

Young Children / Priority One



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Mary Ann Beckham, District Chair –Georgia

Child obesity linked to formula, early start on solids

A new study links childhood obesity and the introduction of solid foods to bottle-fed babies before the age of 4 months.

Formula-fed babies who begin solid foods too early — before they're 4 months old — are six times as likely to become obese by age 3, compared with babies who start on solids later, according to a study of 847 in today's Pediatrics. About 9% of children in the study were obese by age 3.

Although the American Academy of Pediatrics recommends that parents delay introducing solid foods until ages 4 to 6 months, 26% start on solids by 4 months old, according to background information in the study.



Breast-fed babies face no additional risk of obesity, regardless of when they start solids, the study says. The academy recommends that mothers breast-feed exclusively for the first six

months, combining nursing with other foods for at least a year.

Doctors have long known that breast-fed infants are less likely to become overweight. Surveys show that only 75% of American babies get any breast milk, however, and half are nursed for less than four months, the study says.

A 2005 study in the Journal of the American Medical Association estimated that switching formula-fed babies to breast milk could reduce the child obesity rate by 15% to 20%.

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“JJ” SEZ:

- 1. Keep focused on Young Children/ Priority One.**
- 2. Adopt a project.**
- 3. Involve your local community.**
- 4. Partner with other organizations.**

Donna Rutledge, District Chair– Michigan

The Michigan District had another successful Hospital & Trauma Doll workshop at their 2010 District Convention.

Donna Rutledge, District Chair for YCPO reports that their District has held these workshops at their Annual Conventions for 3 years now. “It has been a wonderful addition to our District Convention activities, where both men and women enjoy stuffing the dolls for distribution throughout the District, says Donna. We not only furnish dolls for the trauma centers of our hospitals, but to various locations in the District and worldwide.”

Barb Dauphnee of the Utica Shelby Club in Michigan and her team of Doll Makers has provided dolls to many parts of the world. She provided International President, Sylvester Neil, with dolls when he visited countries in South Africa. Under her direction, she has provided over 2500 dolls all over the world in just 3 years. Her dolls have gone to hospitals, fire departments, pediatric clinics, Costa Rica, Montego Bay, Jamaica and even soldiers at the Walter Reed Army Medical Center in Washington, D.C.

Other places to receive her dolls were in Haiti, Iran, Iraq, Afghanistan soldiers and wounded children. She plans a delivery of 200 dolls to AIDS patients during a mission trip to Ecuador, Chad Africa, and Zambia this year as well.

This is truly a rewarding project for any Club. Both guys and gals are enjoying making the dolls and distributing them to those who are so happy to receive them.



You can get the instructions for these dolls on the internet @ <http://www.kiwanisone.org/memberresources/search/search.aspx?q=hospital>

The pattern for the dolls and instructions were provided by the Kiwanis Club of Burnside, South Australia to Kiwanis Intl. Supplies.



Lee A. Jeter, Sr., District Chair– LaMissTenn

Kiwanis Club and Families First promote reading

Pat May, President of Kiwanis of Starkville, Mississippi partners with the Center by providing funding and volunteers to promote literacy to children 0 to 5 years old. The Club sponsors “WEE READ” Program by providing reading materials and educational prizes to children in the 24 licensed pre-schools, private day care and in-home childcare centers in Oktibbeha County. Each month 3 facilities are selected to encourage parents to read to their children during the month. Each facility receives 5 books, each child that participates receives 1 book, and the 3 top readers receive a book and an educational toy that promotes reading. Any parent of a preschooler 0-5 years of age may participate by calling 320-4607. Oktibbeha County Families First Resource Center is a program of Starkville School District’s Department of Family Centered Programs and funded by the MS State Department of Human Services.



Lee A. Jeter, Sr., District Chair LaMissTenn

Metairie, Louisiana Dawnbusters Kiwanis Club sponsors “Rewards for Reading” in Jefferson Parish. Over 60,000 books read.

This is the fifth year that the Dawnbusters have sponsored this program. The members go to their community and solicit rewards for the children of the Parish. It started with rewarding bikes for reading and has blossomed ever since.

Airline Park Academy students Josh Kaplan, 3rd grade, and Haley Davies, 5th grade, each were awarded I-pods for participating. Analene McCullough, 4th grade, won a new MP3 player for reading a whopping 100 books for the semester, and Chase Guillot, 5th grade, won a Zephyr Baseball package for reading 150 books!

Two lucky teachers, Kelly Frisch and Jackie Markey, each received gifts, and 180 students at Airline Park Academy read almost 3,000 books (2,911 to be exact) this semester.



The Dawn Busters Kiwanis Club awarded 26 new bikes, helmet and lock and chain sets, 13 I-pods, 34 MP3 players, 34 Zephyr packages, 34 gift baskets including 34 Dot's Diner certificates, 3,000 bowling passes with shoe rental included, 200 Domino's free pizza cards, 15,000 AMF All Star bowling passes for the Christmas Holidays and 8,000 tickets for two to the Zephyr Baseball game on Sunday, May 29th that will "honor" all of the boys and girls who read at least one book in the Rewards for Reading program.

Over 60,000 books in 17 Jefferson Parish schools were read this semester! Congratulations to the boys, girls, teachers and administrators at these schools.

For more information: Robert J. Comeaux, Jr. President at rcomeaux@cbdwealth.com

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Editor's Notes:

“You are encouraged to send articles for publication that showcase your Club's, , Division or District Young Children/Priority One Projects. If you e-mail me with the contact, I will do the rest.”



Kiwanis Club of Tellico Village, Loudon, Tennessee make dolls for Hospital.

Each month, this Club make Kiwanis Dolls for their local hospital and choose a member to present them to the nursing supervisor of Children's Hospital.

Bob & Judy Kryter presented Kiwanis-made dolls to Nursing Supervisor Debbie Womble and her nursing staff at Children's Hospital, West Surgery Center, Knoxville.

The dolls serve several purposes. The nurse or doctor can use them to demonstrate the procedure that the child must undergo. Likewise, children facing imminent surgery can use the doll to express their feelings by drawing a face on the doll that indicates their emotions or can mark the place of the injury or the pain they feel. Upon leaving the hospital, each child keeps his/her doll, thereby retaining a positive reminder of the hospital visit.

The project has been producing & delivering 40 dolls monthly on a continuing basis.

More information Mick Gardner, President at mickandadele@charter.net

