



January 2018

Head Start Gazette

Help Children Succeed

Here are some ways for parents to facilitate successful outcomes for children with learning disabilities:

Create opportunities for success and avoid frustration when possible.

Set up activities, chores, and homework so that your child can be successful. Also, make sure to say something positive when things go well, and naturally don't praise work if it isn't worthy of it. You also want to avoid frustration — both yours and your child's. If your child is having difficulty with an activity, try to simplify or end the activity before she gives up or gets angry. You can also teach your child ways to avoid frustration by encouraging her to ask for help when needed.

Build your child's confidence. Every child (and adult!) wants to feel good about himself. You play an important role in how your child feels about herself. You can say things like "I have every confidence in you" or "I knew you could handle that" to point out that you trust your child and believe that he will achieve great things. You can also ask your child to teach you something. Children need to feel important and competent which leads to healthy self-esteem.

Say what you mean. Children with learning disabilities often have difficulty understanding all they hear and read. Be very clear when you speak to your child. Give simple directions and break down tasks into concrete steps. For example, ask your child to make his bed and put away his laundry rather than say "clean your room." Make sure he understands by asking him to repeat instructions before following them. Avoid sarcasm if your child does not understand your meaning.

Model what you want your child to do. Let your child know what to do by modeling the activity or chore. For example, show your child how to complete a puzzle or art project so that she can see the steps she needs to follow. Or model a social skill, such as asking for assistance to teach your child how to appropriately ask for help when needed. When you model the behaviors you want to see, you set a good example and make your expectations clear.

Prepare your child for new situations. Help your child succeed by telling her what to expect and how to behave in new or unfamiliar situations. Because she may not pick up on the "unspoken rules," it is good to discuss what the expectations are. For example, if you are going to a movie theater, it may be helpful to remind your child not to talk during the movie. Letting your child know about a situation beforehand allows her to think through her actions and be less anxious.

Another way to help children with learning disabilities succeed is to teach them to speak up for themselves. When a child tells others what he needs, he is more likely to learn and feel good about himself. For example, a child with a learning disability may ask for more time to complete an activity or to have information explained in a different way. A young child may learn to state her preferences for an activity or ask for assistance in getting what she wants.

Here are some ways you can promote your child's self-advocacy:

- Encourage your child's independence in a variety of situations.
- Allow your child to answer questions for herself.
- Include your child in meetings held about her education, if appropriate.
- Help your child practice making requests or asking for information. <http://www.pbs.org/parents/education/learning-disabilities/supporting-your-child/help-children-succeed/>



January 15, 2018

Martin Luther King Jr. Day

Dr. Martin Luther King was the most important voice of the American civil rights movement. Drawing inspiration from both his Christian faith and the peaceful teachings of Mahatma Gandhi, Dr. King led a nonviolent movement in the late 1950's and '60s to achieve legal equality for African-Americans in the United States.

On November 3, 1983 President Ronald Reagan signed bill establishing the 3rd Monday of every January as the Dr. Martin Luther King, Jr. National Holiday, beginning in 1986.

- 1964 Nobel Peace Prize Award recipient

"We must learn to live together as brothers or perish together as fools."

— Dr. Martin Luther King Jr.

3 Reasons Why Young People Need to Save for Retirement Now

1. Reaching retirement sooner

Spending less money than you earn and investing the difference is the cornerstone for building retirement plans. If you can accomplish this early in life, you'll significantly increase the odds of reaching financial independence at a younger age

2. Avoid procrastination

Old habits die hard. If you don't start saving for retirement today, then when will you? Tomorrow sounds like a reasonable plan, but then life decides to surprise you, typically more than once. Only 52% of those surveyed by MoneyRates.com started saving for retirement by age 40, and saving rates generally don't improve until people near the end of their careers.

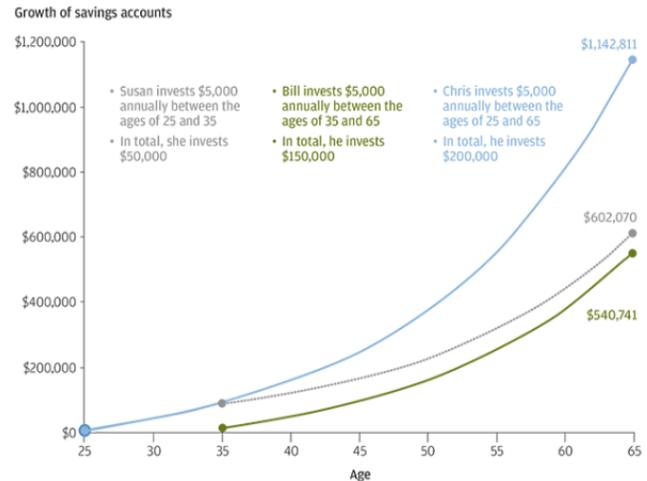
3. More time, more money

The effects of compounding returns over several decades is astounding. As

the chart above from JP Morgan shows, a person who invests \$5,000 annually between the ages of 25 and 35 will have \$602,070 at age 65, assuming a 7% annual return. In comparison, a person investing \$5,000 between the ages of 35 and 65 will have only \$540,741.

Market returns are not guaranteed and certainly come with more volatility than 7% each year, but the math shows the benefits of compounding returns over a greater period of time. The earlier you start, the better your chances will be of reaching your financial goals. The results are even

more evident if you start early and keep a consistent pace. A person who invests \$5,000 annually between the ages of 25 and 65 could accumulate more than \$1 million for retirement. <https://www.cheatsheet.com/money-career/3-big-benefits-of-saving-early-for-retirement.html#a=viewall>



Homemade Silly Putty

- Elmer's Glue-All multi-purpose glue
- food coloring
- Sta-Flo concentrated liquid starch



Mix the glue with the food coloring until the color is even throughout.

Pour the liquid starch into the colored glue mixture.

Stir and let it sit for five minutes.

Pull the putty out of the mixing bowl and set it on a paper towel. Knead the putty in your hands for five to ten

minutes. <http://www.pbs.org/parents/crafts-for-kids/homemade-silly-putty/>

Table Manners for Kids

The following manners are fundamental to all meals. Share them with your kids and discuss why they're important. Make them an expectation for everyone (yes, you too), and practice them together as a family:

Come to the table with clean hands and face. No one wants to look at a dirt-covered face while eating.

Put your napkin on your lap. Use it to wipe food off your face or fingers. It will also protect your clothes in case you spill or drop food into your lap.

Start eating when everyone else does - or when given the okay to start. Stay seated and sit up straight.

Keep elbows (and other body parts!) off the table while eating.

Chew with your mouth closed and don't talk until you've swallowed. Have your child take a look in a mirror while eating. Then, the reason for keeping your mouth closed will become obvious.

Don't make bad comments about the food. Someone has spent time and effort to make the meal and negative comments can only hurt feelings.

Say "Please pass the —" instead of reaching. Saying please changes a demand into a request.

Don't make rude noises like burping or slurping. And if a burp slips in by mistake, say "Excuse me."

Chat with everyone at the table. You can have that intense one-on-one talk that excludes everyone else later, when you and your friend are on your own.

Ask to be excused when finished. You can also offer to help clear the table.

Thank your host and whoever prepared the meal. <http://www.pbs.org/parents/holidays/table-manners-kids/>

Announcements

Greetings parents!

Happy New Year to you all! It is a New Year and we all know that we like to create New Year resolutions, which can include new ventures. As the New Year begins, you may be looking into a new position or a new career. While many factors play into obtaining a new job, it is important to have employability skills that will assist you in securing and keeping the job that you want.

Employers have identified 8 employability skills as important.

1. Communication
2. Teamwork
3. Self management
4. Learning skills
5. Problem solving
6. Technology
7. Planning and organisation
8. Initiative & enterprise



Parasites

Parasitic infection or infestation can occur in children of all ages. Infants, toddlers, and very young children in day care settings are at risk for the parasitic disease called giardiasis that causes diarrhea and is spread through contaminated feces. Pinworm infection (enterobiasis) also occurs among preschool and young school-age children. Both preschool and school-age children can become infested with head lice (pediculosis) or scabies, both of which are spread by close person-to-person contact as is common during childhood play.

Accidentally swallowing contaminated recreational water is one way children can get cryptosporidiosis, a parasitic disease.

Children of all ages can develop parasitic diseases such as giardiasis and cryptosporidiosis from swallowing contaminated water during swimming, playing, and other activities in contaminated recreational water (e.g. pools, foun-

tains, lakes, rivers and streams, etc.). Pets and other animals can be a potential source of parasites that can affect children. Toxoplasmosis is spread by ingesting soil or litter-box contents with infectious cat feces. Children can also be born with this infection if their mother was infected during pregnancy. Several parasitic diseases occur occasionally in the United States and more frequently in developing countries, but their prevalence has not been well studied. They include strongyloidiasis, caused by a worm infection that is of particular danger for children with an



impaired immune system. It is acquired when larvae (immature worms) in soil contaminated with infected human feces come into contact with and pene-

trate the skin. They also include visceral toxocariasis, spread when children ingest soil contaminated with dog or cat feces containing the eggs of cat or dog roundworms, and cutaneous larva migrans, transmitted when children walk barefoot on soil contaminated with cat or dog hookworm larvae that penetrate their skin.

One of the most important ways to help prevent these parasitic diseases is to teach children the importance of washing hands correctly with soap and running warm water, particularly after using the toilet and before eating. In many developing countries, it is also important to ensure feces are disposed of properly, to avoid walking barefoot outdoors, to sleep under an insecticide-treated bednet, and to avoid exposure to water that may be infected with the parasite that causes schistosomiasis. Periodic mass drug administrations for soil-transmitted helminth infections, schistosomiasis, onchocerciasis, and lymphatic filariasis can also greatly reduce these infections and the diseases they cause and can even lead to elimination of onchocerciasis and lymphatic filariasis. In mass drug administrations, all members of selected age groups at risk are treated. <https://www.cdc.gov/parasites/children.html>

Crops in Season for the Month of January in Florida

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

Fried Green Tomatoes



- Salt
- 12 slices fresh green tomatoes (about 1/4-inch thick)
- Freshly ground black pepper
- 1 cup flour
- 2 eggs, beaten with 1 tablespoon milk
- 2 cups fine dried bread crumbs
- Creole seasoning
- 1/2 cup vegetable oil, for frying

Season tomatoes with salt and pepper. Season the flour, egg wash and bread crumbs, separately with Creole seasoning. Dredge each slice of tomato in the flour. Dip each slice in the egg wash, letting the excess drip off. Finally, dredge each slice in the bread crumbs, coating completely. In a large sauté pan, over medium heat, add the oil. When the oil is hot, pan-fry the tomatoes, in batches, until golden and crispy on both sides, about 2 to 3 minutes. Remove and drain extra oil.



What are the Benefits of Green Tomatoes

Ripe, red tomatoes are common in American cuisine, but when an early frost forces farmers to harvest tomato plants, they may find themselves with an abundance of green tomatoes. Although green tomatoes may have initially been an unwelcome discovery, many people enjoy eating them fried, sautéed, in stews or sauces or even pickled to this day. They are rich in antioxidants and B vitamins and may even help fight cancer.

Antioxidant Vitamins A large green tomato has 43 milligrams of vitamin C, providing half the daily requirement for men and nearly 60 percent for women. It also has 58 micrograms of vitamin A, giving you close to one-tenth of your recommended daily intake. Getting enough of these antioxidant vitamins can help protect your immune system and prevent premature aging. Vitamin C also helps your body absorb iron, so it is beneficial to eat green tomatoes with an iron source, such as meat, poultry, fish, spinach or an iron supplement.

Vitamin K and B-Complex Vitamins B-complex vitamins help your body use protein, fat and carbohydrates to produce energy. They also play a role in the production of red blood cells. One large green tomato provides about 10 percent of your daily requirement for the B vitamins thiamin, vitamin B-6 and pantothenic acid, as well as a little less than 10 percent of the riboflavin and niacin you need each day. A green tomato also has one-fifth of your recommended daily intake for vitamin K, a nutrient that further benefits your blood by helping it to clot properly.

Minerals, Protein and Fiber Although a green tomato is low in mineral content, it supplements your diet with 5 to 10 percent of your recommended daily intake for iron, magnesium, phosphorus, potassium and manganese, minerals that benefit your blood, nerve function, bones and muscles. It also provides 2 grams of protein and 2 grams of fiber, helping to satisfy your appetite and keep you feeling full. For only 42 calories, a green tomato supplies a wide range of nutrients.



Tomatine Green tomatoes contain an alkaloid called tomatine, which may effectively fight cancer cells, according to researchers who published a study in "Journal of Agricultural and Food Chemistry" in 2009. Tomato plants use their tomatine content to combat bacteria, fungi, viruses and insects, but tomatine also appears to offer anticarcinogenic benefits. Upon comparing extracts, the researchers found that extracts from high-tomatine green tomatoes strongly inhibited human cancer cell lines of the breast, colon, stomach and liver. <http://healthyeating.sfgate.com/benefits-green-tomatoes-7590.html>