

# Early Head Start Gazette

November 2017

## First Thanksgiving Story

Long ago, in the year 1620, a group of people called the pilgrims wanted to live somewhere they would be free to worship how they wanted to.



They decided to sail across the ocean to a new land called America. They boarded the boat called the Mayflower and sailed across the ocean.

They landed on the shore of America at Plymouth and had to go to work right away building homes and finding food.

Winter was very hard on the pilgrims and many died. Many more would have died but an Indian named Squanto came to help them.

He showed them how to plant corn and other plants. He showed them which plants they could use for medicine or food and which

ones were poisonous.

That year the harvest was plentiful and they had enough food for winter. They decided to celebrate. Governor Bradford declared a day of prayer and thanksgiving. They invited the Indians and they feasted, played games and celebrated for three days.

<http://www.homemade-preschool.com/support-files/first-thanksgiving-story.pdf>

## November 11 Veterans Day

On Veterans Day we honor the brave men and women who have selflessly served our country and risked their lives to protect our freedoms.



## November 23 Thanksgiving Day

There is much to be THANKFUL for, if you take the time to look.



## Let's Count

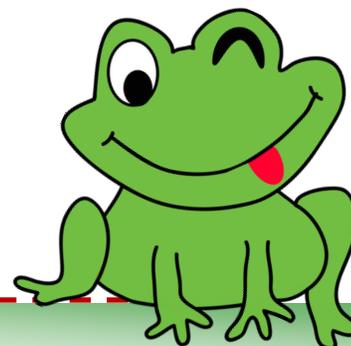
**What to do:** Toddlers love to count their fingers and toes, so show your little one how to touch each digit only once as you count out loud. Don't fret if your kid counts out of order, Dr. Leiderman says. "Kids counting in order is not important," she says. "Just like you're giving them new words, numbers are part of life. Use them in context to count toes or objects, so they can eventually learn the concepts of numbers."



**Variations:** Count the stairs as you go up and down, count while you're waiting for the light to turn green, and count the bubbles floating in the air.

**Skills learned:** Basic number skills, one-on-one correspondence skills

<http://www.parents.com/toddlers-preschoolers/activities/indoor/one-year-old-activities/>





## 5 Steps to Prepare for your first Home Purchase

**Pull your Credit Report** If you're considering purchasing a house in the next 2 years, it is time to pull your credit report. Go to [www.annualcreditreport.com](http://www.annualcreditreport.com) to get a free copy of your credit report from the following 3 credit bureaus: Transunion, Experian, and Equifax. It is so important to pull your credit report before you need a car loan or mortgage.

**Pay Down Debt** Once you have pulled your credit report, you can see what information has landed there. Medical bills you didn't realize you had? Old credit cards? It's time to get to work on cleaning up your credit. One of the main components of your credit score is the credit utilization or the percentage of credit available compared to what is borrowed. The rule of thumb is to keep your credit card utilization below 30%. For example, if you have a credit card with a credit limit of \$1000, you want to keep the amount borrowed at \$300 or below.

**Save for a Down Payment** Traditionally, a down payment is 20% of the home purchase price. A down payment of 20% will afford you the best interest rate and help you

avoid paying (PMI) private mortgage insurance. If you are paying less than 20% you will likely have to pay for PMI. This is .5-1% of the entire loan amount that you are responsible for paying on an annual basis. On a \$100,000 loan, you could be paying as much as \$1,000 a year or an additional \$83.33 per month just for private mortgage insurance.

**Review your Budget** Reviewing your budget can show you what you can afford in terms of a monthly payment, how much you are able to save each month and what needs to go towards paying down debt. If you haven't reviewed your budget lately, make sure you are budgeting like a pro. Distinguish needs from wants.

**Save More** Once you save for the down payment, there are quite a few costs before owning the home as well as things you may want to purchase after you close. Check out some other costs associated:

• **Earnest Money:** also known as good faith deposit letting the home buyer know you



are serious. Earnest money is typically 1-3% of the selling price.

• **Home Inspection:** a visual examination of the home that you want to buy. In most cases, a home in-

spection isn't required but strongly recommended. A quality home inspection may be between \$300-500.

• **Closing Costs:** fees paid at the closing of a real estate transaction. On average buyers pay an estimated \$3700 in closing costs.

Although closing costs do have to be paid, the seller may pay the buyers closing costs. Then after the home is actually yours there are other things you may need that weren't necessary when you were renting.

For example, the largest purchases I have made for my house so far are a washer, dryer, and a lawn mower. After the necessities are taken care of, don't forget the fun stuff like decorating!

On top of that, you will still need an emergency fund in the event that your home needs repaired. Saving really never stops!

<http://www.financiallyfitandfab.com/category/homeownership/>

## Must-Know Germ Fighters

**Keep Baby Close to You** More than 80 percent of germs are transmitted by touch. Ask anyone who wants to hold your baby to first wash her hands with soap and warm water for 20 seconds. Because telling strangers to wash their hands isn't practical or polite, it may be easier to say, "I'm sorry, but my baby gets sick very easily, so I don't like too many people touching him."

**Stay Clear of Crowded Places** Limit where you take your baby during his first weeks. While a stroll in the park is fine, a trip to the mall is not. That's because newborns can easily pick up a bug when exposed to large numbers of people in a confined space. To be safe, keep her away from crowded places -- especially those with lots of kids -- for the first four to six weeks.

**Throw Out Unfinished Milk or Formula** Whether you feed your baby breast milk or formula, throw out any leftovers as bacteria and digestive enzymes from a baby's saliva can backwash into the bottle and

cause contamination. The same goes for baby food: Bacteria from a used spoon can taint what's in the jar. So if you're not going to use the whole thing, put just the portion you'll need in a bowl.

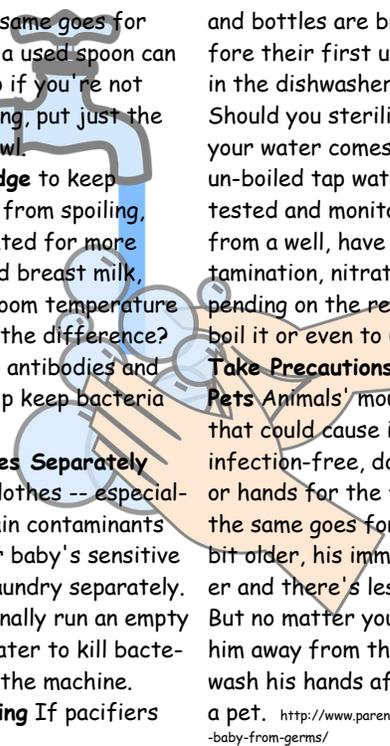
**Place Formula in the Fridge** to keep freshly prepared formula from spoiling, never leave it unrefrigerated for more than an hour. Just-pumped breast milk, however, can be kept at room temperature for up to six hours. Why the difference? Breast milk is loaded with antibodies and other substances that help keep bacteria at bay.

**Wash Your Baby's Clothes Separately** "Since family members' clothes -- especially underwear -- may contain contaminants that could wind up on your baby's sensitive skin, it's best to do her laundry separately. It's also smart to occasionally run an empty cycle of bleach and hot water to kill bacteria that may be lurking in the machine.

**Be Smart About Sterilizing** If pacifiers

and bottles are brand-new, boil them before their first use. After that, wash them in the dishwasher or in warm, soapy water. Should you sterilize water for formula? If your water comes from a municipal supply, un-boiled tap water is fine -- it's rigorously tested and monitored. If your water comes from a well, have it tested for fecal contamination, nitrates, and heavy metals. Depending on the results, it may be best to boil it or even to use bottled water.

**Take Precautions When It Comes to Your Pets** Animals' mouths are full of germs that could cause illness. To keep your baby infection-free, don't let Fido lick his face or hands for the first two or three months; the same goes for cats. Once your baby is a bit older, his immune system will be stronger and there's less risk of him getting sick. But no matter your baby's age, always keep him away from the cat's litter box and wash his hands after he's been playing with a pet. <http://www.parents.com/baby/health/sick-baby/protect-your-baby-from-germs/>



Greetings Parents!!

Thank you all for your continued involvement and engagement in the program. This program would not be possible without you! Kudos to you all!

As you all may know, October was Head Start awareness month and we celebrated with Guest Readers Week. We had staff, community partners, and community leaders join us to celebrate.

### Training Opportunities

We have many training opportunities planned for the upcoming year. You will receive more information regarding dates and a time as the time nears.

September – May	Health Issues: Pre-Natal Care and Breast Feeding, Dental Care, Hand washing, CPR & First Aid, Pedestrian Safety.	Parents will become knowledgeable of health issues that will affect their child as they develop into healthy children.	Parent Meetings In-Service Newsletter	Health Specialist and/or Outside Consultants
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### Parent Workshops

December 14th Child Development and Engagement

February 13<sup>th</sup> Education Q&A

April 19th Transitions

## A Survival Guide for Long Car Rides with Babies

**1. Frequent Stops** - Many Circle of Moms members emphasize that frequent pit stops are a key way to keep a baby happy on a road trip. As Catlin E. advises "Make frequent stops, so she can stretch her little legs!" Molly B. also has advice for what to do during these stops: "Make sure to play. Get him laughing and going and tire him out a bit."

**2. Surprise Toys** - Another great road trip tip for babies is to reveal a new toy or distraction every hour or two. As Sara L. explains: "We always bring along books and toys in a large bag. I only pull out one or two of those at a time. That way, there's always more surprises to come." Jessica H. agrees: "Go to the dollar store...and buy one toy for each hour you will travel."

**3. Sleep Timing** - Timing your trip to coincide with your baby's sleep routine is another trick many moms employ for long car rides with babies. Jennifer relays: "We try to drive at night or at least during nap time when we know he will sleep." Although some Circle of Moms members have had success

with night driving, it's worth noting that the strategy isn't fail proof. As Sara B. shared of a 9-hour road trip with her 9-month old: "[We] had the brilliant idea that we should leave at night and drive all night so she would sleep. Yeah, didn't work out. She woke up after about 3 hours and was a tyrant the rest of the way."

**4. Portable DVD Player** - "Portable DVD players are the BEST INVENTIONS EVER!!!" Carolyn S. raves. She's not alone in her enthusiastic support for bringing a movie player on a family road trip that includes a baby or toddler. Dorothy P. echoes the sentiment: "Portable DVD players are THE BEST for long trips!!!"

**5. Children's Music** - Songs are another great way to entertain babies in the car. Erin D. says young kids love Raffi and Fred



Penner music in the car, and Jennifer S. recommends children's CD's with the "voices of their favorite or most identifiable characters."

**6. Car Adapter for Breast Pump** - If you're worried about having to stop too frequently for feedings, consider Jennifer K.'s experience on a 5,000 mile road trip with 2.5 month-old twins. In addition to breastfeeding when they stopped for meals, she got a car adapter for her breast pump: "I could pump

and feed them from the bottle once a day so we could keep moving. I just smiled and waved at the truckers!"

**7. Take Your Time** - Lastly, just take it slowly. "I would say just take your time," advises Sara H. "It may take several days to get there but you'll be less stressed if you plan for a few days on the road instead of trying to cram it all in...A happy baby on a long trip is better than a cranky baby on a short trip." <https://www.popsugar.com/moms/Survival-Guide-Long-Car-Rides-Babies-27331332>

## Fast facts on turkey meat

Here are some key points about turkey meat.

- Eighty-five grams of roasted turkey breast contains around 125.
- In contrast, 85 grams of roasted dark turkey meat contains around 147 calories.
- Dark meat of turkey typically contains more vitamins and minerals.
- Turkey breast meat contains less calories and fat than most other cuts of meat.
- Turkey meat contains the mineral selenium.
- Processed turkey meat can have a high sodium content.
- Turkey should be cooked until its internal temperature reaches 165 degrees Fahrenheit.
- Pasture-raised turkeys typically have higher omega-3 content than factory-farmed turkeys.

<http://www.medicalnewstoday.com/articles/285736.php>



## Crops in Season for November

Avocados, Bell Peppers, Grapefruit, Guava, Carambola, Cucumbers, Eggplant, Mushrooms, Oranges, Passion Fruit, Squash, Peanuts, Strawberries, Radishes, Sweet Corn, Snap Beans, Tangerines, and Tomatoes

## Classic Roast Turkey

- 1 (10- to 12-pound) turkey
- 1 1/2 teaspoons salt
- 3/4 teaspoon ground black pepper
- 1 medium onion, coarsely chopped
- 1 rib celery, coarsely chopped
- 5 sprigs fresh thyme (or 1/2 teaspoon dried thyme)
- 1 bay leaf
- 1 carrot, peeled and coarsely chopped
- 1 teaspoon Baby Bam (seasoning)
- 4 tablespoons unsalted butter, softened at room temperature
- 1 cup reduced-sodium chicken broth
- Pan Gravy

Position rack in the lower third of oven and preheat the oven to 425°F. Fit a roasting rack inside a roasting pan. Transfer the turkey to the kitchen sink and remove its wrapping. Using your hands, remove and discard the neck, gizzards, heart, and liver usually found in a small paper or plastic bag inside the cavity. Rinse the turkey well inside and out under

cold running water. Pat dry inside and out with paper towels and transfer the turkey breast side up to the rack in the roasting pan.

Season the inside of the turkey with 1/2 teaspoon of the salt and 1/2 teaspoon of the black pepper and stuff the cavity of the turkey with the onion, carrots, celery, thyme sprigs, and bay leaf. Using kitchen twine, tie the ends of the turkey's legs together so that it looks as if it is trying to cross its legs. Season the outside of the turkey evenly with the remaining 1 teaspoon of salt, 1/4 teaspoon black pepper, and the Baby Bam. Use your hands to rub the butter evenly over the entire turkey. You might have to ask someone to hold the turkey for you while you do this. Wash hands well.

Transfer the turkey to the oven and bake, uncovered, for 30 minutes. Reduce the oven temperature to 350°F and, with oven mitts or pot holders, carefully remove the roasting pan from the oven. Watch it, this is heavy and now it's hot too! Using a baster, baste the top of the turkey evenly with 1/3 of the chicken broth.

Using oven mitts or pot holders, return the turkey to the oven and cook for an additional

1 3/4 to 2 hours, basting twice more during this cooking time with the remaining chicken broth. Always use oven mitts or pot holders for handling the hot roasting pan. If the turkey begins to look too browned, cover the top loosely with aluminum foil until it is done. After 1 3/4 to 2 hours, the turkey should be a nice golden brown color, and the juices should run clear when you insert the tip of a knife at the joint of the leg and thigh.

Using oven mitts or pot holders, carefully remove the roasting pan from the oven and cover the turkey loosely with aluminum foil. Let the turkey sit for about 20 to 30 minutes before carving. Save the drippings in the pan if you plan to make gravy.

**NOTE:** If you purchase a frozen turkey, you must defrost it in the refrigerator, and it can take several days to completely defrost, depending on the size of your bird. Make sure you read the instructions on the turkey packaging so that you allow yourself enough time before turkey day! Also, you should never try to defrost a turkey on your kitchen counter or in the kitchen sink—this promotes the growth of harmful bacteria. <http://emerils.com/121895/classic-roast-turkey>