

# *A Thankful Parent*

I was going through a pile of old mail and found the E.I. flyer with information about the Staff appreciation luncheon. Hopefully it is not too late to get this note to you as a thank you note to the entire Early Intervention staff and in particular to Linda Floyd, the Speech Pathologist.

I thought your idea to include cards or note to E.I. staff was a great idea! I would like to applaud the Early Intervention staff on two levels. As an Integrated Public School Preschool teacher, I have worked with E.I. staff for nearly seventeen years. My contacts with them have always been professional, friendly and caring. They are on the front lines, often the first ones to assess a child and have to say to a tearful parent, your child does have special needs. They are also on the front lines to provide services and therapy to the child and family, and are the first ones to win that parent's trust. That is a huge responsibility and they do their job very well. Susan Lozier is one of my primary contacts at E.I.; and my colleagues and I have found that the information and assessments that Susan shares with us is always accurate. Susan and her team know their children and know where they are functioning. As the next person to receive a child through a referral, I appreciate this and am better equipped to help the child when she/he transitions to my program.

When I became a special educator twenty years ago, I never guessed that my own child would require the services of this awesome team. As much as I already know about E.I., I was still pleasantly surprised to see them in a different light – as parent

of a child who needed E.I. services due to her deafness. While I could easily write a book on what it is like to go from special needs professional to parent of a child with special needs (during a one hour hearing test), I'll keep this brief. I can best sum it up by saying "I now get it!" I now know and understand why parents are so nervous about leaving Early Intervention. I know because I felt it, too.

E.I. provides parents with a strong support system of not just services, but encouragement, caring, kindness and information. My first service provider was Janice Wenstrom, who offered my family information on deafness, American Sign Language, and consistently reassured us, when we struggled with this new language, that "we could do it!" Our family was shocked and saddened when we learned of Lily's deafness, but Janice and Linda Floyd, Speech Pathologist were both there to help and guide us. Janice was wonderful and we were very sad to see her go.

As Lily approached her third birthday, I struggled with the same apprehension and sadness that any other parent feels as they know their child is about to leave the "safe umbrella," of Early Intervention and the special one-on-one therapy and support of E.I. Yet I am well aware of how the transition from E.I. to public s works. So in closing, I just wanted to offer my heartfelt thanks to the wonderful, compassionate, and dedicated staff of Early Intervention; and to applaud all their hard work... and to say a special thank you for helping my family, and the many, many preschoolers that you have passed along to me.

*Sincerely,  
Shirley Bourque-Fruguglietti*

# Possible Effects of Soy Infant Formula

By Sally Fallon, Mary Enig PhD, and Michael Fitzpatrick from NACD newsletter

Soy formula, which contains isoflavones, is given to approximately 25% of those US children fed formula. It is estimated that an infant exclusively fed soy formula receives the estrogenic equivalent of at least five birth control pills per day. By contrast, almost no phytoestrogens have been detected in dairy-based infant formula or in human milk. A recent study found that babies fed soy-based formula had 13,000-22,000 times more isoflavones in their blood than babies fed milk-based formula. Scientists have known for years that isoflavones in soy products can depress thyroid function. What are the effects of soy products on the hormonal development of the infant, both male and female?

Male infants undergo a “testosterone surge” during the first few months of life, when testosterone levels may be as high as those of an adult male. During this period, the infant is programmed to express male characteristics after puberty, not only in the development of sexual organs and other masculine physical traits, but also in setting patterns in the brain characteristic of male behavior.

Pediatricians are noticing greater numbers of boys whose physical maturation is delayed, or does not occur at all, including lack of development of sexual organs. Learning disabilities, especially in male children, have reached epidemic proportions. Soy infant feeding—which floods the bloodstream with female hormones that could inhibit the effects of male hormones—cannot be ignored as a possible cause for these tragic developments.

As for girls, an alarming number are entering puberty much earlier than normal, according to the journal *Pediatrics*. Investigators found that 1% of all girls show signs of puberty before the age of three; by age eight, 14.7% of Caucasian girls and a whopping 48.3% of African-American girls had one or both of these characteristics.

It is not unreasonable to conclude that huge amounts of female hormones from infant formula could have similar effects with tragic consequences. Young girls with mature bodies must cope with feelings and urges that most children are not equipped to handle. And early maturation in girls is frequently a harbinger for problems with the

reproductive system later in life including failure to menstruate, infertility and breast cancer.

There is an alternative to both soy and milk-based commercial formulas for mothers unable to breast-feed: Homemade whole foods baby formula. Recipes are given in Sally Fallon’s book *Nourishing Traditions*, which can be ordered from NewTrends Publishing 877-707-1776 or [www.newtrendspublishing.com](http://www.newtrendspublishing.com).

For more excellent health information on this subject go to [www.westonaprice.org](http://www.westonaprice.org) as well as [www.soyonlineservice.co.nz](http://www.soyonlineservice.co.nz).

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## Understanding, Coping with Emotions Described in New Parenting Press Publications

You can help young children recognize, understand and cope with their emotions with two new publications from Parenting Press. Buy them together and you’ll save almost 20%.

“*The Way I Feel*,” an award-winning picture book that shows kids with a wide range of emotions, is now available in a board book appropriate for those who need sturdy pages. It has won rave reviews for its use with sick and troubled children. Nonjudgmental language and zany characters of indeterminate gender in wildly colorful get-ups children adore. ISBN: 1-884734-72-3. Regular retail price: \$7.95.

The “*Self-Calming Cards*” is a 36-card illustrated deck in full color that explains coping strategies for children who are angry, anxious or frustrated. Written in both Spanish and English, the cards and accompanying instructions explain how to introduce the cards and the concept of self-calming. It also discusses how adults can model the self-calming methods. Appropriate for a range of ages, from toddler to adult. ISBN: 1-884734-67-7. Regular retail price: \$12.95.

Buy both publications together now and you’ll pay only \$16.95 and you’ll be prepared for every possible kind of emotional meltdown! (To ensure you get this special price, specify BBSC-04 in the online order form’s “special instructions” box or when you call.

For more information, see the online catalog at [www.ParentingPress.com/catalog/Catalog\\_FO4.pdf](http://www.ParentingPress.com/catalog/Catalog_FO4.pdf) or call (800) 992-6657 for a paper catalog.

## *Coping with Colic*

Babies with colic cry a lot. And no one really knows why.

It's not because they are unhealthy or mistreated. Babies with colic just seem to need more attention than other infants.

Dealing with a colicky baby can be very trying for a tired or busy parent. But there are things you can do to soothe your baby. You can:

- \*Place a warm water bottle on your baby's stomach.
- \*Rock your baby in a cradle or chair.
- \*Give your baby a warm bath.
- \*Rub your baby's stomach.
- \*Wrap your baby in a blanket.
- \*Take your baby for a walk or ride in the car.

Colic usually goes away when your baby is three months old.

If you have questions about colic, talk with your doctor.

## *Keep an Eye on Safety*

More than 1 million eye injuries happen each year. And some of them cause blindness. To help protect your child's eyes, focus on safety at home.

- Don't let your child play with toys that have sharp points or harmful edges.
- Avoid toys that fly or shoot. These include darts, bows and arrows, BB guns and air-powered rifles.
- Keep older kids' toys away from younger kids.
- Put locks on cabinets and drawers in the kitchen and bathroom.
- Put padding on sharp corners and edges of furniture.
- Store sharp objects (such as kitchen tools, pens and pencils) where your child cannot reach them.

If your child has an eye injury, act quickly. Take him or her the doctor right away.



## *Getting Kids to Brush Their Teeth*

It can be tough to get your child to brush his or her teeth. But daily brushing is vital to help prevent cavities. Tooth decay can set in as soon as the first tooth appears.

**...35% of 3-year old children and 49% of 4-year old children were found to have tooth decay or early childhood careies.**

So try these tactics to help your child make tooth brushing a habit.

- To clean a baby's mouth, put the baby's head, face up, in your lap to have both hands free to clean. Gums can be cleaned with a clean, damp washcloth.
- Begin brushing teeth daily as soon as they come into the mouth.
- Use only a small pea size dab of toothpaste.
- Let your child choose his or her own toothbrush. (It should be child-sized with soft, round-ended bristles and large handles.)
- Let your child practice "brushing the teeth" of a stuffed animal or doll. Use a toothbrush that is saved just for play.
- Get your child into a routine of brushing his or her teeth after breakfast and before bed.
- Give your child lots of praise for tooth brushing.

Speak with your doctor about adapted toothbrushes that may make brushing easier for your child. And remember to throw away your toothbrushes every six months.