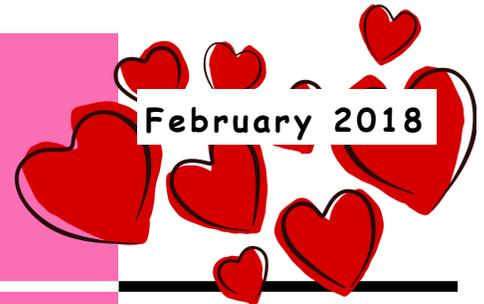


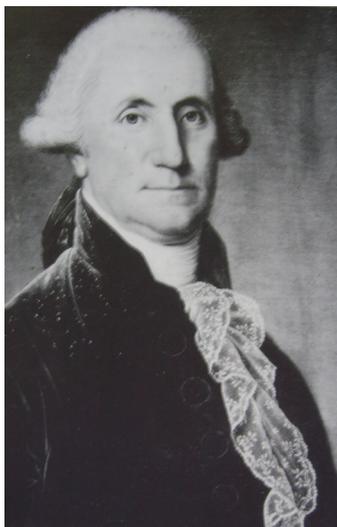
Head Start Newsletter



Happy Valentines Day!

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.

Simple Ways to Boost Your Child's Self-Esteem

A positive sense of self is one of the greatest gifts you can give your child. Children with high self-esteem feel loved and competent and develop into happy, productive people. To help build your child's positive self-image as he grows, consider these dos and don'ts. **Do give children choices.** Giving children choices -- within a reasonable set of options pre-selected by you -- makes them feel empowered. For example, at breakfast you might offer your child the option of eggs or pancakes. Learning to make simple choices while he's young will help prepare your child for the more difficult choices he'll face as he grows.

Don't do everything for her. Be patient and let her work things out for herself. For example, it may be faster and easier to dress your preschooler, but letting her do it herself helps her learn new skills. The more she meets new challenges, the more competent and confident she'll feel.

Do let him know no one is perfect. And explain that no one expects him to be. The way you react to your child's mistakes and disappointments colors the way he will react.

Don't gush or offer insincere praise. Kids are masters at detecting insincere praise or baseless compliments. Praise your child often, but be specific in your compliments so your words don't ring hollow. For instance, instead of reacting to your child's latest drawing with, "Wow, that's great. You're the best artist in the world," try something like, "I really like how you drew the whole family. You even included details like Daddy's beard."

Do assign age-appropriate household chores. Give children responsibility for tasks such as setting the table, walking the dog, and folding laundry. They'll increase their feelings of competency and bolster their problem-solving skills.

Don't draw comparisons be-

tween your children. Instead, appreciate each one's individuality and special gifts. **Don't call children names or use sar-**

casm to make a point. Never belittle your child's feelings. When you get angry take a short break so you don't say anything you'll regret. And keep in mind, you can dislike a child's actions without disliking the child. Be sure to illustrate the difference to your child.

Do spend one-on-one time with your child. Whether it's grabbing a bite to eat or taking a bike ride, try to schedule some alone time with your child at least once a week. This is a great opportunity to talk about what's on her mind and to cement the bond the two of you

share. <https://www.parents.com/toddlers-preschoolers/development/social/boost-your-childs-self-esteem/>



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.



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%
\$93,700	28%	\$157,500	32%
\$38,700	25%	\$82,500	24%
\$9,525	15%	\$38,700	22%
\$1	10%	\$9,525	12%
		\$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%
\$156,150	28%	\$315,000	32%
\$77,400	25%	\$165,000	24%
\$19,050	15%	\$77,400	22%
\$1	10%	\$19,050	12%
		\$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 parents and caregivers seeking oral health services for their children and dental team members and others interested in volunteering at a GKAS event.



Health and Safety, Ages 2 to 5 Years

This topic suggests ways to help prevent illness and accidental injuries in young children. It does not cover every risk that a child faces, but it does cover many of the most common hazards and situations that can be dangerous to children ages 2 to 5 years.

What can you expect from your child at this age?

Children in this age range are gaining many new skills, and they feel more and more independent. They may be curious, want to explore the world around them, and act without thinking. At this age, children see everything that happens as it relates to themselves. And they believe that what they wish for or expect to happen can affect what really happens. They overestimate what is in their control, which contributes to their vulnerability. They are often unaware of the consequences of their actions. This can lead to dangerous situations.

You can help decrease any dangers by accepting that your child will go through active and curious phases. Think about what you can do to avoid safety hazards. If your child is discovering the joys of riding a tricycle, for example, be sure to make riding in the street off-limits.

you might like

You can also find behaviors to teach and model. For example, if you wash your hands before eating, your child will probably also do this.

Remember that no one can watch a child's every move or make a home 100% safe all the time. Try to find a balance for supervising your child, taking safety precautions, and allowing your child to explore. Learn all you can about child growth and development. Doing so can help you learn how to respond to and make a positive impact on how your child behaves.

What can you do to help keep your child safe?

Your child is gaining in confidence and probably wants to explore. But your child still needs your close supervision and guidance. You can:

Set up and consistently enforce rules and limits to help

your child learn about dangers.

Teach some basic safety rules and precautions. Do this inside and outside the home. For example, teach your child to always use the car seat and that ovens and toasters can cause burns. Talk with other caregivers about what problems could arise and how to prevent them.

Practice healthy habits. Protect your child against illness and infection. For example, wash your hands often, keep toys clean, make sure your child is immunized, and go to all well-child visits.

Take safety measures around the home. For example, store poisonous products out of your child's reach, and use safety covers on all electrical outlets.



How can your stress level affect your child's safety?

Taking care of yourself is a vital part of keeping your child safe. Most injuries to children happen when parents or

caregivers are tired,

hungry, or emotionally drained or are having relationship problems. Other common causes of family stress include changes in daily routines, moving to a new house, or expecting another child.

If you feel over-stressed, get help. Talk with your doctor or your child's doctor, or see a counselor. Find support from family and friends, or join a parenting group.

Call right away if you feel you are about to hurt yourself or your child.

<https://www.webmd.com/children/tc/health-and-safety-ages-2-to-5-years-overview#2>

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

Strawberry Watermelon Ice Pops



2 cup - watermelon
1 medium - lemon
10 medium (1-1/4" dia) -
strawberries

Optional:
1/2 cup - water

Directions

Blend together in a blender
and add water if the mixture
is too sweet for you.
Pour into ice pop molds and
freeze for 4-6 hours. Enjoy!

<https://www.superhealthykids.com/strawberry-watermelon-ice-pops/>

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.



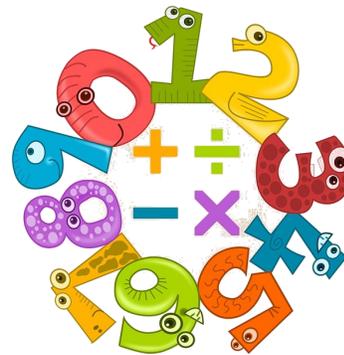
This member of the rose family isn't really a fruit or a berry but the enlarged receptacle of the flower. Choose medium-sized berries that are firm, plump, and deep red; once picked, they don't ripen further. First cultivated in ancient Rome, strawberries are now the most popular berry fruit in the world. 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>

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>