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October Parent Link



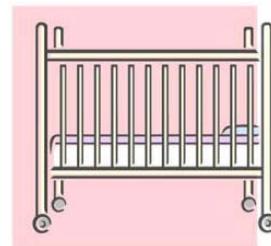
Safe to Sleep: Tips to Prevent SIDS

As a parent of a newborn, you may experience anxiety concerning the health and safety of your new bundle of joy. The best way to reduce it is by familiarizing yourself with preventative care for you and your baby.

The third leading cause of infant death is Sudden Infant Death Syndrome (SIDS). This happens without any warnings or symptoms and usually occurs in infants less than a year old.

Of course, there are always ways to reduce the risk of SIDS.

- Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet. For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.



- Do not use pillows, blankets, sheepskins or crib bumpers anywhere in your baby's sleep area.

- Dress your baby in light sleep clothing, such as a one-piece sleeper.

- Avoid products that claim to reduce the risk of SIDS and other sleep-related causes of infant death.

- Always place your baby on his or her back to sleep for naps and at night.

[Miami-Dade County Public Schools](#)

[The Parent Academy](#)

[Legal Services of Greater Miami](#)



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- Remember to give your baby tummy time when he or she is awake and you are supervising.

For more information about SIDS and the Safe to Sleep campaign, visit www.nichd.nih.gov/SIDS.

Reference: U.S. Department of Health and Human Services: [What does a safe sleep environment look like?](#)

Center for Disease Control and Prevention: [Sudden Unexpected Infant Death and Sudden Infant Death Syndrome: http://www.cdc.gov/sids/](http://www.cdc.gov/sids/)

Florida KidCare- Your Child's Health is Important

During this flu season, if your child gets the flu or cold you might need to visit a doctor. Florida KidCare is a great option for child health insurance. It offers comprehensive health care benefits to children birth through 18 years of age.

Benefits:

- doctor visits
- check-ups
- shots
- hospitalization
- labs
- dental
- prescriptions
- vision
- hearing
- mental health
- emergencies

Cost:

Since Florida KidCare eligibility is based on family size and household income, some families may pay an affordable monthly premium or nothing at all.

To request a mail-in application, call 1-888-540-5437 or apply online at www.floridakidcare.org.

Your child's health is important.

Parents know how young children need regular health check-ups, doctor visits, and immunizations. They also know how expensive medical care can be. **Florida KidCare** is a child health insurance program that offers comprehensive health care benefits to children birth through 18 years of age. Eligible for the KidCare program is based on family size and household income. Some families pay an affordable monthly premium. Many families pay nothing at all. **Benefits covered by KidCare include:** doctor visits • prescriptions • check-ups • vision • shots • hearing • hospitalization • mental health • labs • emergencies • dental. To request a mail-in application, call our toll free number or visit www.floridakidcare.org to apply on line.

1-888-540-5437 Florida KidCare
www.floridakidcare.org

Reference: Healthy Kids- www.healthykids.org.

Staying Safe This Halloween

If you and your little doctor, fire-fighter or princess are planning on going out trick-or-treating this Halloween, here are a few safety tips to keep in mind, provided by the Miami-Dade County Police Department.

- Have your route and time of leaving and arriving back home planned out.
- Try choosing streets that make a collective neighborhood effort for Halloween by lighting and decorating homes in a way that welcomes visitors.
- Carry flashlights with fresh batteries.
- Make sure an adult accompanies children at all times.
- If possible, use makeup instead of masks that are hard to see or breathe through.
- Keep a lookout for oncoming traffic.
- After examining your children's candy, let them pick out their favorites and place them in one zip-lock sandwich bag. This should be enough for them and avoid a candy overdose.

Stay safe!

Reference: *Miami-Dade County Police Department*-
<http://www.miamidade.gov/police/home.asp>

On the Web: Miami-Dade Public Library System

Libraries in the Miami-Dade Public Libraries System are excellent places to spend a Saturday morning with your child. They also offer wonderful online resources. From the library catalog to e-books, you and your family can find something fun to do at the Miami-Dade Public Library [website](#).

Note: You will need a library card number for many of the online functions. You can get one [here](#).

Reading Ready

You can find out more information about Reading Ready, an early literacy program for parents and caregivers of children - birth to five years. The library offers the following:

- Reading Ready craft resources
- Access to Tumble Books Library
- Other early literacy websites as resources

Computer Fun

This includes downloading books, links to other libraries such as the International Children's Digital Library, and educational computer games.

E-Books and More

MDPLS now offers e-books. You can choose from two different book readers: axis 360, which contains books for children and teens, and

OverDrive, which you can browse for classic titles. Not sure how to use them? Don't worry! They also offer instructions on how to download and use these programs.

Reference: Miami-Dade Public Library System- www.mdpls.org

Readers Encouraged to Send Questions to Ask Dr. Hughes, ELC's Child Development Expert

Each month in *Parent Link*, Christine Hughes, Ph.D, a research and evaluation analyst for the Early Learning Coalition of Miami-Dade/Monroe will answer your questions about child development (from birth to 5 years old) on a variety of topics such as language, social skills, play, behavior, motor skills, learning habits, and more.

Please email your questions to info@elcmdm.org with Ask Dr. Hughes in the subject line. Also, include the city or location of your residence in Miami-Dade or Monroe County (e.g., Coconut Grove, Kendall, Key West).

Please note that questions may be edited, and not every question received will be answered in the newsletter. To protect the privacy of individuals and maintain confidentiality, names will not be printed, but we may refer to individuals by area (for example, "A mother in Miami Beach asked...").

Dr. Hughes earned her Ph.D. in psychology from the University of Miami, where she currently teaches part-time. Her research has focused on the development of at-risk infants and children in early intervention.

The information provided in this column released by the Early Learning Coalition of Miami-Dade/Monroe, courtesy of Dr. Hughes, is not intended to be used as psychological, mental health, or medical evaluation or service.

As laws, details and personal situations vary from person to person and state to state, articles and content contained in the newsletter are not and cannot be used as a substitute for legal, parental, health, mental health, or any other advice.

The column is not intended to be a solicitation of business or the furnishing of self-help advice. Readers are strongly urged to consult independent and qualified professionals before making any decisions. The views expressed are those of the writer and not necessarily of the Early Learning Coalition of Miami-Dade/Monroe.

ELC and You: Save the Date! Upcoming Workshops and Hearings

Please join the Office of Early Learning for three very important public meetings:

VPK Specialized Instructional Services Public Hearing

Tuesday, October 23

1 - 3 p.m.

Florida's Office of Early Learning

250 Marriott Drive,

Tallahassee, FL 32399

The proposed rule will establish requirements related to the process of determining child eligibility, registering, and enrolling students in the VPK Specialized Instructional Services Program, and making payments to Specialized Instructional Services (SIS) Providers for services.

Please visit the OEL website to view the [agenda](#), the [proposed rule](#), and for information on how to [join the hearing remotely](#).

School Readiness Provider Contract Public Hearing

Wednesday, October 24

3 - 4:30 p.m.

Florida's Office of Early Learning

250 Marriott Drive

Tallahassee, FL 32399

Join the Office of Early Learning for a hearing to discuss proposed changes to the Statewide Provider Contract for the School Readiness Program.

Please visit the OEL website to view the [agenda](#), the [proposed rule](#) and for information on how to [join the meeting remotely](#).

Florida's Office of Early Learning School Readiness Funding Allocation Workshop

Tuesday, October 30

6:30 - 8:30 p.m.

United Way of Miami-Dade Ryder Room

3250 S.W. Third Avenue

Miami, FL 33129

With the goal of obtaining community input, Florida's Office of Early Learning will conduct a School Readiness Funding Allocation Workshop in Miami on Tuesday, October 30. This is a great opportunity to provide input on how the state allocates School Readiness program dollars to all 67 Florida counties. As you already know, Miami-Dade and Monroe lost significant dollars this year as the result of the funding formula.

Local Events for the Whole Family!

The Little Farm

Pumpkin patch, pony rides, petting farm, and more!

Date: Now - October 31, 2012

Time: 3 - 7 p.m.

Location: The Little Farm

3401 S.W. 224 St.

Goulds, FL 33170

Cost: FREE Admission, \$5 for parking

For more information, visit www.thelittlefarm.us.

Spooky Symphony

The most beautiful, scary music you've ever heard. A FREE family fun Halloween event, presented by The Children's Trust. Attendance in costume is encouraged!

Date: Sunday, October 28, 2012

Time: 4 p.m.

Location: The Olympia Theater at The Gusman Center for the Performing Arts

174 East Flagler Street
Miami, FL 33131

Cost: FREE Admission, \$5 parking at the College Station Garage
For more information, visit www.thechildrenstrust.org.

**Florida's Office of Early Learning School Readiness Funding
Allocation Workshop**

This is a great opportunity to provide input on how the state allocates
School Readiness program dollars to all 67 Florida counties.

Date: Tuesday, October 30, 2012

Time: 6:30 - 8:30 p.m.

Location: United Way of Miami-Dade Ryder Room
3250 S.W. Third Avenue
Miami, FL 33129

Cost: FREE

Halloween on the Mile

Trick-or-treat down the shops of Miracle Mile. Costume contests for
kids and dogs at the Miracle Theater.

Date: October 31, 2012

Time: 4 - 7 p.m.

Location: Miracle Mile
Coral Gables, FL 33134

Cost: FREE

For more information, visit <http://shopcoralgables.com>

About the Early Learning Coalition of Miami-Dade/Monroe

The Early Learning Coalition of Miami-Dade/Monroe is a nonprofit organization dedicated to ensuring high-quality early care and education for children in Miami-Dade and Monroe counties. Through a variety of affordable and innovative early education and voluntary prekindergarten programs, the Coalition serves more than 50,000 children ages birth to 5-years-old and their families. Founded in 2000, the Early Learning Coalition is among 31 similar organizations in the State of Florida established following the enactment of the School Readiness Act, which consolidated Florida's early learning services into one integrated program. For more information, visit www.elcmdm.org.

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