



# BEST BEGINNINGS

Alaska's Early Childhood Investment

E-Newsletter

## September 2012 E-newsletter



### **Baby brains and ping-pong**

How many times have you heard a baby described as a thirsty sponge or a blank slate? Unfortunately, these analogies downplay the active role parents and other adults have in helping a baby develop into the happiest, healthiest, smartest person she can be. Instead, the action is two-way, just like tennis or ping-pong.

[Read on...](#)



### **Join the team**

We're inviting Alaska's early childhood organizations, agencies, and parent educators to promote family engagement in a very hands-on way. Become a *Babies on Track* Team and receive copies of the popular DVD and book sets for your families and more. [Find out how to sign up...](#)

### **Small numbers, big impact**

The Wrangell Early Childhood Coalition, a Best Beginnings partnership, started out concerned about seven children. The outcome: subsidized early learning for children, a mentoring system for local child care programs, and a higher profile for early learning. [Read more about their efforts...](#)

### **Did you know?**

10,500 Alaska children entered kindergarten last month.

In recent years, an estimated 40% of entering kindergartners lacked a solid foundation for school success.

Those children started school already behind. Your gift to Best Beginnings helps more Alaska children have the early childhood experiences to succeed in school and in life.

[Please give to our 2012 Annual Appeal today.](#)  
Thank you!

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### **Diet and IQ**

Children fed healthy diets in early age may have a slightly higher IQ, while those on heavier junk food diets may have a slightly reduced IQ,



according to new research from the University of Adelaide.

The study looked at the link between the eating habits of children at six months, 15 months, and two years, and their IQ at eight years of age.

[View research](#)



### **Take it outdoors**

Could children be smarter, healthier, and happier if they had more exposure to the outdoors and nature? Richard Louv has inspired a growing movement and spoke in Anchorage and Fairbanks this month. [Learn more about Louv's theories and find fun nature activities for children...](#)



### **Babies on Track Movie**

All those *Babies on Track* premieres are here: from the variety of invitations and posters to the engaged families around the state. From the babies in snowsuits to the VIPs in suits. From the babies on red carpets to the babies inking their hands to make their own tracks. See if your family made it into the [movie!](#)

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Best Beginnings is a public-private partnership that mobilizes people and resources to ensure all Alaska children begin school ready to succeed.

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