



## Early Head Start Newsletter

Volume 1, Issue 4  
September, 2009

### The Power of Play

Play is fun and important to young children's intellectual, social, emotional, and physical development. Through play, children learn problem solving, interpersonal skills, communication, and other skills integral to success in school and life. From day one, children are eager and determined to understand how the world works. They do this through play, using all the "tools" they have at their disposal.

As parents, there is nothing more essential and rewarding than the enjoyment your child experiences from time spent playing with you. Watch your child at play and you will see the kind of passion and excitement they bring to play. There are no rules when it comes to play. You don't need fancy toys; the *parent* is the child's favorite toy.

Every child is unique; your child may have special skills or special needs. The most important thing is to follow the child's lead. She/he will let you know what interest him/her. When your child sees the pleasure and delight you take in their discoveries, they will want to play more and more. Play can also benefit you as a parent. Being spontaneous and having fun can relieve stress and create positive memories for both you and your child. And when your child is engaged and having fun, she is learning. *Play is* truly the artwork of childhood.

As a parent remember to follow three steps: Safety First, Watch and Wait, and Follow the Leader.

To learn more about the power of play for infants and toddlers you can visit [Zero To Three](#).



### Health and Human Services Health Beat

A recent study conducted by the Department of Health and Human Services reports that smoking isn't inherited, but studies indicate the addiction can be passed from mother to child. If a woman smoked during pregnancy or in years soon after, the odds rise that her child will become a smoker too.

A long running study on 730 people followed data on children into young adulthood. Twenty eight percent of those who smoked at the age of 22 were exposed to the mother smoking during pregnancy and/or early life.

Another speculation was early exposure to tobacco may have biologically primed the kids to become smokers.

The study was presented at a meeting of the American Thoracic Society and was supported by the National Institutes of Health.

Click here to view [Smoking Children of Smoking Moms](#)

### Stabilet Infant Warmer Recall

FDA has notified health care professionals and consumers of a Class 1 recall of Stabilet infant warmers because they are out of date and may cause serious injury to infants or caregivers. There is a possibility of the warmer igniting a fire. Class 1 recalls are the most serious type of recall and involve situations in which there is a reasonable probability that use of the product will cause serious injury or death. Models included in the recall are numbers 200,300, 1250, 1500, 200/3000, 2000, 2200/3200, 3000, and 3200.

Immediate actions required include: remove the device from service and once removed from service, the warmer should be unusable by removing the heating element and power cord.

Our Pledge: The KY T/TA State Office pledges to provide timely, current, and interesting monthly newsletters for the Head Start and Early Head Start communities and others interested in the field. In keeping with our mission to be more "green," we will provide our easy to read newsletter via email. We would like to hear from you and encourage your suggestions for newsletter content. **Contact the editor:** Joyce Roach

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