



PARENT Newsletter

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Jacob Ungar, Chairman of the YVY Board of Directors, welcomes Federal reviewers and YVY staff at the review entrance conference where reviewers and key staff were introduced to one another.

Federal Reviewers Visit YVY Head Start and Early Head Start

The week of April 18 was a busy one at Yeled V'Yalda. YVY hosted a team of twelve reviewers for the triennial review of its Federal Head Start and Early Head Start programs. Each member of the review team was assigned to a particular area and conducted staff interviews and in-depth examinations of documents to assure that YVY is complying with all Head Start regulations. The reviewers also visited YVY Federal classrooms and spoke with YVY parents.

The reviewers' preliminary reaction to the visit was very positive. They were pleased with the scope of YVY's services, the dedication of its staff, and the meticulousness of its record keeping. YVY thanks the Board members, Policy Council members, and parents who made themselves available for interviews during the week of the review. YVY's success is very much dependent on the input and cooperation of both Board members and parents.

Ezra Medical Center in Forefront of Community Battle Against Mumps

YVY's affiliate Ezra Medical Center has teamed up with the New York City Department of Health to offer free MMR vaccines to adults who have not been fully immunized or are uncertain of their immunization status (children can already receive free vaccines through the Vaccines for Children Program). As the summer approaches and children and adults go off to camp and bungalow colonies where infection can pass easily from one person to another, it is more important than ever to assure that all possible precautions are taken to minimize transmission of the

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INSIDE THIS ISSUE: Oral Health in Children

YELED V'YALDA

Early Childhood Center, Inc.
1312 38th Street | Brooklyn, NY 11218
www.yeled.org

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Ezra (continued from page 1)

mumps virus.

It can take from 12 to 25 days after a person is exposed for symptoms of mumps to appear, and a person is most contagious just before the onset of symptoms. This can have severe ramifications for susceptible individuals, especially children who are not fully immunized and who can suffer severe reactions from the disease.

Ezra Medical Center has walk-in hours for those wishing to get the mumps vaccine. Please call 718.686.7600 and press the * key for more information.

Early Head Start Staff Attends Washington Expansion Conference

YVY EHS staff attended the EHS Expansion National Orientation Conference in Washington D.C. this past April in preparation for the expansion of YVY's Early Head Start programs. YVY has been approved for ARRA funds

to expand its EHS Home-Based, Center-Based, and Expectant Moms' programs. New staff has already been hired and is being trained to service new registrants for the coming year.

YVY WIC Visited by Compliance Assessment Team

YVY WIC underwent a comprehensive compliance assessment by New York State Department of Health regional office representatives this past March. The reviewers assessed relevant paperwork and reviewed some participant charts. The DOH representatives indicated overall satisfaction and were impressed with the YVY WIC program. A formal written report will follow, and a follow-up compliance assessment site visit will take place this month, as per NYS WIC protocol.

YVY WIC is proud that its breastfeeding rate is one of the highest in New York State. YVY WIC is now working in coordination with the NYS DOH Regional and Central

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YVY offers parents opportunities for personal enrichment through varied parent activities.

(left, top & bottom) Baking activities



(above, right) We Care mom consults with Cornell-Weill nutritionist after a workshop



(below, right) Coffee for Your Soul: Monthly parenting group facilitated by Devorah Weinreb, LCSW



Staten Island

Women's Charla Group Formed at Silver Lake

A women's group for Spanish-speaking mothers has been formed by Mental

Health Consultant Rosa Calderon at Silver Lake Head Start. The women in the group share stories of their past and their experiences as immigrant women in the United States. The women have



found the often emotional sessions to be "uplifting" and "inspiring."

The Family Literacy Class at Silver Lake emphasized Health Literacy throughout the month of April. Parents learned about how the uninsured or underinsured can obtain hospital services and learned key medical terms for visits to the doctor or hospital. They also learned about available free cancer screenings. The Staten Island JCC partners with Silver Lake to give these classes.



Silver Lake parents come together for learning and fun.

(top, right) Taking an ESL exam.

(above) Parents see how children learn through play.

(right) Parents create their own first aid kit after seeing a first aid video. In the background, the Silver Lake Head Start II Family Quilt created by Silver Lake parents.

As part of a Read Across America celebration, Silver Lake children participated in a Dr. Seuss festival.

(below, left) Children play a Dr. Seuss game

(below, right) Three-year-old boys "fish" after reading Dr. Seuss' One Fish, Two Fish



ONGOING PARENT ACTIVITIES: BROOKLYN

Free off-peak membership at YVY Fitness Center for YVY parents

Aerobics

99 Heyward Street
Sundays May 2,9,16,22,30

Stretch and Tone

Tuesdays May 11,25
99 Heyward Street

Parenting Workshops

1257 38 Street
Mondays, May24, 13
6012 Farragut Road
Thursday May13
99 Heyward Street
Tuesday May 4

Expectant Mom's Program Aerobics and Childbirth Education; Parenting Skills for Postpartum Moms

1257 38 Street
Sundays May 2,16,31
99 Heyward Street
Mondays May 3,24

Focus on Fathers

99 Heyward Street
Thursday May 13

Fitness for Men

99 Heyward Street
Wednesdays May 5,26

Totty Time

Fridays May 7,14,21,28

YVY WIC

1312 38 Street

Mommy and Me

Mondays May 3,10,17,24

Nutrition Class

Tuesdays May 4,11,18,25

SPECIAL ACTIVITIES: BROOKLYN

Health Seminar/Weill College

99 Heyward Street
Monday May 10

Effective Communication

99 Heyward Street
Wednesday May 12

Infant Massage

Wednesday May 26

Dairy Delicious

1257 38 Street
Wednesday, May 5

Power of Positive Thinking

1257 38 Street
Tuesday, May 25

STAFF TRAINING

Maximizing Children's Growth

1312 38 Street
Tuesday May 25

SPECIAL ACTIVITIES: STATEN ISLAND

Picture Day HB

Friday May 21

Transitioning to Kindergarten

Wednesday May 12

Women's Charla

Friday May 7

Family Literacy Day

Wednesday May 5

Fathers' Group Outing

Sunday May 16

Summer Safety Workshop

Wednesday May 26

ONGOING ACTIVITIES: STATEN ISLAND:

JCC Family Literacy Class

Wednesdays May 5,12,26

ESL

Tuesdays May 4,11,18,25
Thursdays May 6,13,27

Home-Based Toddlers

Friday May 14

Parent Committee

Wednesday May 26

Policy Council Meeting • Tuesday May 11

Health Advisory Committee Meeting • Wednesday May 12

MAY 2010

Visit our newly updated calendar online at www.yeled.org/calendar

For more information on any of Yeled V'Yalda's services, please call the following numbers:

Headstart..... 718.686.3700 *3
Early Headstart..... 718.686.3700 *3
Special Education 718.686.3700 *1
ABA Program 718.514.8600
Early Intervention 718.686.3700 *2
Ezra Medical Center 718.686.7600 *9
YvY WIC Program..... 718.686.3799
YvY Facilitated Enrollment
..... 718.686.2189

YELED V'YALDA STATEN ISLAND:

Silver Lake Headstart,
10 Gregg Place..... 718.815.4488
Silver Lake Headstart II,
20 Park Hill Circle: 718.720.0090

YELED V'YALDA SUPPORT LINES:

YvY Parenting Hotline

Fridays, 10-2 718.686.2402
All calls are confidential. You do not need to give your name.

Yeled V'Yalda 311

for comments/concerns 718.686.3700 *311

Task Force (continued from page 2)

offices on getting additional breast pumps to accommodate more participants.

YVY Participates in Task Force Conference

YVY has long been a member of the Task Force on Children and Families at Risk which sponsors lectures and workshops for both professionals and laymen on topics that are relevant to the well-being of the YVY community. The most recent Task-Force-Sponsored event was the Rebbetzins' Conference, held annually to educate Rabbis' wives on issues confronting their community. This year's topic was *Being a Child: 2010; The New Challenges*. YVY was one of the sponsors of the event which was also attended by YVY's Deputy Director of Social Services, Bassie Morris, LCSW.

YVY's Deputy Director of Mental Health, Alyssa Schnur, LCSW, will be presenting on Teaching Social Emotional Competence for Preschoolers at the ACS Mental Health Forum in June.



Eugenia Viera and her colleague Mary Dudley, ACS Education Specialists, presented to YVY Education Directors at a workshop on the ECERS-R instrument which is being used to assess UPK classrooms

Working Together To Improve Oral Health in Children

BY DR. MERYL HERSH, SCHOOL-BASED DENTAL DIRECTOR, EZRA MEDICAL CENTER

Tooth decay, also known as caries, is a disease that results in a cavity. It is caused by bacteria found in the mouth and is the most common chronic childhood disease, five times more common than asthma. Tooth decay is the number one unmet health care need among Head Start Children. There is, however, good news — tooth decay is one of the most common preventable diseases seen in children.



When food particles mix with bacteria and stick to the teeth, plaque is formed. When the bacterial plaque comes in contact with food, especially sugars and starches, an acid is formed which weakens the tooth and can eventually eat holes in the teeth, called cavities. Early Childhood Caries, ECC, is a painful form of tooth decay which affects the primary (baby) teeth shortly after these baby teeth appear in the mouth. The treatment for cavities may include extensive restorations, extractions, and in some cases, may even necessitate treatment in the operating room under general anesthesia.

It is important to take care of your child's teeth and gums right from birth. Primary (baby) teeth are important for many reasons. Healthy baby teeth help your child to sleep, eat, and talk properly. Tooth decay in baby teeth may lead to in-



Dr. Hersh and her staff review paperwork with YVY family worker Judy Gartner.

fections, illness, and difficulty learning. It is important for children to have their first dental appointment by time they are one year of age. Don't worry — children will not need to sit in the dental chair; they can sit on a parent's lap, and the dental

exam will only take two to three minutes. The dentist will give your child's teeth an extra special cleaning and examine your child's mouth and teeth for anything unusual. You will learn many oral home care

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Oral Health *(continued from page 5)*

techniques to keep your child's teeth healthy, and these techniques will help to prevent the formation of cavities.

ORAL HEALTH CARE TIPS:

- Even before infants get their teeth, their gums, tongue, and inside of their cheeks should be wiped with a soft damp cloth or gauze after each feeding. It is important to start this right from birth. This will also allow your baby to get used to having fingers in his or her mouth, which will make it easier to brush later on.
- As soon as the first tooth comes in, begin cleaning the teeth with a soft bristled toothbrush or finger brush at least twice a day.
- *Before age two, use plain water when brushing your child's teeth.*
- *When your child turns two years of age, begin using a tiny amount (size of child's pinky nail) of fluoridated toothpaste.*
- Anticipate that anything you place in a child's bottle except water is a source of sugars, unless you specifically know otherwise. Breast milk, milk, formula, and fruit juices are all sources of dietary sugars.
- Never allow your child to nurse for

prolonged periods or fall asleep with a bottle containing a beverage other than plain water.

- Never give your child a pacifier that has been dipped in honey or any sugary liquid.
- Avoid sharing a spoon when tasting baby food.
- Avoid kissing your baby on mouth.
- Begin weaning children from bottle and sippy cup by nine to ten months of age.
- Supervise and assist your children with brushing until they are eight years old.
- Make brushing fun! Use stickers, make a brushing chart, and sing a brushing song.
- Limit between-meal snacking.
- Eat healthy snacks
 - *fruits and vegetables*
 - *unbuttered popcorn*
 - *unsweetened, whole grain breads and cereals*
 - *low-fat dairy products, such as milk, yogurt, and cheese*
 - *high protein, low fat foods such as beans, nuts, seeds, and peanuts, lean meats and poultry, fish, and eggs*
- Avoid sticky foods, such as candy, fruit roll ups, granola bars, cake, cookies, donuts, pastries, soft breads, soda of any kind and sweetened drinks.
- Avoid eating just before bedtime.
- Brush at least twice a day.
- Floss your teeth daily.
- Drink lots of water.

Work with your dentist to

ensure that your children have a lifetime of healthy teeth and gums. Take care of the oral health needs of your child right from birth. Get your child into the habit of brushing twice a day and visiting the dentist on a regular basis. If we work together, your children can have the healthy, beautiful, winning smile they deserve!

Pacifiers and Your Baby's Teeth

Many babies find comfort in using pacifiers or sucking on their fingers or thumbs. While the sucking motions of the jaws and lips can move the teeth out of alignment, this is not necessarily a problem as long as children give up pacifiers or stop sucking their thumbs by the time permanent teeth come in.

Speech therapists, however, point out that maintaining the pacifier beyond the age of about one year, or the age when sucking is the child's primary means of nutrition, can create problems later in the child's life. If the immature, sucking tongue pattern persists, it can create oral-motor issues such as tongue thrust, unclear speech, or a lisp. Other develop-

mental consequences may also present themselves. Older children who ask for pacifiers should be taught that pacifiers are only appropriate for bedtime.



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DID YOU KNOW THAT YOU CAN GIVE YOUR BABIES CAVITIES BY...

- kissing them on the mouth
- sharing eating utensils
- sharing toothbrushes
- tasting your baby's food and/or formula before feedings

This is because *streptococcus mutans*, the main bacterium which causes dental decay (cavities), is transmissible between family members and caregivers, but mostly between mother and child. While the transfer of the *streptococcus mutans* occurs mainly during the first 2.5 years of age, it is certainly not limited to this age group.

Transmission of the bacteria occurs if the parents/caregivers have a high level of *strep mutans* present in their saliva. It is, therefore, very important for the parent/caregiver to maintain proper oral health care, including brushing teeth twice a day, flossing, eating healthy foods, treating any dental caries, and having professional cleanings.

Dental caries is an infectious and transmissible disease. Clearly, taking care of your own dental health will also help your child's teeth remain healthy.

Dental sealants, which keep harmful bacteria from attacking teeth, are one of the best tools to prevent cavities. Sealants are thin, plastic coatings applied to the chewing surfaces of permanent molars (back teeth). The sealant fills in the grooves in these back teeth, thereby decreasing the risk of tooth decay.

Dental Sealants

Sealants are most effective when applied as soon as possible following the eruption of the first and second molars in children, before these teeth have had a chance to decay. Children between the ages of six and eight and eleven to fourteen are, therefore, candidates for sealants. Sealants should be checked by a dentist during regular checkups and, if needed, they can be re-applied. Applying sealants is simple, painless, and quick.

Ezra Medical Center's School Based Dental Program has a new sealant program that allows the Ezra Dental Van to visit an elementary or middle school which includes a Yeled V'Yalda Headstart facility. This program offers dental examinations, cleanings, fluoride treatment, and dental sealants to the students in the school. The primary goal of the program is to provide sealants to as many children as possible in grades two-four and grades six-eight. Contact the YVY Head Start in your child's school for more information.



Ezra's fully-equipped Mobile Dental Unit visits all YVY Head Start and Early Head Start sites for dental screenings and cleanings for YVY children.

If a child's baby tooth is knocked out, contact your child's dentist as soon as possible. While a baby tooth is usually not re-implanted, the doctor needs to assess the extent of the damage.

On the other hand, if a child's permanent tooth is knocked out, you must get your child to the dentist as quickly as possible. The best way to preserve a tooth that has been knocked out (avulsed) is to put it back into its socket as quickly as possible. The following measures should be taken following an avulsed permanent tooth:

- Find the tooth but do not touch the root of the tooth — handle the tooth by the crown only.
- Rinse the tooth off only if there is dirt covering it and attempt to reimplant the tooth into the socket with gentle pressure.
- If unable to reimplant the tooth, place it in a protective transport solution, such as Hank's solution, milk, or saline. A small container of Hank's Balanced Salt Solution can be purchased in dental emergency kit form at many drug stores.
- The tooth should not be wrapped in tissue or cloth.
- Take the child to a pediatric dentist or hospital emergency room immediately for evaluation and treatment.

If a tooth is chipped or fractured, you should also contact your pediatric dentist immediately. Quick action can save the tooth, prevent infection and reduce the need for extensive dental treatment.

Treating Pediatric Dental Emergencies



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1312 38TH STREET
BROOKLYN, NY 11218
Phone: 718.686.3700
www.yeled.org

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*YVY Head Start children roll their own matzo.
(above) Learning about dough rising
(below) Learning about grinding grain*

