

# Early Head Start Gazette

Community Coordinated Care for Children Inc. 4C

## Keep Wonder Alive

Everyone who knows a toddler knows that they're naturally curious and imaginative. For toddlers, each day holds the potential for new adventures, and a simple cardboard box can be anything. This natural sense of wonder is what makes children such a joy to be around. As a parent, I want to do everything I can to keep this sense of wonder alive for as long as possible. But I struggle with this in the day-to-day. With all the tasks I need to accomplish each day, it's easy to lose sight of wonder, imagination and the world of "what if." Here are some ideas I've tried that can help you incorporate a little wonder into every day.

**Try seeing what isn't there** Look up at the clouds, and point out the shapes you see. Give yourself time. I can't see anything at first, but after a while the pictures starting jumping out at me.

**Make up a "what if" statement** Use it to start

a fun conversation with your child: "What if cats could talk?" "What if you were the grown up and I was the kid?" "What if we could fly?" **Don't answer your child's question** This may sound strange since we're so used to answering every question our children ask. But the next time your child shows curiosity about something new, try reply with "I wonder..." As children's language skills expand, they'll come up with ideas and guesses.

**Practice wondering** In this age of information accessibility, it's so easy to look up the answer to any question. Instead, try wondering out loud. When passing a construction site say, "I wonder what those workers are building." Upon seeing an unfamiliar fruit in the grocery store say, "I wonder what this fruit tastes like." Or when you finish a roll of paper towels pose, "I wonder what we can make out of this."

**Expose your child to different types of art** A toddler won't have much

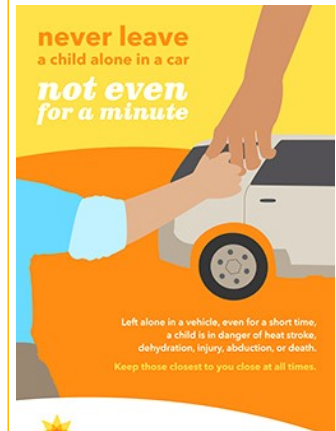
patience for an art gallery, so it may not feel worth the price of admission to go to one. Find out about the free days at your local museums and take your toddler for an early and quick trip through the most interesting galleries. No explanations will be necessary as you both wander around wondering!

**Think outside the box** Your child doesn't even know about the box yet, so practice ignoring it right alongside him. Toddlers often find new and interesting uses for things we didn't even think of. Unless something or someone is being harmed, try to allow for divergent thinking and actions. Applaud your child's creativity.

While the pace of life may not allow us to stop and smell the roses as often as we'd like, try to squeeze in some "wonder time" each day. Please share your favorite ways to sprinkle wonder into your days.

<http://www.leapfrog.com/en-us/learning-path/articles/six-ways-to-keep-wonder-alive>

## Reminders:



children's trust  
strengthening families

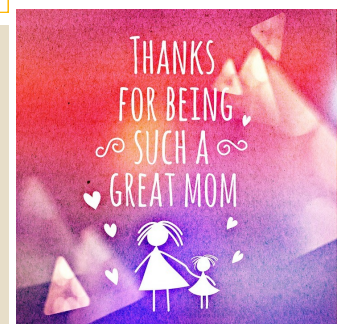
[www.childrenstrustma.org](http://www.childrenstrustma.org)

May 29, Memorial Day is dedicated to service men and women who gave their lives for freedom and country.



May 14, 2017

Mothers Day



## Toddler Mothers Day Craft

**Materials Needed - Construction paper, Pencil, Glue, Colored Sand** Help your toddler draw a design. Give him a bottle of glue

that is open so a gentle stream of glue comes out when squeezed. Have him squeeze glue on



the pencil line.. Then give him the colored sand to sprinkle the sand over the glue until it is all covered.

## Suze Orman's Top 10 Money Tips for Women



**Listen to Your Gut** Women are compassionate towards those in need. Instead of going with their gut they sometimes overlook the obvious and make an emotional money mistake. "A friend, relative, loved one will approach you saying, 'I need to borrow \$5,000.' You'll think, 'I don't want to' and yet you say 'Okay,' Suze explains. So, think twice before you say "yes," if your gut is saying "No."

**NEVER Co-Sign - for ANYONE** If a friend or family member asks for you to co-sign on a loan, it's probably best to say "No." Suze says more often than not, the borrower will default or pay late and you risk losing money or lowering your credit score because as the co-signer, you are ultimately responsible for the loan. Say "no" out of love, not out of fear.

**Save Yourself First** If you don't have enough to save for your children's college funds and your retirement, then your retirement takes precedence. As explained in Suze's book "Women & Money," women think they are actually helping their children by paying for their college or wedding. You help your children by saving yourself first. If you retire without ample money to support yourself you will become a financial burden to your children. There are plenty of loans for college but there are no loans for retirement.

**Don't Hand Over Finances to your Husband or Partner** Suze says women often hand over their family financial matters to their partner either be-

cause they are scared, lazy, or following an old fashioned role. Being in control of your financial destiny requires that you be an active participant - not just by paying bills, but in overseeing your investments too. Suze: "Take this step and I think you will be surprised how this helps your relationship."

**Don't Put Yourself on Sale** Don't treat yourself like you're on sale. If you're reluctant to put a real value on what you do, then it diminishes who you are. As Suze explains, women tend to devalue what they do. This creates a vicious cycle: "When you devalue what you do, it becomes inevitable that you—and those around you—devalue who you are." Women will settle for less: They may offer discounted prices on their services, or accept a smaller raise, even when the company is doing well. They have to ask for what they know is "right."

**Protect Your Assets: Get a Prenuptial Agreement** The basic rule is that you are jointly entitled to assets accrued during a marriage and you are on the hook for debts accrued during the marriage. Anything you bring into the marriage is not automatically shared. Protect your assets.

**No Blame, No Shame** Two of the heaviest weights women carry (invisible twin obstacles of the past) are the burden of shame and the tendency to blame. Suze explains: "If you don't feel confident in your knowledge of how money works, you hide behind the shame of it, deferring decision to oth-

ers or staying stuck in a pattern of inaction. You blame society, your parents, your husband/partner or all of the above. Blame renders you powerless and shame only serves to hold you back." You have to go and find out about personal finance for yourself.

**Take Care of Your Money** Women nurture people and things that are important to them. So, take care of your money the way you do your husband/partner, family, friends, pets, plants, and clothes. Cherish money like all of the other irreplaceable items in your life. Find wise investments, save and don't throw it away on meaningless things.

**Don't Make Your Under-Aged Children Life Insurance Beneficiaries - It's a No-No!** Life insurance companies will not make payout to children under eighteen years of age. Suze suggests you create a trust account and name the trust as the beneficiary of your life insurance policy.

**Own the Power to Control Your Own Destiny** Give to yourself as much as you give of yourself. Power comes from who you are, not what you have, and the transformation starts with how you allow others to treat you. Do what's right, rather than what's easy. Suze says, "Remember to muster up your courage and silence your fear... keep your eye on the goal, on what you really want to accomplish, no matter what anyone says or does to deter you. Just keep moving forward." <http://www.cnbc.com/2009/10/14/Suze-Ormans-Top-10-Money-Tips-for-Women.html?slide=2>

<http://www.pbs.org/parents/rogers/theme/1496.html>

## Respecting All Living Creatures — Fred Rogers

Pets can play an important role during a child's early years. They often serve as trustworthy listeners for a child's secrets and feelings of loneliness, sadness, fear or joy. When grownups don't have time to play or listen, when a parent has scolded a

child, or when a child is frightened by something (the dark, a thunderstorm), the pet is often there - available and comforting. A pet can also teach children important things about responsibility, caring and disci-



pline. By helping care for a pet, children can learn that pets are living creatures, not just toys, and that all living creatures need to be treated with consideration. <http://www.pbs.org/parents/rogers/theme/1496.html>

## Announcements

Greetings Parents!

As we prepare for the summer and are nearing the end of the school year, we want to encourage you to stay involved and engaged in what each of your children are doing in the classroom and as being a part of the program. We offer many opportunities for parents and families to volunteer in the classrooms and to participate in special events. Please get with your Family Ad-

vocate or the Family and Community Partnership Coordinator for more information.

### Upcoming Events:

Father Engagement meeting (Seminole County): May 10, 2017 @ 5:00PM  
Father Engage-

ment meeting (Orange County): May 16, 2017 @ 5:00 PM

Father Engagement meeting (Osceola County): TBA

Policy Council Meeting: May 24, 2017 @ 6:00 PM

*"Too often we under-estimate the power of touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."*  
-Dr. Felice Leonardo Buscaglia

## May is Asthma and Allergy Awareness Month

Asthma symptoms include coughing, wheezing, shortness of breath, and a tightness in the chest. Symptoms of allergies can vary in severity. Mild allergy symptoms include congestion,

skin rash, and itchy water eyes. Moderate symptoms include difficulty in breathing, and itchiness. Severe asthma symptoms can begin with itching of the eyes and face,

but soon progress to swelling, causing breathing difficulties, cramps, diarrhea, and vomiting. Confusion and dizziness are further symptoms of asthma. <http://www.whathealth.com/awareness/event/asthmaallergymonth.html>

## Free Things to Do In Central Florida

**Lake Eola Park** The kids will love the large playground with activities for every age.

**Leu Gardens** The following first Mondays will be Free Admission days at Leu Gardens: May 1, 2017; June 5, 2017; July 3, 2017; August 7, 2017; September 4, 2017

If you want to get out and enjoy nature, head to **Mead Gardens** or **Kraft Azalea Garden**, both of which offer scenic views and free admission.

**Lakeshore Learning** offers free crafts for kids every Saturday from 11 a.m. to 3 p.m. Most of the activities are very simple to complete, making them perfect for preschoolers.

**The Beach, We** might be in the middle of Florida, but the beach is still only a 45-minute drive away. Pack the car with toys, an umbrella and a cooler of snacks for a day trip to **Cocoa or New Smyrna Beach**

**Parks**, Central Florida is home to many beautiful parks and recreational facilities. One of the easiest ways to find parks closet to you is to log on to Yelp to explore your options and read reviews. You can also search on Seminole or Orange counties' websites.

**Splash Pads**, Cool off when it's hot



outside at one of Central Florida's free (or small-fee) splash pads.

Every second Sunday of the month, **Mennello Mu-**

**seum** offers free admission to the galleries, craft stations and mini-tours for kids from noon to 2:30 p.m. And then it's open house to all the galleries until 4 p.m.

**Dinky Dock** is a 1.5 acre park home to a beach (swimming is permitted), grills, docks, and picnic tables. Slather on some sunscreen and hit the beach right here in Central Florida.



## Baby Bathing Safety

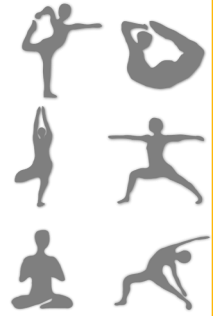
- Always test the bath water to make sure it is not too hot before setting your baby in the water. Dipping your elbow in the water is a good way to test.
- Turn down your hot water heater to 120° F.
- Never leave your baby unattended in the bathtub or bath ring. It only takes a few seconds for a baby to drown.
- Store small appliances, such as hair dryers and radios, away from the water and bathing areas. Keep these appliances unplugged and out of reach when not in



USE. <http://www.webmd.com/parenting/guide/baby-safety#3-8>

## Why Yoga and Kids Go Together

- **Yoga teaches us about our bodies.** When we practice the physical postures or exercises (called asanas), we learn how to move more freely and with greater ease and awareness. These postures help our bodies become strong and flexible.
- **Yoga teaches us how to breathe better.** When we breathe deeply and fully (called pranayama) and become more aware, we can bring peacefulness or energy to our bodies.
- **Yoga teaches us how to use our energy more effectively.** When we practice yoga, we learn how to use the life force energy in our bodies (called prana) to feel more relaxed, focused, or motivated.
- **Yoga teaches us how to quiet the mind.** When we practice yoga, we learn how to be still. This helps us to listen with attention and make good decisions.
- **Yoga teaches us about balance.** When we practice yoga, we learn to be more aware about the need for balance in our lives. This could mean equal stretching on the left and right sides of our bodies or making sure we balance our very busy time with equal quiet time and relaxation.
- **Yoga teaches us to be the "boss" of our bodies.** Yoga teaches us to listen to our bodies by modifying or changing poses that are too hard or cause pain.
- **Yoga teaches us about taking care of ourselves.** Yoga is a great way to move our bodies and feel healthy. And teaching children how to take care of themselves is one way to show love. As with all forms of exercise, a good yoga practice can mean a good night's sleep. <http://www.pbs.org/parents/inclusivecommunities/yoga2.html>



## Health Benefits of Asparagus

Asparagus is an excellent source of vitamin K, a very good source of vitamin A, riboflavin (B2), folate, thiamin, and iron, and a good source of vitamin C.

Because asparagus is a good source of vitamin K, it's important to note that those people who take coumadin should maintain consistent intakes of vitamin K, meaning aim to eat the same amount of vitamin K containing foods daily (such as green leafy vegetables).

Asparagus is a good source of many phytonutrients, including antioxidants which may help pro-



tect our cells from damage.

Asparagus is also a source of inulin, a type of fiber that supports healthy bacteria in our guts. This is an area of research that is now getting a great deal of attention.

We are learning the value of gut health in disease prevention and health maintenance.

Asparagus is also said to be a natural diuretic, which can help to reduce bloating due to a combination of minerals and plant protein called asparagine. <https://www.verywell.com/asparagus-nutrition-facts->

## Healthy Way to Prepare Asparagus



Asparagus is a great vegetable to use in a pinch as it can be cooked quickly. Make extra asparagus and add it to your morning meal or use it to make a hearty, healthy soup. Make a simple marinade and grill, roast, or sauté your asparagus to pair with your protein at your meal, or dress up your asparagus and eat it in or as a salad. <https://www.verywell.com/asparagus-nutrition-facts-calories-and-their-health-benefits-4118017>