

January 2018

Early Head Start Gazette

Community Coordinated Care for Children Inc. 4C



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.

Understanding Your Baby's Quirks

My baby smells so good.

What's her secret?

Two words: no sweat. The apocrine glands -- which are found in the armpits, breasts, and groin and are associated with strong body odor -- aren't active until puberty. Another reason she smells so good to you may be because her scent is familiar. Each of us has our own odor print, explains George Preti, PhD, a chemist who studies human body odor at the Monell Chemical Senses Center, in Philadelphia. Moms have been known to recognize their newborn by scent alone. One theory for this phenomenon: Olfactory cues from her baby may be circulating in Mom's bloodstream during gestation, giving her an early exposure.

Do all newborns startle as much as mine does?

All healthy newborns are born

with an evolutionarily programmed, involuntary impulse called the Moro reflex. So if your baby is startled by the sound of a pot clanking or a siren, for instance, he'll fling his arms wide, spread his fingers, then grab instinctively -- for Mom, of course. Then he'll bring his arms back to his body and relax. "Newborns haven't learned to differentiate between common and uncommon noises," says Richard Polin, MD, director of the division of neonatology at Columbia University Medical Center, in New York City. As your little one matures, his brain learns to distinguish sounds and movements and suppresses this primitive reflex.



What's the reason for all the drooling?

Infants have an immature nervous system, and they don't have as much motor control of their mouth as older kids and adults, says Eve Colson, MD, associate professor of pediatrics at Yale University School of Medicine, in New Haven. The dribbling typically lessens by the end of their first year. <http://www.parents.com/baby/care/newborn/understanding-your-baby/>

Introduce your baby to different parts of the body using a doll or stuffed animal.

Give your baby a large baby doll or stuffed animal. Show him how to rock and cuddle with the doll. Point to different body parts and say their names: *eyes, ears, tummy, legs* and so on. Show your baby where these features are on his body. Say: *Here are the baby's ears. Where are your ears?* <http://www.leapfrog.com/en-us/learning-path/activities/love-the-baby>



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.

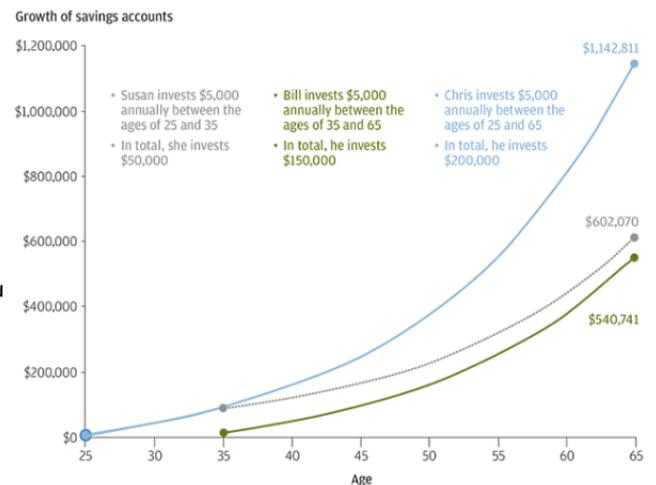
3. More time, more money

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?viewall>



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, fountains, 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 penetrate 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>

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



How to teach your toddler manners

Be an inspiring role model. Start by setting an example — something that's easier in theory than in practice. It may sound simplistic, but the best way to have polite kids is to be polite. And at age 2, your child wants nothing more than to be like Mom and Dad.

If your spouse is standing in front of the refrigerator when you need to open it, say, "Excuse me." If your child gets used to hearing courteous speech around the house, that's the kind of speech she'll use herself.

Start with the basics. Saying "please" and "thank you" is usually the first bit of courtesy any parent tries to teach, and you can start as soon as your child is using some words to communicate, usually sometime after the first year. It's going to be a long time before she gets "please" and "thank you" down, but once your toddler starts talking you'll probably find yourself automatically tacking on the polite words and pausing for her to repeat them.

Ask her to join you at the table. Learning to sit still for more than five minutes straight is a major achievement for a 2-year-old, so try never to put yourself in a situation where disaster will strike if your child wiggles or wails. (You know you always have to take the aisle seat at weddings so you and the small cranky one can slip out fast, right?) But family dinners can be terrific practice time.

Make sure your goals are reasonable: Fif-

teen minutes at the dinner table, butt on the chair the whole time, can be terribly hard work for your squirmy toddler. You might want to set incrementally increasing goals, perhaps using a kitchen timer: Five minutes at first and then another couple of minutes as she gets the hang of it. When having dinner at the homes of friends and relatives, tell her ahead of time that this is a chance to show off her new sitting-still skills. When she succeeds, praise her efforts, but not so much that she feels she's doing something above and beyond what's normal. And remember, this is a 2-year-old we're talking about — expect backsliding, and try to stay cheerful about it.

Encourage polite greetings. At 2 years old, your child can certainly learn to say "hello" when arriving for visits or meeting new people and "goodbye" when it's time to depart. She will be wildly unreliable about it, saying "Hello" very sweetly on one occasion and then collapsing into shyness or bursting into tears on the next.

But in general it's a good move to teach these salutations because they pave the way for the more advanced stuff, like "Nice to meet you" and shaking hands. Some preparation helps here: "When we get to Grandpa's, we're going to say, 'Hi, Grandpa,' okay?" If this is the first visit with Grandpa and you think he might have forgotten what you were like when you were 2 years old, you'll also need some advance work with him so he doesn't get his

feelings hurt when the grandbaby hides her face and refuses to speak to him.

Try for playdate civility. Toddlers' first quarrels are usually over sharing their toys, which from their perspective is an outrageous thing to ask of them. Don't expect



sainthood, but you'll do your child a favor if you start teaching her now that when other kids are around she can't hog all the toys, whether at home or at daycare or preschool.

Lay down some simple ground rules: If there's a favorite one-person toy, everybody takes a turn with it. Nobody gets to decide how somebody else plays with a toy, as long as the toy's not being damaged. Nobody gets to hit, shove, or call people names. Respond to infractions with a clear warning, and, if necessary, an immediate end to the playtime.

Finally, don't forget to praise your child — specifically naming the swell thing she just did when she does behave generously or thoughtfully around other kids. https://www.babycenter.com/0_how-to-teach-your-toddler-manners_11947.bc



Tomatoes 101: Nutrition Facts and Health Benefits

Crops in Season for the Month of January in Florida

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

Known scientifically as *Solanum lycopersicum*, the tomato is the berry of a plant from the nightshade family, native to South America.

Despite technically being a fruit, the tomato is generally categorized as a vegetable.

Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer.

They are also a great source of vitamin C, potassium, folate and vitamin K.

They are usually red when mature, but can come in a variety of colors, including yellow, orange, green and purple.

Then there are many subspecies of tomatoes, with different shapes and flavor. <https://www.healthline.com/nutrition/foods/tomatoes>

When can my Baby eat Tomatoes?

Tomatoes are typically not recommended to be introduced to an infant until somewhere between 10 and 12 months of age. The reason for this is not due to possible allergies per se, rather, the acidity of tomatoes may prove harsh for an immature tummy.

Tomatoes are actually fruits and they contain a high level of acidity that may cause tummy upsets or even rashes around the mouth and/or bottom. Raw tomatoes are most likely to cause this type of a reaction as opposed to cooked tomatoes (i.e. tomato sauce). With that being said, there are many babies who have eaten tomatoes prior to the recommended age and have had no issues. Many parents offer babies tomatoes as early as 8 months old.

Should you decide to offer tomatoes earlier, please use fresh

tomatoes only. Also, please be sure to cook the tomatoes - either as a sauce or sautéed with other veggies. It is said that cooking the tomatoes (much like cooking strawberries) may reduce the acidity and be more gentle on a tiny tummy.

Please also speak with your pediatrician about introducing foods that may cause allergies or may be difficult for a tiny tummy to digest. If you notice a rash around the lips/mouth and the bottom, this could be indicative of baby having a reaction to the acidity of the tomatoes. Please keep a look out for such occurrences. As always, we recommend that you consult with your baby's pediatrician on introducing solid foods as generalities may not apply to your infant. <http://wholesomebabyfood.momtastic.com/tomatoesbabyfoodrecipes.htm>

Yellow, Red and Green

Ingredients:

- 1 summer squash
- 1 zucchini squash
- 2 medium sized tomatoes
- olive oil for sauteing

Directions:

Step 1: Thoroughly cleanse and dice yellow squash, zucchini squash and tomatoes



Step 2: Heat olive oil in a frying pan

Step 3: Place vegetables in the pan and sauté until tender.

Step 4: Serve over rice or add cubes of cooked chicken or beef or even fish! Add some spices such as garlic cloves or powder, basil or onion powder if baby is able to have these spices. Chop as needed for your baby's texture preferences.

<http://wholesomebabyfood.momtastic.com/tomatoesbabyfoodrecipes.htm>