



Information to Share with Parents

What Parents Need to Know About Social-Emotional Development

A 2009 national survey of parents of children from birth to 3 years showed that many parents don't understand how much the social and emotional development of their children is affected by early experiences.

Some details from the survey:

Most parents (69%) think that the ability to experience feelings like fear and sadness occurs later in life.

Two-thirds are unaware that very young babies can sense and be affected by their parents' moods.

A majority is not aware that children can feel good or bad about themselves by at least age 2.

Almost two-thirds expect children to be able to control their emotions by age 3, when in fact that ability only develops between ages 3 and 5.

What the results mean:

Early experiences matter, so pay attention to signs that your child is feeling anxious, protect him or her from scary situations, and follow routines that help provide security.

Be aware of your own feelings so you can manage them in ways that don't negatively affect your child.

Help your child develop good self-esteem by giving lots of love and affection and expressing joy in his or her accomplishments and milestones.

Have appropriate expectations for how well your child can manage his or her feelings. Not expecting more than your child is capable of will help reduce stress for both of you.

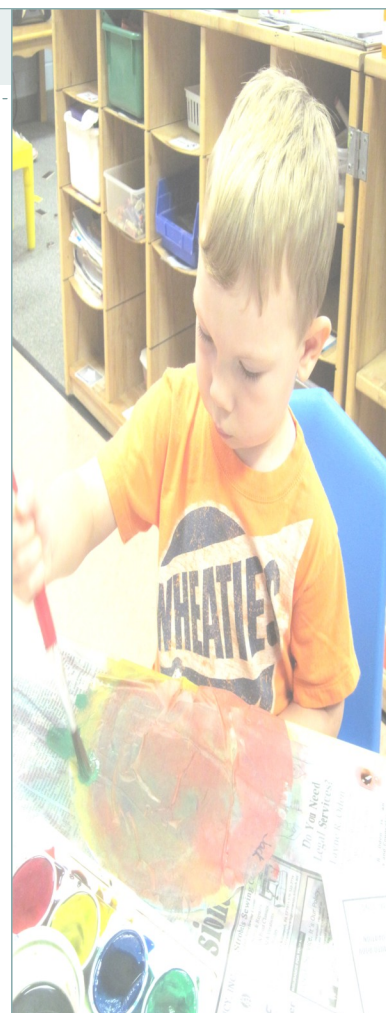
Other significant findings from the survey:

- More than half of parents say that the way they were raised affects how they parent their own children.
- Half of parents have a caregiver for their child other than themselves, most frequently a grandparent.
- Fathers' parenting experience is different than mothers, and they are not as well-informed about social-emotional development.
- Parents regularly turn to their own mothers for parenting advice.

Source:

"Young Children's Social-Emotional Development: Key Findings from a 2009 National Parent Survey," www.zerotothree.org/parentsurvey

"Key Findings from a Zero to Three 2009 National Parent Survey," www.zerotothree.org/parentsurvey



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2nd page is designed as
a handout for Parents.

WATER PLAY

"Water play offers wonderful developmental learning opportunities. However, early educators must control the risks of drowning and spread of infection from contaminated water. It takes less than 30 seconds for a young child to begin to drown. More than 250 children less than 5 years of age drown each year. The American Academy of Pediatrics (AAP) recommends that most children age 4 and older should learn to swim. Children between 1 and 4 years of age may benefit from formal swimming lessons. However, nobody should rely on a child's swimming skills to become less vigilant about supervising a child in the water. To learn more about how to reduce the risk of drowning, go to the websites of the Consumer Product Safety Commission at www.cpsc.gov and the AAP at www.aap.org. Search for "drowning" on both sites. Preventing bad germs from spreading through contact with water requires vigilance too. Early learning practitioners must pay attention to controlling both of these risks.



Recreational Water Illnesses or RWIs increase when children play in communal water. Swimming pools that groups use should have mechanical filtration and chemical disinfectant systems. Operators of swimming pools must check and adjust disinfectant and pH levels frequently. In May 2010 the Centers for Disease Control and Prevention (CDC) reported the results of pool inspections in 15 public health jurisdictions. The study found that child care pools had higher levels of pool closures than pools in any other setting. The CDC warns against use of portable pools in child care settings: "The larger number of children from different families in child care settings and schools can increase the risk for spreading RWIs...allowing larger numbers of children from different families to use these pools is likely to increase the risk of spreading diarrheal illnesses." Pennsylvania regulates any body of water for swimming and bathing except those used only by the members of one family and their guests in a private residence. See the regulations at <http://www.pacode.com/secure/data/028/chapter18/chap18toc.html>. Contact your local Department of Health for details. ECELS recommends using sprinklers outdoors and free-flowing tap water in water tables to reduce the risks of drowning and spread of recreational water illnesses during water play in group care settings. For more information, go to the CDC website at <http://www.cdc.gov/healthywater/swimming/topics/>

Heat Kills Children in Cars

On sunny days the interior of vehicles heats up rapidly and get very hot. This happens even on relatively mild or cool days. On days when the outdoor temperature is just 72°F, the internal vehicle temperature can reach 117°F in an hour. Most of the temperature rise (80%) occurs in the first 30 minutes. On days when outdoor temperatures exceed 86°F, the temperature in a vehicle can quickly reach 134 to 154°F. These temperatures put children at significant risk. Cracking open windows does not effectively decrease either the rate of heat rise or the maximum temperature reached. In fact, sunlight coming through open car windows makes the car work like an oven.

It is easy to leave sleeping children in a vehicle – either they are unnoticed or deliberately left to avoid disturbing their nap. Anyone who puts a child in a vehicle needs to know about this big risk. Parents and staff must be sure that each child put into a vehicle is removed promptly at the destination. A child's body has more surface area than an adult's body. So children heat up 3 to 5 times faster than adults. It only takes minutes for a child to become dangerously overheated. Every year, more than 30 children die because they are alone in a car. Don't let a child you know die or suffer injury from being overheated in a car. (This information is from a flyer prepared by the PA Traffic Injury Prevention Project of the PA Chapter of the American Academy of Pediatrics. For a copy of the flyer, contact PA-TIPP at 1-800-CARBELT or [484-446-3036](tel:484-446-3036).)

