



The
**Focus
Foundation**

research · awareness · treatment

January 2019

The Magnifying Glass: A Newsletter

Our Promise: For all families, The Focus Foundation promises to develop the latest and most innovative care. The Focus Foundation believes in novel and "out of the box" thinking that produces scientific breakthroughs that enable children with neurogenetic disorders to lead better and more fruitful lives.

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- **A Note from Dr. Sprouse**
- **Focusing on a Year in Review**
- **Focusing on a happy, healthy 2019!**

A Note from Dr. Sprouse

Dear Family & Friends,

2018 was extremely productive for The Focus Foundation.

We experienced an exciting expansion in space and staff. We increased our visibility with several worldwide scientific presentations and publications. We are expanding our specialty conferences around the globe, beginning with our first Australian conference in Brisbane this April.

The Focus Foundation is committed to worldwide optimal care for each and every child with X & Y chromosomal variations and as always, we appreciate your support.

Best wishes for a happy and prosperous 2019,

Dr. Carole Samango-Sprouse



A Year In Review

This past year we were thrilled to:

- Present at the American Clinical Genetics Meeting (ACMG) in Charlotte, North Carolina
- Present at the Pediatric Academic Societies (PAS) meeting in Toronto, Canada
- Present at the International Society of Prenatal Diagnosis (ISPD) in Belgium
- Host our 15th Annual 49ers Conference focusing on 49, XXXXY in Annapolis, Maryland
- Present at the American Society of Human Genetics Meeting (ASHG) in San Diego, California
- Present at the National Society of Genetic Counselors Meeting (NSGC) in Atlanta, Georgia
- Host our European X & Y Conference in the UK with our specialists
- Our “family” of 49ers exceeded 110 boys with 49, XXXXY worldwide.
- We continued parent focused and parent driven Facebook Live sessions to reach families across the globe and answering your questions in real time.
- In recognition of her leadership and groundbreaking research in the field of rare genetic disorders, the **International Women’s Forum** extended a membership to Dr. Carole Samango-Sprouse.
- Made new friends at home and abroad, who have trusted us with their children, believed in our research, and made the leap to build a stronger and more capable future for the children.

Building A Happy, Healthy New Year

Did you know the foods you put into your body can actually enhance brain function?
What’s on your dinner menu this week?

BREAKFAST:

We know how hectic mornings can be.
Here is why we want you to consider eggs...

We all have a preference for our eggs. If your picky eater is not a fan, try other ways of presenting them, from hard boiled, fried, omelets, and breakfast burritos.



BENEFITS OF EGGS

FOR TODDLERS AND CHILDREN



Eggs are a complete Protein

Proteins are the building blocks for a young body and are required for new cell generation and regeneration of cells. Eggs help kids grow bigger and stronger.



Eggs Contain Lutein And Zeaxanthin:

Eggs are an excellent source of lutein and Zeaxanthin, which are essential for healthy eyes. They keep vision sharp and ensure the health of the retina.



Eggs Contain Choline

Choline helps in building the membranes of the cells, which we need for brain development. 1 egg contains 100 mcg of choline.



Eggs Contain Omega-3s

Omega 3 are healthy fats found predominantly in fish and help with early brain development and cognitive memory.



Eggs are an excellent source of Vitamin D

Vitamin D is important for the bone health of growing kids. Did you know egg is the only food source of vitamin D?



Eggs Contain B12 Vitamin

This vitamin is also called cobalamin. It is important for your child's brain and nervous system development.



Eggs Contain Folic Acid

This water soluble vitamin is equally essential for the neural health of kids. A folate deficiency can lead to weakness and nerve damage.

LUNCH:

It can be tough to come up with healthy lunch box combinations day after day. Skip the sandwich and try something new...

THE FOCUS FOUNDATION LUNCHBOX SHUFFLE

TURKEY & CHEESE ROLL UPS

FRESH FRUIT WITH YOGURT

CHEESE & FRUIT KABOBS

PEANUT BUTTER & PRETZELS & APPLES

HARD BOILED EGGS

HUMMUS WITH VEGGIES & PITA

GUACAMOLE WITH VEGGIES & CHICKEN

PULLED CHICKEN & SALSA

MEATBALLS & SALAD



DINNER:

Try fish or salmon. Here are a few tips to get your child to love fish (yes, really!)

- Make fish patties. Dress it like a yummy, kid friendly burger!
- Make breaded fish sticks or fish nuggets. They'll never know the difference!
- Make it sweeter! Try serving it with pineapple or a teriyaki dipping sauce. Dice up a mango salsa to top it with.
- Make a fish bar: Give them options to top it with, salsa, butter, ketchup.
- Make it consistently! It won't be such a weird thing to see on their plate if they see it often. Try serving it once or twice a week so they have time to get used to its texture, taste and smell.
- Let them help! Kids who are welcome in the kitchen and food prep are more likely to eat the fruits of their labor. Plus, this is great opportunity to enhance those fine motor skills, math ability, and life skills.

We know salmon and other fish are good for you. But why?

- RICH IN OMEGA 3 FATTY ACIDS.**
Fish is one of the best sources of the long-chain omega-3 fatty acids EPA and DHA.
- THEY'RE ESSENTIAL.**
Omega-3 fats are considered "essential," meaning you must get them from your diet since your body can't create them.
- FULL OF PROTEIN**
Salmon and fish are a fantastic source of protein, which helps to build bone health and prevent muscle loss.
- CONTAINS THE ANTIOXIDANT ASTAXANTHIN**
Astaxanthin helps the body protect your brain health and your nervous system.

Now that we know how to fuel those little bodies, how should you work on strengthening them this year?

Take a Hike

Resolve to take a family hike every weekend to improve endurance. Visit hikeitbaby.com for information on national parks or wildlife reserves in your local area and hit the trails! Most of them are free or charge only a small fee for parking.



THE TOP THREE REASONS

YOU NEED TO TAKE A HIKE

EXERCISE. The benefits of simply walking are endless. Imagine the improvement made in your child's balance, leg strength and cardiovascular health each time you head outdoors for a stroll.

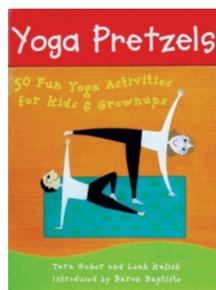
SELF CONFIDENCE. Away from open roads, your little ones can feel free to roam. Encourage them to run ahead, climb the hill, jump over rocks. We guarantee those warm and fuzzies when you hear them yell, "I DID IT."

FAMILY TIME. Unplug, parents, and leave your phone in the car. Being outdoors will encourage conversation and sibling bonding. Engage in play and enjoy being together!

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Family Games

Need some family game ideas to help engage some physical activity in these winter months? Play musical chairs in the living room or Simon Says.



Then, when it is time to wind down at bedtime, try 'Yoga Pretzels'. Practice bending, twisting, breathing, and relaxing through these fun and colorful cards. Great also throughout the day for our kiddos with anxiety.

TIP: Yoga Pretzels is available on Amazon.

**Don't forget to purchase using your [Amazon Smile](#) account, with The Focus Foundation as your chosen nonprofit!*

Sleep = Focus

Sleep is just important to your little ones – and to you! – as exercise and balanced nutrition. Not only does sleep promote growth in their tiny bodies, research shows a little extra “Vitamin zzzz” can help increase kids’ attention span.

So how much sleep is enough?



**As cited by the AAP*

Is your little one having trouble getting or staying asleep?

For your infant, try a lullaby machine or music app to lull them to sleep. For older children, try some aromatherapy by dropping 2 to 3 drops of lavender essential oil on their pillow to promote relaxation and induce a peaceful slumber.

A few sleep apps to consider:

Good night Mo ~ 3D Interactive Pop-Up Book is a soothing storybook to accompany toddlers as they get ready for bed. The app follows Mo as he goes through his nightly routines such as taking a bath and brushing his teeth. Kids can tap on objects on the screen to make them yawn. The calm background music and narration help lull kids to sleep.

The Weissbluth Method Toddler Bedtime App is inspired by Dr. Marc Weissbluth's Healthy Sleep Habits, Happy Child. This app provides tips and advice on how to help your child 12 to 36 months fall asleep.

Healthy Body, Healthy Mind

Did you know? When your child is between the ages 4 and 7 there is a critical developmental window when their brain is especially open to developing a lifelong kindness habit?

Here are our favorite books about kindness:

“Stick and Stone” by Beth Ferry - This is an adorable story about the power of standing up for others, and the puns are fun for the parents!

“Stand Tall, Molly Lou Melon” by Patty Lovell - The bully in this story shows how kindness is a choice. And Molly Lou Melon’s confidence is contagious – how can it not be with such a fabulous name?

“Strictly No Elephants” by Lisa Mantchev - This cute book helps show the importance of inclusion and what it feels like to be excluded.

“Nerdy Birdy” by Aaron Reynolds - This book shows even when someone is different than you, they still deserve your kindness! This one is a favorite especially for those kids who feel a little different.

Donations



You can give more without spending more. **Many companies will match your donation to The Focus Foundation.** Check with your personnel or human resources office to see if your company participates in a matching program. Many thanks to the Families employed at the companies below who have doubled their donations through community partnership programs.

Visit thefocusfoundation.org or click the button below to donate.

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