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GOT FAMILIES? We Do!
We would like to thank the Michigan Salvation Army for graciously allowing our flyers to be available for consumers. Two potential participants have already signed up from Detroit!

GOT FAMILIES? Are you in the race?
Keep up the good work! We are already at 43.5% of our overall goal of 400 Families. That is, 174 families have been recruited to date. The Data Collectors are busy scheduling home visits. We have completed home visits with 51.5% of our target Caucasian population, but only 5% of our target African-American population. Please continue your wonderful efforts and remember to recruit those families with infants as they age into the study at 12 months. Great going!

What do we know so far?
We have data on 113 home visits, of those 10 are African-American, and 103 are Caucasian. 94% are mothers, mean age is 28 years old, range of 17 years to 66 years. 60% of kids are female, mean age is 25 months old (2.5 years old), range of 12-42 months (1 year old to 3.5 years old). Women were asked to choose up to three words to describe mealtimes with their toddlers, 40% of women said their mealtimes were planned, 34% said easy, and 32% said fun. Only 16% said frustrating or stressful.

What’s Next?
Although we are still in Phase II of our study, performing home visits, we are starting to think about Phase III. To thank Early Head Start for their Recruitment of participants for our study, we will develop a nutrition assessment tool for home visitors to use to quickly screen children at nutritional risk. We will be scheduling meetings with each Early Head Start site soon, and will be looking for a representative from each site. The selected representative will work closely with the research team to develop an instrument that meets the needs of their site, and will be influential in the final product. If you are interested in representing your site, or want to nominate someone, call our Office at 517-355-6744, or e-mail Kate at smithk81@msu.edu. We look forward to developing not only the instrument, but relationships with these representatives.
Meet Our Newest Data Collector
We would like to introduce our newest data collector, Leah Doyle. Leah lives in Gladwin county, is a mother of 2 young boys, runs her own business, and is completing a sociology degree. Welcome to the team Leah!

New website!!
Our website has a new and improved look, but the address is the same: http://nursing.msu.edu/neat/
Please visit and let us know what you think. If you have any suggestions, feel free to let us know. Thank you to the wonderful team here at Michigan State for the great new look!

Happy Holidays!

Here are some tips to help toddlers enjoy new foods that come with the holidays:

* Introduce only one new food at a time.
* Serve new foods with other foods that your child likes and at a time when your child is hungry and in good spirits.
* Let your child examine the food by smelling and touching it.
* Encourage one bite to taste, but don’t force the issue if your child won’t try it.
* Don’t be discouraged if your child refuses it; try again another time.

http://www.lambtonhealth.on.ca/child/feeding.asp

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Snack Corner

Crescent Roll Ornaments
- 1 can crescent roll dough
- Holiday cookie cutters
- Cream cheese
- Favorite veggies, chopped into small pieces

Lay dough flat on the counter. Cut fun Christmas shapes with cookie cutters and bake according instructions. When shapes have cooled, spread with cream cheese and decorate with colorful veggie pieces. Enjoy!