

# Head Start Gazette



Community Coordinated Care for Children Inc. 4C

May 2017

## Having Fun Together

Even though times may be tough, you can keep having fun together. Remember: having fun together is more relevant than ever during difficult times. Enjoying your time together will help lift everyone's spirits and, just as important, create happy memories. Here are some low- and no-cost ideas: If you can no longer go to the amusement park or arcade, turn your home into an adventure land.

**Create an obstacle course:** See how fast each member of your family can hop from pillow to pillow, toss three beans into a plastic cup, and then sing "Row, Row, Row Your Boat."

**Have your own science fair:** Conduct "what sinks/what floats" experiments in

the tub or sink. Build a boat out of aluminum foil and see how much cargo (e.g., cherries, paper clips, or other small waterproof items) it can carry. Fold newspapers or old mail to see if you can get them to glide through the air.

**Host a game night:** Invite friends and family to join you. Ask everyone to bring a game to share. Make a big bowl of popcorn, listen to your favorite songs, and play away!

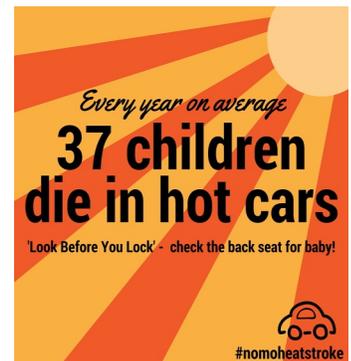
Instead of a trip to the movies or the mall, explore the great outdoors.

**Look for free events:** Consult the Internet, your local newspaper or library bulletin board. You might discover free outdoor concerts and plays.

**Spend an evening sky watching:** Look for the moon, stars, and even fireflies! You might want to use a flashlight as a prop to tell a story, or wave it around so that the light dances in the grass as your children follow the light's path.

**Go on a nature scavenger hunt:** How many different leaves can you collect? You might take a trip to your local library to find a book about trees to identify each leaf. Can you find any four-legged creatures outside? Can you spot any insects? Search for rocks that will write like chalk. Is your neighborhood parks department offering any free family activities that you can attend? <http://www.pbs.org/parents/familiesstandtogether/action-fun.html>

## REMINDERS:



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



**May 14, 2017**



## Mothers Day Gift ideas

### Heart on Canvas with Fingerprints

Using a small canvas from your local craft store, have each child place a fingerprint in a color paint and then to the canvas. Then, carefully turn



each print into a heart. Make sure you date it, so years later she can remember how tiny those itty bitty



fingers once were. **Hand Print Aprons** All you'll need is a plain-colored apron and some paint and your kids can start getting messy

### 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 because 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 Pre-nuptial 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 others 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 pay-out 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.cnn.com/2009/10/14/Suze-Orman's-Top-10-Money-Tips-for-Women.html?slide=2>



### We Learn Best from People Who Care About Us—Fred Rogers

Most children are naturally eager to learn, right from the time they are born. For them, learning comes from the inside out as they try to make sense of the world through their feelings and experiences. My grandfather was a

person who loved to teach, and every time I was with him, he'd show me something about the world or something about myself that I hadn't even thought of. I loved him and wanted to please him, and I would have tried to learn

anything he was interested in teaching me. Over the years, as I have grown and learned through my work, I've come to understand that learning does happen best when it comes through a caring relationship. <http://www.pbs.org/parents/>



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### Healthy Ways 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>

### 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 protect 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-calories-and-their-health-benefits-4118017>



**“There is only one mother in this world who is the best one; the one that every kid has got.” — Vikrmn, Guru with Guitarclose**



### 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 closest 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 Museum** 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.

**Have a picnic in Central Park**, Pack lunch, some toys and a blanket and set up anywhere in Central Park where the kids can play.