



# Early Learning Digest

Research-based information provided through a partnership between the Minnesota Department of Education and the Working Family Resource Center

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## Scrapbooking Made Easy!

During the first several years of life, your child is growing and rapidly changing. Many parents have the desire to scrapbook a memoir of their baby's "firsts" – first smile, first crawl, and first steps – but scrapbooking can be time-consuming, especially with a new baby in the home. The **Watch Me Grow Scrapbook** makes it easy to track all of your baby's developmental milestones from birth to five years.

The scrapbook outlines developmental milestones for babies, toddlers and preschoolers. There are places in the scrapbook for you to write about what your child likes to do, what makes your child happy and what your child can do. There are places for you to add your child's name and pictures, too!

The **Watch Me Grow Scrapbook** is a great way to share your child's development with grandparents, other family members and friends or your child care provider. It will become a keepsake to you, your family, and your baby for many years to come!

Download the **Watch Me Grow Scrapbook** at <http://www.parentsknow.state.mn.us/parentsknow/ChildDevelopment/Newborn/Scrapbook/index.html?redirectNodeId=Newborn>.

## Parenting Education Classes

Being a parent is very demanding and challenging work. It's important to know how your child grows and develops so you can focus on your child's needs. Mothers, grandmothers and other relatives or trusted friends or neighbors are not always nearby to turn to when questions arise. Today's parents can get needed information and support from others through parent education.

Through parent education, in parent groups or an online chat, you learn that you are not alone in feelings you may have had about either yourself as a parent or about your child. Parent education can help you support your child's development, which lays the foundation for your child's success in school and life.

Parent education may be offered through a variety of means and settings. Parents can attend classes together where they participate in group discussion with other parents. Classes may be offered in various community sites. It may come in the form of individual home visits to parents and their families, or it might



occur through electronic means, on a Website such as <http://www.mnparentsknow.info>.

In Minnesota, one of the most common and readily available forms of parent education is delivered through the public schools through Early Childhood Family Education (ECFE). It offers information and support to all Minnesota families and their infants, toddlers and preschoolers.

For more information, visit [http://www.parentsknow.state.mn.us/parentsknow/Newborn/topicsAZ/PKDEV\\_000314](http://www.parentsknow.state.mn.us/parentsknow/Newborn/topicsAZ/PKDEV_000314).

## Tufts University Child&FamilyWebGuide

the child development and health research presented is of the highest quality and is parent friendly. You can quickly access information on these sites through the Google Custom Search at [http://education.state.mn.us/ParentsKnow/acrossTheNet.jsf?ageGroup=age1\\_2](http://education.state.mn.us/ParentsKnow/acrossTheNet.jsf?ageGroup=age1_2).

Experts from Tufts University have systematically evaluated websites to ensure that

## Children, the Flu, and the Flu Vaccine

The flu is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. Each year an average of 20,000 children under the age of 5 are hospitalized because of flu complications.

The single best way to prevent the flu is to get a flu vaccine each season. There are two types of flu vaccines:

- **The "flu shot"**—an inactivated vaccine (containing killed virus) that is given with a needle. The seasonal flu shot is approved for use in people 6 months of age and older, including healthy people, people with chronic medical conditions and pregnant women.
- **The nasal-spray flu vaccine**—a vaccine made with live, weakened flu viruses that do not cause the flu. This is approved for use in healthy people 2-49 years of age who are not pregnant.

The 2010-2011 flu vaccine will protect against 2009 H1N1, and two other flu viruses (an H3N2 virus and an



influenza B virus) that studies suggest will be most common this season. The Center for Disease Control and Prevention recommends that everyone 6 months of age and older get a seasonal flu vaccine. Vaccination is especially important for children younger than 5 years of age and children of any age with asthma, diabetes and heart disease.

For more information on immunizations visit [http://parentsknow.state.mn.us/parentsknow/Newborn/topic-sAZ/PKDEV\\_000301](http://parentsknow.state.mn.us/parentsknow/Newborn/topic-sAZ/PKDEV_000301)  
And follow link to <http://www.cdc.gov/flu/keyfacts.htm>

## help me



talk to a professional and find out how you can get connected with various resources in Minnesota.

If you have concerns about your child's growth and development, please talk to your child's health care provider or call 1-866-693-GROW (4769), to

## EVERYDAY Parent to Parent



Everyday Parent to Parent Forum is a bulletin board for Minnesota parents to ask questions or to share what they have learned. Join the discussion forum at [www.MNParentsKnow.info](http://www.MNParentsKnow.info).

## Test Your Knowledge of Immunization ...

- |   |   |   |
|---|---|---|
| T | F | The single best way to prevent the flu is to get a flu vaccine each season.   |
| T | F | There is only one form of flu vaccine.  |
| T | F | The CDC recommends that only children 5 and up get a flu vaccine              |
| T | F | The 2010-2011 flu vaccine will protect against H1N1 and two other flu viruses |

For more information on immunizations visit [http://parentsknow.state.mn.us/parentsknow/Newborn/topicsAZ/PKDEV\\_000301](http://parentsknow.state.mn.us/parentsknow/Newborn/topicsAZ/PKDEV_000301)  
And follow link to <http://www.cdc.gov/flu/keyfacts.htm>

Answers: 1) T, 2) F, 3) F, 4) T



Trusted parenting information, resources and activities to help your children grow, develop and learn from birth through high school at [www.MNParentsKnow.info](http://www.MNParentsKnow.info).