day!

Dennise Sorette, Executive Director



Updates

Our website has finally been updated and we think it looks great! Much thanks to the Technical Resource Centre of Kings Regional Rehabilitation Centre for all their work on our site. Thanks also to Giseline! Check it out at:

www.nsnet.org/bbeip

Annual General Meeting

With the change of our year end, we held our AGM on June 7th. Unfortunately, since last year-end, we had 5 of our board members resign. Those leaving us are Nancy Granter, Kathy Stocker, Susan Bent, Julie Lowe and Bonnie Bent. We are very sorry to see them go and wish them all the best. We hope to find new members to take their place. We welcome Jennifer Chisholm, who is replacing Julie Lowe. Natasha Stokvis is remaining as our Chairperson, along with Karen Baker, Karen Lewis, Kendra Watson, Tamara Mugford, & Shelley Cue. We thank these members for the work they do on and for our Board.

Sharing Corner

CONGRATULATIONS TO JULIE & DEREK LOWE ON THE BIRTH OF TWINS, OLIVIA AND ETHAN, WHO WERE BORN ON APRIL 2, 2007. JULIE SERVED ON OUR BOARD UNTIL THE RECENT ADDITION TO THEIR FAMILY.

Here are some websites with entertainment for your children in the form of paper & scissor crafts, colouring pages, games & much more. Now you have a few of my sources for my section of the newsletter!

www.scissorcraft.com/toc.htm

www.grandparentsmagazine.net/coloringpages.htm

www.thebestkidsbooksite.com/coloringsheets.cfm

www.familycorner.com/family/kids/color/bunny4.shtml

The regular meeting for the *Valley Autism Support Team* will take place the first Tuesday of each month, 7:30 - 9:00 pm at the AVRSB Autism Centre in the Kingston & District Elementary School.

Check out the Annapolis Valley Regional Library for upcoming events at www.valleylibrary.ca or call 902-665-2995

Summer is nearly here and the weather is getting better and I have been searching for some things that will be fun for the children.

Here are a couple summer snacks.

Crunchy Apple Rings

Jazz up your everyday apple with creamy peanut butter and crunch cereal. Slice an apple into rings. Spread your apple rings with smooth peanut butter, top with Post Honey Bunches of Oats Cereal with Real Peaches, or cereal of your choice.

Tortilla Triangles (or mini-quesadillas)

7" tortillas

Spread with 2 Tbsp. Refried beans, 2 Tbsp. Philadelphia Cream Cheese and 1 Tbsp. Salsa. Fold into triangles.

Anne Marie Pearle, Program Administrator

**A PICTURE FOR YOU
TO COLOUR!**



Fun with Children

Profile Section

This time I am sharing an article I found in the June 2007 Today's Parent, by Madeleine Greey entitled "Iron Rules". It is important to me as my granddaughter had an iron deficiency at a very early age and was quite ill for some time.

If there's one nutrient a parent needs to be steely about, it's iron. Little bodies depend on this vital mineral to make hemoglobin, which transports oxygen through the blood to all cells, muscles and body tissues. Iron plays a role in breathing, fighting infection and proper muscle function. It's crucial to a child's ability to concentrate and pay attention.

While babies are born with natural stores of iron, this nutritional money-on-the-bank is usually exhausted by six months. That's why when solid foods are introduced halfway through a baby's first year, iron needs to be the premier item on the menu.

That's not the only time this mineral is essential. A key faltering point, according to Toronto dietitian Daina Kalnins, is when babies go off breast-milk or iron-fortified formula and go overboard with a low-iron beverage, such as whole milk. She says two to three cups of milk daily is sufficient at that age - but some toddlers drink more. Why is that a problem? "Too much of this good thing is not ideal," says Kalnins, because when toddlers fill up on too much milk, it can drown out their hunger for iron-rich foods.

Enter adolescence and iron-deficiency risk levels go up again. Fast growth rates, erratic eating patterns and concerns about body image can all open the door to anemia. Menstruation increases a girl's iron needs, but boys have higher iron needs too, as puberty increases their body's production of red blood cells.

A is for Anemia

When your child is not getting sufficient iron, his body struggles to make enough hemoglobin - the part of red blood cells that carries oxygen throughout the body. This can result in:

- lack of energy
- fatigue
- loss of appetite
- slow weight gain or weight loss
- pale skin
- irritability
- trouble concentrating

Kalnins estimates that three to 10 percent of Canadian children are iron deficient, but no one knows for sure.

Perhaps most disconcerting, anemia can impact development and learning. A child with anemia may be unable to concentrate, and even a mild case can interfere with school performance. According to the Anemia Institute for Research and Education in Toronto, "For infants, iron deficiency may cause a delay in mental and psychomotor development that may not be reversible." Studies have shown that teens with even a moderate iron deficiency may perform badly at school.

For more information, check out Today's Parent, June 2007. We have some of these at the office if you wish to read more - just ask Dennise.

How much is enough?

<u>Age</u>	<u>Per Day</u>
7 - 12 months	1 mg.
1 - 3 years	7 mg.
4 - 8 years	10 mg.
9 - 13 years	8 mg.
Females 14 - 18	15 mg.
Males 14 - 18	11 mg.

Where to get it

Chicken liver (3 oz.)	7.5 mg.
Nestle Baby Cereal Starter Rice (28 g.)	7 mg.
Kellogg's All-Bran Honey Nut Flavour (1 cup)	7 mg.
Kraft Cream of Wheat Instant (1 pouch)	3.5 mg.
Baked Potato with skin	2.7 mg.
Beef hamburger (3 oz.)	2.1 mg.
Whole wheat bread (1 slice)	1.2 mg.
Peanut butter (2 Tbsp.)	0.9 mg.
Raisins (3 Tbsp.)	0.6 mg.

Anne Marie Pearle, Program Administrator

PASS IT FORWARD!

Have you heard this expression before? Well, it is very easy to end up with a collection of many of your children's toys, books, clothes, etc. that are no longer being used. Here are some suggestions on how to make your loss someone else's gain. ***One child's castoff is another child's treasure.***

Here are a couple ways to do that. Try www.freecycle.org, choose Groups and under Canada, find your community. On checking this out myself, I see there isn't a group for Annapolis County, but there is for Kings County & Digby County. Then you can click Go To and see what's being offered and requested, or Join to sign up. When you reply to the automatic email, the response will provide instructions.

Another safe and friendly online option for household and kids gear - use the Today's Parent Virtual Garage Sale! Go to www.Todaysparent.com, click on Talk Forums and choose Virtual Garage Sale. Guidelines and Safe-Buying Tips are right there.

There are many other local organizations who accept donations. Also, don't forget Early Intervention Nova Scotia online site for sharing resources and a Buy and Sell section. www.earlyintervention.net/forum
And, our office can always use more items for the lending resource library, so check with Dennise if you have items you wish to 'pass forward'.

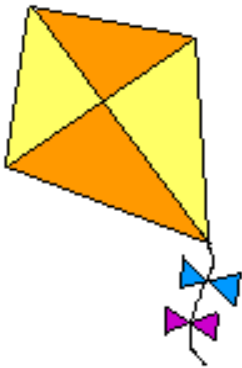
Another site that I came across for Nova Scotia where you can sell or give away is halifax.kijiji.ca

Anne Marie Pearle, Program Administrator

HAPPY CANADA DAY!!!



HOW TO CONTACT US



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**Don't forget Father's Day on
June 17th!**