

HEAD START Gazette

Community Coordinated Care for Children Inc.

September 2020

10 Fun Ways to Teach Children How to Identify Different Animals

Learning doesn't have to be a boring task, there are plenty of fun ways to teach kids about animals. They learn and recollect better when they are having fun.

1. Animal flash cards are a great way to teach your child about a wide variety of different animals. You can find a variety of flash cards at Dollar Tree, Target, Walmart, and Cram.com. Along with the flash card you can incorporate sounds associated with the respective animal thereby teaching the child about animal sounds at the same time.
2. Visit your local library and find a wide variety of books that you can use to teach your child about the different animals.
3. Take a field trip to the Zoo, such as the Fort Worth Zoo.
4. Find online printables for the different animals and print them off for your child to color. As your child is coloring, you can easily discuss each animal with your child. Ask your child questions about the sound that the animal makes, are they safe to handle or touch, where do they live, what they eat, ect.
5. Enjoy making animal crafts of different animals with your children.
6. Visit a local petting zoo. Interacting with the animals will give them a whole new perspective. It a wonderful experience for the child to interact in a friendly manner with the animals.
7. Take your child to the state fair. Most state fairs have livestock and other farm animals. When they can relate a story associated with the animal they identify it better. Seeing and experiencing something first hand is a sure
8. shot way to build memory relating to the thing.
9. Find a local farm in your area and plan a visit. A day out in the company of animals, seeing them in their natural habitat helps the kids learn better about them.
10. Plan a trip to a wildlife refuge.
11. Watch animal planet together. Let's face it, we can't really take them to all the places we want to but we can surely not let that become a handicap. Also, it is not always possible to see the animals in their natural habitat so TV serves a great alternative. Sit with them, explain them and see them enjoy and learn!



Paper Plate Lion Craft

All you need is few paper plates, craft paper and some googly eyes.

Make a round face for the lion.



Cut the external portion of the plate to make the manes.

Fix those eyes and your paper lion is ready to roar. It's a lovely lion paper craft.

<https://stylesatlife.com/articles/lion-crafts/#:~:text=9%20Stunning%20Lion%20Craft%20Design%20Ideas%20For%20Kids,with%20these%20cup%20lions.%20...%20More%20Items...%20>

Monday, September 7 Labor Day 2020 in United States

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions' workers have made to the strength, prosperity, and well-being of our country.



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/>

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.

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>



Fire Prevention for Little Kids

Working smoke alarms reduce the chances of dying in a fire by nearly 50 percent. They are a critical first step for staying safe, but in order to be effective, they have to be working properly. For the best protection, install smoke alarms on every level of your home and in every sleeping area.

- Consider installing a smoke alarm that has a 10-year battery.
- Teach kids never to play with matches, lighters or fireworks.
- Keep candles at least 12 inches away from anything that can burn, and always blow them out when you leave the room or before you go to sleep. Teach older kids not to use candles in their bedrooms, unless supervised by an adult.
- Use common sense in the kitchen. Limit distractions when cooking and don't leave a hot oven or stovetop unattended.
- Have a fire extinguisher in the kitchen in case of emergency, and make sure you know how it works. You might be surprised that most people don't know how to use one.
- Children should know how to respond to the sound of a smoke alarm. Teach them to get low and get out when they hear it. A child who is coached properly ahead of time will have a better chance to be safe. Watch our video to learn more.
- Practice feeling the door, doorknob and cracks around



the door with the back of your hand to see if they are too hot. Help your children practice this step.

- Together, have your family plan and practice a home fire escape plan with two ways out of your house in case of a fire. It is important to have an alternate exit in case one is blocked by fire.
- Choose a place to meet outside that is a safe distance away from your home.
- If you cannot safely escape your home or apartment, keep smoke out of the room by covering vents and cracks around the door and call 911 or your fire department as quickly as possible. Then signal for help at the window with a light-colored cloth or a flashlight.
- To prevent possible fires, avoid plugging several appliance cords into the same electrical socket.
- If using gasoline-powered devices, store gasoline in a locked location where children cannot access it. Keep only small quantities in an approved container that has child safety features.
- Do not plug cords into the same electrical socket to prevent possible fires.
- If using gasoline-powered devices, store gasoline in a locked location where children cannot access it. Keep only small quantities in an approved container that has child safety features. https://www.safekids.org/safety-tips/field_age/little-kids-1-4-years/field_risks/fire

Beef Bulgogi

11 oz Sliced Beef Sirloin (can use other thinly sliced cuts)
1/3 cup Soy Sauce (regular)
1/3 cup Sugar
1 cup Water
1/2 Onion (Medium)
1 Green Onion
1 tsp Garlic (minced)
1 tsp Sesame Oil
pinch Black Pepper
1 tsp Sesame Seeds (optional)
1 oz Shiitake mushroom (dried)

1. Cut vegetables

Peel and slice 1/2 onion. Wash and cut a green onion into 2 inch pieces.

2. Make the marinade

In a large bowl, mix 1/3 cup of soy sauce, 1/3 cup of sugar and 1 cup of cold water. Add sliced onions, cut green onions, 1 teaspoon of minced garlic, a pinch of black pepper and 1 teaspoon of sesame oil. Add 1/2 teaspoon of sesame seeds (Optional). Mix thoroughly until all sugar is dissolved.

3. Marinate meat

Add the sliced meat one by one making sure all the meat is immersed in the marinade. Cover and keep it in the refrigerator for at least 4 hours.

4. Cook

Remove the meat from the marinade (shake off the drippings) and cook in a frying pan on high heat for 5-10 min or



until the meat is just cooked. **OPTIONAL:** Wash and slice 2-3 mushrooms of your choice. Add them when you start cooking the meat. Don't put too many mushrooms because it will produce too much liquid.

5. Serve

Serve on a plate and sprinkle sesame seeds as a garnish (Optional). Bulgogi is usually served with cooked rice. You can also make "Ssam" (wrap in Korean red leaf lettuce) when you eat. <http://crazykoreancooking.com/recipe/bulgogi-marinated-beef-sirloin>

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 con-



nect 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.>