



Early Head Start Gazette

June 18 is Fathers Day!



Happy Father's Day

“Anyone could father a child. But a good parent puts his child's needs before his own. A parent should be selfless not selfish.”

— Penelope Ward,
Playboy Pilot

How do you read to a squirmy toddler?

Act out stories Make reading fun. The more engaging the reading experience, the better. Make story books come to life by giving characters different voices and adding drama to the narration; when a character acts surprised or sad, change your tone to express the emotion. You want your children to realize that, beneath the surface of the text, there is a great story filled with imagination.

Read a variety of fiction & nonfiction books Make sure you have plenty of books available that build on your child's interests. If your child loves animals or trains or princesses, make sure you have books that mirror these passions. Be sure you offer both storybooks and nonfiction texts—research has shown that nonfiction texts often prompt even more discussion between parents and children.

Let your child choose the books you read together. Studies have identified a strong link between offering choice and motivation to read.

Let toddlers finish phrases & rhymes You want kids to interact with the reading material. One way to do this is to read rhyming books and pattern books, or read books with repeating phrases and encourage your child to join in the reading. Read aloud and pause at opportune spots, encouraging your child to join in on the rhyming or patterned portions of text. When they can predict what comes next, young children build confidence and can begin to see themselves as “readers.”



Asking questions will help your child remember what's been read. Talk about the narrative and ask what he thinks of a character's decision. What would he do differently? What does he think will happen next? Encourage him to inter-

rupt you if he doesn't understand a word.

Have your child demonstrate her understanding of the book by pointing to illustrations. For example, ask questions like “Can you point to the bear that looks worried?” “Where was the wolf hiding before he crossed the road?”

Remember the goal of your shared reading time is to foster a love of reading while helping your toddler appreciate and understand what is read. <http://www.leapfrog.com/en-us/learning-path/videos/reading-to-toddlers>

You are my Superhero (Fathers Day Craft)



- * Canvas
- * Scrapbook Stickers
- * Blue, Red and Tan Paint
- * Paint Brushes
- * Mod Podge
- * Black Sharpie
- * Paper Plate & Baby Wipes near by for easy cleanup

Directions:

- * First are the footprints and handprints. Do the “body” which is the foot, in blue.

While the “cape” which is the handprint, in red.

- * Paint a circle on the canvas for the head and paint hands/ arms coming from the “foot/body” of the superhero. Let the paint dry completely.
- * Using a Sharpie - draw a face on the painted circle.
- * Now add the scrapbook stickers to the canvas, to spell out “You Are My Super-

hero.”

- * If you like - paint on some clouds or other embellishments to the canvas.
- * Once done, cover the canvas completely in Mod Podge to seal in the stickers and such.
- * Don't forget to add your child's name/age on the back!

<http://gluedtomycraftsblog.com/2014/05/you-are-my-superhero-fathers-day-gift-idea.html>



Your credit score affects the interest rates you're offered on credit cards and loans, can be used to vet your job application, and in some states may influence your insurance premiums.

- Suze Orman

How does Credit Card Interest Work?

Surprise! More likely than not, you don't realize exactly how the interest on your credit card is calculated.

The term "compound interest" means that any interest charges are added to the principal (which is the amount you originally borrowed) so that your debt grows exponentially.

If you have a \$100 debt and it accrues 10% interest every month, then the first month you will be charged ten dollars (100×0.10). With compound interest, that ten dollars is added to your original debt, so now you have \$110 of debt. The second month you are again charged 10% interest, which this time comes out to eleven dollars

(110×0.10), so now you have \$121 of debt.

You can see how it begins to add up quickly!

Compound interest has a big impact on how credit card interest works. Most people know their APR, which stands for Annual Percentage Rate. In general, your APR is supposed to equal the approximate percentage you will pay in interest over the course of a year. However, the actual amount you will pay is often slightly higher than the APR.

These days, most credit cards compound interest on a daily basis, not monthly. For example, let's say you have a revolving balance of \$10,000 on your credit card, and your

daily interest rate is 0.041% (which is approximately equivalent to an APR of 15%).

Multiply \$10,000 by 0.00041 and you get \$4.10, which means you'd pay \$4.10 in interest on the first day. On the second day, your balance would be \$10,004 and ten cents, and you'd pay interest on that total. Each day going forward, your interest would keep compounding until you had paid it off. Definitely not a pleasant thought!

It's wise to read the fine print on your credit card statement so that you know exactly how the interest is calculated on your card. <http://blog.readyforzero.com/how-does-credit-card-interest-work/#.W0z1tb7LX4>

Top 5 Dangerous Chemicals to Avoid in Baby Products

1. Fragrance The problem is that "fragrance" is a generic term and we often don't know what exactly companies are using as they don't have to disclose. Depending on what exactly is used to create the fragrance, this term can be linked to ingredients that cause asthma, eczema, neurological problems, respiratory damage, and eye damage. Often fragrance is used to mask the unpleasant odor of dangerous chemicals.

2. Phthalates are used as a preservative in personal care products like shampoos and lotions. These cause endocrine disruption and can lead to decreased sperm motility and concentration, allergies,

asthma, and cancer.

What to Avoid: Products with diethylhexyl phthalate, dibutyl phthalate, demethyl phthalate, or diethyl phthalate.

3. Parabens are preservatives used in many personal care products. They are known endocrine disruptors that can lead to reproductive problems, developmental disorders, skin irritation, and cancer.

4. Formaldehyde is a preservative used in water-based products. It helps inhibit the growth of mold. It's a known carcinogen and linked to allergy-like reactions, respiratory problems, headaches, and nausea.

You'll want to avoid any products with formaldehyde as an ingredient, but you also need to be careful of formaldehyde-releasing ingredients. Look out for: quaternium-15, DMDM hydantoin, imidazolidinyl urea, diazolidinyl urea, polyoxymethylene urea, sodium hydroxymethylglycinate, 2-bromo-2-nitropropane-1,3-diol (bromopol) and glyoxal.

5. 1,4-dioxane This is a by-product of a manufacturing



process called ethoxylation. This process uses a cancer-causing petrochemical ethylene oxide. The result is something that is a carcinogen, kidney toxicant, neurotoxin, and respiratory toxin. You won't find 1,4-dioxane on labels. To avoid it, look for ingredients that contain the letters eth, as that is an

indicator of the presence of 1,4-dioxane. Stay away from polyethylene, polyethylene glycol, sodium laureth sulfate, cetareth, oleth, oxynol, -xynol, and PEG. <http://happyhealthymama.com/top-5-dangerous-chemicals-to-avoid-in-baby-products.html>



Announcement

Greeting parents!

We have come to the end of yet another exciting year. As all of you know, many of you have planned or are still planning your Parent Activity. These activities could include a trip to the zoo, having a guest speaker come out, having a family photo night, etc. This is a time

for the parents to come together and plan an event/outing for yourselves.

Also, as the year comes to an end, please remember that we are always accepting volunteers. There are a number of different activities that parents and family mem-

bers can participate in throughout the summer. If you are interested in becoming a volunteer, please contact your Family Advocate or the Family and Community Partnership Coordinator at 407-532-4120.



A special thanks to Traci Singh and her daughter Nyela Singh for a great job in decorating monthly boards for Hartage Large Family Home Daycare, one of our CCP/EHS providers.



North Street



Pine Crest



5th Avenue

What Every Child Needs for Good Mental Health

It is easy for parents to identify their child's physical needs: nutritious food, warm clothes when it's cold, bedtime at a reasonable hour. However, a child's mental and emotional needs may not be as obvious. Good mental health allows children to think clearly, develop socially and learn new skills. Additionally, good friends and encouraging words from adults are all important for helping children develop self confi-

dence, high self-esteem, and a healthy emotional outlook on life.

A child's physical and mental health is both important.

Basics for a child's good physical health:

- Nutritious food
- Adequate shelter and sleep
- Exercise
- Immunizations



Healthy living environment

Basics for a child's good mental health:

Unconditional love from

family
Self-confidence and high self-esteem
The opportunity to play with other children
Encouraging teachers and supportive caretakers

Safe and secure surroundings
Appropriate guidance and discipline

<http://www.mentalhealthamerica.net/every-child-needs>

Where's Baby?

Look before you lock.

Library Don't forget your public library! Call them to see what pre-school summer activities they may have going on. Most libraries have a summer program in place of their school year programming. Much of their programming is geared for elementary aged children. So call ahead and find out if they can do something age appropriate with your pre-schoolers with some type of summer theme!



Pea, Carrot and Leek Puree

1 tbsp green peas (fresh or frozen)
1 carrot, peeled (if not organic) and sliced
1/2 small leek, washed thoroughly and chopped
water or low sodium/homemade chicken or vegetable broth
1 sprig fresh rosemary

Place the carrot, leek and rosemary sprig in a saucepan and just cover with water or stock

Bring to the boil, then reduce the heat to a simmer.
Add the peas and cook until all the veggies are tender.
Remove the rosemary sprig then puree the vegetables in a food processor until smooth.

<http://homemade-baby-food-recipes.com/peas-baby-food-recipes-preparing-peas-to-please/>



Health Benefits of Green Peas

Green peas are one of the most nutritious leguminous vegetables rich in health promoting phytonutrients, minerals, vitamins and antioxidants.

Fresh, tender peas are relatively low in calories in comparison to beans, and cowpeas. 100 g of green peas carry just 81 calories and no cholesterol. Nonetheless, they are good sources of protein, vitamins, and soluble as well as insoluble fiber.

Fresh pea pods are excellent sources of folic acid. 100 g provides 65 µg or 16% of recommended daily levels of folates. Folates are one of the B-complex vitamins required for DNA synthesis inside the cell. Studies suggest that adequate folate-rich foods when given to expectant mothers would help prevent neural tube defects in their newborn babies.

Fresh green peas are healthy sources of ascorbic acid (vitamin-C). 100 g of fresh pods carry 40 mg or 67% of

daily requirement of vitamin-C. Vitamin-C is a powerful natural water-soluble antioxidant. Vegetables rich in this vitamin would help the human body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the body.

Peas contain phytosterols, especially β-sitosterol. Studies suggest that vegetables like legumes, fruits, and cereals rich in plant sterols help lower cholesterol levels inside the human body.

Garden peas are also good in vitamin-K. 100 g of fresh seeds contain about 24.8 µg or about 21% of daily requirement of vitamin K-1 (phylloquinone). Vitamin-K has been found to have a potential role in bone mass building function (mineralization) through the promotion of osteoblastic activity inside the bone cells. It



also has an established role in the cure of Alzheimer's disease patients by limiting neuronal damage in the brain.

Fresh green

peas also carry adequate amounts of antioxidants flavonoids such as carotenes, lutein, and zeaxanthin as well as vitamin-A (provide 765 IU or 25.5% of RDA per 100 g). Vitamin-A is an essential nutrient required for maintaining healthy membranes, skin, and eyesight. Additionally, consumption of natural fruits/vegetables rich in flavonoids helps to protect from lung and oral cavity cancers.

In addition to folates, peas are also good in many other essential B-complex vitamins such as pantothenic acid, niacin, thiamin, and pyridoxine. Furthermore, they are a rich source of many minerals such as calcium, iron, copper, zinc, and manganese.

<http://www.nutrition-and-you.com/green-peas.html>