



May 2012

Play and Learn at Eastpoint
1005 Northpoint Blvd.-Suite 701 ~ Baltimore, Maryland 21224
Phone: 410-282-2057 ~ Fax: 410-282-6056 ~ Email: MScarpim@playcenters.org
Visit us at www.playandlearnmaryland.org ~ Tax ID: 52-1259566



From the Director

Welcome to the marvelous month of May! Mother Earth is warming and the children are enjoying the beautiful outdoors. Our gardens and our children are blooming as we enter into another month of playing, learning, and growing!

Please be reminded that we will be closing at noon on Friday, May 4th, to attend the *Maryland State Child Care Association - Conference by the Sea*. This Conference will provide team building and professional development for our staff. Thank you for your understanding and support!

All families should have received a personal e-mail invitation to celebrate Play and Learn at Eastpoint's First Birthday and Ribbon Cutting Ceremony, on Wednesday, May 9th, from 11:00 a.m. to 1:00 p.m. We have invited local politicians, businesses, Dundalk Chamber of Commerce members, Play and Learn Administrators and Board of Directors as well as our wonderful staff, children, and families at Eastpoint. Your support of this event is important to us. Please mark your calendars to join us for the festivities. Please contact Ms. Michelle for more details.

May is a time to celebrate Moms! Play and Learn will host our Annual Muffins for Mom Event on Friday, May 11th, 7:00 to 10:00 a.m. Please plan to take a few extra minutes in the morning to feast on tasty muffins and juice and receive a special surprise!

We hope to capture the "spirit of Spring" with great pictures! Teddy Bear Portraits will visit Play and Learn at Eastpoint, on Monday, May 21st, beginning at 7:30 a.m., to take individual and class pictures. Information was distributed in your child's mailbox in late April. Please complete and return the Picture Day Form to your child's teacher in order for your child to be photographed. Caps and gowns will be provided for Graduation pictures. Photos will be available for purchase in late May and make great gifts!

Spring Parent/Teacher Conferences will be held the week of May 21st - May 25th. Sign-up sheets will be posted in each classroom. We hope you take advantage of this opportunity to review your child's portfolio, assessments, and observation binders as well as openly communicate with the teachers about your child's progress throughout the year.

Do you hear a roar? The preschool children will be roaring while they enjoy a field trip to the Maryland Zoo in Baltimore, on Thursday, May 24th. A bus will be provided for children (potty trained) 3 years and up. All families and children are welcome to join us for this fun-filled and educational adventure. Permission slips are required and will be available in your child's mailbox the first week of May. Parents are encouraged to participate!

Finally, be sure to mark your calendars for Wednesday, June 6th, to attend graduation festivities at Play and Learn at Eastpoint. Our Preschoolers are so excited to reach this special milestone. Invitations will be forthcoming for this memorable event!

Happy Mother's Day to our fabulous Moms!

Ms. Michelle and Super Star Staff

Parents -
Please check for the posted Parent Resource List as well as the Parent Resource Binder. We hope you find this information to be useful!

Important Dates:

Friday, May 4 - *CENTER CLOSING AT NOON*
Monday, May 28 - *Memorial Day - CENTER CLOSED*
Wednesday, June 6 - *Preschool Graduation*



May 2012

Play and Learn at Eastpoint
1005 Northpoint Blvd.-Suite 701 ~ Baltimore, Maryland 21224
Phone: 410-282-2057 ~ Fax: 410-282-6056 ~ Email: MScarpim@playcenters.org
Visit us at www.playandlearnmaryland.org ~ Tax ID: 52-1259566



Page 2 - Parents' Corner

Kids Should Not Consume Energy Drinks, and Rarely Need Sports Drinks, Says AAP

Sports and energy drinks are heavily marketed to children and adolescents, but in most cases kids don't need them - and some of these products contain substances that could be harmful to children.

In a new clinical report, the American Academy of Pediatrics (AAP) outlines how these products are being misused, discusses their ingredients, and provides guidance to decrease or eliminate consumption by children and adolescents. The report, "Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate?", is published in the June, 2011 issue of *Pediatrics* (published online May 30).

"There is a lot of confusion about sports drinks and energy drinks, and adolescents are often unaware of the differences in these products," said Marcie Beth Schneider, MD, FAAP, a member of the AAP Committee on Nutrition and co-author of the report. "Some kids are drinking energy drinks - containing large amounts of caffeine - when their goal is simply to rehydrate after exercise. This means they are ingesting large amounts of caffeine and other stimulants, which can be dangerous."

Sports drinks and energy drinks are different products, said Holly J. Benjamin, MD, FAAP, a member of the executive committee of the AAP Council on Sports Medicine and Fitness, and a co-author of the report. Sports drinks, which contain carbohydrates, minerals, electrolytes, and flavoring, are intended to replace water and electrolytes lost through sweating during exercise. Sports drinks can be helpful for young athletes engaged in prolonged, vigorous physical activities, but in most cases they are unnecessary on the sports field or the school lunchroom.

"For most children engaging in routine physical activity, plain water is best," Dr. Benjamin said. "Sports drinks contain extra calories that children don't need, and could contribute to obesity and tooth decay. It's better for children to drink water during and after exercise, and to have the recommended intake of juice and low-fat milk with meals. Sports drinks are not recommended as beverages to have with meals."

Energy drinks contain substances not found in sports drinks that act as stimulants, such as caffeine, guarana, and taurine. Caffeine - by far the most popular stimulant - has been linked to a number of harmful health effects in children, including effects on the developing neurologic and cardiovascular systems. Energy drinks are never appropriate for children or adolescents, said Dr. Schneider and Dr. Benjamin. In general, caffeine-containing beverages, including soda, should be avoided.

The report contains tables listing specific products available today and their contents.

"In many cases, it's hard to tell how much caffeine is in a product by looking at the label," Dr. Schneider said. "Some cans or bottles of energy drinks can have more than 500 mg of caffeine, which is the equivalent of 14 cans of soda."

AAP recommendations include:

- Pediatricians should highlight the difference between sports drinks and energy drinks with patients and their parents, and talk about the potential health risks.
- Energy drinks pose potential health risks because of the stimulants they contain, and should never be consumed by children or adolescents.
- Routine ingestion of carbohydrate-containing sports drinks by children and adolescents should be avoided or restricted, because they can increase the risk of overweight and obesity, as well as dental erosion.
- Sports drinks have a limited function for pediatric athletes; they should be ingested when there is a need for rapid replenishment of carbohydrates and/or electrolytes in combination with water during prolonged, vigorous physical activity.
- Water, not sports drinks, should be the principal source of hydration for children and adolescents.

<http://www.healthychildren.org/english/news/pages/kids-should-not-consume-energy-drinks-and-rarely-need-sports-drinks-says-aap.aspx>