



IDP Notes and News

Langley Infant Development Programme



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Children's Sleep from A to ZZZZ: Answers to Four of the Most Commonly Asked Sleep Questions

A good night's slumber is essential to your child's health and mental outlook. During deep sleep, children's bodies secrete a growth hormone that is necessary for the development of tissues and proteins. An adequate amount of sleep also helps your child get through the day. Children who sleep enough are more alert, less prone to accidents, and more cheerful.

Four Sleep Questions Parents Most Often Ask

1. How much sleep is enough?

Children under 1: 13¾ oz 16½ hours including naps

Toddlers (aged 1-3): 12 to 13¾ hours, usually with one daytime nap

Preschoolers (aged 3-4): 10¾ to 11½ hours (with no daytime nap)

2. How can I tell if my child is going to bed at the right time?

Observe your child's behaviour when he goes to bed at night and when he wakes up in the morning. If your child takes an hour to get to sleep, but wakes in good spirits, he probably wasn't drowsy at bed time. On the other hand, if he is difficult to wake up in the morning, or is cranky, then he may not be getting enough sleep. Try putting him to bed a half hour earlier.

3. What's the best sleeping position for a newborn?

The American Academy of Pediatrics recommends that babies should sleep on their backs as a way to prevent Sudden Infant Death Syndrome (SIDS). Studies have shown that sleeping on the back cuts the SIDS rate by more than half.

4. What can I do if my child falls asleep for five minutes in the day and then can't nap?

Sometimes a child dozes for a short time, not long enough to constitute a real nap, but long enough to recharge her batteries. If this prevents her from napping later, establish a quiet time so she can at least rest. Don't your child to bed earlier to catch up on missed sleep. It is more important to maintain a regular bed time.

A Neat New Idea In Europe: The Benji Crib

The Benji is a crib designed to specifically help your infant adjust to his/her new surroundings directly after birth. The Benji imitates in utero movement. It reduces stress that the baby may experience after leaving it's prenatal environment. For more information visit <http://www.senky.de/html/en/products.html>.



Congratulations to Kim and her Family...

Gregory Jordan was born March 28th at 2:30am. Gregory weighed 7lbs 3oz and was 21 inches long. Mom and baby are doing well and were home 9.5 hours after the birth to enjoy an Easter Dinner!

Portfolio Commentary: “Newsletter”

Comments:

- This newsletter is one of a series of newsletters that Dorothy included in her portfolio.
- Often accompanying this kind of evidence is reflective commentary that could discuss the following:
 - *Who was the audience?*
 - *Did the newsletter meet their needs?*
 - *Did you implement changes over time? If so, why?*
 - *Would you do anything different now? If so, why?*

What it demonstrates:

Clinical Skills

- *Adapts to different contexts (groups, families, case conferences)*

Critical Thinking Skills

- *Has knowledge of developmental ages and stages*
- *Seeks to understand community resources and refers appropriately*
- *Constructs innovative practices – based on own experiences and feedback from others*

Professional Skills

- *Meets required deadlines*
- *Written communication is clear, logical, & objective*
- *Demonstrates professional values and attitudes*

Contextual Skills

- *Develops effective working relationships with community people*