

# Family Life

P R O J E C T



**WINTER 2006**

***It's Winter!*** With cooler winter weather we hope that this newsletter finds you happy and healthy. We've included some information you might find helpful in parenting your toddler. As always, thank you for your continued participation in our study. We look forward to seeing you soon! If you have any questions or concerns, please contact us toll free at **1-800-727-9384**. Also, if you change your address or phone number, PLEASE LET US KNOW!

## **STUDY UPDATE**

Dear Families,

Thank you for your continued help with the Family Life Project. We have loved coming into your home and watching your children grow!

As you know, we are interested in how families from different walks of life adjust to the birth of a new child and go on to meet the demands of raising a family. We also want to learn more about children's early development. This study is funded by a grant from the National Institute of Child Health and Human Development, which is why we are able to provide compensation for visits!

We continue to make great progress with our project. We have now finished our 6mo and 15mo home and childcare visits! We saw 1211 families when children were 6mo old, and 1205 families when children were 15mo old. Currently we are in process of conducting 2yr. old visits with your family. Some of you have already participated in the 2yr old visits, and others will be hearing from home visitors to schedule your visit in the next few months.

Our home visitors constantly tell us how much they enjoy working with your family and how cute your children are. We know how busy parents are, and appreciate your willingness to spend some of your time with us. We look forward to seeing you again for either your 2yr. old or 3yr. old home visits!

Best Regards,

Ann C. Crouter, PhD

## **What have we Found?**

Our home visitors are regularly asked what we have found so far on the project. As you know, we ask A LOT of questions when we visit your homes. Currently the data center is VERY busy organizing and sorting through the information that we collect.

Here is some information about jobs that you might find interesting based on the information families gave us at the 2mo and 6mo home visits.

### **Most Common Jobs for Moms**

1. Cashiers
2. Nursing Aides, Orderlies, and Attendants
3. Personal and Home Care Aides
4. Registered Nurses
5. Child Care Workers

### **Most Common Jobs for Dads**

1. Construction Carpenters
2. Automotive Master Mechanics
3. Supervisors/Managers of Retail
4. Sales Workers, Stock Clerks in Stockroom, Warehouse, or Storage Yards
5. Personal and Home Care Aides

# Family Life

## PROJECT



### What Happens on Childcare VISITS?

Childcare visits often happen at a daycare center or daycare home. They may also take place in an individual's home, such as a relative or neighbor. The provider we visit is the person who cares for the child for the greatest number of hours.

The 6, 15, and 24 month childcare visits have two parts. The first part is a brief interview with the childcare provider. In this interview we ask questions about the provider's experiences as a childcare provider, his or her education, as well as experiences with the child. In the second part of the visit we observe the child for 20 minutes in the usual childcare setting. We are interested in observing the interactions between the child, the childcare provider, and the other children in the childcare setting.

As you may know, The Family Life Project follows the development of more than 700 children in North Carolina and over 500 children in Pennsylvania. At the time of the 6 month home visits, 58% of the children from NC were in a childcare situation compared to 38% in PA. At the 15 month home visits, 60% of the NC children and 46% of the PA children were in childcare settings.

The childcare visitors, like the home visitors, enjoy seeing your children grow from visit to visit. Thanks again to the families, as well as all of the childcare providers, for being a part of this important study. We look forward to seeing you next time!



Children at the FPG Preschool

### Is it time for preschool?

With many of our study's participants starting or preparing to start preschool, we know that many parents are wondering whether or not their child is ready for this important transition. Here is a summary of some factors that should be taken into account when determining whether or not your child is ready for the big move to preschool.



**Age:** Many preschools have a minimum age for enrollment. Though this age may vary, it is often around 2.9 years. In general, preschool is intended to span the two years before a child begins kindergarten.



**Potty Training:** Most preschools prefer that children be potty-trained before enrolling. It is also important that children be able to communicate with their teachers and be able to feed themselves.



**Separation Issues:** If your child has a lot of difficulty being separated from you, you may want to consider delaying preschool. On the other hand, if your child has already adapted well to a daycare setting, the transition to preschool should be fairly easy.



**Special Needs:** If your child has special needs such as a motor challenge, or a developmental or language delay, you may need to take extra time to study various preschool options. In this case it may simply take a bit longer to find a suitable program.

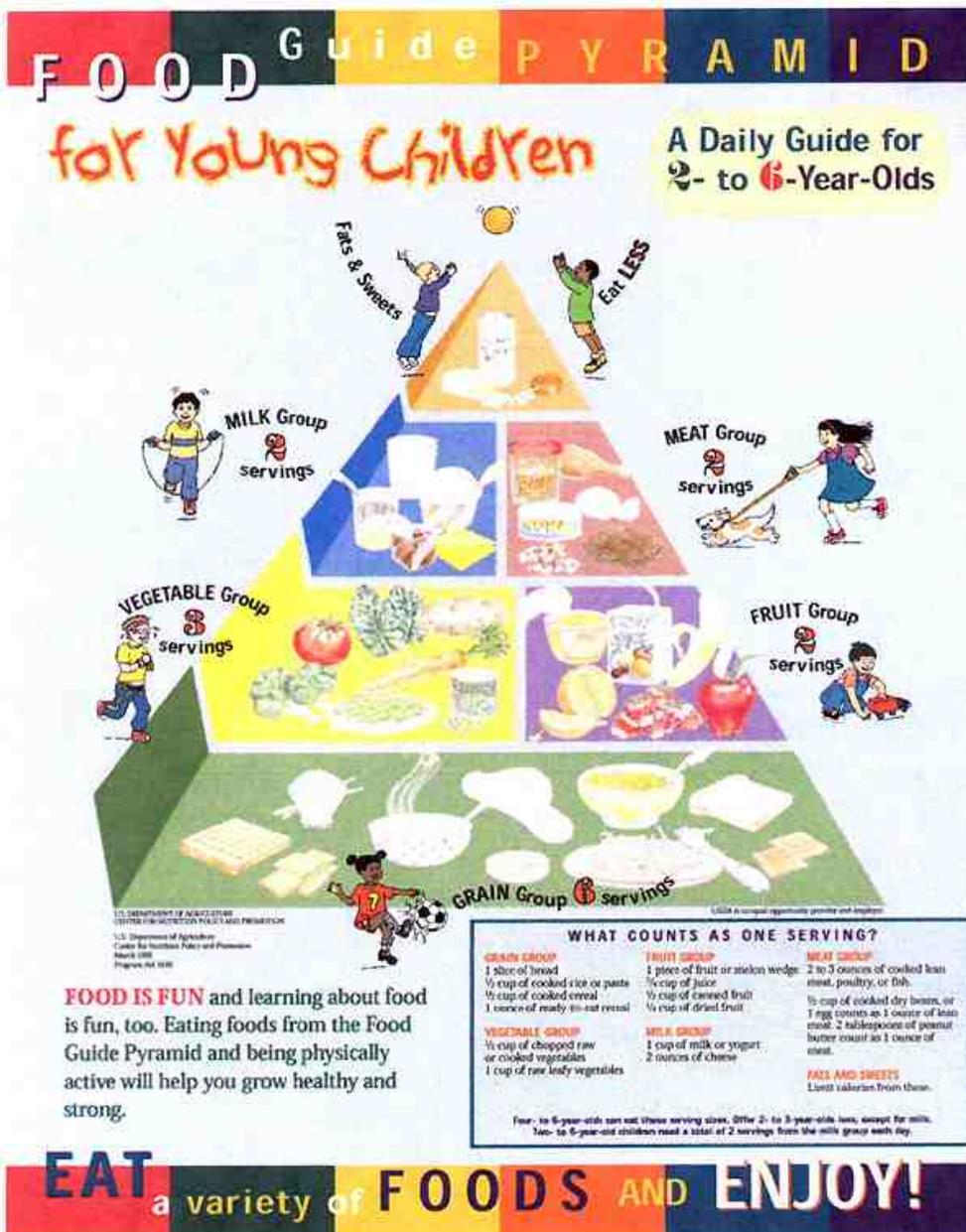
For more information, visit the source for this article at:  
<http://www.parentspress.com/edupsreadiness.html>

# Family Life PROJECT



## Nutrition for Kids

Our staff at the FLP is amazed to see how fast our child participants are growing! We are interested in your child's optimal development, and with that goal in mind, we want to provide your family with some useful information about proper nutrition and ways to keep your child healthy and strong! Here is a child-friendly Food Guide Pyramid to help you along the way. ...



but what counts as one serving?

**Grain:** 1 slice bread, ½ cup of cooked rice, ½ cup cereal, 1 oz. ready to eat cereal

**Fruit:** 1 piece of fruit, ¾ cup of juice, ½ cup of canned fruit, ¼ cup of dried fruit

**Vegetable:** ½ cup of chopped raw or cooked vegetables, 1 cup of leafy raw vegetables

**Milk:** 1 cup of milk or yogurt, 2 ounces of cheese

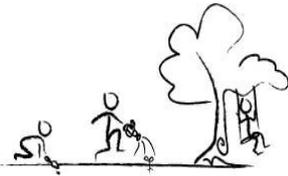
**Meat:** 2 or 3 ounces of cooked lean meat, poultry or fish, ½ cup of cooked dry beans (1 egg or 2 tablespoons of peanut butter count as 1 ounce of meat)

**Fats: Limit!**

Has your contact information changed?  
**Please remember to call us at**  
**1-800-727-9384**

with any changes to your address or phone number  
so that you don't miss your next visit. We look forward to seeing you  
again!

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