Creating and establishing a healthy and loving relationship with your child is a key factor in supporting their development, learning and well-being. Children begin to develop emotional and social skills at a very young age. From the moment a child is born, they are dependent on caregivers to provide them with love and support to meet all of their needs. By responding to a baby’s cries, coos and cuddling with them, you are setting the foundation for building their emotional and social skills.

As they grow and start to communicate with spoken words, their needs expand into making sense of their world by interacting with and watching the adults and children around them. To support their emotional and social needs, parents or other caregivers need to interact with all children in a respectful, responsive and reciprocal manner.

The First R: RESPECT
Respectful relationships are critically important in developing a child’s sense of belonging and how they interact with the world around them. Here are some ideas for creating and teaching respectful relationships with a young child:

• **Give your child undivided love and attention.** We live in a society with many distractions such as cell phones, social media and television. Other stresses such as work or relationships can also have an impact. Set aside time each day to show your child you care about them by respecting their needs and giving them some of your time.

• **Model respectful relationships.** Young children learn how to treat one another through the behaviors and interactions of the adults around them. When they see adults speaking and treating each other respectfully, they in turn will also do the same.

• **Speak to your children in a respectful tone and listen to them when they speak.** Children who hear discouraging words consistently become disconnected. When we talk with a child at their eye-level, they begin to comprehend what we are saying. Paying attention to what and how we are speaking to them will help them develop respect toward others as well.

The Second R: RESPONSIVE
Encouraging responsive one-on-one exchanges and relationships is also critically important for children to build trust, safety and security. Responsiveness enables children to feel connected and become confident communicators and learners. Here are some ideas for creating and teaching respectful relationships with a young child:

• **Show your child you are supportive and caring.** You can do this by helping them identify their feelings and work through any challenges with their emotions they may have. For example, when your child is upset, talk through the situation to help them identify the feelings they are experiencing. Use feeling words such as happy, sad, mad or glad and talk about what the feeling means. Always reassure them that the feelings they are having are healthy and it’s how you deal with your feelings that is most important.

• **Understanding your child’s temperament.** Temperament is a set of in-born traits that organize the child’s approach to the world. They are influential in the development of the child’s individual personality. These traits also determine how the child learns about the world around her/him. By learning about your child’s temperament, you are better equipped to help them understand the world around them and it reduces the frequency of challenging behaviors. You can search the internet for more resources and information about different types of temperaments and how to better understand your child’s unique and individual needs.
The Third R: RECIPROCAL RELATIONSHIPS
A reciprocal relationship between a parent and their child is about mutual respect, cooperation, shared responsibility and shared problem solving. In a reciprocal parent-child relationship, adults are sensitive to children’s needs and respect their feelings and ideas. Children are also taught about empathy, responsibility and trust. Here are some ideas for creating and teaching reciprocal relationships with a young child:

• **Ask children open-ended questions.** It is easy to want to answer all of your child’s questions or solve their problems for them. However, a great way to build their thinking and problem-solving skills is by asking open-ended questions, such as: “What do you think the answer is?” or “Can you describe what happened?” or “How could we work together to solve this?” Asking open-ended questions is also a wonderful way to stretch children’s curiosity, reasoning ability, creativity and independence. It also helps them feel important by asking for their feedback and engaging in a reciprocal conversation.

• **Participate in activities you both enjoy.** When a parent or child initiates an interaction and it is acknowledged appropriately, a reciprocal relationship is being formed. An example of a give-and-take interaction: a child brings a book to a parent and the parent responds with “I see you have a book, do you want to read it together?” Then the child smiles and sits on the parent’s lap. By spending time playing with your child and engaging in activities you both enjoy such as games, reading, going to the park, or cooking together you are creating a foundation for reciprocal relationships that will continue to grow.

Respectful, responsive and reciprocal relationships support your child’s overall well-being, set the foundation for learning and encourage healthy growth and development.

### Tomato, Avocado Melt

**Ingredients**
- 4 slices of bread
- 1-2 Tbsp. mayonnaise
- Cayenne pepper
- 1 small roma tomato (sliced thin)
- 1/2 avocado (sliced thin)
- 4 oz. cheddar cheese

Spread a thin layer of mayonnaise on each piece of bread. Sprinkle with a pinch of cayenne pepper. Layer bread with tomato and avocado slices and top with cheese. Broil on high for 2-4 minutes, or until bread is toasted and cheese is bubbly!

### An Egg-cellent Educational Activity

This is a little educational activity that might even be a fun prize to tuck into the Easter basket this year! This activity is easy to put together and barely costs a thing! All you need is an egg carton, pom pom balls (in the craft section at most grocery stores), a marker, and tongs or kids’ chopsticks (if you want to throw in some extra fine motor skills)!

Just write the numbers 1-12 in order in the bottom of the egg carton and get started with your little one dropping in the appropriate number of pom poms in each place.

*Again, the tongs/kid chopsticks are optional. Fingers work perfectly!*

*You could also use little candies like M&M’s for a sweet reward and after your child is finished they can pick one of the numbers and eat the candies in that spot!*
New Safe Infant Sleep Recommendations

The American Academy of Pediatrics released its 2016 Safe Infant Sleep recommendations. In summary, the 2016 recommendations are:

1. Back to sleep for every sleep.
2. Use a firm sleep surface.
3. Breastfeeding is recommended.
4. It is recommended the infants sleep in a parents’ room, close to the parents’ bed, but on a separate surface designed for infants, ideally for the first year of life, but at least for the first six months.
5. Keep soft objects and loose bedding away from the infant’s sleep area to reduce the risk of SIDS, suffocation, entrapment, and strangulation.
6. Consider offering a pacifier at naptime and bedtime.
8. Avoid alcohol and illicit drug use during pregnancy and after birth.
9. Avoid overheating and head covering in infants.
10. Pregnant women should obtain regular prenatal care.
11. Infants should be immunized in accordance with recommendations of the AAP and Centers for Disease Control and Prevention.
12. Avoid the use of commercial devices that are inconsistent with safe sleep recommendations.
13. Do not use home cardiorespiratory monitors as a strategy to reduce the risk of SIDS.
14. Supervised, awake tummy time is recommended to facilitate development and to minimize development of positional plagiocephaly.
15. There is no evidence to recommend swaddling as a strategy to reduce the risk of SIDS.
16. Health care professionals, staff in newborn nurseries and NICUs, and child care providers should endorse and model the SIDS risk-reduction recommendations from birth.
17. Media and manufacturers should follow safe sleep guidelines in their messaging and advertising.
18. Continue the “Safe to Sleep” campaign, focusing on ways to reduce the risk of all sleep-related infant deaths, including SIDS, suffocation, and other unintentional deaths. Pediatricians and other primary care providers should actively participate in this campaign.
19. Continue research and surveillance on the risk factors, causes, and pathophysiologic mechanisms of SIDS and other sleep-related infant deaths, with the ultimate goal of eliminating these deaths altogether.

You can find more information on these recommendations here: https://www.healthychildren.org/English/news/Pages/AAP-Announces-New-Safe-Sleep-Recommendations-to-Protect-Against-SIDS-Sleep-Related-Infant-Deaths.aspx

Looking for more articles and fun activities for your whole family? Find us on social media and follow us!

Chemicals Found in Teethers

CEHN’s January Article of the Month (AOM) summarizes a recent study where researchers tested various teethers for leeching endocrine-disrupting chemicals (EDC) in order to measure infant exposure risk. Even though 48 of the 59 teethers tested were labeled “BPA-free,” the study results suggest that the labels were misleading; BPA was found to migrate from all teethers analyzed.

“Research findings indicate that exposure to EDC’s are linked with adverse developmental, neurological, reproductive, and immune effects, including lowered fertility, effects on the brain, behavior, and metabolism, and some cancers.”

Abbey Alkon, RN PNP PhD, Professor at University of California San Francisco, says, “In pediatric practices, we suggest a wet washcloth be frozen (placed in the freezer) and then given to the child as a way to provide relief from pain when they are teething. It's better to not buy these untested and potentially unsafe devices.”

To read the full article, please visit http://cehn.org/our-work/articles-of-the-month/2017-articles-of-the-month/january-2017/
Parenting Resources in Arizona

Arizona's Child Abuse Hotline
Report suspected child abuse or neglect.
1-888-SOS-CHILD (1-888-767-2445)

AZ Find
Provides information and resources to parents, public education agencies (PEAs), state agencies, and professional organizations regarding Child Find statutes, policies, and procedures.
1-800-352-4558
www.azed.gov/special-education/az-find

Arizona Early Intervention Program (AzEIP)
The Arizona Early Intervention Program is Arizona's statewide, interagency system of supports and services for infants and toddlers with developmental delays or disabilities and their families. AzEIP partners with community providers to support families.
https://des.az.gov/services/disabilities/developmental-infant

Birth to Five Helpline
Created and managed by Southwest Human Development, a nonprofit and Arizona's largest provider of services for young children and families. 1-877-705-KIDS
www.birthtofivehelpline.org

First Things First
One of the critical partners in creating a family-centered, comprehensive, collaborative, and high-quality early childhood system that supports the development, health, and early education of all Arizona's children birth through age five.
1-877-803-7234
www.firstthingsfirst.org

Healthy Families
Provides knowledge, resources, and a support network to strengthen family relationships.
www.healthyfamilies.org

KidsCare
Health insurance for children under 19 years who do not qualify for any of the other AHCCCS programs.
1-877-764-KIDS

NAEYC for Families
Research-based information for families.
http://families.naeyc.org/

Parents as Teachers
Providing play-based parent/child learning groups.
www.parentsasteachers.org

PBS
Website has a parent section with information on many childhood issues, including social and emotional development and children with challenging behavior.
www.pbs.org

Planned Parenthood of Arizona
Offers unbiased, comprehensive programs for teens and parents – that convey accurate information from many different points of view – to increase positive health outcomes for young people.
www.ppaz.org

SafeKids USA
Preventing injuries: at home, at play and on the way.
www.safekids.org

SOS Baby
Report an unrestrained child in a vehicle or receive information regarding booster seats.
1-800-505-BABY

Strong Families AZ
Strong Families AZ is a network of free home visiting programs that helps families raise healthy children ready to succeed in school and in life. Their programs focus on pregnant women and families with children birth to age 5.
www.strongfamiliesaz.com

Zero to Three
Has a parent section with a lot of good information on the social and emotional development of infants and toddlers, as well as information on getting help for children with challenging behaviors.
www.zerotothree.org

Child Care Resource & Referral (CCR&R)
A no cost statewide program in Arizona that provides assistance to families seeking child care, child care providers, and the community.

CCRR&R provides information about child care choices, child care referrals, comprehensive trainings, community workshops, and care supply and demand information.

Child Care Resource & Referral is a program of Child & Family Resources, Inc. “Where Great Things Start Small”.

Maricopa County: 602-234-3941
Pima County: 520-325-5778
Yuma County: 928-782-3217
Statewide: 800-308-9000
www.ArizonaChildCare.org

At Child and Family Resources, we build strong communities where children can reach their full potential
We do this by using effective prevention and education strategies with families, teens, and early educators.

Bullhead City - (928) 758-9300 .................................................. 1071 Hancock Road, Ste. 2
Casa Grande - (520) 518-5292 ...................................................1115 E. Florence Boulevard Ste. M
Douglass - (520) 364-5014 ..................................................1065 F Avenue #4
Kingman - (928) 753-4541 .................................................. 2202 Hualapai Road Ste. 101
Nogales - (520) 281-9303 .................................................. 1827 N. Mastick Way
Phoenix - (602) 234-3941 .................................................. 2830 W. Glendale Avenue Ste. 28
Safford - (928) 428-7231 .................................................. 1491 W. Thatcher Blvd, Suite 106
Sierra Vista - (520) 458-7348 ..................................................3965 E. Foothills Drive, Ste. E-1
Tucson - (520) 881-8940 .................................................. 1927 E. Broadway Boulevard
Yuma - (928) 783-4003 .................................................. 2202 Hualpai Road Ste. 101

www.ChildFamilyResources.org