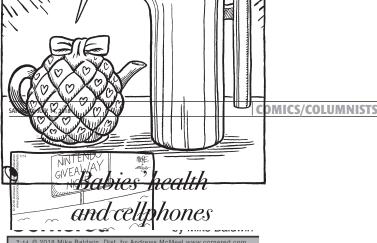


BabyRead Columns
In
The Journal
Seneca, SC
(Chronological Order)

2018 (July to December)

2018 Journal Column Table of Contents

January	Reading, rhyming, singing and talking	Reading & Rhyming Benefits
February	No column	
March	Be smart: talk with your baby	Talk With Your Baby
April	Read aloud to your baby	Reading Aloud Benefits
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June	Austin, Olivia, Micale: A BabyRead family	BabyRead Family Profile
July	Babies' health and cellphones	Technology Impact
August	Babies, toddlers and technology	Technology Impact
September	More on babies, toddlers and technology	Technology Impact
October	Nicole, Isabella and Ryker	BabyRead Family Profile
November	Reading is a hug	Building Pre-Literacy Skills
December	BabyRead donates books to Early Head Start	BabyRead & Head Start





Inanity is dreaming the same thing over and over again, expecting different results.

"The rate of microwave radiation absorption is CAREN higher in children than VON HIPPEL adults because their The property of the property o

able this not just brain respue with the child that is absorbing microMave Hall Pation, but also the child's bone marrow? Web napity is dreaming the same thing over

The American Academy of Pediatrics gests the following cellphone safety

The noted artific under 2 years of age play with or benear a cellphore.

· Have periods of your family saa with no electronic devices, including collphones: e.g. meal time, story time and bath time before the baby goes to bed.

· Your baby toddler models the adults around her/him. If adults use cellphones often that what wour child thinks is good and wants to do. Is this what you bür ehild?

• When talking on a cellphone, lolding at least 1 inch away from your head.

• Use text messaging when possible, and use tellphones in speaker more or with the use of hand-free kits.

 Avoid carrying your cellphone against your body like in a pocket, sock or bra. Cellphone manufacturers can't guarantee that the amount of radiation you're absorbing will be at a safe level.

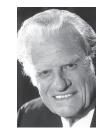
 Keep an eye on your signal strength (i.e. how many bars you have). The weaker your cell signal, the harder your phone has to work and the more radiation It gives off.

Avoid making calls in cars, elevators, trains and buses. The cellphone works harder to get a signal through metal, so the power level increases. (healthychildren.org)

You may ask: Are there any regulations in place to limit cellphone radiation in the United States? There are, but they are based on adults, not children, "Belgium, France, India and other technologically sophisticated governments are passing laws and/or issuing warnings about children's use of wireless devices." (Web MD)

Researchers from Temple University found that children are less likely to learn a new word when a phone call interrupts the child's conversation with their parent. (Baby Talk, 2.2018)

BABYREAD'S GOAL is for moms/caregivers that a large of the large of th daily to their children from birth to 2 year brain grows the most. We read (free) twice and half in public libraries and schools. To help, co tor, Caren von Hippel, Ph.D., at babyread net or (864) 944-7881 or go to our website: ছামে ত ষ এ babyread.org.



The Journal

1 Just Can't Give away your old Oh, I'm all afuddle! Not exactly smart

1 Jungs, gunthie! I have Boxes of Marge al Can AND Sensible, mom Technology Impact LYOUR TOYS! YOUR LARTWORK VIEWOUR WAYELVING SDERY LM A PASSIONATE BUT 50 THINGS, GUNTHES HAVE BOXES OF YOUR TOYS! YOUR ARTHORY YOUR MAGIC TRICKS YOUR ROMANTIC! OHATS OMETHING MEM...WE EVOLUTION OF THE LIT



red."



"Sorry for the delay. Our free-range chicken can't decide what it wants to be." BABYREAD

<u>device</u>, the less time

an adult or play a

they have to talk with

/ON HIPPEL non-electronic game MANT TO WITH Empreselves or The first two years of life are critical — this is when the brain is growng the most more than it will grow in the next 20 years; Del here will e associated with later difficulties in earning to read and write in school."

A study presented in 2017 at the Pediatric Academic Societies Meeting reported that every 30-percent inuse of daily screen time creas 49 percent increased isk in expressive speech delay," that is, in the use of sounds and words. Academy of Pediatrno screens at all. deq-chalting with family,

The Journal August 11, 2018

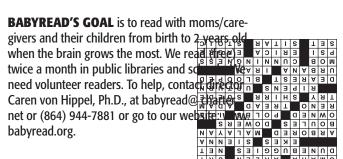
than 18 months.

"The noise and activity of a screen can be distracting for a small child and can cause a disconnect between them and their parents." (Quotes taken from cm, com/2017.05/04/health/babies

For kids between 18 and 24 months, they recommend parents choose high-quality programming. The reported that nearly 40 percent of children under age 2 used a mobile device in 2017 — an increase from 10 percent in 2011. These children are, of course, using their parents' electronic devices.

arents need to think about how of en they let their toddlers use their cellphones. Cellphones are not toys. Babies watch and model adults using cel phones. How often does your baby sit near a TV? When I was young, I was allowed one nour of TV per week, and my parents picked the hour. Instead, I played with other children, by myself or with family, read books and did my homework.

The best advice for parents is to engage with your child(ren). The best way to teach them language is to talk with them, read to them, play with them, use different vocabulary, point out things, tell them stories and have them tell you stories. Being a parent takes lots of time. Babies and toddlers don't need expensive toys to learn or be happy. They need the love and attention of caring adults.



Technology Impact



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More on babies, toddler and technology

hat scientists know is that a baby's in grows dramatically. t birth, each baby's brain cell has ut 2,500 connections to other brain By By tage, the typical brain cell 15,000 connections because of the x's astonishing ability to learn. American Academy of Pediatrics to me how you'd argues that there's no

monetize it. reason to take chancwaywe es with that development.

> For Dr. Jenny Radesky of the American Academy of Pediatrics, the 🕽 rule was "no media oh weekdays. They unplug at family dinner and before bed. For school-age children, they have a family movie night on Fridays ... an example of the principle ... of

STING ALBANDARING screen time as a family." GREAT! NOW Lauren Hole, a sleep researcher at GREAT! New York, cens up her findings from over a ade of research: "As kids and adults watch or use screens, with light shining in their eyes and close to their face, bedtime gets delayed. It takes longer to fall asleep quality is reduced and total termenis decreased. Her rules: No søreens in the redroom and no part of the bedtime routine. -old told his grandmother: You don want to look at a screen

before bed because it tells your brain to gwake," (Quotes, NPR, July 2018)

A few weeks ago, my husband and I went out to dinner. Seated a few tables away was a mom, dad and two children, about 5 and 7 years old. The dad was glued to his computer, the mem was talking on her cellphone and each child was mesmerized by a Game Boy No one talked to each other for the 20 minutes they waited for their food to arrive. A huge opportunity for family conversation and togetherness was lost. The adults need to set a rule of no electronics during mealtimes.

"Young children mimic what you do. If you are tied to your devices — checking email during diaper changes, texting during playtime, listening on the phone while you "read" to your your behavior will imprint on your child. More importantly, you are distracted from paying attention to your baby. Your baby learns it is fun to talk on a cellphone." (2018 Washington Parent)

Reading, talking and hugging your child is what is needed.

In addition, "The visual stimuli of many apps give children a regular squirt of dopamine, a brain chemical that creates sensations of pleasure. Too much of this can create cravings hard to resist."(2018 Washington Parent)

Babies, toddlers and older children learn to crave electronic devices.

Pre-schoolers need the loving attention of their families. Why risk your baby's healthy development by letting him/her play with electronic devices?

BABYREAD'S GOAL is to read with spens factors and their children from 地流花的 深色学品 givers and their children from Hittle when the brain grows the most We read from the brain grows the most We read from the brain grows the most we had been something to be a second to be a secon a month in town and school lipraries We echyola unteer readers. To help, conta von Hippel, Ph.D., at babyread 944-7881 or www.babyread.or

Technology Impact

the Journal

September 8, 2018



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"My mind just can't stop racing." BabyRead "clients."

BARavin

Isabella, or Bella as her family calls her, is VON HIPPEL a very busy 2 year old who finds it hard to sit still but truly loves her oks. Martha has been reading with this nily for about a year, so Ryker, almost 8 months old, has been read to since birth. You can't imagin, any two children more d flerent than Bell a and Ryker Ryker's attention is glued to the books, while Bel la is a multi-tasking child often dashing

to and fro while being read to. Viole and he husband. Quinnon, firs heard about Bay Det while attending a K4 screening or their second-pidest son, Camson, y no is now 5. Generally, BabyRoad has table with a poster and children's books at this event, where voluntee's introduce Baby Read to families as new comercials and later to the second of the second o

October 13, 2018

Nicole immediately knew she wanted Bella and the new baby to be part of our program. She had already begun reading to Bella, prompted by Jordan's love of reading. She had not read to her older n children, Jordan, Camson and Zion, age 9. Nicole now realizes it would have been better if she had read to them all from birth.

IICS/COLUMNISTS

BabyRead has made a huge impact on this entire family — they have become a family of readers. Reading is part of every night's bedtime routine. Jordan is an avid reader. She can often be found reading to Bella, who brings her one of her very own books, gifts from BabyRead, with the demand, "Read, read!" Bella also "reads" to Ryser and to herself. Even Mom and Dad have gotten into the act. Nicole says they now carve out time for themselves to read, even though they both work full time. Nicole is manager of a UPS store, and her husband is a special ed aid and assistant football coach.

When I asked Nicole if she thinks her children enjoy BabyRead, she answered with an emphatic, "Yes!" She says when Bella knows they are going to the library to meet with Martha she gets so excited she starts jumping up and down. Nicole says she, too, looks forward to the twice-monthly reading sessions at the Seneca library.

Bella is very proud of the books BabyRead gives her. They love building a library of books at home with the gifts from BabyRead. Bella always wants her new book read to her that night, and she takes it to her crib with her and speaks

BABYREAD'S GOAL is to read with monstrates and their children from birth to 2 years of which the state of the brain grows the most. To help, contact director von Hippel, Ph.D., at babyread@charter.n 944-7881 or babyread.org.

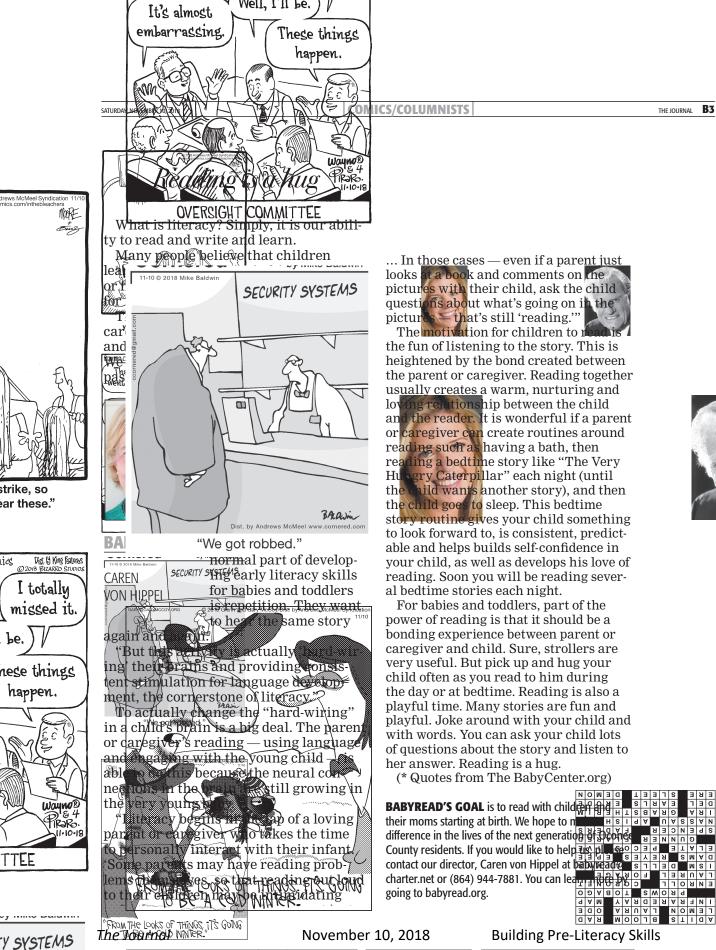
The Journal

BabyRead Family Profile





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Head Start Se P BARavin © 2018 Mike Baldwin Dist. by Andrews McMeel www.cornered.com "Then again, *not* crying could lead to a

lifetime of suppressing your emoootions." old, the 1-year-old room, the room for 2-year-olds and a room for 3-year.

Office

Pickens has two classrooms for eight children each. White BabyRead focuses geone (a) ty, going to this center much nor convenient for one of our

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ve typi<mark>ca west thi</mark>amilien in Séneca, west thi<mark>on and Alladl</mark>a. volunteers seem monts caretakers o 18 months old, ien the brain grows the most. Reading nulaies critical brain development.

Readers drive 25 minutes or less oneway from their homes and only during the day. We read only in public places — in town and school libraries. You schedule the meeting with the mem caregiver.

Many children in our county come to school never having seen a book These children may well flunk kindergarten or struggle, never learning how to read. They are just being pushed through school, graduating with limited skills and limited job opportunities. BabyRead hanging that, family by family.

oin us in this fulfilling experience. need you! Being a reader is incredibly rewarding — children love being read to and often smile and jump up and down when they see you. In addition to the lugs, you get the satisfaction of seeing a child's attention span grow, his or her enthusiasm for books blossom and, for older children, his or her vocabulary increase. Most readers develop bonds with the mom or caregiver as well. In this relationship, the adult in charge increases their understanding of the importance of reading every day to the child. Often, self-confidence builds.

What satisfaction you will have from just giving four hours each month to BabyRead. You don't need an education background to do this. What you need is to be loving, kind and patient.

We need all kinds of volunteers: readers, administrators and others to help in signing up families at the elementary schools or selling tickets at a Belk Charity Day Sale. You can help by going to smile.amazon.com when you shop on Amazon. Five cents of every \$ 100 NON 1 1 1 3 A

babyread.org.



The Journal

December 22, 2018





