

Early Head Start Gazette

Happy Valentines

February 2018

Presidents Day
2018

Washington's
Birthday



Monday, Feb 19

Originally established in 1885 in recognition of the first American President George Washington, it is still officially called "Washington's Birthday" by the federal government. is a federal holiday held on the third Monday of February. The generally understood **purpose of Presidents Day** is to celebrate the American presidency and remember all those who served as **President** of the United States. This, however, is not the official **purpose** of the holiday.

5 Ways to Celebrate Baby's First Valentine's Day

While you may have already thought you knew just how immeasurable love was when you met your baby's daddy, this year, you outdid yourself with the amount your heart can hold. It's no news to you that having a baby changes everything, but wow, when it comes to defining love, children have a way of molding your perspective. This year, Valentine's Day will take on an entirely new meaning because you're not just celebrating romantic love but the unconditional love that comes with having your own child. If you're looking for sweet and special ways to make baby's first February 14 memorable for you and your partner—and for Baby to look back on one day!—here are a few ideas to get you started.

You have full permission to go as cheesy as possible.

Okay—if you always played that "I'm too cool for Valentine's Day card" or prescribed to the notion that V-Day is only a greeting card holiday, we're with you. But now that you've fallen in love with Baby, it's no longer ridiculous to, um, get a little ridiculous about cupid's anniversary. Go ahead and buy a sweet Valentine's Day onesie and snap some candid shots of baby. (We must warn you: if you put it on Instagram, your feed is about to blow up and the stakes for your next photo will be pretty high!)

Send Valentine's Day cards from baby.

If you haven't sent a Valentine's Day note since you were in grade school, here's your chance to go old-school and surprise your friends and family with an old-

fashioned letter of love. Since they're likely baby's (and your!) biggest fan, nothing will make them smile more than getting a heart-shaped note from your little love. You can save money by visiting a local craft store for inexpensive notes, or if you're able to splurge, you can customize a print with baby's photo.

Get artsy with baby's hands.

Making a simple hand- or footprint card is fine, sure, but if you want to put a Valentine's Day spin on your holiday arts and crafts project, try this instead: gently help baby make a small fist and dip the side of her hand on a red stamp pad or washable paint. Press down. Then repeat with their other hand. This makes a heart out of baby's hands! It's so simple and will be something you can treasure for years to come. Pro tip: if you're sending cards, try this as the seal on the envelope to take it to another level of adorable.

Get a Valentine's Day smash cake.

Who says smash cakes are only for first birthdays? We doubt baby will ever complain about having something sweet on the sweetest day of the year. Buy a heart-shaped cake—or simply bake one with a heart-shaped pan—and let Baby go to town. You can record their feast or snap photos that you'll treasure for years.

Use Valentine's Day as a way to show your partner some love from Baby.

Baby might not be old enough—yet—to write a card to their father, but you can help them. Since it's his first Valentine's Day as a new dad, it's a special moment for him to savor just how big his heart has expanded in the past year, too. There are tons of cards on Etsy to choose from (regardless if you go sentimental or funny), or you could write your own. And if you want to ensure baby sends you a card too? Just forward this link to your other half for a (not-so-subtle) nudge. <https://www.fitpregnancy.com/baby/5-ways-celebrate-babys-first-valentines-day>



New Tax Plan: Here's What You Should Know

Ordinary Income Tax Brackets for 2018 Current Tax Law vs. Final Tax Bill (Single Filers)			
Current Law		Final Tax Bill	
Income Level	Tax Rate	Income Level	Tax Rate
Over \$426,700	39.6%	Over \$500,000	37%
\$424,950	35%		
\$195,450	33%	\$200,000	35%
		\$157,500	32%
\$93,700	28%	\$82,500	24%
		\$38,700	22%
\$38,700	25%	\$9,525	12%
\$9,525	15%	\$1	10%
\$1	10%		

Ordinary Income Tax Brackets for 2018 Current Tax Law vs. Final Tax Bill (Married / Joint Filers)			
Current Law		Final Tax Bill	
Income Level	Tax Rate	Income Level	Tax Rate
Over \$480,050	39.6%	Over \$600,000	37%
\$424,950	35%		
\$237,950	33%	\$400,000	35%
		\$315,000	32%
\$156,150	28%	\$165,000	24%
		\$77,400	22%
\$77,400	25%	\$19,050	12%
\$19,050	15%	\$1	10%
\$1	10%		

Congress has just passed the most sweeping tax code overhaul in decades. Once signed into law, the majority of its provisions will kick in on January 1, 2018, with many of the changes expiring after 2025. **The tax bill will have almost no effect on your 2017 tax return.**

1. Tax brackets will change.

The final tax bill keeps seven tax brackets but changes the tax rates, which shifts income into lower brackets. The long-term capital gains tax rates remain essentially unchanged, and short-term capital gains will be taxed at the adjusted ordinary income tax rates.

Most (although not all) taxpayers would owe less under the new rules, according to analyses by various independent think tanks, including the **Tax Foundation** and the **Tax Policy Center**. The impact of the changes would vary based on each taxpayer's income level, amount of itemized deductions and other factors.

Current ordinary income tax brackets compared with brackets in the final tax bill for tax year 2018.

2. The standard deduction will increase.

The final tax bill nearly doubles the standard deduction, to \$12,000 from \$6,350 for single filers, and to \$24,000 from \$12,700 for married filers. About 70% of taxpayers claim the standard deduction, so most taxpayers claiming this deduction likely will benefit from this proposal.

If you're a low- or middle-income household, an increased standard deduction combined with an increased child tax credit should lower your tax bill.

3. Some itemized deductions are being reduced or eliminated.

The final tax bill reduces or eliminates many itemized deductions in favor of a higher standard deduction.

The itemized deductions that will be reduced or eliminated include:

State, local, and property taxes will be limited to a \$10,000 deduction.

Mortgage interest deduction will be limited to \$750,000 of indebtedness.

Miscellaneous itemized deductions will be eliminated.

Here are the itemized deductions that will remain:

Medical expenses: The final tax bill preserves the deduction for medical expenses and temporarily reduces the limitation from 10% to 7.5% of adjusted gross income for tax years 2017 and 2018. Beginning in 2019, only medical expenses

that exceed 10% of adjusted gross income are deductible.

Charitable donations: The final bill preserves all the major charitable donation deductions, with the exception of few specific deductions (such as the deduction for payments made in exchange for college athletic event seats).

All else being equal, if you're in a high-income household in a high-tax state, with a mortgage and high property taxes, these changes could end up increasing your tax liability. However, if you don't normally itemize your deductions these changes won't be an issue, and the increased standard deduction should end up benefiting you.

4. The child tax credit will increase.

The final tax bill increased the child tax credit to \$2,000 from \$1,000, and the income level of households eligible for the credit. The tax credit is fully refundable up to \$1,400, and begins to phase out for married/joint filers at income of \$400,000 and for single filers at \$200,000.

Tax credits are generally better than tax deductions, because credits reduce your taxes dollar-for-dollar, while deductions only lower your taxable income. This change would benefit low- and middle-income households with children.

5. The personal exemption and dependent deduction will be eliminated.

The final tax bill eliminates the \$4,050 personal exemption and dependent deduction. When combined with the increased standard deduction and increased child tax credit, lower- and middle-income households should see a net benefit despite the elimination of these deductions.

However, higher-income taxpayers could see an increased tax bill from this proposal if they have large families and don't qualify for the child tax credit, because of the income phase-outs within the tax bill.

6. The corporate tax rate will decline.

The final tax bill reduces the corporate tax rate to 21% from 35%. Lowering the corporate tax rate will increase the profits of many companies, which could provide additional capital for business expansion, increase dividends to shareholders and make the U.S. a more attractive place for foreign businesses to open operations.

7. There will be no changes to tax-deferred retirement accounts

Early on in the tax debate, it was rumored that Republicans considered changes to the deductions taxpayers receive for contributing to tax-deferred retirement accounts, such as IRAs or 401(k) retirement plans. The proposal was not included in the final tax bill. <https://www.schwab.com/resource-center/insights/content/tax-reform-what-investors-should-know>

Announcements

Greetings Parents!

February is National *Children's Dental Health Month*. Each February, the American Dental Association (ADA) sponsors National *Children's Dental Health Month* to raise awareness about the importance of *oral health*. We encourage you to have your children seen by the dentist every 6 months.

Give Kids A Smile is the ADA Foundation's signature children's oral health access to care program. Through GKAS, children who may not have access to oral health services can receive free oral health education, screenings, preventive care and/or dental treatment from volunteer dentists and dental team members.

The ADA Foundation has a new toll-free number for Give Kids A Smile (GKAS): 1-844-490-GKAS (4527). Callers can find out whether there is a GKAS program in their area, including par-

ents and caregivers seeking oral health services for their children and dental team members and others interested in volunteering at a GKAS event.



Hunt for the Hearts (Self Esteem Activity)

Materials needed:

- Red and Pink colored paper
- Scissors
- Black Marker

Directions:

Cut heart shapes out of the colored paper and write things you love about your child in each of

them. Hide them around the room and have your child find them. Then sit with them, talk to them about what each heart means while celebrating Valentines with their favorite food.



Incorporating Math in Day-to-Day Life

Count with your kids. One of the most basic math lessons you can use in your everyday life is counting. Count how many plates are needed for the table, how many signs are on the road to school, how many toys are on the floor, and so on. If you naturally incorporate counting into your speech, your child will start picking up on it and doing it themselves.

Work on number recognition. Your child can't communicate math on paper until they know what numbers look like when written. As you notice numbers in the world, point them out to your child. You can also use things like number puzzles or hopscotch to work on number recognition

Highlight the ways you use math. Most of the time, you use math on a day-to-day

basis. Try thinking out loud when you find yourself using math to show your kids where math is relevant. For instance, you can talk about comparing prices at the grocery store or measuring for a recipe.

Just like reading, it's important to get kids doing math every day.

Work on shapes. Shapes are important for understanding geometry. You can ask your child to name shapes as you run errands, as well as to name the shapes they play with. You can also do things like bake cookies with basic shapes, which combines learning and fun.

Ask estimation questions. While direct questions are helpful in learning the basics of math, estimation questions require kids

to think through a problem, not just spout out a basic answer. This tip works for both younger and older kids, but you may need to adjust the question.

For instance, an estimation question could be, "How much water do you think will fill up this pitcher?" Let your child try their hand at estimating, and then you can do an experiment to see how close the guess was. For younger kids, you might need to first show them how much a cup is.

For older kids, you can try more complex questions, such as "How long will it take to fill the bathtub with water?" <https://www.wikihow.com/Teach-Your-Child-Math>

Nutritional Benefits of the Strawberry

The heart-shaped silhouette of the strawberry is the first clue that this fruit is good for you. These potent little packages protect your heart, increase HDL (good) cholesterol, lower your blood pressure, and guard against cancer.

Packed with vitamins, fiber, and particularly high levels of antioxidants known as polyphenols, strawberries are a sodium-free, fat-free, cholesterol-free, low-calorie food. They are among the top 20 fruits in antioxidant capacity and are a good source of manganese and potassium. Just one serving -- about eight strawberries -- provides more vitamin C than an orange.



This member of the rose family isn't really a fruit or a berry but the enlarged receptacle of the flower. Choose medium-sized berries that are firm, plump, and deep red; once picked, they don't ripen further. First cultivated in ancient Rome, strawberries are now the most popular berry fruit in the world. In provincial France, they were regarded as an aphrodisiac. These red gems may be good for your heart in more ways than one. <https://www.webmd.com/diet/features/nutritional-benefits-of-the-strawberry>

Strawberry Puree

Wash & Slice the Strawberries

Wash strawberries with a mixture of three parts water and one-part white vinegar to remove bacteria. Rinse under cool running water and dry. Remove stem and slice into quarters.

Steam the Strawberries if Under-ripe or Frozen

If strawberries aren't fully ripe or are frozen, place the fruit in a steamer and cook for three minutes. Drain strawberries and rinse with cold water for three minutes in a colander to stop the cooking process.

Puree or Mash the Strawberries

Puree in a food processor or blender until smooth. Add

water as needed to reach desired consistency.

For chunkier strawberry puree, which is ideal for babies 10 months or older, mash the strawberries with a potato masher instead of pureeing it.

Step 5: Serve Strawberry Puree

If strawberries are very sweet, serve puree the plain. Try mixing strawberry puree with: Applesauce, Pear,

Peach, Banana, Chicken and Full-fat Greek yogurt.

<https://www.parents.com/recipes/baby-food/how-to-make-strawberry-puree-for-babies/>

Florida Crops in Season for February



Bell Peppers	Oranges
Broccoli	Papaya
Cabbage	Peanuts
Carambola	Potatoes
Cauliflower	Radishes
Celery	Snap Beans
Eggplant	Squash
Grapefruit	Strawberries
Guava	Sweet Corn
Lettuce	Tangerines
Mushrooms	Tomatoes

Handwashing with soap removes germs from hands. This helps prevent infections because:

- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.
- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick.
- Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.
- Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help



prevent skin and eye infections. Teaching people about handwashing helps them and their communities stay healthy. Handwashing edu-

cation in the community:

Reduces the number of people who get sick with diarrhea by 31%

Reduces diarrheal illness in people with weakened immune systems by 58%

Reduces respiratory illnesses, like colds, in the general population by 16-21% <https://www.cdc.gov/handwashing/why-handwashing.html>