



Springtime is almost here and so are allergies!

Ah, springtime with an infant or toddler! The flowers are blooming, the neighborhood puppies are all getting their walks, your older kids can get outside to burn off some energy, and you can take your new little one for walks and jogs in the stroller for some fitness or just some Vitamin D.

But, alas, those seasonal allergies you and your partner have both had since childhood may begin to act up-and

you may even notice that your new little one seems to be sneezing and wheezing right along with you. Unfortunately, seasonal allergies can plague a newborn or older infant, just as they affect an older child or adult. That all being said, most children don't display symptoms of allergies until they are three to four years old.

What is a seasonal allergy? Some allergens are in the air (or elsewhere in the environ-

ment), such as pollen, or mold, will cause an immune reaction to occur in the child. When your allergic baby inhales an allergen, his body fights back against the perceived invader by releasing histamines. Having histamines and other similar body chemicals infiltrating baby's system will cause symptoms such as a runny nose, sneezing, coughing, etc. Symptoms can be mild, severe, come and go-
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Commit to Teaching Emotional Intelligence

By: Dr. Laura Markham

Most new parents consciously strive to nurture their baby's intelligence. But in all the hoopla over the ineffectiveness of Baby Einstein tapes, we're missing the big story: Emotional Intelligence is much more critical to your child's future than intellectual intelligence.

Managing anxiety in order to tackle a big project, managing anger in order to work through a martial conflict, managing fear in order to apply for a job-the ability of a human being to manage his

or her emotions in a healthy way will determine the quality of his life much more fundamentally than his IQ. Even a youngster, your child's ability to read the cues of other children will make the difference between being able to join in the festivities at a birthday party and make friends versus being a social outcast. In fact, psychologists have come to call this ability EQ, or Emotional Intelligence Quotient.

What are the core components to high EQ? Emotional

self knowledge and self acceptance, sensitivity to the cues of others, empathy (which can be defined as the ability to see and feel something from the other's point of view), and the ability to regulate one's own anxiety in order to talk about emotionally charged issues in a constructive way. How do you teach emotional intelligence? You see every "difficult" emotion expressed by your child as an opportunity.

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Early Learning Committee Newsletter

Volume 1, Issue 3

March 2014

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- ☺ Taos Pueblo Fitness Program
- ☺ Oo oo nah Art Center
- ☺ Holy Cross Hospital 1st Steps
- ☺ Los Angelitos

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Fruit Loops Rainbow- St. Patrick's Day Craft for Toddlers



What you will need:

Construction paper
Fruit Loops
Glue
Cotton Balls
Colored Markers

Directions:

1. Draw a rainbow on construction paper.
2. Have your child match each color of the rainbow to the color of the fruit loops.
3. Glue fruit loops to the paper.
4. Glue cotton balls on the bottom of the rainbow to make clouds!

Commit to Teaching Emotional Intelligence Continued...

1. Empathize. Even if you can't "do anything" about your child's upsets, empathize. Kids develop empathy by experiencing it from others. And just being understood helps humans to let go of troubling emotions. If your child's upset seems out of proportion to the situation, remember that we all store up emotions and then let ourselves experience them once we find a safe haven. Then we're free to feel good and move on.

2. Remember that little ones can't differentiate between their emotions and their "selves". Accept your child's emotions, rather than denying or minimizing them, which gives kids the message that some feelings are shameful or unacceptable. Instead, teach that the full range of feelings is understandable and part of being human, even while actions must be limited. (*"You feel so angry at your brother for pushing you! That hurt! We don't hit, but let's tell him in words that he isn't to hurt you."*)

3. Give your kids words to express how they feel("You're mad your tower fell!"), which is the first step for kids in learning to manage the emotions that overpower them.

4. Look for the needs behind feeling. "Troublesome" some feelings signal a need. Shutting down the feelings doesn't get rid of the need, or the feeling. In fact, repressed feelings tend to pop out unmodulated, for instance when your otherwise well-behaved toddler socks her little brother. Instead, address the need, whether

it be for power ("You want to do it yourself!"), connection ("Starting school is fun, but you miss time with Mommy. Let's snuggle sand play together every day after school for a bit"), or sleep ("You're having a hard time this morning. I think everything is a bit too much for you because we all got to bed late last night and didn't get quite enough sleep. Maybe we need to spend some cozy time this morning on the couch reading a pile of books.")

5. When desire can't be granted, acknowledge it and grant it through "wish fulfillment". (You wish you could have a cookie...I bet you could gobble ten cookies right now!), then find a way to meet the deeper need ("I think you're hungry. It's almost time for dinner but you can't wait. Let's find a snack that makes your body feel better.")

6. Remember that anger is always a defense against deeper emotions, like fear, hurt or sadness. Acknowledge the anger, but then go under it to empathize with the deeper emotions and try to address them. ("You hate the new baby? I hear you. I see how mad you are at me for spending time with baby. You liked it better when it was just you and me. You feel so sad that things are different now and I am so busy with the baby. Come snuggle with me and I will hold you and you can feel your sad and mad feelings. When you're ready I will kiss your nose and toes and we can play baby games, just you and me.")

7. Don't take it personally, and resist the urge to escalate or retaliate.

Your child has big feelings. They aren't about you, even when they're yelling "I hate you!" It's about them: their tangled up feelings, their difficulty controlling themselves, their immature ability to understand and express their emotions. When your daughter says "You NEVER understand!" try to hear that as information about her—at this moment she feels like she's never understood--rather than about you. Model emotional self-management by simply taking a deep breath and trying to see it from her perspective. Remind yourself that it's hard to be a kid. She doesn't have the internal resources to manage her emotions—but you do, right?

7. Don't get lost in emotion. Emotions are a message, not a place to wallow. Teach your kids to notice them, breathe through them, NOT necessarily act on them, then problem-solve and move on.

Emotion-coaching begins with managing our own unruly emotions so that we can coach our kids on how to handle theirs. Tough? Yes, because most of us weren't raised this way ourselves.

Have you noticed the silver lining? We get a chance to grow in emotional intelligence ourselves. SO if you got swatted instead of understood when you were a kid, it's never too late to have a happy childhood.

<http://www.ahaparenting.com/BlogRetrieve.aspx?>

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Springtime allergies and infants continued...

or stay constant, depending on the type of allergen and your individual child's body.

Common causes. Common causes of seasonal allergies include: dust mites (which float around on dead skin cells), mold, pollen from trees, flowers, etc., and dander from animals.

Symptoms of seasonal or nasal allergies. Symptoms of seasonal allergies are similar to cold symptoms. You may notice your infant: sneezing, runny nose, cough, eyes watering, congestion, rash or hives (If these are accompanied by wheezing, difficulty breathing, or vomiting call your doctor immediately.)

Telling the Difference between a cold

and seasonal allergies.

- First and foremost, if your child has symptoms longer than 10 days, it is most likely NOT a cold.
- If your child has a runny nose, examine the mucus. Gross maybe, but if it is green and thick, it is probably a cold. Allergies produce mucus that is runny and clear.
- Sneezing often and red, itchy, watery eyes are indications of allergies rather than colds.
- Check baby's skin for a rash or irritation is generally caused by an allergic reaction, rather than a cold.
- Babies with allergies may also have dark circles under their eyes.

I Can't tell if she 's allergic or not! If you can't figure out what your infant is allergic to, call the pediatrician. Your doctor can examine your child and refer you to an allergic specialist. This specialist can run blood tests to indicate what your child is allergic to. Skin tests may be more accurate than blood tests, so it may be the case that your specialist suggest testing the skin for allergic reactions to various common allergens. Do NOT give your child--especially a newborn or infant--over the counter medications without first speaking to you doctor!

www.amanbirthservices.com/2013/04/18/newborn-or-infant-with-seasonal-allergies/

Healthy St. Patrick's Day Recipes



Shamrock Smoothie

Ingredients:

- 1 banana
- 6-8 frozen strawberries
- 6-8 frozen peaches
- 2 handfuls of fresh spinach
- 1/2 cup of almond milk
- Flaxseed (Optional)

Add ingredients to blender and mix. If you prefer a thinner consistency add more almond milk.

Tip: Smoothies are a great way to "sneak-in" vegetables. Kale, spinach and avocados can be easily added to any fruit smoothie.



Shamrock Eggs

Ingredients:

- 1 green bell pepper
- Eggs
- Salt and Pepper to taste
- Cooking Spray

Cut off top of bell pepper. Clean out seeds. Slice peppers to desired thickness. Heat skillet and spray with cooking spray. Add bell peppers, cook for 2 minutes. Crack egg and add to center of bell pepper. Finish cooking, add salt and pepper to taste.



Sour grapes

Ingredients:

- 1 bunch of grapes
- 1 box of lime jell-o

Wash grapes. Dry, but not completely. Put grapes into a plastic bag or large bowl. Pour powdered jell-o over grapes. Shake to cover grapes. Refrigerate and enjoy!

Tip: This is a great alternative for kids that like sour candy. You can also freeze the grapes for a cool refreshing treat!

Early Learning Committee

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Taos Pueblo's Early Learning Committee was formed under the Tiwa Babies Home Visiting Program in January of 2012. The goal of the committee was to have all the programs involved in early learning at Taos Pueblo come together once a month and discuss program updates, resources, etc, and have a monthly topic discussion on how our programs can work together to provide the best possible outcomes for children and families at Taos Pueblo. Meetings are usually held the third Friday of every month at 9:00am at the Health and Community Services Conference Room. The meetings are open to everyone and we encourage parents, grandparents, tribal leaders, and community members to attend. Our next meeting will be held March 21, 2014 at 9:00am. Breakfast will be provided.



ANNOUNCEMENTS

Applications are now being accepted for the 2014/2015 Head Start scholarship. Two recipients will be awarded \$1,000.00 each (\$500.00 per semester). You must be a former Taos Pueblo Head Start graduate to apply. One scholarship will be given to a high school graduate and one scholarship will be given to a student in a Bachelor's program. Application deadline is April 11, 2014 and applications can be picked up at the Head Start. For more information call 575-758-5819.

Upcoming Events in March

Taos Pueblo Head Start/My 1st School

Policy Council Meeting

Monday, March 3, 2014

5:30pm -7:30pm

NO SCHOOL

Professional Development Day

Friday, March 14, 2014

MANDATORY Parent Center Meeting

Tuesday, March 18, 2014

5:30pm-7:30pm

Mabel Dodge Luhan House

NO SCHOOL

Professional Development Day

Friday, March 28, 2014

Tiwa Babies

Music Class

Every Tuesday @ 10:00am

My 1st School

Early Learning Committee Mtg.

Friday, March 21, 2014 @ 9:00am

DCHS Conference Room

Town of Taos Events

Dr. Seuss Birthday Party!

Saturday, March 8, 2014

1:00pm to 4:00pm

Taos Youth and Family Center



If you are a pregnant mom or a family with children under the age of three and are enrolled in a federally recognized tribe you qualify to be part of the Tiwa Babies Program. We offer family support and can help you get the resources your family may need. For more information please call 575-758-7824.

**DON'T FORGET TO SET YOUR CLOCKS
AHEAD SATURDAY,
MARCH 8, 2014 AT MIDNIGHT!**

