

The editor of First Steps Families is a mom that had a child in the First Steps program. Hopefully the information shared will provide you with helpful resources for your family. To conserve resources and to make sure you don't miss out on helpful information, please send your e-mail address to Connie Coovert at cccoov2@uky.edu to receive the newsletter electronically or call me at 859-257-6427 to arrange for a hard copy.

Connie

FUN IN THE SUN ~ SAFETY TIPS

Source: American Academy of Pediatrics www.aap.org/advocacy/archives/tanning.htm

Babies under 6 months

-- The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure and to dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cold compresses to the affected area.

For All Other Children:

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- On both sunny and cloudy days use a sunscreen with an SPF of 15 or greater that protects against UVB and UVA rays.
- Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.
- Use extra caution near water and sand (and even snow!) as they reflect UV rays and may result in sunburn more quickly.

BUG SAFETY

- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- Avoid dressing your child in clothing with bright colors or flowery prints.
- To remove a visible stinger from skin, gently back it out by scraping it off horizontally with a credit card or your fingernail.
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- Use insect repellents containing DEET when need to prevent insect related diseases such as ticks which can transmit Lyme Disease, and mosquitoes which can transmit West Nile Virus and other viruses.
- The current CDC and AAP recommendation for children over 2 months of age is to use 10- 30 percent DEET. DEET should not be used on children under 2 months of age.

PARENT CONSULTANT

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We are on the Web:
<http://chfs.ky.gov/dph/firststeps.htm>
Or
kyfirststeps.org

Did you know.....?

Sunscreens are designed to remain at original strength for up to three years. This means that you can use leftover sunscreen from one year to the next. Some sunscreens include an expiration date — a date indicating when they're no longer effective. Discard sunscreen that is past its expiration date. If you buy sunscreen that doesn't have an expiration date, write the date when you purchased it on the bottle.



FAMILY SURVEY COMING SOON

We need your help! As the parent or guardian of a child who has received First Steps services, you know how important it is that the services be provided in a professional, timely and family friendly manner. Every year we ask families to complete a survey to let us know how we are doing and how they believe their child has progressed. The results of this survey are reported yearly to the U.S. Department of Education as part of Kentucky's Annual Performance Report.

The survey is being prepared and will be sent out sometime late next month. They will be sent electronically to First Steps Families that have provided us their email address. When you receive it please fill it out and send it back in, The "snail mail" surveys will be sent in early September. Please keep an eye out for it, fill it in and return it. It will only take a few minutes of your time and the information will be used to improve the quality of the services we provide.

Please feel free to send any additional comments you may wish to share to chfs.firststeps@ky.gov. You are welcome to contact the state lead agency at 1-877-417-8377 or Connie Covert, First Steps Parent Consultant at 859-257-6427 should you have any questions.

HOW IS KENTUCKY DOING?

When infants and toddlers get a strong start, our state and our nation prosper. There are more than 12 million infants and toddlers in the United States, many spending their most vulnerable years in circumstances that place them at risk developmentally. But with the facts about babies and toddlers in our state, you can support policies that ensure their success and their readiness for school. The ZERO TO THREE Policy Center recently updated our State Baby Facts, which tell the story about how the youngest children are doing in our state and across the U.S. www.zerotothree.org/policy/statebabyfacts

EARLY SIGNS VIDEO

New Video to Improve Early Recognition of Autism Spectrum Disorders in Very Young Children

Source: Kennedy Krieger Institute and American Academy of Pediatrics - June 11, 2013

The Kennedy Krieger Institute and Maryland Chapter of the American Academy of Pediatrics (AAP) have published a free online video to improve the recognition of the early signs of autism spectrum disorders (ASDs) among pediatricians, parents and early intervention providers. [Bringing the Early Signs of Autism Spectrum Disorders Into Focus](#) (2013, runtime 9:03 minutes) consists of six video clips that compare toddlers with no signs of ASD to toddlers with early signs of ASD and includes an explanation of how the specific behaviors exhibited by each child are either suggestive of ASD or typical child development.

First Steps Family Newsletter is emailed each month to families and contains articles and tips highlighting current topics in early intervention, child development, and parenting. I also try to include Developmental Activities as a great way to interact with your child. Past issues are archived at kyfirststeps.org Check them out!