



# Early Head Start Gazette

Community Coordinated Care for  
Children Inc., 4C

December 2015

May Peace, Hope, Joy and Happiness be yours this Holiday Season and throughout the New Year!

## The Gifts You Don't Have To Wrap



Ribbons, holiday paper, Scotch tape, and cards! How much should we spend? What gift can I give? The emphasis on material things during the holiday season can lead to frustration and concern. But you can use this special season to help your children learn another lesson. There are gifts that don't cost a cent, that don't need to be wrapped and that can't be found under any tree. Talk with your children about these gifts and how they can give them.

### Kids can give the gift of helping:

- They can help set the holiday table. Even the youngest children can manage napkins and silverware.
- They can help with cleaning around the house. Give them specific assignments that they can finish, so they experience success as well as the satisfaction that goes with helping.

They can help decorate the tree. Kids will develop favorites among the bulbs that go on the tree every year. And getting that tinsel on so it doesn't clump can be a challenge that all kids

enjoy.

### Kids can give the gift of welcoming:

- They can get up and give big hugs when grandparents arrive. Even if they are engrossed in their favorite movie, getting up and greeting visitors is always appreciated.

They can be greeters at the door at the annual holiday party. And, an offer to take coats to the closet is another way to give the gift of welcoming.

### Kids can give the gift of time:

- They can play with a younger brother or sister for the afternoon. Giving time for play, even though the game may be "baby," is a great gift.
- They can bake cookies with their mom. Measuring the ingredients, mixing the dough, and putting the dough balls on the baking tin are all activities that parents and kids can do together.

They can take the dog for a walk.

### Kids can give the gift of patience:

- They can wait in line quietly at the grocery store. Often it's the parents who practice patience, but it's a wonderful gift kids can give a tired, frazzled mom or dad.

They can go to the fifth store of the day without complaining. An afternoon of shopping can make anyone cranky and impatient, so the gift of patience is especially appreciated.

Even though you can't wrap these gifts with paper and ribbons, you can wrap them with kindness and consideration. Ask your children to keep their eyes open. They can see when someone might need some kindness to brighten their day or some consideration to help them with a difficult task. And give your child these gifts. They may be tired and stressed and will learn how special it is to be given help, time, a warm welcome and patience during these trying moments. Sharing these gifts will help make the holidays a special and festive time for all.

<http://www.pbs.org/parents/holidays/gifts-dont-wrap/>

## 10 Meaningful Holiday Traditions

1. Give your kids a set of winter pajamas every year.
2. Hold a family movie night and watch your favorite holiday movie.
3. Drive around your city or a nearby town to see the



- lights
4. Make a memory book by recording each member's favorite part of the season.
5. Decorate a gingerbread house together.

6. Hold a slumber party with the kids.
7. Write an annual letter to your child.
8. Make a family walk an annual event.
9. Each New Year day plant a tree in honor of one of the kids
10. . Read a holiday book with your kids every night of the season.

## Teaching Manners--It Still Matters: How to Teach Good Manners

### Thoughtful Toddlers: Ages 1-2

At around 18 months, kids begin to grasp that there are certain accepted social graces. Set the stage now by being polite yourself and helping your child think about other people's feelings -- after all, good manners are first and foremost about being thoughtful and considerate of others.

#### WHAT TO WORK ON

**Hello and goodbye.** Even before she can speak, encourage your little one to wave hello and goodbye. It's the first step in teaching her how to recognize and greet people, says Sheryl Eberly, author of *365 Manners Kids Should Know*. "One way to practice is to say good morning to each other every day," she adds. And don't forget to greet your spouse cheerfully when he gets home.

**Staying seated while eating.** Instead of letting your child wander around the house munching on Goldfish, take this opportunity to teach him to sit in his booster seat or high chair while he eats, even if it's just a snack. "At this age children have a short attention span, but ten to 15 minutes strapped in a high chair will give them an important lesson: You sit at the table while you're eating," says Parents advisor Jenn Berman, Psy.D., author of *SuperBaby: 12 Ways to Give Your Child a Head Start in the First 3 Years*. If he starts throwing his food, let him know there will be consequences. Say, "I guess you're not hungry anymore. If you toss

Good Manners  
*Never*  
Go Out of Style

your food again, snacktime will be over." You can also take this time to begin working with him on using a fork and spoon, though

most children won't master that until they're close to 3.

**Using the magic words.** Your toddler won't fully grasp the meaning of "please" and "thank you" until she's older, but get her in the habit of using them now. A fun way is to use the baby signs: For "please," outstretch your hand and rub it in a circular motion over your heart. To say "thank you," put your open hand on your lip then bring it forward toward the person you're thanking. <http://www.parents.com/kids/responsibility/manners/teaching-manners-kids/>

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## Families come in different shapes and sizes

Families come in all different shapes and sizes. Even people who are not related by blood at all can make up a family because they love and care for each other. And that's what is really important about families. When people care for one another, they have a sense



of belonging - of being related to each other, even if they are not blood relatives.

There are many ways to become a member of a family. Being born into a family is one way. Marrying into a family, or being

adopted are other ways to become part of a family. When children are adopted, they sometimes need reassurance that adoptive family and stepfamilies are like other families and that their moms and dads care for them, the same way other parents care for their children.

-- Fred Rogers

<http://www.pbs.org/parents/rogers/theme/1551.html>

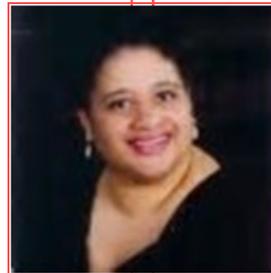
# Guest Readers Week: October 26-30, 2015



## Program Governance Training

Kimberly Rainey from Rainey Day Strategies presented this year's Program Governance Training held in Orlando on Saturday, October 24, 2015. Program Governance is the way parents, family, community and program work together as a whole to achieve the goal of school readiness. Program Govern-

ance is also how parents can be involved in the program policies and decision making by garnering their assistance and support, in order to identify ways to deliver a high quality program to our children. It was a day full



of learning, incentives and working together. Thank you to all the parents and staff that attended this training!



## Holiday Trivia

### Who is the poinsettia named after?

The poinsettia was named for Joel Poinsett, a U.S. ambassador to Mexico, who introduced it to the United States from Mexico in 1829.

### Why do people hang mistletoe in doorways?

The ancient druids believed mistletoe had magic powers as well as medicinal properties. Later, the custom developed in England (and, still later, in the United States) of kissing under the mistletoe, an action once believed to lead inevitably to marriage.

### Where is the North Pole?

The North Pole, home to Santa Claus and his elves, is in the Arctic Ocean, about 450 miles north of Greenland.

### Where does the White House get its Christmas tree?

The National Christmas Tree Association presents the First Family with a tree every year, after selecting it at their annual convention.

### When is Kwanzaa celebrated?

Kwanzaa is celebrated daily from Dec. 26 to Jan. 1.

### What is the origin of Kwanzaa?

Maulana Karenga, a professor of black studies at California State University at Long Beach, created Kwanzaa in 1966 as a nonreligious celebration of family and social values for African American families.

### In what year was the New Year's ball first dropped in New York City's Times Square?

This Times Square tradition started in 1906.

## Kids Holiday Crafts

### Festive Ornaments

The kids can take ball filling plastic ornaments (available at craft stores) and fill it with their favorite finds like ribbons, shells, sand, garland, pictures, paper cut-outs and more.



## No Bake Chocolate Peanut Butter/Soy Wonder Squares

### Ingredients

1 cup graham cracker crumbs  
1 cup powdered sugar

1/2 cup butter, melted  
1 cup creamy peanut butter, divided or Soy wonder (substitute)  
1 cup milk chocolate chips

### Instructions

Spray an 8x8 or 9x9 baking pan with non stick spray then line it with parchment paper cut to size.

Combine the graham cracker crumbs, sugar, butter, and 3/4 cup of the peanut

butter/soy wonder in a food processor and pulse until well combined or mix by hand. Press the crumb mixture into the pan using the back of a spoon and smooth out until even.

Melt the chocolate in the microwave for 1 minute, then 30 seconds, stirring until smooth. Stir in 2 tablespoons of peanut butter/soy wonder. Pour the chocolate over the crush and spread until even.

Heat the remaining 2 tablespoons of peanut butter/soy wonder in the microwave



for 20 seconds and stir. Drizzle the peanut butter/soy wonder over the chocolate topping in a random pattern.

Carefully take a small butter or paring knife and gently

cut through the chocolate topping in swirly patterns.

Refrigerate the baking pan overnight. Store in the refrigerator and serve chilled.