

Early Head Start Gazette



Community Coordinated Care for Children Inc. 4C

February 2017

Quotes about Love and Parenthood

1. "And I realized when you look at your mother, you are looking at the purest love you will ever know." — Mitch Albom

2. "Unconditional love is the greatest gift of all." — The Soul Bearers, by Sylvia Mas-sara

3. "Parenting should always come from a place of unconditional loving."

— Fiona Dimas-Herd

4. "Sometimes when you pick up your child you can feel the map of



your own bones beneath your hands, or smell the scent of your skin in the nape of his neck. This is the most extraordinary thing about motherhood - finding a piece of yourself separate and apart that all the same you could not live without." — Jodi Picoult

5. "You don't know what unconditional love is. You may say you do, but if you don't have a child, you don't know what that is. But when you

experience it, it is the most fulfilling ever." — Regina King

6. "What it's like to be a parent: It's one of the hardest things you'll ever do but in exchange it teaches you the meaning of unconditional love." — Nicholas Sparks

7. "It's terrifying, that unconditional love you have for a child. I still wonder if she really came from me, from my womb. It's a miracle. I don't understand it. I live it very intensely." — Anne Parillaud

Mosaic Heart

This is a fine motor skills builder. Learning to cut is tricky and practicing scissor skills is important. Gather your materials. You will need a sheet of white or light pink construction paper, strips of red and pink, something to color with if desired, scissors and glue. Cut larger sheets/ scrap pieces of red and pink paper

into strips. This helps little hands cut independently. Now it's time for your little one to cut. Draw a heart and cut out while they are happily cutting the paper.



Hand your child the heart and if they want they can color it. Next add glue. Add the cut paper. Let dry.

Being a father has been, without a doubt, my greatest source of achievement, pride and inspiration. Fatherhood has taught me about unconditional love, reinforced the importance of giving back and taught me how to be a better person.

— Naveen Jain

Dinner: 30 Minutes to a More Connected Family



Families that eat together stay together

How are we supposed to teach our children, how are we supposed to educate ourselves, if there isn't a free and frank flow of information about money?

Suze Orman

You've probably heard that having dinner together as a family is a good thing for your kids, but you may not realize that it could change your child's life. Dinner is the best predictor we have of how kids will do in adolescence. The more frequently kids eat dinner with their families, the better they do in school, and the less likely they are to get involved with drugs or alcohol, suffer depression, consider suicide, or become sexually active during high school.

Why? Maybe because families who eat together talk more, which helps them stay connected and build better

Maybe because parents who show up to eat with their kids are more likely to express their love constructively in other ways, too, in the form of both attention and supervision.

Maybe because families who offer kids more structure are more likely to keep kids attending to their homework as well as out of trouble.

Maybe because dinner transforms individual family members into a "group," which gives parents more clout to rival the power of the peer group.

Or maybe because children, even more than the rest of us, need something to count on every day, the tangible security of belonging and being nurtured that is represented by the ritual of sharing food with those we love.

relationships.

Whatever the reason, dinner is a pretty easy insurance policy to build into your home life. If you're too busy to have dinner as a family on a

regular basis, it's worth re-examining why, given how important it is.

<http://www.ahaparenting.com/parenting-tools/family-life/dinner-connected-family>



"The way to build your savings is by spending less each month."

— Suze Orman

Ways to Save Money

Make your own when you can. You can make your own bread, beer and wine, candles, and cleaning supplies. You can hunt around for recipes online or in the library.

Avoid Instant Gratification by following the 30 day rule. Waiting 30 days to decide on a purchase is an excellent way to do it.

Make your own gifts instead of buying it from a store. You can make soap, fresh baked bread, cookies, candles, food mixes and more.

Avoid convenience food and fast foods

Eat Breakfast

Drink more water.

Brown bag your lunch.

Prepare meals at home.

Make a quadruple batch of a casserole.

When you need a quick meal you can just grab one of the ready made casseroles and quickly heat it up saving money.

Don't fear leftovers, jazz them up instead.

Chaining, using leftovers to create a new meal.

Example, rotisserie chicken—making a pasta dish with the leftovers.

Announcement

Greetings Parents!

This New Year is off to a great start for the Early/Head Start program. It is our goal to provide you and your families with the most efficient resources and services that you all may need. February is National Children's Dental Health Month and we encourage you to have your children seen by the dentist every 6 months.

New parents often ask, "What age should my child begin to see the

Dentist?" Your child should see a dentist by his or her first birthday.

WHAT TO EXPECT DURING A DENTAL VISIT

A Thorough Cleaning - a dental hygienist or dentist will scrape along and below the gum line to remove built-up plaque and tartar that can cause gum disease, cavities, bad breath and other problems. Then he or she will polish and floss your teeth.

A Full Dental Examination - your dentist will perform a thorough examination of your teeth, gums and mouth, looking for signs of disease or other problems.

X-Rays - X-rays can diagnose problems otherwise unnoticed, such as damage to jawbones, impacted teeth, abscesses, cysts or tumors, and decay between the teeth.



A Toothbrush does not remove six months of tartar 30 minutes before your appointment.

Three Kings Day Celebration

The Association of Puerto Rican artisans and Plastic Artists of Florida graciously adopted a 4C family during the Holidays. In addition they adopted the entire Palm Plaza HS and EHS site and gave each child a handcrafted toy made by the association.



Health Benefits of Leeks

When sliced or chopped, the many antioxidants leeks provide begin converting to allicin. Allicin provides an abundance of important attributes to the body, such as anti-bacterial, anti-viral and anti-fungal activities, and reducing cholesterol by impeding harmful enzymes in liver cells. Another major benefit is the 52% daily requirement of vitamin K, and a more than 29% daily requirement of vitamin A.

Leeks contain healthy amounts of folic acid (needed for proper DNA absorption and cell division), as well as niacin, riboflavin, magnesium for healthy bones, and thiamin. Adequate intake during pregnancy can help prevent neural tube defects in newborns.

<http://foodfacts.mercola.com/leeks.html>



Sautéed Baby Squash and Leeks

Ingredients

1 1/2 pounds assorted baby squash, halved
1 cup sliced baby leeks
2 tablespoons olive oil
Salt and pepper to taste



1/2 cup crumbled feta cheese
2 tablespoons finely chopped fresh basil

Preparation

Sauté squash and leeks in hot oil in a large skillet over medium-high heat 5 minutes or until tender. Season with salt and pepper to taste; sprinkle with cheese and basil. <http://www.myrecipes.com/recipe/>

Easy leek and potato soup

Ingredients

1 knob of butter
1 large leek, chopped
4 to medium potatoes, peeled and diced
900ml (1 1/2 pints) stock, either chicken or vegetable

Heat butter slowly in pan till melted. Add chopped leeks and cover, cooking slowly for about 5 minutes.

Add potatoes and cover, cooking slowly for another 5 to 10 minutes till soft.

Pour in stock and bring to the boil. Simmer for 10 to 15 minutes.

Mash with potato masher for a chunky soup.

If a creamed soup is preferred simply blend the soup with a



hand blender and bring back to piping hot. Add a spoon of single cream to each bowl as served and stir

thoroughly.

<http://allrecipes.co.uk/recipe/6887/easy-peasy-leek-and-potato-soup.aspx>