

## YVY Parents Elect New Policy Council

Elections for the YVY Policy Council took place this past November with the participation of parents representing all YVY Head Start and Early Head Start sites. As usual, the election process was a spirited one, as different parents presented their credentials in their own election bids. YVY thanks all participating parents for their commitment and interest and thanks, as well, the outgoing Policy Council for the fine work they have done. YVY recognizes the importance of sharing decision making with parents to strengthen governance at YVY and looks forward to working with the new members.

The new Policy Council members are: Chairperson, Mindy Meisner; Vice Chairperson, Chana Weiss; Secretary, Chani Werdyger; Treasurer, Miriam Shaingarten; Personnel, Esther Felberbaum; By laws, Chana B. Margareten; Grievance, Malka Sternberg; S.I. Grantee, Gloria Van Cooten. Three members at large, Yitty Ringel, Ruchama Lubitz, and Ratzl Graus, were also elected. Two former Head Start parents, Thomas Michi and Devorah Sinay, were selected by the YVY Board of Directors to serve as community representatives on the Council.

The last meeting of the 2004-2005 Policy Council, held jointly with the YVY Board of Directors, was an important and fruitful one. As usual, Policy Council members received an update on the YVY budget and took care of some routine business. In a discussion of emergency procedures for allergic children, members were told that two staff members in each site had been trained to administer emergency medication in case of an allergic reaction. In response to members' concerns, the Policy Council voted to increase the number of trained personnel at each site. Medication Administration Training for two additional staff members from each YVY site has already begun, only one example of how YVY PC members are making a real difference by their participation in the Council.

The newly-elected YVY Policy Council met for the first time on December 21, and new members were introduced to their tasks as only part of a long list of agenda items. The new Council has entered into its work with enthusiasm, with all members participating in discussion of various items on the agenda. We look forward to a year of accomplishment and continued growth.



At the EHS Home-Based Inaugural Luncheon

## YVY Health Advisory Committee Meets

YVY's Health Advisory Committee met for its first meeting of the year in November. In addition to representatives from all YVY divisions-- including education, medical and mental health professionals-- members include physicians from Maimonides Medical Center, the facility that services most YVY parents. Dr. Steven Shelov, Chairman of the Department of Pediatrics; Dr. Shoshana Haberman, Director, Maimonides Perinatal unit; and Dr. Chuan Chang, Director, Maimonides Developmental Center were in attendance.

Dr. Shelov reported on progress that had been made in developing a checklist, to be distributed to Maimonides pediatricians, for early detection of autistic spectrum disorders in very young children. At previous Health Advisory meetings, participants expressed concern that treatment for these disorders was often delayed because symptoms are not always recognized. Use of the checklist will help alleviate these problems. Maimonides physicians will now recommend intervention as soon as any problem is suspected.

Dr. Shoshana Haberman described the

work she is doing in the perinatal clinic at Maimonides. Dr. Haberman has been in regular contact with Janie Friedman, RN, YVY's Health

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**YELED V'YALDA EARLY  
CHILDHOOD CENTER, INC.**

571 McDonald Ave. Brooklyn NY 11218  
www.yeled.org

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Family/Community Partnerships**  
Garey V. Ellis MD

**Director, Mental Health**  
Eliezer Kaminetsky EdD

**Program Coordinator, EHS**  
Devora Barnett MAEd.

**Coordinator, Home-Based Program,  
EHS**  
Simi Schlafrig

**Director, Policy and Research for  
Education**  
Isabelle Barriere PhD

**Silver Lake Headstart**  
Education Directors;  
Melody Lenza MSEd  
Madeline O'Donohue MAEd

**Director Day Care Collaboration**  
Laurie Landa MSEd

**Social Services Coordinator**  
Bassie Morris RCSW

**Health Coordinator**  
Janie Friedman RN

**Health and Community Partnership  
Liaison**  
Tamar Skaist MPA

**Parent Involvement Coordinator**  
Shoshie Schapiro

**Policy Council Liaison**  
Gitty Ziegelman

**Disabilities Program Coordinator**  
Mina Sputz MS,SAS

**Coordinator, Early Intervention**  
Batya Moskowicz MA,TR

**Coordinator, ABA Program**  
Kreindy Myers MSEd

**WIC Coordinator**  
Nechama Stolzenberg

**Comptroller**  
Rebecca Gutman CPA

**Director of Personnel**  
Henny Kohn

**Director, Human Resources**  
Gitty Lichtenstein

Coordinator, who has been making referrals to the clinic for YVY parents. Dr. Haberman is also part of a YVY HAC subcommittee to address the problem of post-partum depression in the community.

**YVY Conducts Three Successful  
UCLA/Johnson & Johnson Health  
Care Institute Events**

YVY was fortunate to be one of only 30 agencies chosen nationwide to participate in a **Health Care Institute** sponsored by UCLA/Johnson & Johnson. The purpose of the Institute is to educate Head Start families to provide better health care services to their children. YVY staff attended training at UCLA last spring and conducted three events utilizing training materials provided by UCLA/Johnson & Johnson this fall. The first event took place in Staten Island in October, and a similar event took place in Brooklyn in November, with attendance by over 100 parents at each event. YVY presenters solicited participation of parents in a discussion of how to handle signs of illness in children. A gala luncheon, with prizes and raffles, followed. Each parent was given a useful, easy-to-follow book, *What to Do When Your Child Gets Sick*. A breakfast meeting at YVY's Farragut Road site in Brooklyn in December attracted more than 150 participants. The theme of this workshop was **Dental Health**, and parents were taught to handle both routine dental care and dental emergencies in their children. These parents were also given a book to reinforce what they had learned. Follow up will assess long-term effects of the workshops. See photos of all these events in the centerfold.

**YVY/ Citigroup Sponsor Financial  
Literacy Training**

On November 8, YVY and Citigroup sponsored a financial literacy workshop in Borough Park, Brooklyn which was open to the entire community. Miriam Solomon, Vice President, Citibank at Work, gave an overview of budgeting and financial planning for the family. Ms. Solomon's presentation was followed by a presentation by Robert Brand and Henoah Grumet, Mortgage Counselors at SBCO, a project of Agudath Israel of America, who described the help available to low-income families interested in applying for a mortgage. Attendees found the session to be both useful

and interesting. A similar event took place last spring in YVY's Staten Island sites.

**YVY Head Start   
YVY Participating in NAEYC  
Accreditation Project**

YVY has been chosen to participate in the Quality New York NAEYC (National Association for the Education of Young Children) Accreditation Project in preparation for the NAEYC accreditation of its Farragut Road site. Director of YVY Federal Programs Wayne Goldberg is part of the Accreditation Leaders Group, and Farragut Road Education Director Bina Cunin is part of the Directors Group. Both groups meet monthly to support and guide agencies preparing for the complex NAEYC accreditation process. Quality New York is an initiative of United Way of NYC, in partnership with Bank Street College of Education, CCI, and FPWA.



YVY Holiday Cooking Workshop

**Nutrition Workshop a  
Resounding Success**

YVY WIC Nutritionist Gitty Berger, MS, RD, CDN, led a workshop on *Healthy Eating* for YVY Head Start and Early Head Start parents in November. Parents appreciated Ms. Berger's suggestions on how to incorporate healthy food into children's diets. They were particularly pleased with her idea of teaching children that foods can be labeled red, yellow, or green – in an analogy to street lights-- to indicate the frequency with which they should be consumed. Devorah Kaufman, mother of a large family, also presented a short segment, which was much appreciated, on techniques to speed up household chores.

### YVY Head Start Prepares for PRISM Review

YVY Head Start ACS Delegate Agency sites are preparing for a federal review of their sites and systems which will take place some time this spring. A comprehensive self assessment has taken place to help the agency prepare for the review. A Self Improvement Plan, based on the results of the self assessment, will now guide the agency in addressing weaknesses and implementing improvements.

### YVY Early Head Start EHS Candidates Receive CDA Certificates

Sixteen YVY EHS caregivers and administrators from all YVY EHS sites were recently awarded CDA certificates after having completed a course of study and being tested on early childhood principles and practice. YVY congratulates all those who received the certificate and thanks them for their efforts. Continuous training assures that YVY EHS personnel are well equipped to handle their responsibilities.

### UJO and We Care EHS Collaborate on Faith-Based Physical Activity Challenge

In collaboration with the Williamsburg UJO, We Care EHS has been able to participate in a grant from the NYC Department of Health/Office of Minority Health which provides equipment and a trainer to implement a weekly physical activity program as part of a "Faith-Based Activity Challenge." We Care has targeted this program to fathers, who have been pleased to take advantage of this opportunity to engage in physical activity under the instruction of a professional.

Fathers have also participated in a lecture series on positive discipline given by Rabbi Yaakov Yosef Spitz, a well-known educator, and a session on *The Father's Role in a Child's Mental and Physical Health* given by YVY Director of Mental Health Dr. Eliezer Kaminetzky, both YVY **Focus on Fathers** activities.

### YVY WIC YVY WIC Promotes a "Healthy Start" to the Day

YVY WIC's *Healthy Start* initiative, designed to encourage YVY participants to start their day with a healthy breakfast, will begin in January. Every YVY WIC participant will receive a Healthy Start

calendar planner to document daily healthy breakfast choices. Participants who document one full week of healthy choices will receive a special cereal bowl.

### YVY WIC Supports Participants

YVY WIC is committed to supporting its participants by encouraging them to utilize all that the WIC program offers. For example, to support a new pilot program which gives WIC recipients an extra five dollars per month to purchase fruits and/or vegetables, YVY WIC sent post-cards to all participants to make them aware of the program, created flyers describing what the sum would buy, and distributed recipe cards with ideas for using fruits and vegetables. YVY WIC's *Vegetable and Fruit Redemption Campaign* will also offer a raffle entry to WIC participants who redeem their special checks. The winner of the raffle for YVY's summer *Farmer's Market Nutrition Program* received a yogurt maker in December; YVY was commended by the Department of Health for its innovative approach to increase redemption of Farmer's Market checks.

### YVY Special Services

#### YVY Therapy Center Expands Services

The YVY Therapy Center at 3820 Fourteenth Avenue is pleased to announce that it has expanded its staff of physical therapists, occupational therapists, and speech therapists. The occupational and physical therapy rooms have added new equipment to accommodate the varied needs of children receiving services. YVY services children ages three to 21 at the Center.

#### Parent, Staff Training at YVY ABA Center

In order to service its children better, the YVY ABA Center has begun a series of training sessions for parents of children attending the program. The first of these sessions, which took place in November, featured Stein Lund, a world-renown specialist in the field of behavioral therapy and consultant to YVY. YVY recognizes the importance of parents in their children's development; cooperation between parents and therapists is crucial to assure that children receive maximum benefit from therapy sessions. All therapists working with a child in the ABA program meet weekly to assure that each

child receives seamless service, and therapists meet monthly as a team, together with parents and supervisors, to discuss the child's progress and assess goals.

All ABA therapists also receive ongoing training. The next all-day training session for ABA therapists will take place on January 4.

### YVY ABA Administrator to Address Community Groups

Kreindi Myers, YVY ABA program Administrator, will address two community groups on *Red Flags in Early Childhood Development*, a discussion of developmental milestones as they relate to normal development. The focus will be on how to recognize when intervention is needed in order to maximize a child's potential. Junior N'shei Chabad will sponsor one talk on January 9. The second talk will take place on February 28 in Maimonides Hall, under the auspices of N'shei C.A.R.E.S.



YVY Deputy Director of Education Esther Szanzer with ACS Assistant Deputy Commissioner Marilyn Bartlett at the Region II Head Start Conference

### Professional Development

In response to demand, Mrs. Shaindel Cohen, a teacher with many years of experience with cases of selective mutism, spoke to almost one hundred attendees on the topic of *Selective Mutism* as part of YVY's continuing professional education series in December. Mrs. Cohen had previously been part of a panel discussion on the topic, and many who attended had requested that she be allotted time to present a full program. Mrs. Cohen offered both parents and teachers a host of practical ideas to deal with this difficult problem and offered hope of positive outcomes.



**EZRA MEDICAL CENTER**

**Ezra Expands Hours for Pediatric Dentists**

Ezra Medical Center is pleased to announce that, in response to demand, it is expanding its pediatric dental hours to include Sundays from 9:00 a.m. to 7:00 p.m. Ezra's popular pediatric dentists, Drs. Jonathan Altmark and Eli Wagshall, will be joined as of the first of the year by Dr. Jonathan Waltner, who has had extensive experience in pediatric dentistry in the Borough Park community.



Staten Island Arts and Crafts Parent Activity

**YELED V' YALDA IN STATEN ISLAND**

**Latino Women's Group Forming in Staten Island**

Dr. Judy Scher, Silver Lake psychologist, will facilitate a group for Latino women at SLHS. The goal of the group is to give the women a forum to share their experiences living in the U.S.A., to discuss their parenting concerns, and to help them find a balance in taking care of themselves and others. The formation of this new group is an exciting development which addresses the needs of parents at the Silver Lake sites.

**20 Park Hill Circle Ready for NAEYC Validation**

SLHSII, at 20 Park Hill Circle, is expecting a validation visit from the NAEYC this month. SLHSI has already been accredited by the NAEYC.

**Silver Lake HS Celebrates National Family Literacy Day**

Librarians from the NYC Public Library visited Silver Lake classrooms and provided a presentation for parents in connection with National Literacy Day. A grant from the First Book Organization provided books for the children to take home for the duration of the year.

**Free Turkey Distribution at Silver Lake HS**

Silver Lake Head Start distributed 45 free turkeys to its families for Thanksgiving. The turkeys were donated by the Episcopal Feeding Ministry and the Borough President of Staten Island, James Molinaro, in conjunction with the Korean/American Association.

**Holiday Spirit Pervades Staten Island Sites**

Holiday parties and projects for both children and parents filled the calendar in the Silver Lake sites in December. Several classes visited the College of Staten Island where they watched holiday dramatic productions. Other classes visited the Staten Island Mall.

Special events also included the Parent Committee Holiday Party and Staten Island Staff Party. Proceeds from the auction at the staff party were donated to St. Jude's Hospital.

**Silver Lake Staffer Honored**

Ignacia Nancy Alfonso, Coordinator of Family/Community Partnerships and EHS Home-Based Program at SLI, was honored by the Latino Civic Association at their thirteenth Annual Hostos Award Gala held at the Excelsior Grand in November. Congratulations to Nancy on this honor.

**DIRECTORY ))**

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

Headstart: (718) 686-3750

Early Headstart: (718) 686-3750

Special Education: (718) 686-3700 ext. 1  
 ABA Program: (718) 686-3788  
 Early Intervention: (718) 686-3700 ext. 576

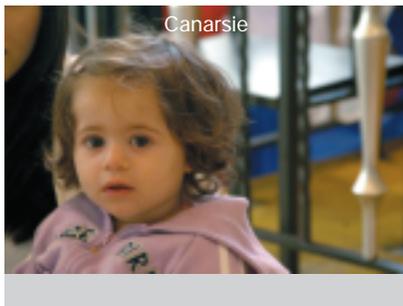
Ezra Medical Center: (718) 686-7600

Yeled V'Yalda WIC Program: (718) 686-3799

**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*



Canarsie

**Parenting Hotline**

Mondays 11- 3

**(718) 686-3750**  
 Ext. 125

All calls are confidential  
 You do not need to give your name

**Comment Line**

**(718) 686-3700 Ext.150**



Health Care Institute

"I'm Scared, Mommy!"

## Helping Young Children Cope with Their Fears

Everyone has been afraid at one time or another. Fear is an emotion that can help us when it is triggered by a real event. However, irrational fears, especially in children, can be hard to deal with.



Fears are most powerful and intense during the early childhood years. Young children have not yet developed the reality filter that helps adults rationalize their fears away. They often find it hard to distinguish between fantasy and reality. This inability can make early childhood fears a difficult and sometimes debilitating problem.

Young children think differently than adults. Children have vivid imaginations. Also, they are just beginning to organize the world around them and are not entirely sure of what really exists and what does not. They think intuitively, not logically. Therefore, products of their imagination like monsters and witches – no matter how incredible – are, for them, within the realm of the possible.

In addition, a young child does not yet grasp the concept of cause and effect. Cause and effect relationships make the world an orderly place. Adults know what to expect next when something happens. Children do not, so when unexpected things happen, they get frightened.

Children also have a very primitive idea of time and space. Even though they may seem to understand when mommy says she'll be back in ten minutes, they don't really know how long that is. And even though they know they are bigger than the bathtub drain, they can still get scared that they may get sucked down with the bath water.

Separation anxiety is at the root of most children's fears, especially night fears (see sidebar). This anxiety is most apparent in babies and diminishes as children get older and develop a stronger sense of autonomy and independence. The more independent and secure a child becomes, the more he feels in control of his environment and the less fearful he is of the unknown forces within it.

Children are afraid of different things at different stages of their development, and children of similar ages seem to have very similar fears. Young babies are most fearful of being separated from their parent or caregiver. Toddlers are better about

### NIGHTTIME IS THE SCARIEST TIME

Bedtime fears are among the most common fears in children. They may take the form of being afraid of the dark, being separated from one or both parents, and/or scary nightmares or night terrors. Nighttime is a time of uncertainty for children because it is the only time they are entirely alone. Without the presence of a parental figure, a child may not feel entirely safe or secure.

Nightmares generally occur in the early morning hours and often center on a specific problem or life event that is troubling the child. Children who have nightmares often remember them vividly and have trouble going back to sleep. A parent may need to comfort the child by holding him and speaking to him in a calm and soothing voice.

Night terrors are different than nightmares in that children usually don't remember them and can get back to sleep fairly quickly. However, they are generally more intense and frightening. They begin within an hour of the child's falling asleep. The child awakens suddenly from deep sleep in a state of horrific panic. He or she may scream, sit up in bed and seem confused, disoriented, and incoherent. Episodes of night terrors can last from five to 30 minutes and can recur over a period of several years.

Both nightmares and night terrors go away with time. Although they can be unnerving to children and parents when they occur, they are very common and not an indication of underlying emotional problems. The best medicine for children's nighttime fears may just be a hug and a kiss from mommy or daddy.

separation but may fear things that they are able to see and hear, such as water and baths, dogs, insects, loud noises and the dark.

Preschoolers are most afraid of things that they cannot understand or control and strange or new situations or objects. They may be afraid of being alone at night or in the dark, of imaginary creatures like monsters and goblins, or of animals and bugs. They may also fear going to a new school or having bad things happen to their parents.

The fears of older school-aged children tend to be more reality based. They are afraid of things such as storms, fires, burglars or getting injured, social isolation and bullying at school, as well as their parents getting divorced or dying.

The intensity of a child's fear depends to a large extent on temperament and the level of stress he or she is under. Children's fears may increase dramatically during a move, a divorce, the birth of a new baby, or after they have experienced a "triggering event" such as being chased by a dog.

A child's temperament can dictate how he or she responds to stressful situations. Some children are more fearful than others, and fear and anxiety seem to have a hereditary component and tend to run in families. Children whose parents are anxious or fearful and who tend to overreact are likely to be more fearful than their peers who have calm parents.

But, all children have fears at some point in their lives, and childhood fears are considered to be a normal part of development. If, however, a child's fears seem to be abnormal – that is, if they persist longer than they should, if they are irrational or inappropriate for the child's age, if they interfere with the child's daily

activities, or if a child cannot be distracted away from the fear – it is likely that the fear has become a phobia.

If you feel that your child is beginning to exhibit a phobic pattern, then you might want to seek the intervention of your child's doctor and/or a mental health professional.

#### Common Childhood Fears

- monsters
- the dark
- storms/thunder/lightening
- insects
- snakes
- noise
- baths/water
- animals, especially dogs
- fire
- harm coming to a parent

Even when a child's fears are not excessive, a parent's reaction can make a real difference in how a child learns to cope with his fear. While some parents believe that it is useful to ridicule or pooh-pooh their children's fears, mocking children for their worries only makes matters much worse and makes children feel abandoned and ashamed.

There are a number of things that parents can do to help their children cope with their fears:

- **Respect** your child's feelings. Telling him that he is being a baby is not helpful. His fears are very real to him and should be taken seriously.
- **Acknowledge and validate** your child's fear no matter how absurd it seems to you.
- **Respond as soon as possible** when your child is afraid. Keeping your child waiting lets the fear grow in your child's mind. Your physical presence will automatically and immediately reduce his anxiety.
- **Talk** to your child about his fear and discuss why he is afraid. This

can be especially useful if there was a triggering event like a bee sting.

- **Don't be overprotective** and tell your child to avoid the things that he is afraid of.
- **Don't overreact** to your child's fear because your extreme response will only reinforce your child's reaction.
- **Empathize** with your child's feelings. For example, if your child is afraid because he is going to a new preschool, you could say, "I know you're scared and worried about making new friends, but you've always made friends before. I remember how scared I was when I started preschool, but I made great friends there."
- **Reassure and comfort** your child. This will make him calmer and make him more receptive to learning how to face his fears. Your reassurance can be either verbal or physical. Physical affection can help your child feel your own strength and offer the child real comfort.
- **Establish a routine.** Young children like to know what to expect. Routine makes children feel secure. Bedtime routines are especially helpful for a child who is afraid of the dark.
- **Be creative** in your approach to handling your child's fears. Some parents use a pretend "anti-monster spray" to spray under the child's bed. Others offer the child a night-light. Still other let their child bang on pots and pans during a thunderstorm. Reading stories about children who overcome their fears is also helpful.
- **Be open and truthful** when you answer your children's questions about their fears. Good information about things helps to make children feel knowledgeable and less fearful. You do not have to go into too much detail.
- **Praise and reward** your child when he tries to confront his fear. For example, praise your child if

he pets a puppy when you know that he is afraid of dogs.

A child's world is full of dangers,

both real and imaginary. By teaching children to cope with their fears, parents can give them the confidence and skills they need to overcome

adversity and to face the hard things that will happen in their lives.

Parent Resources

For Parents:  
American Academy of Child  
and Adolescent Psychiatry  
800-333-7636 (toll free)  
www.aacap.org  
Anxiety Disorders  
Association of America  
240-485-1001  
www.adaa.org

Federation of Families for  
Children's Mental Health  
703-684-7710  
www.ffcmh.org

For children:  
**Books**  
*Are You My Mother?* by P.  
Eastman  
*Bedtime for Francis* by Lilian  
Hoban  
*Can't You Sleep, Little Bear?* by  
Martin Waddell  
*Goodnight Moon* by Margaret  
Wise Brown

*How Many Kisses Goodnight?*  
by Jean Monrad  
*Ira Sleeps Over* by Bernard  
Waler  
*Outside over There,*  
by Maurice Sendak  
*The Runaway Bunny*  
by Margaret Wise Brown  
*The Witches* by Roald Dahl



## Health Matters

by Garey V. Ellis, M.D.

YVY Director of Health Care Initiatives

### Preventing Lead Poisoning in Children

Lead poisoning is one of the most common environmental child health problems in the United States. Studies have shown that lead poisoning affects three to four million young children - one in six under the age of six.

Children under the age of six are at greatest risk for the harmful effects of lead exposure because their brain and central nervous system are still forming, and lead is a powerful neurotoxin that interferes with the development of these and other body systems.

Lead poisoning can cause a wide range of health effects that range from learning disabilities, behavior problems, hyperactivity and developmental delays to mental retardation, anemia, liver and kidney damage, hearing loss, and in extreme cases, death.

Exposure to lead paint inside the home is the leading cause of lead poisoning in children. About 75 percent of the houses and apartments built in the US before 1978 contain lead paint and houses built before 1960 often contain old lead paint with concentrations up to 50 percent lead by weight.

Children can get lead poisoning by chewing on a lead painted windowsill, eating lead paint chips, or getting lead dust on their hands and putting them into their

mouths during normal behaviors such as thumb sucking. Children can also be exposed to lead outdoors by playing in contaminated soil.

Another source of lead poisoning is lead in the water. Lead can get into drinking water by leaching through old lead pipes in city systems and home plumbing. Beverages or food stored in some imported ceramics or pottery and in leaded crystal and china can become contaminated by lead. The greatest risk to infants arises when formula is mixed with contaminated water.

It is hard for parents to detect lead exposure in their children on their own. The symptoms of lead poisoning can be subtle and often mimic other more common problems like the flu, a stomachache, or a headache. A child may be irritable and have poor appetite. Therefore, the best and only way to know for sure if your child has a lead-related problem is to have your child evaluated by having a blood test.

The Centers for Disease Control and Prevention (CDC) recommends that every child has a blood test for lead at 12 months of age and preferably also at 24 months, and that children who live in homes built before 1960 be screened more often.

If the test shows that the child's blood

contains high levels of lead, there are steps that can be taken. The child's home and all the places where the child spends time should be checked for lead sources and all these sources should be removed. If the level of lead in the blood is extremely high, the child may need to undergo chelation therapy to remove the lead from his body.

Fortunately, lead poisoning can be detected and prevented and there are many things parents can do to make sure their child is safe.

Parents should keep children away from peeling or chipping paint and accessible or chewable surfaces painted with lead-based paint, especially windows and windowsills. Children's hands and faces should be washed before they eat and after playing. Toys and pacifiers should be washed regularly. Parents should also make sure children eat regular, nutritious meals since more lead is absorbed on an empty stomach, and should let tap water run for a few minutes before using it to eliminate any possible lead content.

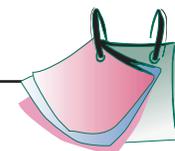
There is no such thing as a "safe" level of lead. Parents should make sure that their child's environment is lead-free. Preventing lead poisoning in children by eliminating the risks of lead exposure is the best solution to this widespread problem.

*The New York City Department of Health requires all children entering a preschool program to be tested for lead. YVY's nutritionist reviews lead levels of all entering YVY children and follows up when necessary.*



# Calendar

January 2006



## PARENT ACTIVITIES ONGOING ACTIVITIES

### Swimming

Boro Park YM/YWHA  
Tuesdays January 3, 24

### Aerobics

Boro Park YM/YWHA  
Thursdays January 5, 12, 19, 26

99 Heyward Street  
Mondays November 7, 21, 14, 28  
Fridays, January 6, 13, 20, 27

### Parenting Workshops

4001 16TH Avenue  
Wednesday January 18

99 Heyward Street  
Monday, January 30

6002 Farragut Road  
Wednesday January 11

Crown Heights  
Monday January 23

### Fitness for Men

99 Heyward Street  
Thursdays January 5, 12, 19, 26

### Expectant Mom's Program Aerobics and Childbirth Education

Parenting Skills for Postpartum  
Moms  
4001 16th Avenue  
Sundays January 8, 22

99 Heyward Street  
Wednesday January 11, Tuesday  
January 24

### SPECIAL ACTIVITIES

YVY WIC Participants  
Group Nutrition Class  
3820 14th Avenue  
Monday January 2

### Yoga

99 Heyward Street  
Wednesday January 18

### EHS "Come Read With Me"

Library Opening  
3820 14 Avenue  
Tuesday January 31

### Focus on Fathers

99 Heyward Street  
Tuesday January 24

### Small Changes/Big Results

99 Heyward Street  
Tuesday January 24

### Creating a Healthy Environment

for your Children  
4001 16 Avenue  
Wednesday January 25

### PROFESSIONAL DEVELOPMENT

### Treatment Strategies for Children with Apraxia of Speech

1694 Ocean Avenue  
Sunday January 22

### Staff CPR Training

January 3, 4, 5, 9

## STATEN ISLAND ONGOING ACTIVITIES

ESL Classes Beginners  
Thursdays January 5, 12, 19, 26

Advanced  
Tuesdays January 10, 17, 24, 31

### Parent Committee

Wednesday January 11

### Computers

Fridays January 6, 13, 20, 27

### Home-Based Infants

Friday January 13, 27

### Home-Based Toddlers

Friday January 20

### SPECIAL ACTIVITIES

### Latino Women's Workshop

Wednesdays January 4, 18

### Staff Development

Friday January 6

### Fathers in Action

Thursday January 12

### First Book Distribution

Wednesday January 25

Policy Council Meeting  
January 25



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### PRIMARY FUNDING BY:

*U.S. Department of Health & Human Services*

*U.S. Department of Agriculture*

*New York State Department of Social Services*

*Board of Education of New York State*

*NYC Department of Mental Health,*

*Mental Retardation and Alcoholism Services*

*New York City Administration for*

*Children Services/Agency for Child Development*

### APPROVED BY:

*New York State Department of Education*

### LICENSED BY:

*The New York City Department of Health*

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