

Early Head Start Gazette

September 2020

Talk, Talk, Talk!

Talking with babies and toddlers is a brain building activity! Every time you talk to a baby and have a high-quality back-and-forth interaction, new connections in that baby's brain are made. The more you engage with babies and toddlers in this way, the more they learn to understand and use new words and concepts. Below are some tips for talking with babies and toddlers and engaging in high-quality back-and-forth interactions.

- Move to the child's level and make eye contact.
- Mirror the child's tone. For example, if the child is smiling and happy, use a happy, upbeat tone of voice.
 - Use Parent-ese! Parent-ese is a type of adult speech where an adult talk to a child in an exaggerated, animated, and repetitive way. Babies and toddlers get excited when they are spoken to in fun and interesting ways. Parent-ese captures babies' attention and can help them learn.
 - Comment! Comment about everything in the baby's environment, such as their actions and other people's actions, objects, toys, foods, activities, and daily events. Narrate your routines!
 - Label! Babies and toddlers are learning to match words with different things in their world. Labeling at every opportunity helps babies and toddlers learn new words and understand their meaning. Point and look at objects when describing them for babies/toddlers. Make sure the baby/toddler looks at who or what you are pointing to.
 - Model! Model the correct use of words, the use of familiar words in new situations and in longer sentences, and the use of new words. The more that teachers model language for babies and toddlers, the more children learn.
 - Ask questions! Ask different types of questions, including open-ended questions. Give them enough time to respond. Giving toddlers choices may help them respond. For example: "Did you use a marker or a crayon to draw your picture?"
 - Follow the child's lead and talk about it! Identify what the child is looking at, playing with, holding, doing, or interested in. Label and describe whatever it is they are engaged with. Jump in and play with them, narrating what you are doing together.
 - Have conversations! Some babies and toddlers may not have words yet, but they still communicate in their own "baby language". This is usually in the form of babbles, coos, laughter, smiles, looks, and gestures. Talk to them and reply to their "baby language". That is called a "back-and-forth conversation"- baby style!
 - Use many different words! Introduce new or uncommon words, explain what they mean, and repeat them across different activities throughout the day. For example, use words like huge, humongous, or enormous to describe things that are very big.
 - Repeat and Expand! Repeat the words babies/toddlers use back to them and expand by adding a little more. For example, if the child says "airplane!", you can say "yes, the airplane is flying in the sky!".
 - For children learning more than one language, use even more gestures and body language.

<http://toosmall.org/community/body/Tips-for-Infant-Toddler-Teachers.pdf>

Try Measuring Up

Using everyday items, teach your child to measure. Although a ruler is the most common measuring tool, experiment with months, seasons, or time of year to make the learning process interesting. In the fall, have your child lie down on the grass and then line up apples next to her to measure how many "apples tall" she is at certain ages. Or determine how many "Legos tall" the couch is or how many "wooden blocks wide" the refrigerator is in

your home. For extra fun, discover how many of your child's books it will take to cover your bed. Always count as you lay down the different objects, and soon your child will be counting and measuring in all different ways!

https://www.parents.com/toddlers-preschoolers/development/intellectual/toddler-development-activities/?slide=slide_a679eb44-a364-4d12-a151-3fcb56b98b42#slide_a679eb44-a364-4d12-a151-3fcb56b98b42



Economics and Your Personal Finances

Q. What's the most important economic principle that would help the average consumer's finances?

A. The concept of non-monetary costs associated with finances. Most people associate only monetary costs with their purchases.

Q. What other costs are there?

Transaction Costs - additional costs over and above the cost of the item, like taxes, shipping, waiting in line, load fees on investments, etc.

Sunk Costs - costs that are in the past and cannot be recovered. Items at a dollar store are usually sunk costs because we aren't willing to return them.

Opportunity Costs - the cost of the next best alternative. What are you giving up in order to have your choice?

Q. What do most people think they know about economics that's not true?

A. Most people think economics is about money and graphs. It isn't. Economics is about decision making and allocating resources to their most efficient use. That is why everyone should understand economics to have better lives through better decision making and resource allocation!

Imagine how much simpler life could be if you were debt free. Now take the first step to getting there.

Q. What tool based in economics do marketers use to get us to buy and spend more?

A. Marketers use incentives to get us to buy things. These incentives include sales, low financing costs, buy one get one free, etc. There are two questions I'd like you to think about before taking them up on this incentive: 1) Why is it on sale? (Going bad, a new one coming out soon, it's being discontinued, etc.) If you're OK with that, then go ahead. 2) Will this 'sale' force you to buy more than you normally would, and therefore cost you more than you are saving? Something I see at the grocery store all the time is 2 for \$1 or 4 for \$10. Do you really need to buy 2 or 4 to get that price? Do you really need 2 or 4 of the item?

<https://www.stretcher.com/stories/15/15mar16d.cfm>

THERE ARE 5 REASONS WHY MONEY MATTERS

Money builds houses.

We all know that our shelter costs money. Our food, water and shelter are the basic building blocks to living. In order for education, personal development and freedom to be achieved we must have our basic needs satisfied. I speak with folks who are under-employed all the time. When I ask how much money they want to make in the future...they squirm...get red-faced, say "it's not important, I just want to help people and be happy". That is backwards. I know we were raised to think that way, but stay with me for a bit and you may see another paradigm emerging.

When our basic needs are met, we can then.....When we are warm, happy and secure we can then....

When we are not out fighting with others because we need to have territory, food or security.....we can then create a life that is joyous and free.

Money creates opportunity for choices.

Yes, money allows us to choose. Did you go to the school you wanted to or the one you had to? Did you buy the car you wanted to or the one you could afford? Did you send your favorite niece that special computer so she could design the next high-tech bridge or....? I am not faulting you here. Nor do I expect that you will just be able to have everything you want. Ok, maybe someday.

You deserve to have more and to be able to have choices in life. Money allows us to have that. But, isn't the love of money the root of all evil? (I heard you think that.) I have seen lack of money create more harm and destruction. I have



seen lack and scarcity be more the root of evil. Yes, greed and money for money's sake and control can be very damaging. The real answer is this:

Money and power reveal who you really are.

So, if you are generous and big-hearted and moral and a great soul...you will be more of that with money. Thank you Oprah, Bill Gates, Warren Buffet and numerous others who have begun real movements to cure and solve many of our world's problems.

Money allows you to execute your dreams.

Ah...yes....with money you can start that business. You can go back to school and learn more. Your dreams are right there. With the proper funding dreams get traction in the physical world. Writing that novel that is in you can be a scary proposition. A year off, funded by a big job and savings can be the difference between a dream and living in it. Prioritize money and your dreams will have the fuel they need. Keep shame and negative energy around money and your dreams will wither and die. DO not let your dreams die!

Money fuels causes you care about.

Causes and movements are worthy of you. You can

start a community project to house women and kids who are struggling. You can donate to water distribution crises around the globe, you can donate to your alma mater to bring higher level professors to the school. The list goes on and on. The causes you care about are calling you. They are worthwhile and can change the world. You need money to move them forward. Raising money and/or contributing your own money requires a love of money, not disdain. You must have a great money relationship and prioritize money in order to really move your causes forward.

Money reflects your consciousness.

Are you still with me? Has the inner gremlin voice grabbed your throat or sent you to the sink to splash cold water in your face? What is Mo talking about? Well...I am talking about the big, loud, elephant in the room. Scarcity versus prosperity consciousness. All of the above reasons why money matters are simple to understand and they make sense in the physical universe in which our bodies reside. Food, water and shelter after all, are physical things. Yes, but the real reason why money matters is because your consciousness matters. Your ability to live in a prosperous, abundant mindset is really important. It is important to all of us. Your energy and the thoughts you put out in the world (all 60,000 per day) are the reflection of how you think and feel. Walking around with, "I can't afford that" and, "that will never be possible" are thoughts that separate you from your highest self and from love and prosperity.

<https://mofaul.com/5-reasons-money-matters/>

Announcements

September is National Sickle Cell Awareness Month, designated by Congress to help focus attention on the need for research and treatment of sickle cell disease.

Sickle cell disease is the most common inherited blood disorder in the United States, affecting an estimated **100,000** Americans.

The disease is estimated to occur in 1 in 500 African Americans and 1 in 1,000 to 1,400 Hispanic Americans. According to the Center for Disease Control, about 1 in 13 Black or African-American babies is born with sickle cell trait (SCT).

For tri county support including testing and treatment locations please visit <https://www.onescdvoice.com/> for additional resources.



Coronavirus: Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
- **Between people who are in close contact with one another (within about 6 feet).**
- Through respiratory droplets produced when an infected person coughs, sneezes or



talks.

- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that **COVID-19 may be spread by people who are not showing symptoms.** <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Running Essential Errands

What you need to know

- Stay home if sick.
- Use online services when available.
- Wear cloth face coverings in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
- Use social distancing (stay at least 6 feet away from others).
- Use hand sanitizer after leaving stores.
- Wash your hands with soap and water for at least 20 seconds when you get home.

Protect yourself while shopping

- Stay at least 6 feet away from others while shopping and in lines.



- Cover your mouth and nose with a cloth face covering when you have to go out in public.
- When you do have to visit in person, go during hours when fewer people will be there (for example, early morning or late night).
- If you are at higher risk for severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours.
- Disinfect the shopping cart, use disinfecting wipes if available.
- Do not touch your eyes, nose, or mouth.
- If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.

Beef Stew

Ingredients:

1/2 cup cubed cooked beef
1 peeled potato
1/4 cup shelled fresh or frozen peas
1 peeled carrot
1 stalk of celery
1/4 cup uncooked pasta (try di'talini as it's small and makes for great finger food.)
4 cups of water

Directions:

Step 1: Wash vegetables thoroughly and chop very fine.

Step 2: Simmer the veggies for 20 minutes or until softened

Step 3: Add the pasta and cook for 10 minutes longer or until very soft. Drain but save the water.*****

Step 4: Mash or puree the mix until it is of a consistency adequate for your baby.



The Benefits of Eating Together For Children and Families

Today's busy lifestyle can make eating together a challenge, but it's worth the effort it takes. There are nutrition, health, social, and mental benefits to eating with others. Here are some tips and strategies to help you get started.

Schedule Time to Eat Together

Eating together can happen at breakfast, lunch or dinner. Choose the meal that gives you the most time to talk and connect.

Everyone Can Help Plan & Prepare Meals

Eating together is more likely to happen when everyone helps.

Involve kids of all ages in planning, shopping for and preparing meals. These are important life skills that can help us eat well.

Children and others new to the kitchen can help in the following ways: take foods out of the fridge or cupboard, tear up lettuce for a salad, sprinkle cheese on a pizza, help wash fruits and vegetables, layer fixings in a sandwich, or put muffin liners in the pan.

Kids with more experience in the kitchen can do the following: crack eggs, toss a salad, measure ingredients, stir ingredients in a bowl, put



batter into muffin tins, roll balls of cookie dough and put them on the baking sheet, or pick herbs from the garden.

Children are more likely to eat the foods they help you to prepare.

Cooking together is a great way to connect with each other and have fun!

Use a combination of fresh ingredients and ready-made foods to make fast, easy meals. Over time, make

more from scratch. Remember, the meal doesn't have to be perfect. It's the time together that's important.

Cooking is a great time to teach about food safety. Remind children to wash their hands before and after preparing food, to wash vegetables and fruit before eating, and not to mix ready-to-eat foods with foods that need to be cooked.

Cooking together is also a great way to teach kids about kitchen safety. Always supervise their activities. Getting burned or cut puts an end to the fun fast!

Make Mealtimes about Being Together

Eating together provides a time to be connected. This helps children feel loved, safe and secure.

Model Positive Eating Behavior

You are an important role model for good table manners, trying new foods, and enjoying mealtimes. Children and youth are more likely to eat foods their parents and family also enjoy eating.

Health and Social Benefits to Eating Together

People of all ages eat better when they share a meal with others. They tend to eat more fruits and vegetables and other nutrient-rich foods. They also eat less pop and fried foods.

Eating together gives young children the chance to learn more words and how to communicate better.

Other benefits for kids and teens include:

healthier eating into adulthood

healthier body weight

lower risk of disordered eating

less use of cigarettes, drugs, and alcohol

fewer behavior problems and decreased early sexual activity

better self-esteem and less depression

better grades and higher scores on achievement tests at school

The benefits of eating together are greatest if you don't eat in front of the TV and other screens. <https://www.healthlinkbc.ca/healthy-eating/eating-together#:~:text=People%20of%20all%20ages%20eat,and%20how%20to%20communicate%20better.>