

Early Head Start Gazette



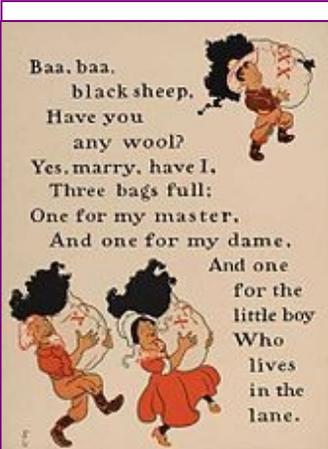
Community Coordinated Care for Children Inc. 4C

“Tomorrow, is the first blank page of a 365 page book. Write a good one.”

– Brad Paisley



Importance of Nursery Rhymes



- Nursery rhymes are short and have a great deal of repetition. Repetition offers your growing child the opportunity to help him remember what he has just heard.
- Nursery rhymes are

organized so that similar sounds jump out at you, which do not happen in every day speech. By introducing your child to patterns of sounds, your little one's brain receives the input it will need to categorize words by their internal structure.

- Nursery rhymes can also pave the way for a love of books. They introduce the idea of listening from beginning to end as the narrative develops, however they are short, so your youngster doesn't have to sit still very long.
- There are social benefits to nursery rhymes as well. Nursery rhymes are

often recited or sung as a group activity, making your child begin to feel part of a social circle helping your child connect with other children.

- Nursery rhymes link us to the past. Many adults, once they have children, will often be surprised at how many nursery rhymes they remember from their own childhood. Nursery Rhymes becoming an important link between past and present as it is passed down from generation to generation.

Why Should I Choose Classical Music for My Babies?

- 1. Positive on Physical Health** - Classical songs have a calming effect upon the human mind and body. The structure and slow tunes relax the mind. This can help babies sleep and improve their mental health.
- 2. Good for Language Development** - Young children that listen to classical music learn to talk and to read faster. They develop better memories and listening skills, which are vital to learning language.
- 3. Able to Uplift Their Mood** Listening to classical rhythms stimulate the production of endorphins or natural relaxants in the brain. Improving the mood and relaxes the body. This calming effect leads to improved mental health and increased learning abilities.
- 4. The Mozart Effect** Classical music encouraged development of the brain. Some researchers believe listening to classical music encourages mental development.

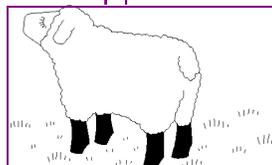
Sticky Sheep Activity

Supplies needed:

Contact paper
tape
white pompoms
Marker

Print a sheep coloring page from the web (do a search for "sheep template" or

"sheep printable"), trace it onto the Contact paper with a marker, and tape it sticky-side-out onto a wall



Scatter a bag of white pompoms in a variety of sizes on

the table and show the kids how to stick them to the sheep taped to the window while singing Baa, Baa Black Sheep.

Tips for Baby Tooth Care



Start Before Baby's Teeth Come In - Wipe the gums off after each feeding with a warm, wet washcloth or a dampened piece of gauze wrapped around your finger.

Avoid Cavities - The first signs of cavities in baby teeth are discoloration and minor pitting. Putting Baby to bed with a bottle of milk (or worse, juice) is notorious

for causing cavities. Follow Meals with Water

Brush With Toothpaste At Age 2 - Begin using a pea-size amount of non-fluoride toothpaste once Baby is about 2. Wait until at least 3, when your child is old enough not to swallow the toothpaste, before introducing the fluoride kind.

Schedule a Dental Exam -

The American Dental Association recommends that Baby get his first dental exam at age 1. If you take good care of this first set of pearly whites, you can establish good dental habits for years to come.

“It’s only after you’ve stepped outside your comfort zone that you begin to change, grow, and transform.”

– Roy T. Bennett



Parenting 101: Teaching Your Kids Not To Fear Change

Part of parenting is keeping our children safe and secure. Kids feel safe and secure in a predictable world. The end of a school year can often be a time of change for young kids. My son, Jacob, who is 4 1/2, has to say goodbye to a few of his friends. That can be hard for a young child to understand and comprehend. However, everything in life is changing every day, all of the time. Change is as basic a part of our reality as night as day is. If there is one thing that you can count on in life, it is the unpredictability of change. As human beings our bodies are in a constant state of change, our minds are always evolving, and our attitudes towards life are changing every minute with what we are experiencing from everything around us.

For example, something that we may have sworn to a few years ago may now be almost impossible for us to imagine ourselves being. When we look at old photographs we would-

n't imagine wearing the same clothes as we did in the past as was shown on the photos. The things that we take for granted as absolutes, impervious to change, are, in fact, constantly doing just that.

So, in a changing world, the real question here is, how do we teach our children to handle this phenomenon called change, and how do we deal with it in our everyday life, and have our kids still feel safe and secure? Are we teaching your kids to resist change or are we teaching them that change is good and that change means growth? The child who grows to an adult accepting change as a way of living, that welcomes change as a healthy functioning person, is on the road to a very fulfilling life.

Those children who are intimidated by change and avoid new experiences because they fear failure will stay destined for a very unhappy life and will always have a reason not to go after their dreams. It

appears that it is unhappy people who most fear change and if you are raising your children to fear change, then you are raising them to be extreme neurotics who will be unable to handle the world it its ever-changing phenomena.

So how do we as parents strive to teach our children not to fear new things? Teaching our children to welcome change involves adopting new attitudes and changed behaviors in our everyday dealings with them. Teaching our child to overcome fears of change will also involve coming to grips with your rigid thinking and actions.

We all must also take a closer look at the risks involved in raising children to welcome rather than dreading the change. Learning to embrace change begins with examining our own attitudes and behavior towards the unknown for us as parents and our children. <http://www.more4kids.info/419/teaching-kids-not-to-fear-change/>

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Announcement

Greetings parents!
Happy New Year to you all!
It is a new year and we all know that we like to begin new things and ventures. For many of you, you may be in

the market for a new job. May it be due to a change of passion or you may have just completed a program. While many factors play into



obtaining a new job, it is important to have employability skills that will assist you in securing and keeping the job that you want.

Basic Academic Skills	Higher Order Thinking Skills	Personal Qualities	
<ul style="list-style-type: none"> · Reading · Writing · Science · Math · Oral Communication 	<ul style="list-style-type: none"> · Listening · Learning · Reasoning · Thinking Creatively · Decisions Making · Problem Solving 	<ul style="list-style-type: none"> · Responsible · Self Confidence · Self Control · Social Skills · Honest · Have Integrity · Adaptable and Flexible 	<ul style="list-style-type: none"> · Team Spirit · Punctual and Efficient · Self Directed · Good Work Attitude · Well Groomed · Cooperative · Self Motivated · Self Management

Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.



How to Care for Childhood Eczema

Fend Off Dry Skin

You can keep eczema flares under control and your little one more comfortable by managing the things that set flares off, called triggers. Dry skin is a ma-

ior eczema trigger. Moisturize your child's skin often. Ointments like petroleum jelly may trap in moisture better than lotions. Baths can dry out the skin, so use warm water, not hot.

Then apply a good moisturizer while your child's skin is still damp.

<http://www.webmd.com/skin-problems-and-treatments/eczema/child-eczema-16/slideshow-eczema-care>



Thyroid Disease Awareness

Awareness Color: Teal, Pink, and Blue

The thyroid gland is located on the front part of the neck below the thyroid cartilage (Adam's apple). The gland produces thyroid hormones, which regulate metabolic rate (how fast calories are consumed to produce

energy). Thyroid hormones are important in regulating body energy, body temperature, the body's use of other hormones and vitamins, and the growth and maturation of body tissues. Diseases of the thyroid gland can result in either production of too much

(overactive thyroid disease or hyperthyroidism), too little (underactive thyroid disease or hypothyroidism) thyroid hormone, thyroid nodules, and/or goiter. Thyroid problems are much more common in women than in men. <http://www.awarenessdepot.com/bycausetype-thyroiddisease.html>

A woman with untreated hypothyroidism is at the greatest risk for a miscarriage during her first trimester. Unless the case is mild, women with untreated hyperthyroidism are also at risk for miscarriage.



Saving for the Future

Learning to live within your means ensures that you control your spending – and make your money work for you. Putting just a tiny amount away each month can soon add up and make your future look far more enticing.

11 Ways to Save Money at the Grocery Store

1. Write a list before you go shopping (grocery store) - and stick to it.
2. Use a brutally effective coupon strategy. Use the coupons in conjunction with your grocery store flyer and shopping list.
3. Plan your meals around your grocery store's flyer.
4. Do a price comparison - and find a cheaper grocery store.
5. Avoid stress-spending.
6. Try generic brands of items you buy regularly.
7. Master the 10-second rule. Whenever you pick up an item and add it to your cart or to take it to the checkout, **stop for 10 seconds** and ask yourself *why* you're buying it.
8. Invest in a deep freezer. The extra freezer space allows you to **buy in bulk** and pay lower prices overall. You can store lots of meals prepared in advance, enabling you to just go home and pop something homemade (and cheap) in the oven.
9. Start a garden.
10. Buy staples in bulk.
11. Don't overspend on hygiene products.



Did you know: Kale has more calcium by weight than cows milk?

Kale has 150 mg of calcium per 100 grams, while cows milk has 125 mg. Not only does kale have more calcium by weight than milk, this study conducted by in 1990 indicated that the calcium from kale was 25% more bioavailable than the calcium from milk. So baby can get a lot of calcium for healthy bones and teeth just by eating kale! <http://wholesomebabyfood.momtastic.com/kale-for-baby.htm>

HOMEMADE KALE BABY FOOD RECIPES

The FDA warns nitrates in kale and other dark, leafy green vegetables can make baby sick before he is 7 months old



BASIC KALE PUREE

Using 2 bunches of kale, remove the leaves, and wash well. Add the leaves to boil-

ing water and cook for 5 minutes. Drain reserving about a 1/2 cup of the liquid. Add the kale to the blender and about 1/4- 1/2 cup of

the reserved liquid.

Puree until smooth.

Add kale puree to a baby freezer tray (ice cube tray works too) and cover.

Freeze in for 2 hours and then remove cubes and store in a freezer

safe container properly labeled.

Green Apples

1 cube or Tbsp. kale puree
1 tablespoon applesauce
1 egg yolk, boiled
Combine all ingredients until well blended

Tropical Kale

1 cube or Tbsp. kale puree
1/4 mashed ripe mashed banana
1 tablespoon mashed avocado
Combine all ingredients until well blended

<http://www.fieldsofflavor.com/kale-baby-food-recipes/>