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Project Update

We have completed Year 3 of our project, and have been approved for a No-Cost Extension for one more year. This means that we have an extra year to finalize our research instruments and then hold our final partnership meetings with each EHS program in 2008.

We are currently preparing and validating the data collected from all of the women who participated in the home visits. We will begin analyzing the data next month. 200 Caucasian women, 195 African American women, and 11 women of other race participated in the study. We met our goal, and are so very grateful to all the agencies who helped us reach our goal: Early Head Start, WIC, Better Kid Care, Salvation Army, Catholic Ministries, and MSU Extension, just to name a few!

We plan to schedule partnership meetings with Early Head Start programs in 2008. We will have two valid and reliable instruments that will be available for EHS staff to use. One is a Mealtime Observation, which allows a home visitor to observe a mealtime with the caregiver and toddler and complete a short checklist that identifies risky behaviors. A self-report questionnaire that caregivers complete assesses the same risky behaviors as the Mealtime Observation. All 8 of our EHS partner programs will have access to these instruments. Training on their use will be provided.

We would like to thank each and every one of you for your continued dedication to this project, and a wonderful partnership for the past three years. We are looking forward to our meetings in 2008!

Recruitment Finish Line

At the start of the study, each EHS program identified how many participants they could recruit. How accurate were the estimates?

<table>
<thead>
<tr>
<th>Program</th>
<th>Goal</th>
<th>Actual</th>
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<tbody>
<tr>
<td>Eight-CAP</td>
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</tr>
<tr>
<td>Carman-Ainsworth</td>
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</table>

Although recruitment was more difficult than anticipated, we are overjoyed with the result. Our final count for participants was 406, and over 60% were recruited by EHS. Wow!

Our overall top recruitment county is Flint, with 68 participants! Many agencies assisted with recruitment in Flint, and we are very grateful to all of them, especially GCCARD EHS and Carman-Ainsworth EHS!

Our overall top recruitment program is a tie! MMCAA and CAA in Jackson/Hillsdale both tied at 44 participants. Great job!

Our overall top recruiter is also a tie! Andrea Bricker and Ann Thompson, both of CAA in Jackson/Hillsdale, each recruited a whopping 11 participants! Thanks ladies!

Our other top EHS recruiters include: Angela Reihl from 8-CAP, Kathy Bartlett from MMCAA, Debi Rittenbery from GCCARD, Sheldon Kranendonk from NEMCSA, Mary Ashley from CACS, Keisha Willis from Detroit, and Ryanne Kross from Carman-Ainsworth!

Honorable mention goes to the Luna Bell Stewart Center in Detroit, Sara Harvey with Catholic Charities Teen Parent Program in Flint, Deb Jones in Muskegon, and Pat Barnes in Detroit.
Toddler Tip: To Trick or to Treat?

Most parents are concerned about their toddler’s eating habits at some point—toddlers can be notoriously picky, and it is difficult sometimes to decide how best to treat that pickiness, knowing vitamins and minerals are crucial for healthy growth and development in toddlers. Two common reactions to “No, I won’t eat that” are to tempt your toddler with a reward for eating, or to sneak fruits and vegetables into a food your toddler will eat.

Trick...Children can be very sensitive to food, not just the taste, but also the texture and the visual presentation. Many parents worry that if their children do not eat what the parent expects them to eat, their children will not be healthy. However, it is your child’s average diet that is important. For instance, a toddler may not eat much one day, but the next day eat everything they see. If you offer regular meals, and provide healthy choices, your child will get a balanced diet. Trust your child to know when and what to eat, and let your child trust you not to trick him or her into eating a food they don’t want to.

or treat...While it may be easier to offer a child dessert or a new toy to get him or her to eat vegetables, it will be difficult in the long run to develop healthy eating patterns if a child has to be bribed to eat healthy. Remember that kids need to be introduced to a new food up to 20 times before eating it. This process may go quicker if the child can see other people in house eating and enjoying the food. Be a good role model for your child, and dig in!