

TAP TALK

Summer 2009

Notes from TAP

Summer is here and we are in full force. For those of you that were unable to attend our TAP Camp, you missed out! Those in attendance participated in a variety of activities. Jazzercise by Janice's Fabulous Feet, Cooking with Megan, Improving your Self-Esteem with Brandy, Crafting with Emily, Discipline versus Punishment with Melanie-Parents As Teachers, and Completing a Job Survey with Debbie.

Thanks to those who attended for making



Happy Birthday to You!!!!

June 29th – Shareisha H.

July 13th – Bianca E.

August 10th – Veronica G

August 28th – Sarah G.



What's Happening?

Tuesday, August 18th: Back to School Bash

Wednesday, August 26th: First Day of School

Monday, September 7th: Labor Day – No School



BEDTIME: Oh No!

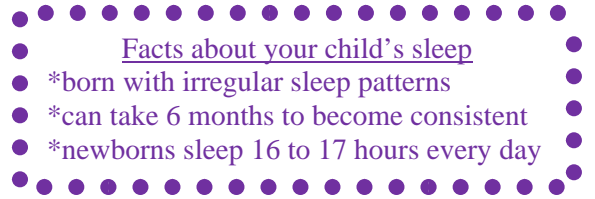
For children, bedtime is the most important time of day. However, it can be a stressful time for both parents and child.

Myth or Truth

1. If I keep my baby up during the day, he will sleep through the night. **MYTH** – this will only make your baby overtired and irritable and hard to deal with. It is natural for a baby to need rest during the day.

2. A good baby would sleep through the night. **MYTH** – What baby isn't a good baby? Your baby's worth shouldn't be dependent on his/her behavior. Over time, your baby will develop sleep habits.

3. To keep my child from waking up at night, I should let him cry himself to sleep. **MYTH** – the longer a child cries, the more panicky he becomes and parents get stressed out. He falls asleep eventually because he is so exhausted.



Facts about your child's sleep

- *born with irregular sleep patterns
- *can take 6 months to become consistent
- *newborns sleep 16 to 17 hours every day

Developing Good Sleep Habits

- Room temperature should be at a comfortable degree between 65 and 68 degrees.
- Baby should be placed on his/her back for safety.
- Try not to put the baby to bed with a pacifier.
- Children should be dressed in bedclothes that don't restrict their movements.
- For toddlers, have a quiet period of time before bed.
- Let your toddler sleep with something safe that may provide a sense of security.
- Background noise can sometimes help a child relax. Total silence may be scary for a child.

Taken from the *Nurturing Parenting: Program for Teen Parents and Their Children*

Postpartum Blues

After the birth of your baby, you may experience the “postpartum blues” or the “baby blues.” You may **feel more irritable, cry more easily, feel sad, and/or feel confused.**

This usually peaks three to five days after you deliver your baby. The postpartum blues usually end by the tenth day after your baby is born. Even though you may experience this, you can still function normally. These feelings gradually lessen and go away over time.

Many of you may wonder why you get the “blues.” Medical experts believe this comes from the changes in your hormones after delivery. To help relieve the postpartum blues, you can do the following:

- Talk to someone about how you feel (a parent, friend, doctor, etc.)
- Get plenty of rest.
- Ask family and friends for help.
- Take time for yourself.
- Get out of the house every day, even it is only for a little while.

Taken from March of Dimes: *After You Give Birth, The Postpartum Blues*

Finding Balance

SCHOOL

Homework
Papers
Tests
Studying



PARENTING

Diapers
Bath time
Play time
Appointments

Having difficulty managing your time and finding that balance between your schoolwork and parenting? You are not alone! Schoolwork is a challenge for teen parents. You have an upcoming test and your baby is extremely fussy and nothing seems to help relax her. There is an English paper due on Thursday that you have been working on for the past several days and feel like you haven't been able to spend any time with your baby. You woke up late this morning and have to get your book bag and the baby's diaper bag packed, as well as drop him off at child care and you are going to be late to school. Do these situations sound similar to ones you have experienced as a parent? Here are some things you can do to help find a balance between being a parent and being successful in school.

- 1) **Prioritize:** being a parent and succeeding in school should be your top priorities.
- 2) **Calendar/Planner:** to help organize when you have tests or assignments are due, use a calendar or planner to record them. Also, record any appointments for the baby or for yourself in the calendar and look at it every day to remind yourself what is coming up and how you are going to get it done.
- 3) **Set Goals:** this will help you get your schoolwork done and feel more in control of life.
- 4) **Talk to Your Teacher:** if your teacher is aware of what is going on in your life, he/she may work with you. Also, completing part of an assignment is better than showing no effort at all. You will probably lose points, but you can take pride in knowing you did your best.

Taken from *Transitions: Understanding Your Changing Life*

WARNING!! WARNING!!

Dating Violence

Teens don't always tell you when they are in a violent relationship. So it is important to know what some warning signs might be. Some of the following signs are normal for teenagers, but when the changes happen suddenly or can't be explained, you should be concerned.

- Unexplained bruises, scratches, or injuries.
- Signs that the teen is afraid of his/her boyfriend or girlfriend.
- The boyfriend or girlfriend tries to control the teen's behavior, makes all the decisions, checks up on them, or acts jealous or possessive.
- The boyfriend or girlfriend lashes out, criticizes or insults the teen.
- The teen apologizes for the boyfriend or girlfriend's behavior.
- The teen seems to have lost interest or gives up things that were once important.
- The teen's appearance or behavior suddenly changes.
- The teen stops spending time with friends and family.
- The teen has started using alcohol or drugs.
- There are sudden changes in the teen's mood and personality.

Taken from National Youth Violence Prevention Resource Center: Dating Violence Warning Signs.