

# JCCCA

## Parent Page

Volume 08, Issue 3

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## Expectations

By Andria Sparer

Last Thursday, I attended a seminar in which Dr. James B. Heird, director of the CSU equine science program, was speaking about expectations. He asked a very interesting question, "Are the kids any different today than 10 years ago? 20 years ago? 50 years ago?" Looking around, I noted a few parents nodded their heads yes, while others sat chatting their opinions. As Dr. Heird waited for the crowd to quiet down, he then turned and suggested, "Or have our expectations of our children decreased?" An eerie silence crept through out the large arena. This leads to the question, "Do we expect more or less from our children than generations past?"

Growing up, my father lived on a farm in Kansas City with 8 brothers and sisters. Each of the children, ages ranging from 5 to 17 were expected to get up every morning at 5:00 am, feed the animals, milk the cows, collect the eggs, walk two miles to school, attend 6 hours in the class room, and walk two miles back home. Once home, the remainder of the chores on the farm needed to be completed. After a long day, and a good meal from grandma, the older kids still had homework to do. Because grandpa has passed away, grandma depended on the children to run the farm and look out after each other,

while she walked into town to work as a clerk in the local hardware store. Were the expectations of my grandmother to high for her eight children? Was my dad and his siblings scarred for life because too much was asked of them? According to my father, has says, "Certainly not!" Living on farms has been replaced by urban life, in turn, has our expectations of our children also been replaced?



When asked, most women I know say their children's rooms are disaster areas. When asked, "Why don't they clean their rooms before they go to school?" Mothers respond, most mornings (who's kidding who-all mornings), "I get my children get up for school thirty minutes before we get out the door. I have enough time to get them dressed, brush their teeth and get them something to eat. We don't have time to make the beds or clean rooms." Is it right or wrong to expect children, even at an early age, to be responsible?

Children today only do what is asked of them, nothing more, and nothing less. We fear that if we ask too much of them, they will revolt or worse, hate us for demanding so

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much of them. Dr. James B. Heird counters by suggesting that if we lower our expectations of our children, they fail to raise their expectations of themselves in the future. Should we push our children instead of pamper them? When will we expect them to take care of themselves? When will our children expect us to stop?

Dr. Heird concluded his seminar by asking one last question, "Our children have set high expectations for us; shouldn't we in turn set high expectations for them?"

## Seasonal Allergies and Children

*By Vincent Iannelli, M.D.*

Allergic rhinitis, or hay fever, is a common problem in infants and children. The most common symptoms include a stuffy or runny nose with clear drainage, sneezing, itchy eyes and nose, sore throat, throat clearing and a cough that may be worse at night and in the morning.

Allergic rhinitis does run in certain families and are more common in children that have asthma or eczema. Having uncontrolled allergies can put your child at risk for getting a secondary sinus infection, ear infections,

The best treatment for allergic rhinitis is to avoid what your child is allergic to by following prevention and environmental controls. For seasonal allergies, this includes keeping windows closed in the car and at home to avoid exposure to pollens and limit outdoor activities when pollen counts are highest (early morning for tree pollen in the spring, afternoon and early evening for grasses in the summer, and midday for ragweed in the fall). Your child may also benefit from nasal irrigations using saline nose

drops 1-3 times a day. This will help the sinuses drain.

There are several medications that your child's pediatrician may recommend to control the symptoms of allergic rhinitis including decongestants, antihistamines and steroids. If your child does not improve with these interventions, the pediatrician may suggest a referral to an allergy specialist for skin testing to figure out what he is allergic to and to possibly start immunotherapy injections (allergy shots).

## Starting a Journal

The long lazy days of July and August ahead, journaling is a fun way for a child to documenting memories, record events, and explore feelings. Using pieces of paper stapled together like a book attach a pencil with string to the top. Have the child write, draw or glue an object, like a leaf or flower, of what happened that day. At the end of summer, review the journal with the child helping him remember what he or she did that summer!

## Summer Safety Tips

With summer approaching quickly, families are busy planning vacations, cookouts, reunions, and beach gatherings. Why spoil all this fun-talk with a word like "hurt"?

The answer is simple. More accidents occur during the summer months than during any other time throughout the year. From minor accidents like scrapes and bruises, to more serious ones like near-drownings and serious burns, summer's range of activities puts millions of people in precarious positions with regard to their safety.

The simplest way to avoid accidents is to plan diligently to

avoid accidents the way families carefully plan their adventures and gatherings. Red Cross stresses that education is key.

The sun plays a huge factor in summer accidents and illnesses. Sunscreen is an essential deterrent for serious sunburns, which can result in conditions leading to dermatological problems or even skin cancer. Don't rely on clothing to provide S.P.F. protection! Most clothing isn't made with the correct fibers to prevent the sun's rays from reaching the skin. It is also advisable to wear sunscreen on cloudy or hazy days.

Dehydration is major reason for trips to emergency rooms during summer months. It is imperative for people to keep themselves well-hydrated—especially children. The body needs lots of extra water during hot weather as fluids are depleted more frequently through sweating.

Summer safety should be taken even more seriously than the preparations for enjoying the sun and fun. Years from now summer memories will include snapshots of warm gathering and good times. Don't allow these precious gifts to be marred by avoidable accidents.

## My Provider is Special because...

What makes your provider special to your child and your family? We would like to hear from you.

Send a small paragraph telling us the name of your provider along with your nomination describing their outstanding performance and efforts to:

JCCA

Provider of the Month  
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