



October 2009

# LITTLE Steps

into a big world



## Come Share the Journey into Parenthood

*Contributed by First 5 Nevada County*

Baby & Me groups are a wonderful opportunity for parents to share with each other the delights and demands of being a parent of an infant. Participants receive good information on pertinent topics such as sleeping, feeding, soothing, attachment, intentional parenting, fostering development, creating rituals, etc. Perhaps the best part of Baby & Me is going through that first year with others who are experiencing a similar learning curve. Sharing your baby's first smile, first tooth, or giggle just adds to the joy of each milestone. Learning the mysterious and wonderful ways of your newborn along with others seems so much more manageable when moms and dads have each other. Sometimes a helpful hint, word of support, or a good laugh is just what is needed to lift the spirits of a sleep-deprived mom or dad.

The way the groups are structured is as follows: Parents sit in a circle on the carpet with their babies. (Back-rests are provided). We sing a few songs with the babies (fun!), have check-in time on how everyone is doing, and then we discuss a topic about all things babies & parenting. At closing we sing our good-bye song to each baby--"we'll see you again next time!"

Toddler & Me is in a pre-school setting where the little ones and their parents are on the move playing together. They have a short circle time of songs and fun. Parents are able to connect with each other as well as play with their toddlers. An experienced pre-school teacher leads the way by introducing new activities that encourage development and new skills. Siblings can come too!

Baby & Me and Toddler & Me create natural communities of friends and support for both parents and the children. They usually run in 10 week sessions. All 10 group meetings are free to new Baby & Me and Toddler & Me participants! For continuing participants there is a fee of \$50; however, generous scholarships are available. If anyone wants to come--we will make it happen!

To join a Baby & Me Group call Meg at 913-2745 or email her at [meg@first5nevco.org](mailto:meg@first5nevco.org).

## Protect Your Children's Teeth from "Sugar Bugs"

*by Lindsey A. Robinson, DDS | Pediatric Dentistry in Grass Valley | (530) 272-5522*

Halloween is just around the corner and with it comes the popular phrase every child will be chanting, "trick or treat," with the hope that their bags will be filled with treats. All of this candy can bring with it cavities. The reason sugar can cause tooth decay is that there is a film of bacteria called plaque, "sugar bugs" that sticks to our teeth. When bacteria come into contact with sugar or starch they produce acid which attacks the teeth and causes cavities. No need to be scared of the "sugar bugs". With just a few simple tips you can protect your child's teeth.

Candies to stay away from would be hard and sticky candy. Sucking on hard candy will keep the sugar in the mouth a long time, and sticky candy gets down deep into the grooves and is not easily washed off with saliva. During this time the teeth are subjected to acid attacks. Better choices would be the small chocolate candy bars. The chocolate dis-

## Ongoing Events

### Baby & Me

Join in for songs, playtime, and discussion while getting to know other parents and babies. Join an existing group now. Birth to 12 months. Weekday mornings at the Grass Valley Methodist Church in downtown Grass Valley. FREE to first-time participants, sliding scale fee up to \$50 for 10 sessions for subsequent groups. Phone: Meg 913-2745 [first5nevco.org/programs.cfm](http://first5nevco.org/programs.cfm)

### Toddler & Me

Join in for songs and playtime in a preschool setting while getting to know other parents and toddlers. We are creating new groups now for children 12 to 36 months. Monday mornings at the T.K. McAteer Family Resource Center in Nevada City. FREE to first-time participants, sliding scale fee up to \$50 for 10 sessions for subsequent groups. Phone: Samie 265-0611 x223 [first5nevco.org/programs.cfm](http://first5nevco.org/programs.cfm)

### Early Pregnancy Consultation

Mention the First 5 Newsletter to receive 50% off. Now only \$27.50. For women in their first or second trimester. Consultations scheduled regularly. Call to schedule: 477-5442 [chamberlinchildbirth.com](http://chamberlinchildbirth.com)

### Hope in Nevada County Food Distribution

A food distribution will be held at the Grass Valley Elks Lodge the 2nd Monday of every month from 10 a.m. to 11 a.m. We focus on families with young children, seniors and the disabled but we don't turn any one in need of assistance with food away. All we require is that you sign in and take only what you can use. We offer a wide variety of foods and have offered such items as fresh fruits and vegetables, chicken, breads, canned goods and staples. Phone: 263-4753

### P.L.A.Y. Groups (Parenting, Learning, Activities, Year-Round)

You can participate by dropping in any time

solves quickly making it easier for saliva to wash it away.

Limit the amount of candy eaten all at once and the number of snacks eaten between meals. Grazing on candy exposes the teeth more frequently to sugar and the effects of the acid. Encourage them to have their candy as dessert after a meal.

Remind them to brush their teeth. Children under age seven should have their parents do most of the brushing for them. Drinking water immediately after eating candy can help wash some of the sugar off the teeth. In addition, chewing xylitol gum, like Spry or Ice Breakers (Ice Cubes), is beneficial since it prevents the plaque from sticking and cannot be converted into an acid. Just make sure that when checking the ingredient label, xylitol is listed first to get enough of this plant based sweetener. Halloween candy can be a 'treat' as long as taken in moderation.

## It's Harvest Time

by Tulum Dothee | Contact: (530) 271-1258 | [oakhavenmontessori.com](http://oakhavenmontessori.com)

It's harvest time folks! The time of the year when your children are harvesting the growth, experiences and learning they did over the spring and summer. Their unspoken MO: Test new techniques. Retest old techniques. Check to see if parents mean what they say.

Every fall, each of us processes everything we experienced over the last two seasons. This results in emotional upheaval. Especially around the harvest moon. If you don't believe me, look around and notice. Or come spend a day or two here at Oakhaven, you'll see.

Here is what you need to know:

Expect tantrums, melt downs, back talk, power struggles and general weepiness, both from yourselves and the little ones.

Here's why:

It is part of the process of learning. Picture this graph. While learning, we all experience a rapid incline while taking in new information, then a leveling off and, before the learning is cemented, an actual regression! Then the process repeats. The harvest represents that regression, so take heart that your children are on their way to completing a cycle and gearing up for the next.

Things to remember:

- Act without talking.
- Take time for training.
- Talk to your child with the love and respect you show cherished friends.
- Treat the entire family, yourself included, with patience, kindness and firmness.
- No matter what our feelings, we still need to do our day. Get on with it.

Keep your chin up. This too will pass. Happy Harvesting!

or by joining a parent led group that meets on Fridays from 12-1:30 in the Family Resource Center. Just take a child development activity sheet and enjoy fun activities with your child while networking with other parents. SNCS Family Resource Center. For more information contact Cindy at: 272-8866 x 203

## Now Enrolling

### "Your Amazing Infant" - Truckee

A series for parents and their infants, ages birth through 3 months. These classes increase bonding through nurturing touch and physical interaction between parent and child. Call the Family Resource Center at 587-2513 or email [classes@truckeeffc.org](mailto:classes@truckeeffc.org) for information.

### Family Music: Music for Little Kids, by a Big Kid - Truckee

Children, birth to 5, and their parents enjoy this fun and humorous musical experience that includes singing, instrument play and movement in a relaxed and playful setting. \$49 for 7 sessions, includes music CD. Call the Family Resource Center at 587-2513 or email [classes@truckeeffc.org](mailto:classes@truckeeffc.org) for information.

### Toddler Gym Time - Truckee

Toddlers and their parents enjoy free play in the big gym with an array of exciting developmental equipment. Have fun, meet new friends and build new skills. Call the Family Resource Center at 587-2513 or email [classes@truckeeffc.org](mailto:classes@truckeeffc.org) for information.

### "Baby and Me" - Truckee

Fun, educational classes for parents with infants under 12 months old. Organized activities and informal discussions weekly. Call 587-2513 or email [classes@truckeeffc.org](mailto:classes@truckeeffc.org) for more information.



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Visit [www.first5nevco.org](http://www.first5nevco.org)

Enter your e-mail address in the box on the home page and you will be e-mailed an edition of Little Steps at the beginning of each month.