



October 2017

Early Head Start Gazette

Toddler Regression during Pregnancy?

Yep, it's normal. Your toddler's regressive behavior — suddenly wanting to be carried again or acting clingy after months of independence — might get on your nerves, but consider it a compliment.

"You've done such a great job of creating a natural, healthy attachment with your older child that he's feeling a bit 'off' due to the change in routine related to your pregnancy," says Natasha Burgert, MD, FAAP, pediatrician at Pediatrics Associates in Kansas City, Missouri. "Kids notice changes in the attention they're provided. Toddlers regress in their behavior because they're seeking normalcy. They're trying to tell you to make sure that they get the attention they've been so used to getting."

You might think that your life hasn't changed much (yet!), but your toddler has probably noticed that mommy is more tired than usual. Or that you're too sick for your usual living-room dance party. Doing your best to keep up your toddler's routine — while taking care of yourself — is that best way to handle toddler regression. If you're not up for a game of hide-and-seek. Do something else together. Read a book or play with cars or dolls.

Keep in mind that a certain amount of regression during toddlerhood is completely normal, even if you weren't expecting baby #2. Toddlers are torn between wanting to be big kids and wanting to be babies. Each day, they're testing their limits and abilities, and sometimes, it feels good to sink back into the comforting routines of babyhood again. There's nothing wrong with indulging your child's request to be held like a baby on occasion (if you can manage it), but it's a good idea keep moving forward. "Once a child obtains a skill, that should be the new expectation," Burgert says. So if your child is capable of self-feeding, he should be expected to feed himself on a regular basis. Instead of taking over the spoon, give your child with an extra dose of attention at mealtimes.

Your toddler's behavior during pregnancy does not predict how he will behave after the baby is born. Some toddlers regress even more after the baby is born (temporarily!), but a whole lot of them love the role of big brother or big sister and take pride in being able to do things the baby can't. Give your child plenty of love and support — both now and later — and you, your baby and your toddler will do just fine, mama. <https://www.thebump.com/a/toddler-regression-during-pregnancy>



Columbus day

October 9, 2017

Commemorates the landing of Christopher Columbus in the New World on October 12, 1492. It was unofficially celebrated in a number of cities and states as early as the 18th century but did not become a federal holiday until the 1937.

Halloween

October 31, 2017

October 31, 2017 Straddling the line between fall and winter, plenty and paucity, life and death, Halloween is a time of celebration and superstition. It is thought to have originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off roaming ghosts.



Sticky fingers tired feet: One last house, "Trick or Treat"!



7 Credit Card Tips for Smart Users

Pay off your balance every month. Avoid paying interest on your credit card purchases by paying the full balance each month.¹

Resist the temptation to spend more than you can pay for any given month, and you'll enjoy the ben-

efits of using a credit card without interest charges.

Use the card for needs, not wants. A credit card should be used carefully. Frivolous purchases can lead to debt. Credit cards can be used in emergency situations, such as a mobile phone bill that's due before your next payday. Use the credit card as a temporary loan to yourself, and then pay back the amount as soon you can to avoid interest charges.

Never skip a payment. Pay your bill every month, even if the minimum payment is all you can afford. Missing a payment could result in a late fee, a higher interest rate and a negative mark on your credit score.

Use the credit card as a budgeting tool. If you're confident you can use a credit card responsibly and pay off the balance every month, try using it as a budgeting tool.

By making all of your purchases with your credit card, you can see exactly how much you've spent at the end of the month. Of course, you should only do this if you know you can pay off the balance each month. To make sure your credit card spending doesn't get out of hand, never charge more to your card than you have in your bank account.

Use a rewards card. If you're using a credit card for most or all of your purchases, it makes sense to use a card that offers rewards. Not only can you avoid paying interest, but you'll also earn rewards such as cash, airline miles or retail points.

Stay under 30% of your total credit limit. One way to keep your credit score healthy is to keep your credit utilization ratio under 30%. This credit utilization ratio is the percentage of total available credit that you're using. For example, if your credit card limit is \$1,000 you should keep your balance under \$300. But the ratio applies to the sum all of your cards - so if one credit card has a \$3,000 limit and a \$3,000 balance, and a second card has a limit of \$7,000 with no balance, you're right at the 30% mark (\$3,000 of an available \$10,000) which is where you want to be.

Protect yourself from credit card fraud. While there is no foolproof way to prevent all instances of credit card fraud and theft, understanding and adopting a few best practices can help reduce your risk. <https://www.nationwide.com/guide-to-using-credit-card.jsp>

Homemade Edible Paint

4 Tablespoons of corn flour
(corn starch)

Cold water

1 Cup of boiling water

Liquid food coloring

Method:

- Mix the corn flour with cold water to make a paste.
- Pour in 1 cup of boiling water stir thoroughly, (no Lumps)
- Turn stove to medium heat and mix. When you notice clear streaks forming in the mixture. Turn off the heat. Once it thickens to a custard-like consistency.
- Spoon into containers and add food coloring. Store in the fridge covered for up to 2 weeks.

5 Baby Games that Teach

"Peekaboo" and "This Little Piggy" aren't just simple ways to entertain your baby. They can also teach skills:

Peekaboo

(newborn and up) Early on, your baby will get a kick out of watching your face appear and disappear, but around 7 months, he'll also start to learn the concept of "object permanence" (that you're still there even when he can't see you).

This Little Piggy

(2 months and up) Along with prediction and memory skills, your baby will learn about his body.

Itsy Bitsy Spider

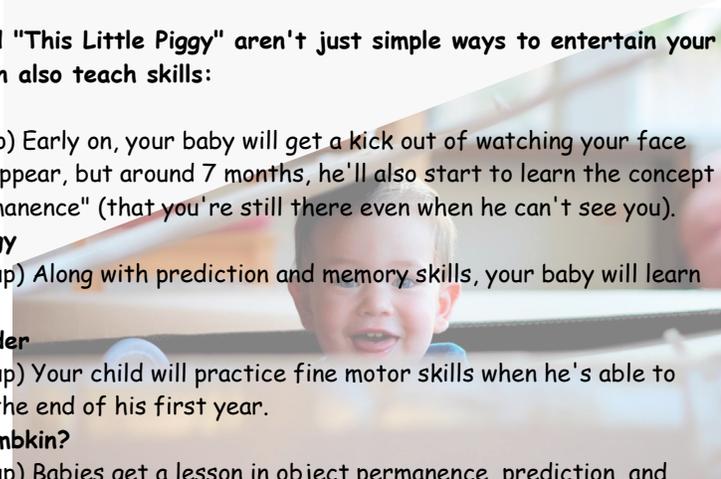
(6 months and up) Your child will practice fine motor skills when he's able to join in, around the end of his first year.

Where Is Thumbkin?

(4 months and up) Babies get a lesson in object permanence, prediction, and body parts. The melody helps them follow words.

Wheels on the Bus

(6 months and up) The combination of gestures and music makes the words easy to remember for your little one. <http://www.parenting.com/article/baby-games-that-teach>





Allergic reactions to sweet corns are rare. It is free of gluten and can be a safe food alternative in *celiac disease* patients. Persons with high blood sugar levels, however, should limit sweet corn consumption in their diet since it carries lots of simple sugars.



Health benefits of sweet corn

Sweet corn is a gluten-free cereal and may be used safely in celiac disease individuals much like rice, quinoa, etc.

Sugar corn features high-quality phytonutrition profile comprising of dietary fiber, vitamins, and antioxidants in addition to minerals in modest proportions. It is one of the finest sources of dietary fibers, 100 g kernels carry 2 g or 5% of daily requirement of dietary fiber. Together with slow digesting complex carbohydrates, dietary fiber in the food helps regulate in a gradual increase in blood sugar levels. However, corn, in line with rice, potato, etc., is one of high glycemic index food items, limiting its authority as the chief food ingredient in diabetes patients.

Yellow variety corn has significantly higher levels of phenolic flavonoid pigment antioxidants such as *β-carotenes*, and *lutein*, *xanthins* and *cryptoxanthin* pigments along with vitamin-A. 100 g fresh kernels provide 187 IU or 6% of daily requirement of vitamin-A. Altogether; these compounds are required for maintaining healthy mucosa, skin, and vision. Consumption of natural foods rich in flavonoids helps protect from lung and oral cavity cancers.

Corn is a good source of the phenolic flavonoid antioxidant, ferulic acid. Several research studies suggest that ferulic acid plays a vital role in preventing cancers, aging, and inflammation in humans.

It also contains good levels of some of the valuable B-complex group of vitamins such as thiamin, niacin, pantothenic acid, folates, riboflavin, and pyridoxine. Many of these vitamins function as co-factors to enzymes during substrate metabolism.

Further, it contains healthy amounts of some essential minerals like zinc, magnesium, copper, iron, and manganese. <http://www.nutrition-and-you.com/sweet-corn.html>

Planted, a single corn seed yielded more than 150 fat kernels, often as many as 300, while the return on a seed of wheat was something less than 50:1"
 — *Michael Pollan, The Omnivore's Dilemma: A Natural History of Four Meals*

Florida Crops in Season for October

Avocados
 Guava
 Squash
 Bell Peppers
 Mushrooms
 Sweet Corn
 Carambola
 Oranges
 Tangerines
 Cucumbers
 Peanuts
 Tomatoes
 Grapefruit



Creamy Corn and Cauliflower

Ingredients:

Corn nibbles' - about 2 cups
 1 cauliflower - washed and chopped, use the florets (visit the cauliflower page for detailed prep method)
 1 cup whole milk yogurt
 Pepper



Directions:

Step 1: Cook the corn using your preferred method
 Step 2: Steam the cauliflower florets until tender
 Step 3: Once veggies are cooked, allow to cool then transfer in portions to your blender/food processor and puree. Add yogurt and pepper as you puree until you have a creamy consistency.

Makes approximately 3 cups

<http://wholesomebabyfood.momtastic.com/cornbabyfoodrecipes.htm>