

# KidsFirst

September 2017



A publication of **Texas Children's Health Plan CHIP and STAR Members** ages 0-6 and their parents.

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MK-0817-271



Say  
**BOO!**  
to Flu!

## Come get your flu shot!

Wear your spookiest costume and come trick-or-treat for fun goodies!

**Saturday, October 14**  
from 10 a.m. to 12 p.m.

The Center for Women and Children  
Greenspoint location:  
700 N. Sam Houston Parkway West  
Houston, TX 77067

Southwest location:  
9700 Bissonnet St.  
Houston, TX 77036

Houston, TX 77230-1011  
P.O. Box 301011  
Texas Children's Health Plan



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# Why naps are important for your child

Everyone needs the right amount of sleep for good health, especially growing kids. Important physical and mental growth happens in early childhood. Regular naps ensure kids get the rest they need so their brains and bodies can develop. They also keep kids from becoming too tired during the day, which helps their moods and makes it easier for them to fall asleep at night.

## Sleep needs by age

Kids adjust to different sleep schedules as they get older. Age-by-age guidelines for average daily sleep amounts are:

Age	Total hours of sleep per day	Naps
Birth to 6 months	about 14 to 18	3 daytime naps (30 minutes to 2 hours each)
6 to 12 months	about 14	2 daytime naps
Toddlers (1 to 3 years)	12 to 14	2 daytime naps for younger toddlers; 1 afternoon nap (1 to 3 hours) for older toddlers
Preschoolers (3 to 5 years)	about 11 to 12	1 afternoon nap

## Is my child getting enough sleep?

Signs that your child isn't sleeping enough include:

- Acting sleepy during the day.
- Getting cranky and irritable in the late afternoon.
- Refusing to get out of bed in the morning.
- Trouble focusing on tasks.
- Acting impatient, hyperactive, or aggressive.

If your child is showing these signs, you should try incorporating a nap into his daily routine.

## Tips for naptime

The key to good napping is setting up a nap routine for your child.

- If you have an infant, watch for signs of sleepiness like fussing and rubbing eyes. Then put your baby to bed while he's sleepy but not asleep yet. This helps teach kids the important skill of falling asleep on their own. Soft music, dim lights, or a quiet story can also help babies fall asleep more easily.
- If you have a toddler or a preschooler, it's important that you make sure naptime isn't a battle. Insist on quiet time like reading books or quiet play, which can often lead straight into sleepy time.

# Late talkers and speech delays






Every child learns and speaks at her own pace, and the range of what's normal is pretty wide. It's helpful to know the signs that your child might not have the same verbal skills most other kids have at her age. Doctors call these problems speech delays. Many speech delays aren't serious, and most kids can catch up when they get early treatment. The key is to get your child the help she needs as soon as you think there's a problem.

## What you can do

- If you think your child has a problem with her speech or language, let your doctor know right away. Your doctor will suggest that your child see an expert who can treat these delays, called a speech therapist.
- A therapist can work with her on how to pronounce words and sounds, and to strengthen the muscles in her face and mouth.

Texas Children's Health Plan - The Center for Children and Women offers speech therapy services to Texas Children's Health Plan members. Please see below for more information on speech therapy options available at The Center. Find a list of all our providers under "Find a Provider" at [TexasChildrensHealthPlan.org](http://TexasChildrensHealthPlan.org).

Use the table below to figure out if your child is meeting age-appropriate speech and language milestones.

Birthday	Milestone	Example
	Has at least a 3-word vocabulary  Makes simple gestures	"Mama," "ball," "bye"  Waving hello/ goodbye, clapping, etc.
	Says multiple 2-word phrases  Can follow simple instructions,	"More juice," "My toy," "No Mommy!"  "Pick up your shoes" or "Give me the ball"
	Say multiple 3-word phrases  Can tell you her first name and age	"I want car" or "Where is Mommy?"
	Has basic grammar skills  Can answer "what" and "where" questions	Using "he" and "she" appropriately
	Has clear speech in conversation  Knows personal information	First/last name and address

Texas Children's Health Plan - The Center for Children and Women offers speech therapy services!

Have you heard?

When you bring your child to speech therapy at The Center, you'll find:

- Highly trained and dedicated speech therapists.
- One-on-one therapy suited to your child's needs.
- A colorful and welcoming learning environment.

Speech therapy services are available at both locations: Greenspoint and Southwest. **The Center is always open late!**

To learn more about speech therapy services at The Center, visit [[JoinTheCenter.org/SpeechTherapy](http://JoinTheCenter.org/SpeechTherapy)].

Find a list of all our providers under "Find a Provider" at [TexasChildrensHealthPlan.org](http://TexasChildrensHealthPlan.org).

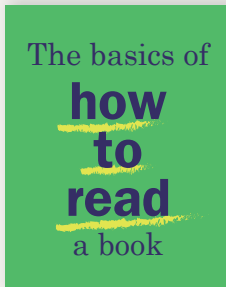


# 5 benefits of reading to your kids

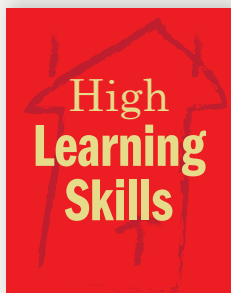
As a parent, you have the power to boost your children's learning by making books an important part of your lives. Here are a few of the many benefits that come from reading to your children.



Toddlers can get distracted while reading, but with time, they'll learn to stay put while listening to books. Along with reading comes a longer attention span and better memory, which will be helpful to your child when she enters school.



Children aren't born with knowledge that words are read from left to right, or that the letters on a page are separate from the pictures. Important reading skills like these are some of the great benefits of early reading.



Reading to young children helps them develop their learning skills from an early age. Students who are reading before preschool often perform better than their peers in school.



Early reading for toddlers has been connected to a better grasp of the basics of language as they approach school age.



Early reading for toddlers helps them view books as a treat, not a chore. Kids who enjoy reading are much more likely to choose books over video games or television as they grow older.



## Ham rollers

### What you need:

- 1 green apple.
- 1 small block of cheddar cheese.
- 1 package of deli ham.

### What you do:

1. Slice apple into thin wedges.
2. Top each apple wedge with a small slice of cheddar cheese.
3. Wrap each apple wedge with a slice of deli ham.

Enjoy!



Source: Parenting.com