



MARCH 2010



The Facts and Dangers of Soda Pop

Kids are heavy consumers of soft drinks and are guzzling soda pop at unprecedented rates. Carbonated soda pop provides more added sugar in a typical 2-year-old toddler's diet than cookies, candies and ice cream combined. Fifty-six percent of 8-year-olds down soft drinks daily, and a third of teenage boys drink at least three cans of soda pop per day.

- **These popular beverages account for more than a quarter of all drinks consumed in the United States.**
- **More than 15 billion gallons were sold in 2000. That works out to at least one 12-ounce can per day for every man, woman and child.**

Not only are soft drinks widely available everywhere, from fast food restaurants to video stores, and even still in some schools nationwide.

As soda pop becomes the beverage of choice among the nation's young -- and as soda marketers focus on brand-building among younger and younger consumers -- public health officials, school boards, parents, consumer groups and even the soft drink industry are faced with nagging questions:

- **How healthful are these beverages, which provide a lot calories, sugars and caffeine but no significant nutritional value?**
- **And what happens if you drink a lot of them at a very young age?**

Nearly everyone by now has heard the litany on the presumed health effects of soft drinks:

- **Obesity**
- **Tooth decay**
- **Caffeine dependence**
- **Weakened bones**



But now, a new study published in the February 2010 has linked the consumption of two or more sodas a week to an increased rate of **pancreatic cancer**.

"People who drank two or more soft drinks a week had an 87% increased risk -- or nearly twice the risk -- of pancreatic cancer compared to individuals consuming no soft drinks," says study lead author Noel T. Mueller, MPH, a research associate at the Cancer Control Program at Georgetown University Medical Center, Washington, D.C. The study is published in *Cancer Epidemiology, Biomarkers & Prevention*, a journal of the American Association for Cancer Research.

Researchers studied the diets, including soda and juice consumption, and cancer rates of 60,000 study participants over a 14 year period. They believe that the sugar in sodas increases the insulin secretion of the pancreas and promotes growth of cancer cells. The study found no link between pancreatic cancer and drinking juice.

With of this concerning information about soda, how do you get kids to cut back on soda pop? This is an easy one if you're dealing with younger children. The sooner you establish healthy eating habits, the easier it will be to maintain them as the child grows.

Advise for Parents:

- *Don't bring pop into the house. If it's not a choice, it won't be an issue.
- *Set aside special occasions when a soda pop is OK, like at a baseball game or a party, but not as a daily routine.
- *Never serve pop with meals.
- *When ordering in restaurants, allow only milk or juice as the beverage.
- *Model the behavior you want your child to develop. You can't expect your child to want milk if you're drinking pop.
- *Make sure kids get at least 3 servings from the milk group each day.
- *Limit kids' 100% fruit juice to 4 to 6 oz per day.

DIANA MCPEEK



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Self-Confidence: Birth to 3

Self-confidence is one of the most important things we can help our children develop. Here are some simple ways to encourage it for your child 0-3 years old.

Help your child develop self-awareness. Point out the results of her actions. *"You put the toys away, that makes mommy happy."*

Help your child understand who she is as she grows. *"Trying new things can feel scary to you."*

Support your child by using language- *"Are you looking for a big puzzle piece or a little piece?"*

Offer direction-such as taking a puzzle piece and turning it so that it is easier to see where it might fit.

Point out positive steps taken- such as noticing when your child tries a piece in a different space (even if it doesn't fit)

Recognize progress-by helping the toddler see how she has gotten closer to finishing the puzzle.

Focus on the process more than the outcome.

Make a photo album that shows your child's progress.

Devise steps based on your understanding of what is challenging for your child.

Show understanding and empathy when your child is struggling with a challenge.

Model persistence. When you model persistence and confidence in yourself, your child will learn this too.

Model confidence in new situations, your child is watching.

Information is from the Zero to Three website. www.zerotothree.org

Everyday moments are the teachable times in your child's life...Brenda



Have You Heard?...Program News!

It is that time of year where we do a self assessment and take a look at how we are meeting the standards that are set forth for us by Early Head Start. Many parents have stepped up and been part of a self assessment team. They have done classroom observations, safety checks, and participated in team meetings! We appreciate all the positive feedback and "real" look at our program that you have all done for us! The self assessment process will be done in July and we will have a little information for you that we will post in this newsletter. Please take the time to fill out your parent survey as those are extremely meaningful to us so that we can continue to provide the high quality services that we expect of ourselves.

Program committees are selected at the beginning of the program year in September and then periodically they meet to accomplish some particular goals that have been identified. It is difficult to add members in the middle of the cycle due to the specific goals and items that are being looked at. We look forward to finding interested parties to add to the committees come August 2010, so if you are going to be interested please let your home visitor or Sherrie Walker know.

Diane Trujillo



POLICY COUNCIL UPDATE

Your Policy Council met on Feb. 24 at 5:00 p.m. All members were present. The agenda included the parent survey which was approved and will be sent out with the home visitor for families to fill out. Also the decision on the parent room location was made final; it will stay in the same location and a laptop will be available for use if a parent needs one. Policy Council approved the new EHS Self Assessment Timetable and this assessment process will continue through out Spring.

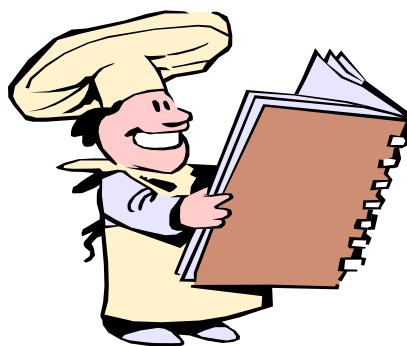
The Education Sub-Committees also met before the Policy Council meeting. The Special Quest meeting viewed a movie and shared family stories. The Toy Van Committee discussed purchasing new toys for the van and began the first phase of giving the van a make-over.

The next Policy Council meeting will be held on March 31 from 5:00-7:00 p.m.

SHERRIE WALKER

March Workshop: “Favorite Family Recipes”

Bring a couple of favorite recipes and plan to have fun making a recipe book to take home. Parents will have access to the Parent Room to type recipes or copy them off for their recipe book.



Wednesday, March 10th

5:15-7:00 p.m.

Meals and childcare are provided

Please RSVP by March 8th.

**Call 269-1523 to RSVP,
or if you have any questions.**