



Pediatric  
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# PTP News

September 2010

## Question and

### Answer:

#### How much TV is too much?

The American Academy of Pediatrics says that children under two should not watch any television at all. Older children should not watch more than one to two hours a day. However, if you need to make dinner, sometimes you need them occupied!

## Book Corner:

In the month of September, we celebrate the birthday of a great legend in our country's history. His name was John Chapman, but we know him as Johnny Appleseed. Written by Carol Ottolenghi, *Johnny Appleseed* tells the story of the man who spread apple seeds through the frontier in the 1800's. He started in New England and travelled all the way to the Midwest. The pictures are very colorful and may inspire you and your kids to make applesauce or apple pie. The author also has other books about historical figures and your favorite fairy tales.



## This Little Toddler Went to Market

The warm summer days are probably behind us, but you can still get a taste of summer by visiting a local farmer's market. These markets are located all over our area, and they offer delicious, fresh food for you and your family. Not only will you find fruits and vegetables, but many markets offer milk, eggs, baked goods, flowers, and even meat.

A farmer's market is an experience too. You can talk to the person who actually grew and produced the items you are buying. They all have a story to tell about the farm, their family, and what you might want to do with the veggies you are buying. If your kids don't like to eat certain fruits and vegetables, they may be more likely to eat them, if they can pick them out and talk to the farmer who grew them.

There are so many

farmer's markets in our area. There isn't enough room here to list them all. Here are a couple.

- Ambridge Farmer's Market, St. Mary's Byzantine Catholic Church, off Route 65. Thursdays 3-7pm.
- Beaver Farmer's Market, courthouse lot, 4th and Market Sts. Saturdays 10-1
- Bellevue Farmer's Market, Immaculate Conception School, Cedarville St. and Friendship Ave. Thursdays 3:30-7:30pm
- Butler Farmer's Market, W. Diamond and Chestnut Sts. Saturdays 8-12 and Wednesdays 2-6pm
- Cranberry Farmer's Market, behind Municipal Building on Rochester Rd. Fridays 3:30-6 and lot behind Fire Station on

Mashuda Dr. Staurdays 10-1

- Downtown Pittsburgh, Market Square Farmer's Market, Forbes Ave. and Market Pl. Thursdays 10-2
- Mars Farmer's Market, 225 Crowe Ave. Saturdays 9-12
- New Castle Farmer's Market, Town Mall at 100 Jefferson St. Fridays 7-11am
- Farmer's Market at Pine Community Park, near the Community Center. Thursdays 3-6pm

Most of the markets run through October or November. For a complete list of farmer's markets in our area,, go to [www.postgazette.com](http://www.postgazette.com) and search "local farmers markets."

## How Do I Do That?

There is a great website out there that can help you and your children learn new things. At [www.activitytv.com](http://www.activitytv.com), they show videos clips on how to do all sorts of things. It is very easy to navigate too.

There are several categories to choose from. You can learn to do cartoons, jewelry, science experiments,

and even yoga. There are so many video clips in each category, and they are organized by beginner, intermediate, and advanced. Each clip is geared toward kids. You can also print out written instructions that go along with the video. These directions are also written for kids.

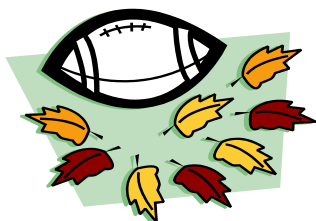
One category is titled

"Family Gifts." It provides directions for your child to make a special, homemade present, like picture frames and paper weights.

Another category deals with "Special Activities." This one gives tons of ideas for crafts that go along with all the holidays. Your child can make their own Halloween costumes and trick or treat bags.

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#### **Upcoming Events**

- July 30 to October 18, Butterfly Forest at Phipps Conservatory and Botanical Garden. For more info, call 412-488-5190
- August 6 through Sept. 17, Every Friday, Movies in the Park, Moon Twp., Moon Park, Movies begin at dusk, Free for everyone. For more info, go to [www.moonparks.org](http://www.moonparks.org)
- Through Sept. 19, Every Sunday, Corn Roast, 11-4 at Soergel's Orchards in Wexford. For more info, go to [www.soergels.com](http://www.soergels.com)
- Sept. 3-6, Pennsylvania Art and Craft Colonial Festival, Westmoreland Fairgrounds, Greensburg. For more info, call 724-863-4577 or go to [www.familyfestivals.com](http://www.familyfestivals.com)

- Sept. 8, "Audiology 101: My Baby's Hearing Loss" 9:30-11:30, DePaul School for Hearing and Speech. For more info, call Lillian R. Lippencott at 412-924-1025
- Sept. 12, Family Fishing Derby and Walkabout at North Shore Riverfront Park, 12-3, Catch and release fishing and nature hikes. For more info, go to [www.aboard.org](http://www.aboard.org)
- Sept. 22, "Understanding an Early intervention IEP and the Parent's Role in the Process," 9:00-10:30 or 6:30-8:00, DePaul School for Hearing Loss and Speech. For more info, call Lillian R. Lippencott at 412-924-1025

- Sept. 24-26, Westmoreland Sale for Kids, High quality, gently used items for babies and kids, Westmoreland Fairgrounds, Commercial Buildings #1 and 2, 9-4. For more info, call 724-433-8980 or go to [www.saleforkids.com](http://www.saleforkids.com).

