



# Wise & Wonderful

July 2013

## CHILD TRAVEL SAFETY TIPS by Karin A. Bilich, American Baby

A vacation should be fun for the whole family, and keeping your child safe is an essential element of a good trip. Check out these travel safety tips for your next trip.

### On the Airplane:

- All children need their own seats on airplanes.
- If you plan to use a car seat on the plane, make sure that it's FAA approved.
- Ask about child-size emergency equipment.
- Keep your child belted at all times.
- Don't seat your child on the aisle.
- Accompany your child to the lavatory.



### At the Hotel:

- Look around your room.
- If you are traveling with a baby, ask about the hotel's crib safety.
  - Childproof your room.
  - Ask lots of questions about child care, if you plan to use it.
  - Scour the playground for potential dangers.
  - Make sure that play areas are age-appropriate for your child.
- Don't let your child answer the door to your room.

### Traveling Abroad:

- Bring your child's pediatrician a complete travel itinerary.

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- Call your health insurance company.
- Get an up-to-date record of your child's immunizations.
- Visit the U.S. Centers for Disease Control and Prevention's Travel Information site.

## Did You Know? ... Relationships Between Sleep and Memory

Did you know that sleep may be crucial for forming long-term memory?

In a study published in the June 2011 issue of *Science*, University of Washington researchers worked with a special breed of fruit flies that could be induced to sleep on demand. Following a period of training, flies who then underwent 4 hours of induced sleep formed long-term memories of that training. Note that training alone was not enough to trigger memory consolidation—sleep was a necessary component. Flies who trained but did not sleep did not form long-term memories.

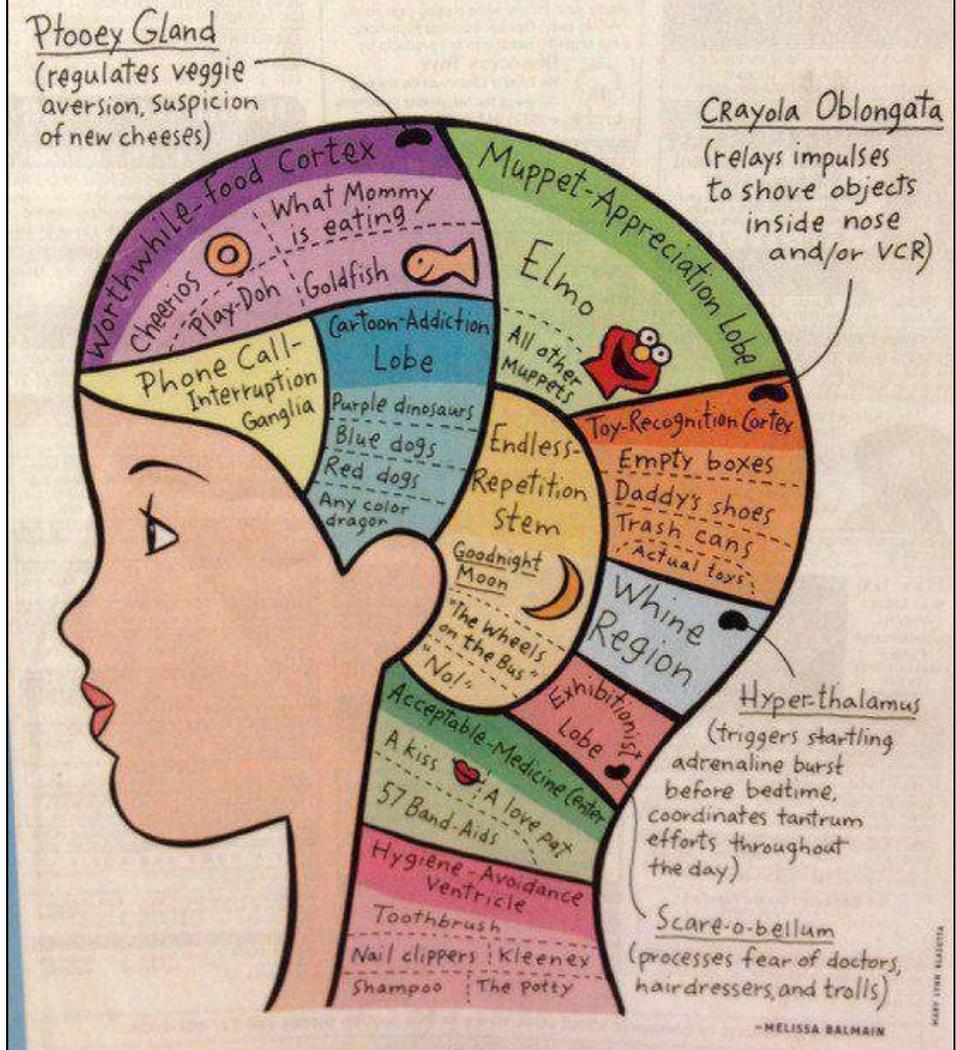
The University of Washington study makes fascinating observations about sleep's power to cause memory formation. But if you're wondering how much we can learn from fruits flies, then rest assured that many human studies also show that sleep improves memory and performance. ( continued pg. 3)

# Nutrition Fun Facts

By Tamika Ruskin, Cook & Nutritionist at Meliora School of Lawrenceville

- 1—12oz. Can of soda has 33 grams of sugar and about 136 calories, regardless of brand.
- Margarine vs. Butter? Both have the same amount of calories...1 tbsp. is 100 calories. Butter is slightly higher in saturated fats at 7 grams compared to the 2 grams in margarine.
- Honey should not be fed to infants under one year of age because of the risk of infant botulism. Botulism is a type of paralytic illness often caused through consumption of contaminated foods. The illness can be fatal if left untreated, and at the very least it can cause serious symptoms which require weeks or months of recovery.
- Obesity rates are soaring in the U.S., especially among children and adolescents. Since 1980, overweight rates have doubled among children and tripled among adolescents, increasing the number of years their bodies are exposed to the health risks related to obesity.

## Inside a toddler's brain



### 5 Ways to Promote Healthy Eating Habits in Children

1. Get them involved ! Let the kids help you with planning, shopping and preparing foods. They will be interested in the process and you can avoid picky eater problems.
2. Go to the source: Teach kids where their food comes from. Pick berries from a vine. Plant tomatoes or start an herb garden.
3. Make healthy snacks available.
4. Be a role model. Make healthy choices for your self and involve kids in why those choices were made.
5. Teach healthy eating habits early and encourage physical activity.

## Relationships Between Sleep and Memory (continued)

Proper sleep is easy to incorporate into your lifestyle: consider getting a good night's rest after you've studied for a test, experienced a particularly cherished event, or learned a new name. Sleep may help these novel experiences stick with you.

Not only may sleep help your memory, but lack of sleep may also hurt your health. A 2010 study from *Biological Psychiatry* found that chronic insomnia may lead to loss of brain volume. Researchers used fMRI scans to examine the brains of 37 human subjects with and without chronic insomnia. Insomniacs had a smaller volumes of gray matter in three brain areas—

and the more serious the insomnia, the greater the loss of volume. And a preliminary 2012 study from the Washington University School of Medicine found that poor sleep may be linked to brain plaques found in people with Alzheimer's.

Various studies make a good case for getting a good night's sleep whenever you can. But remember that while sleep may be beneficial, it's only part of the puzzle. Apart from nighttime memory consolidation, you can also work on improving your memory abilities by playing memory building games.

## Delicatessen with Love—Recipes from Grandmas Around the World

*“Eat, Eat, Eat!!!”  
—from Grandma with love*

I will never forget Grandma Sara's artichokes. They have become a cult since a famous Spanish cooking blog published the recipe, which I transcribed from memory, following the thread of the taste left in my mouth (just like Proust's Madeleine). Gabriele Galimberti pays homage to all the grandmothers in the world and to their love for good cooking, starting from his own Grandma Marisa; who, before the departure for his tour around the world, took care to prepare her renowned ravioli. She was not so concerned about the possible risks or mishaps her grandson might face in his adventurous traveling worldwide. Her major worry was, “What will he eat?”. That is because only at home

can you eat well and healthily. And above all, only your grandma (and sometimes mom) knows what is best for you.



With the taste of his grandma's ravioli in his mouth, Gabriele travelled around the world and, next to thousands of other adventures, turned into a and hungry grandson for the grannies of all the countries he visited. Appealing to their natural cooking care and their inevitable pride in their best

recipe, common factors to all grandmothers in the world. Gabriele persuaded them to do their best in the kitchen. This means moose steak in Alaska and caterpillars in Malawi, delicious, but ferociously hot, ten-spice-curry in India and shark soup in the Philippines. He has come back with a cookbook of detailed recipes

that mix love, photography and travel amongst the many exotic ingredients. Indeed, for each grandmother he has produced a portrait of the cook, an easy to follow recipe and an image of the extra-ordinary and at times mouthwatering final dish.

(<http://www.gabrielegalimberti.com/projects/delicatessen-with-love-2/>)

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**HAPPY  
 4TH OF JULY!!**

**SCHOOL IS CLOSED  
 Thursday, July 4th**

**What's Happening in July at Barrington ...**

**\*\* The following are highlights for the month of July. Please obtain a copy of the July Activities Calendar for your child's classroom from the front desk for specifics.**

**July 1-5: All Star Sports - Kickball, Baseball, Denny Dobbs Park Field Trip, Swimming/Water Play & Movie Day.**

**July 8-12: Hollywood Week - Create a Red Carpet, Camera Craft, Photos by Laugh Out Loud, Swimming/Water Play & Movie Day**

**July 15-19: Musical Me - Music of the 60's, 70's, 80's & 90's with a Nursing Home Visit and SteviB's Pizza plus Swimming/Water Play & Movie Day**

**July 22-26: Art is Alive - A week full of crafts...flower pot, flower, Kid's Only sign, magnet, Field Trip to Noah's Ark, Swimming/Water Play & Movie Day**

**July 29-Aug 2: Futuristic Fun - Create a futuristic car and a futuristic home, recycled robots, robot cupcake baking activity, Pin Strikes Field Trip, Swimming/Water Play &**

**GA Pre-K Orientation: July 29th & 30th**

**Quote of the Month**

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"Children aren't coloring books. You don't get to fill them with your favorite colors."

— Khaled Hosseini

**Pinnacle**



July Themes Include:

Land of the Free, Home of the Brave

The Wild, Wild West

Take Me Out to the Ball Game

Flying High

All-American Space Adventures