

Early Head Start Gazette



8 Fun Ways to Teach Your Child Colors

Red Light, Green Light - When your child is first learning their colors, it's helpful to focus on just a couple of colors. The classic Red Light, Green Light game is a simple way to teach the colors red and green and also helps with listening skills.

Clothespin Scavenger Hunt - Paint clothespins different colors, using acrylic paint. Clip the clothespins around the house and watch the fun unfold as your child searches for the clothespins.

Rainbow Food - While at the grocery store, have your child search for different colored fruits and vegetables.

DIY Color Photo Books - Help your child gather objects that are similar colors and then take pictures of each object. Make a small color photo book using a photo album or photo printing service. Kids love seeing their own toys and other familiar items in a book. <https://www.everydayfamily.com/blog/8-fun-ways-to-teach-your-child-colors/>

Toddler Bubble Catch

SKILL: Motor control of hands and arms, plus using eyes to track movement

REQUIREMENTS: An open area free of dangerous obstacles if playing with older toddlers who are ready to walk or run after bubbles. A standard soap bubble-blowing toy.

Directions: Blow bubbles for your toddler and encourage them to try to catch the bubbles.

If your toddler is walking (or running!), make sure that there are no dangerous obstacles where you are playing.

Variation: Be sure to let your toddler have a turn blowing bubbles! Your child will love watching as you try to catch the bubbles they made.

Benefits: This activity helps your toddler to develop motor control in the hands, as well as the ability to track movement with the eyes and read their spatial environment. http://activeforlife.com/wp/wp-content/uploads/2014/11/AFL_activity_1-2_toddler_bubble_catch.pdf



Labor Day

September 4, 2017

The first Labor Day was held in 1882. Originally stemming from the desire of the Central Labor Union to create a holiday for workers. It became a federal holiday in 1894. Adding a holiday between Independence Day and Thanksgiving

Get MyMoney financial tips and advice on your mobile device

You can receive weekly texts from Heart of Florida United Way on your mobile device, providing informative and inspirational messages related to the five building blocks of financial stability:

Family-sustaining employment, Income support, Affordable housing, Managing expenses, Savings

Text 898211 to opt-in. Type **MyMoney** in the text box to begin your family's journey to financial stability.

Debt dropped from credit report still owed

The rules for collecting a debt and the rules for reporting a debt are not the same. In fact, they are completely different. The Fair Debt Collection Practices Act, or FDCPA, provides the regulations for collecting your charge-off. The Fair Credit Reporting Act, or FCRA, covers how the charge-off is reported. It's a case of 2 different laws -- and 2 different issues.

First the good news: The FCRA says that, with certain exceptions, a negative item must be removed from your credit report 7 years after the debt became delinquent (Some types of debt can remain on your credit report much longer, such as student loans, tax liens and a Chapter 7 bankruptcy.)

To be sure that everything is removed on schedule, I suggest checking your credit reports approximately 1 month after you believe the charged-off account is to be dropped. If it is still on there, dispute the listing with the credit bureau.

Now, the bad news: The collection attempts on the debt could go on virtually forever. There is a big secondary market in old debts. Your debt may be bought and sold multiple times to various collection agencies. As the debt gets older it will change hands for less and less, sometimes pennies on the dollar. With each sale, expect at least one collection attempt before it is resold further down the debt food chain.

But as they say, every cloud has a silver lining. In this case, it's called the "statute of limitations." The statute of limitations is the amount of time a debt is subject to collection using the courts. Each state has its own statute of limitations. But typically it is 3 to 6 years for open-ended accounts such as credit cards, and 6 to 10 years for written contracts such as installment loans for autos. Contact your state attorney general's office for the specifics for where you live. Once your charge-off outlives the statute of limitations, it cannot legally be brought to court for a judgment or garnishment. If a collector sues you for a debt after the statute of limitations expires, you can sue them back and collect. That is, if you have the time, energy and don't mind going through a legal wrestling match.

Once your debt has outlived the statute of limitations, just tell any collector who calls or writes not to contact you. They must stop, or they will be in violation of the FDCPA. Once you tell collector "A" to get lost, he or she will probably sell the debt to collector "B" and you may have to tell him and his successors the same thing. The only sure way to be free from collectors regarding the debt is to pay what you owe, either in full or as an agreed-upon settled amount. <http://www.bankrate.com/finance/debt/debt-dropped-from-credit-report-still-owed.aspx>



Health and Safety for parents with children

Many young children spend most of their time at home. Parents can take many actions to protect their children's health and safety. Infants and toddlers who grow up in safe and loving families tend to become healthy teens and adults. At a very young age, children develop the habits and behaviors that will influence their lifelong health. At home, children can learn: good health behaviors, self-discipline, and good health choices.

As a result of prevention programs, some fatal childhood diseases, such as polio, diphtheria, measles, and pertussis, are now rare in the United States. And, although these serious diseases are no longer common, childhood vaccination programs continue to protect our children so that these childhood diseases do not come back. Keeping your children's immunizations up to date is very important. Ask your child's doctor to make sure your kids are protected.

Health and Safety Tips

- Adopt a smoke-free policy in your home.
- Make sure your child does not have access to peeling paint or chewable surfaces painted with lead-based paint
- Use and store chemicals, household cleaning products, and pesticides according to label instructions and out of reach of children
- Supervise young children in bathtubs.
- Keep pets out of the bedroom and vacuum carpet and floors frequently if your child has allergies or asthma. <https://www.cdc.gov/healthyhomes/byaudience/parents.html>

Safety is a common denominator across all aspects of life, hence knowledge should always be shared. It is not a matter for industry it is a matter for humanity.

Doug Bourne

Announcements

Greetings Parents!

Get Involved!!

We have volunteer opportunities year-round for you to be involved in your child's experience in the Early Head Start programs.

- Planning Parent Training Sessions
 - Assisting with Recruitment of New Families
- Serving as a Representative on the Policy Council
- ### What is Policy Council?

Policy Council is the parent's and community's way to be involved in the shared governance of the program. This means that

the parent/guardians and community members have a voice in major program decisions including such things as recruitment and selection policy, personnel policies, budgets, and funding proposals. Each site will elect one Policy Council parent representative to attend the monthly meetings.

Training Opportunities

You will receive more information regarding dates and a time as the time nears. The trainings for the month of September in-



clude:

Pedestrian Safety

Car Seat Safety

Orange County: 9/12/2017
@ 3500 W Colonial Drive
Orlando, 32808

Seminole County:
9/28/2017 @ 419 S Park
Avenue Sanford, 32771

Osceola County: TBA

Be Safe. Be Smart. Be Seen.
**MAKE SURE DRIVERS
CAN SEE YOU.**

How Can I Help Keep My Kids' Bones Healthy?

The same healthy habits that keep your kids going and growing will also benefit their bones. One of the best ways to encourage healthy habits in your children is to be a good role model yourself. Believe it or not, your kids are watching, and your habits, both good and bad, have a strong influence on theirs.

The two most important lifelong bone health habits to encourage now are proper nutrition and plenty of physical activity.

Eating for healthy bones means getting plenty of foods that are rich in calcium and vitamin D. Most kids do not get enough calcium in their diets to help ensure optimal peak bone mass. Are your kids getting enough calcium? Calcium is found in many foods, but the most common source is milk and other dairy products. Drinking one 8-oz glass of milk provides 300 milligrams (mg) of calcium, which is about one-third of the recommended intake for younger children and about one-fourth of the recommended intake for teens. In addition, milk supplies other minerals and vitamins needed by the body. The chart on the next page lists the calcium content for several high-calcium foods and beverages. Your kids need several servings of these foods each day to meet their need for calcium. https://www.niams.nih.gov/health_info/bone/Bone_Health/Juvenile/default.asp

Bone_Health/Juvenile/default.asp

Introduce Organization

Nurture your child's helpful spirit by promoting organization in your home. Parents should embrace this quality even though it may slow down activities and chores. Tie in the Label Your Household activity by keeping toys, clothes, dishes, and household items in specific places. As you put things in their labeled bins and drawers, turn the process into a guessing game.



Ask kids where certain items belong ("Where do your toys go? Where should your shoes be stored?") or place forks in a sock drawer or a toy in the refrigerator and challenge toddlers to fix your "mistakes." They will love to reorganize for Mom or Dad, who can't seem to remember where the cups belong! According to Bridge A. Barnes and Stephen M. York, authors of *Common Sense Parenting of Toddlers and Preschoolers*, "these tasks give you a way to begin teaching your young children about responsibilities, helping others, and being part of a family." (taken from <http://www.parents.com/toddlers-preschoolers/development/intellectual/toddler-development-activities/>)

Introducing New Foods

- Take advantage of the fact that 1-year-olds enjoy putting everything in their mouths. Use this year to offer many new, varied foods. By age 2, most children are reluctant to try new foods.
- Serve foods with a variety of colors, textures, flavors and temperatures. This helps provide good nutrition.
- When introducing a new food, offer only a small amount the first time.
- Do not give your toddler foods that are too hard, tough or sticky.
- Be careful when adding seasonings. It is rarely necessary to add salt.
- Avoid sweets such as candies and cookies, as they may dull the appetite for more nutritious food.

https://www.ucsfbenioffchildrens.org/education/teaching_toddlers_good_food_habits/index.html

Florida Crops in Season for September

Oranges
Grapefruit
Tangerines
Mushrooms
Carambola
Peanuts
Guava
Avocado



The Nutritional Food Value of Beans

Protein If you would like to continue to build and repair your body's tissue as well as have your muscles contract on demand, then add some bean protein to your diet. There are approximately 7 to 10 grams of protein in a half cup of cooked beans. An ounce of beef has 7 grams.



Fiber Keeping our gastrointestinal tract healthy not only keeps our bodies working properly, but it also helps our weight management. Fiber is the perfect addition to our diet when it comes to these two things. About half a cup of cooked dry beans has about 25 to 30 percent of the daily value of fiber which is also excellent in helping hypocholesterolemia (too much cholesterol in the cells). It is a soluble fiber that reduces blood cholesterol, plus beans release glucose slowly, helping control metabolism which can also contribute to weight loss.

Carbs seem to be the enemy of so many diets these days. Like it or not, we need them for energy and brain function, so you may as well get them from a reliable source. Beans hold about 25 grams of carbohydrates per serving.

Preparation Tip: Discarding the water the beans are soaked or packed in removes oligosaccharides, simple sugars that can cause gas.

Vitamins Beans are packed with B vitamins. B complex is made up of eight vitamins: thiamine (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), cyanocobalamin (B12), folic acid and biotin. This incredible little community is essential in contributing to everything from liver, skin, hair and eyes, to intestinal wall muscle health and the breakdown of carbs, fats and proteins. Beans retain about 70 percent of their B vitamins (after preparation) as well as high levels of folate, which helps form red blood cells.

Minerals are the building blocks of the body that form and maintain bones, blood and skin, to name a few. Iron, magnesium, phosphate, manganese, calcium, copper, zinc and potassium are all found in beans.

Lipids Polyunsaturated fat and no cholesterol are why beans continue to be an optimal dietary choice. Lipids create stored energy (mostly linoleic acid in beans) and the chemical structure is low fat. <http://www.fitday.com/fitness-articles/fitness/exercises/get-jon-snow-level-fit-with-the-game-of-thrones-workout.html>

Black beans baby food recipes and ideas

Here are some great ways to prepare black beans for your baby...

Use your black beans purees as dips or sandwich fillings.

Mix with rice to create a meal offering complete protein.

Serve a bowl of black beans and diced avocado, sprinkled with homemade yogurt cheese, as a finger food for self feeders.

Mash the beans roughly, mix with natural yogurt and serve as a topping for baked potato.

Combine pureed black beans with cooked tomato and pureed carrot - delicious!

Mash with canned tuna, salmon or sardines for a quick and easy lunch. <http://homemade-baby-food-recipes.com/black-beans-baby-food-recipes-healthy-ideas-for-your-growing-baby/>

