

Early Head Start Gazette

Community Coordinated Care for Children Inc. 4C



Baby Safe Cloud Dough

Pour 1 Cup Rice Cereal into a container
Add 3 Tablespoons of Melted Coconut Oil to the rice cereal.
Mix and let the mixture cool.



The rice cereal is an amazing texture. It shimmers. Its soft and fluffy. It is powdery and flaky at the same time.

Once the coconut oil is added it clumps into fantastic balls to be molded, shaped and explored.

You can encourage language development by talking with your baby about the textures and the smells.

http://lemonlimeadventures.com/baby-safe-cloud-dough/#_a5y_p=1590522

Creative Arts: Child Development

One-year-olds recognize different qualities in music, and respond with their whole bodies to rhythm, beat and melody. Their interest in art is focused on the sensory exploration of art materials, such as paint and clay. The options for art projects at this age are limited by a one-year-old's undeveloped hand dexterity. Children this age make an important developmental leap by beginning to pretend during play, often by imitating adult movements.

MUSIC

Reflects the overall mood of music (e.g., claps hands and moves body to a happy-sounding song).
Enjoys making own music and noise (e.g., shakes a maraca, mimics the sounds that adults make).
Uses musical sounds to aid in communication prior to the advent of



language (e.g., babbles in a sing-song manner).
Explores musical instruments to see how they work (e.g., shakes bells, bangs piano keys).
Begins to understand that sounds and music affect behavior (e.g., can be startled by loud music, comforted by a musical stuffed animal). <http://www.pbs.org/parents/childdevelopmenttracker/one/creativearts.html>

What does Social & Emotional Development look like Birth - 12 months?

Able to calm self-down or self-quiet for short periods
Expresses needs by crying
Smiles spontaneously to main caregiver's voice, face, and smile
Enjoys being cuddled
Responds to their name
Shows emotions of frustra-

tion, surprise and interest
Responds happily to play interactions with others

<http://dmh.mo.gov/healthykids/parents/birthto12months.html>



7 Deals You Should Never Make

It looks like a bargain, it sounds like a bargain, it must be a bargain—right? Not always.

1. Don't: Opt for lower monthly payments with a five-year (or longer) car loan. Your car is a depreciating asset—after just one year, its value will be 30 to

50 percent lower. So don't pay interest on it for any longer than you have to.

Do: Sign up for a car loan only if it's for 36 months or less. If the shorter term makes the monthly payment too high, you need to shop for a less expensive car.

2. Don't: Buy sale items on credit. If you purchase \$350 worth of merchandise at a 15 percent discount, your bill will be \$298. But if the \$298 goes onto your credit card at 20 percent interest and you pay only the minimum due each month (usually about 3 percent), it will take you two years and \$67 in interest to pay it off.

Do: Pay with cash or a debit card. If you do use credit, pay off the purchase in full when the bill arrives.

3. Don't: Get a low deductible on your auto or home insurance policy. With a deductible of just \$250 you're more likely to file small claims in the event of an accident or loss of



property. That's a quick way to get on your insurer's bad side—your premium may increase at renewal time, or your insurer may decline to keep you as a customer.

Do: Raise your deductible to \$1,000. Handle small issues out-of-pocket and

save your insurance for major problems.

4. Don't: Let your child go to that fantastic college if it's outside your price range. Do not deplete your retirement fund to pay for college.

Do: Start making the numbers work in high school (if you haven't already set aside funds in a 529 plan or other savings account).

5. Don't: Fall for teaser and variable rates. Some credit card companies lure you in with a rate of 0 percent but raise it to 18 percent after the initial promotional period. Adjustable-rate mortgages that started at 2 percent or lower in 2005 have reset at much higher rates, sending thousands of people into foreclosure. And that private college loan that started at 10 percent? It could climb to 15 percent or higher if it's tied to an index that rises. The bottom line: If the interest rate isn't permanent, you could get taken for a ride.

Do: Stick with a 30-year fixed-

rate home mortgage...

6. Don't: Transfer balances. A few years ago, transferring your debt to a card with lower rates would have been a no-brainer, as many card issuers charged a maximum balance transfer fee of \$50 to \$75. But today companies often charge a percentage of your entire balance—usually between 3 and 5 percent (and a 3 percent fee on a \$5,000 transfer is \$150).

Do: Try to find a no-fee transfer deal

7. Don't: Use a debt settlement firm. According to the National Foundation for Credit Counseling, debt settlement firms typically charge fees between 13 and 20 percent of your total debt, or a cut of the total debt reduction plus a hefty monthly fee of \$50 or more. Not to mention that many of these companies are far from squeaky-clean—several simply collect your fees without doing much at all to improve your situation, and the Federal Trade Commission has numerous cases pending against the worst offenders. Furthermore, even if you *are* able to negotiate a lower payment, you will likely owe federal tax on the amount forgiven (the IRS considers it income), and a settlement will hurt your credit score.

Do: The negotiating for yourself. If you're unable to make your payments, call your creditors.

<http://www.oprah.com/omagazine/Making-Deals-Suze-Orman-Financial-Advice>

Financial peace isn't the acquisition of stuff. It's learning to live on less than you make, so you can give money back and have money to invest. You can't win until you do this. --Dave Ramsey

Announcements

Hello Parents! I want to send a **THANK YOU** to all of the parents and family members that have been engaged and participating in the different activities happening at their sites; whether it is the monthly parent meetings, volunteering in the classroom, or working with your child on the home connections. **You all are doing an amazing job!**

I would like to share with you some of the great things we have coming up in our program.

“Parent involvement is like the frosting on a cupcake, it makes it complete and oh so sweet” - Unknown

Save the date: **April 21, 2016 - Raising the Bar: Parent Appreciation Luncheon.** We will be recognizing all of the parents for your participation in our program. Please be on the lookout for your individual invitation.

As we prepare for our parent appreciation luncheon, we would like for you all to

TAKE PICTURES with your child as you complete the **HOME CONNECTIONS** and also while you do other activities together. Please turn these in to your

child's teacher by **March 15, 2016.** We will be preparing a slideshow to showcase all that you have been doing.

IN-KIND WARS will be taking place through March. Each county will be competing to see who will accumulate the most in-kind and the winner will receive a plaque and the right to brag, of course! In-Kind can be accrued through volunteering in your child's classroom or assisting with activities for the classroom in your home. Home Connections are also a great way to accumulate in-kind; please take the time to complete these activities with your child every night.

Common Illnesses During Spring Season

There are some specific diseases or sicknesses that are common in certain seasons and in this article we will focus on the most common diseases during spring and how we can manage them or prevent ourselves from getting them in the first place.

1. Flu and common cold is one of the common diseases and so drinking plenty of fluids and making sure your body is well hydrated and then maintaining a healthy diet could help in warding off such diseases. Avoiding some particular foods like mutton and very cold drinks as well especially towards the end of spring could also help.

2. Cough and asthma are other conditions that are also common during

this season and keeping a light health diet as well as avoiding the asthma triggering agents would really help in preventing any asthmatic attacks.

3. Throat and oral diseases. Fruits and vegetables as well some coarse food grains could go a long way as far as mitigating the incidences of such diseases is concerned.

4. Itchy skin is another condition that is common during spring. There are some foods that are rich in vitamins, e.g. vitamin (A) is known for maintaining the skin and preventing the itchy and pruritus



skin. Stay well hydrated could also help in boosting your skin integrity.

5. During spring, your body's metabolism will increase and your production of gastric juice and hydrochloric acid production in your stomach will also increase. This could lead to the formation of ulcers or relapsed to those that already had ulcers that had healed or cause perforated ulcers which are usually a complication of these stomach ulcers. So one should eat foods that are easy to digest and avoid much of fried and spicy foods. <http://www.justrec.com/common-illnesses-during-spring-season/>

St. Patrick's Day Facts & Trivia

The very first St. Patrick's Day parade was in Boston in 1737.

Over 100 US cities hold a parade every year. Some of the other biggest St. Patrick's Day parades are in Chicago, Illinois and Savannah, Georgia.

The city of Chicago goes so far to celebrate that they dye their river green.

To celebrate St. Patrick's Day, 110 million people will celebrate the day by wearing green, making an Irish-inspired meal, or going out to celebrate.

15 million cards are exchanged on St. Patrick's Day. 10 percent of all St. Patrick's Day cards are sold in New York.



Benefits of Cabbage

1. Cabbage is anything but boring

Cabbage comes in many varieties, green, purple, and white. The purple cabbage contains anthocyanins, which have been proven to have anti-carcinogenic properties... meaning, it helps your body fight off cancer.

2. Cabbage is great for your waistline

Cabbage is very low in saturated fat and cholesterol, and is a good source of fiber.

3. Cabbage is a good source of folates.

Folate is one of the essential components of DNA. Adding cabbage to your diet to help protect your baby from birth defects.

4. Cabbage can help keep your bones and body healthy

Cabbage is a good source of vitamin C and vitamin K. Vitamin C helps the body develop resistance against infectious agents and scavenging, harmful, pro-inflammatory free radicals.

5. Eating cabbage is like taking a multi-vitamin

6. Cabbage is in season!!

Cabbage is a cool season annual vegetable.



**May your blessings outnumber the shamrocks that grow.
And may trouble avoid you wherever you go - An Irish Toast**

Corned Beef and Cabbage Soup

2 Tablespoons butter
1 medium onion, diced
2-3 cloves of garlic, minced
1/2 cup celery, chopped
2 cups carrot, chopped
2 bay leaves
2-3 sprigs of fresh thyme
1/4 teaspoon pepper
1/2 teaspoon salt
2 cups potatoes, diced
4 cups cabbages, roughly chopped
8 cups low sodium chicken broth
1/2 lb cooked corned beef, sliced in to thin pieces

1. In a large soup pot, heat butter over a medium heat. Add in onion, garlic, celery, carrots, bay leaves, thyme, salt and pepper. Saute, stirring frequently, until veggies are tender, about 5 minutes.

2. Stir in chicken broth cabbage and potatoes. Cover and bring to a boil. Reduce heat to medium-low and continue to simmer covered for 20 minutes, or until potatoes are tender.

3. Uncover and stir in corned beef and simmer, uncovered, for 10 more minutes. Before serving,

make sure to strain out your thyme sprigs and bay leaves. Add more salt/pepper to taste.

<http://www.familyfreshmeals.com/2015/02/corned-beef-and-cabbage-soup.html>

