

Early Head Start Gazette

2017

May this Joyous Season
bring you peace, health,
and happiness
throughout the coming year



Baby Brain Building

The early wiring of your baby's brain sets the stage for future development. Experiences during the first three years have a deep and lasting impact. The brain controls how your



baby's body works. It also controls thinking, feeling, learning and memory. Interacting with your baby helps his brain grow and develop—from showing him how to shake a rattle or reach for a stuffed bear to helping him make new sounds. Talking to and playing with your baby will make a difference in how his brain develops.

Tips to help your baby learn

• **Give your baby things to play with.** Babies like to hold things and put them in their mouths. Offer him a variety of new toys and objects to play with, making sure whatever objects you give your baby are safe.

• **Give your baby things to look at.** Bright objects and images help the development of a baby's vision. Hang a

colorful mobile over your baby's crib, just high enough so it can't be pulled down. Show your baby colored illustrations or photographs of faces.

• **Talk to your baby and read to your baby.** Babies learn by imitation. Talking to your baby helps him learn to talk. Speak gently and say lots of different words. Point out objects and say their names (Look, here's a spoon. Can you see the spoon?).

• **Respond when your baby cries.** Acknowledging your baby's cry helps him learn that he can communicate to make his needs known.

• Expose your baby to new things.

Take your baby to different places, and let him see and experience new objects and environments.

• Touch your baby and cuddle him.

Touching your baby and talking in a soft and calm voice reassures and soothes him and makes him know that you love him. <http://www.leapfrog.com/en-us/learning-path/articles/babies-learn-in-many-ways>

New Colors

• Finger or watercolor paints

Use finger paint or watercolor to show how two colors can be mixed together to produce a third color. Mixing paint helps children learn



about colors and shades. Ask your child what he thinks will happen if you mix a color with white paint. Learning is messy—but it's also great fun! <http://www.leapfrog.com/en-us/learning-path/activities/activity-new-colors>

December Holidays

7 Pearl Harbor Day

3 Advent begins

12 Chanukah lasts 8 days

12 Poinsettia Day

21 Winter Solstice (shortest day of the year)

23 Festivus - for the rest of us!

25 Christmas

26 Boxing Day

26 Kwanzaa

27 National Fruitcake Day

31 New Year's Eve



Expert: Stop 'wasting your money' on things that make your life easier

Don't want to cook dinner tonight? Order in. Don't feel like taking the bus? Hop in a Lyft. Too tired to stop by the grocery store? There's an app for that.

Today, innumerable services exist to make the minute details of our lives — from driving to cooking to cleaning — easier. But while convenience is, well, convenient, it's usually a budget-buster.

When asked about the cost of things like Starbucks lattes and avocado toast during CNBC's Power Lunch, financial expert and former CNBC television host Suze Orman recently said, "It adds up big time."

She went on: **"Stop leasing cars, stop eating out, stop doing the things that's wasting your money and makes your life easier, because in the long run it's going to make it harder."**

While giving up avocado toast won't necessarily allow you to buy a house, the little splurges and conveniences that seem minor in the moment do end up having a significant impact.

As CNBC reported in February, data from Lux Research shows that, on aver-

age, consumers are willing to pay 11 percent more for each added layer of convenience in their food chain, from online grocery shopping to having dinner delivered.

But that 11 percent could go toward paying off debt, saving up to buy a house or into an emergency fund. If you're not careful with your budget, shortcuts now could land you in the red later.

Orman also highlights the importance of avoiding lifestyle creep: **"Stop buying things and spending money you don't have to impress people you don't know or like."**

Don't blow your savings trying to keep up with the Joneses. That money will go a lot farther in a retirement fund or as a down payment on a home.

This is a lesson Orman herself learned the hard way. "There was a time that I was in a relationship with a very, very wealthy person and I wanted to impress this person and I didn't have money

yet, so I went out and I leased a car," Orman tells CNBC Make It. "I leased a 750iL BMW, and my lease payments were like eight hundred dollars a month."

Orman calls it "the most stupid thing I've ever done with money" because "the truth of the matter is, later on, I didn't even like this person. And I'm spending all of this money."

So take a page from Orman's book and consider the daily decisions that are hindering your long-term financial goals.

For you, is it dining out every day? Leasing a car you can't afford? Buying expensive clothing to impress a friend or colleague?

While some splurges are certainly worth the price, take stock of where you're spending out of convenience. What's truly making your life better and which expenses can be reallocated for the future? <https://www.cnbc.com/2017/06/28/suze-orman-stop-wasting-money-on-things-that-make-your-life-easier.html>



Poison

The Hard Facts

Half of the 2 million calls to Poison Help Number in 2011 involved children ages 5 and under. In fact, 9 out of 10 poisonings occur at home.

Top Tips

- 1 Store all household products and cleaning solutions out of children's sight and reach. Young kids are often eye-level with items under the kitchen and bathroom sinks.
- 2 Store poisonous items out of reach or use safety locks on cabinets within reach. These items also include liquid packets for the laundry and dishwasher. It only takes a few minutes, and it gives you one less thing to worry about.
- 3 Read product labels to find out what can be hazardous to



kids. Dangerous household items include makeup, personal care products, plants, pesticides, lead, art supplies, alcohol and carbon monoxide.

4 Make sure that all medications, including vitamins and adult medicines, are stored out of reach and out of sight or children.

5 Put the toll-free number Poison Help Number (1-800-222-1222) into your home and cell phones. You should also post it near your phone or on your refrigerator for the babysitter. Hopefully you'll never need it, but it's nice to have just in case.

6 Check for lead-based paint. Remove any peeling paint or chewable surfaces painted with lead-based paint. <https://www.safekids.org/poisonsafety>

Announcements

Greetings parents!

As we come to the closing of the year 2017 and as we are finally settling into the school year, we would like to take a look back on a few of the events that have occurred. We would like to thank you all for your involvement and engagement in our program. Without you all, there is no program, so again we say THANK YOU! We have so much more in store for you all as we continue through next year. Please, if you have any ideas for events, trainings, or meetings, please let us know. If you have any pictures or information that you would like to share, please share with your Parent Committee President so that we can get them onto your individual webpage's and into the newsletter.



Bringing Their Best Behavior

Rules about good behavior and civility are both written and unwritten—and developing them is a lifelong skill. Good manners demonstrate an awareness of the needs of others, as well as sensitivity to social situations. Teaching your child manners does not require setting aside special time.

The time you already spend with your child can be filled with opportunities to talk about appropriate behavior.

Please and thank you...

Children begin to learn social behaviors at a young age. Most parents are quick to incorporate "please" and "thank you." Once your child has mastered these basics, incorporate other rules of etiquette, such as:

- Shake hands when greeting or being introduced to people.
- Look people in the eye when they are speaking.
- Say "hello" in a pleasant voice.
- Listen and do not interrupt when people are speaking.

With regular reinforcement, children

readily accept and learn to automatically adopt these behaviors into their daily routines.

Respect for others

Manners are an important part of showing respect towards others and making them feel comfortable. Talk with your child about how he likes to be treated: How do you feel when your teacher cuts you off in

the middle of a sentence? Don't you feel good when someone says hello to you? How does it feel when someone doesn't thank you after you've done a kind thing? Engaging your child in such discussions will increase his sensitivity and influence how he behaves toward others.

Modeling manners

A child takes cues from how parents relate and interact with people. When interacting with children, parents should apply the same rules they use when interacting with adults. Children also ob-

serve how parents respond to people with differences. They notice that they are patient with someone who is slower, needs assistance, or struggles with language.

Cultural variations

All manners are rooted in culture and some cultures may practice social behaviors that differ from

mainstream ones. Manners also vary from family to family and community to community. Adopt manners that are comfortable to you and that are valued in your community while preserving your own cultural traditions. Discussing with your child examples of different cultural practices will make your child better prepared to properly gauge and respond to situations he encounters in the real world.

<http://www.leapfrog.com/en-us/learning-path/articles/article-manners>





Sweet Potatoes

Nutrition Facts and Health Benefits

The sweet potato is an underground tuber. It grows on the roots of a plant known scientifically as *Ipomoea batatas*.

It is rich in an antioxidant called beta-carotene, which is very effective at raising blood levels of vitamin A, particularly in children (1, 2, 3, 4).

Sweet potatoes are nutritious, high in fiber, very filling and have a delicious sweet taste.

They can be consumed in a variety of ways, but are most commonly boiled, baked, steamed or fried.

Sweet potatoes are most commonly orange, but are also found in other colors, such as white, red, pink, violet, yellow and purple.

In some parts of the USA and Canada, sweet potatoes are called yams. This is a misnomer since yams are actually a totally different species.

Sweet potatoes are only distantly related to regular potatoes.



Produce in Season for December

<i>Avocados</i>	<i>Tangerines</i>
<i>Bell Peppers</i>	<i>Tomatoes</i>
<i>Broccoli</i>	<i>Radishes</i>
<i>Celery</i>	<i>Snap Beans</i>
<i>Cucumbers</i>	<i>Grapefruit</i>
<i>Eggplant</i>	<i>Guava</i>
<i>Mushrooms</i>	<i>Lettuce</i>
<i>Oranges</i>	<i>Cabbage</i>
<i>Passion Fruit</i>	<i>Carambola</i>
<i>Strawberry</i>	<i>Cauliflower</i>
<i>Sweet Corn</i>	



Grilled Sweet Potato Salad

Ingredients

- 2 pounds sweet potatoes, peeled and cut into 1/2-inch-thick rounds
- 1/4 cup plus 3 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 tablespoons freshly squeezed lime juice, or more to taste
- 1 1/2 tablespoons roughly chopped fresh cilantro
- 1/4 cup very thinly shaved red onion
- 1 1/2 tablespoons crumbled Cotija cheese (or other mild crumbly cheese, such as farmer's cheese)



Directions

Preheat a grill to medium-high and the oven to 350°F.

Place the sweet potatoes in a bowl, and add the 3 tablespoons olive oil, salt, and pepper. Toss well. Then place the potatoes on the grill and cook until nice grill marks develop, 2 to 3 minutes on each side.

Transfer the potatoes to a baking sheet, place it in the oven, and bake until they are tender enough to easily pierce with a fork, 20 to 25 minutes. Remove from the oven and set aside to cool to room temperature.

Arrange the sweet potato slices on a platter, and drizzle the remaining 1/4 cup olive oil and the lime juice over them. Sprinkle with the cilantro, red onion, and cheese, and serve. <http://emerils.com/127838/grilled-sweet-potato-salad>