

# Early Head Start Gazette

Community Coordinated Care for Children Inc. 4C

May 2018

## Celebrate the Little Things on Mother's Day

Usually when we think of celebrating Mother's Day, we often jump to gift ideas for mom or children's activities for Mother's Day. But this year, celebrate all the wonderful things you already do with your children and appreciate the little things like spending quality time together. Children likely won't remember the hours we spent preparing a special activity or the expensive toys that we purchased. They will remember the bedtime stories that we read, the walks that we took, and the skills that they gleaned from working on an activity side-by-side together, such as: cooking with children, washing a car, or working in the garden.

Here's a list of a few little but important things parents do with children that should be celebrated on Mother's Day. Every family is unique, so be sure to add to this list or find inspiration on

how to best spend time with your children and relatives.

- Creating weekly special times when you are totally focused on your child.
  - Doing things that make your child feel special.
  - Sharing activities that you both enjoy and keeping them up.
  - Demonstrating or talking about your love, respect, and appreciation.
- Spending quality time together without electronic devices.
- Proudly hanging your child's art work and writing on walls or scanning it into the computer to share with friends



- Asking your child to help you with a task.
- Having meaningful, spontaneous discussions.

Offering hugs and kisses in the morning at bedtime and in-between.

These are the little things that make parenting so special and worth celebrating on Mother's Day. This Sunday, cherish the people in your life who make it so wonderful and interesting - your children and your own moms. From all of us at e-family news, we wish you a very happy Mother's Day!  
<https://www.brighthorizons.com/family-resources/e-family-news/2012-celebrate-the-little-things-on-mothers-day>

## A Swarm of Bees in May (Nursery Rhyme lyrics)

A swarm of bees in May  
Is worth a load of hay;  
A swarm of bees in June



Is worth a silver spoon;  
A swarm of bees in July  
Is not worth a fly.

<http://www.rhymes.org.uk/a5-a-swarm-of-bees.htm>

### May 13 Mothers Day

The modern holiday of Mother's Day was first celebrated in 1908, when Anna Jarvis held a memorial for her mother at St Andrew's Methodist Church in Grafton, West Virginia. St Andrew's Methodist Church now holds the International Mother's Day Shrine.<sup>[8]</sup> Her campaign to make "Mother's Day" a recognized holiday in the United States began in 1905, the year her mother, Ann Reeves Jarvis, died. Ann Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War, and created Mother's Day Work Clubs to address public health issues. Anna Jarvis want-

ed to honor her mother by continuing the work she started and to set aside a day to honor all mothers because she believed that they were "the person who has done more for you than anyone in the world". [https://en.wikipedia.org/wiki/Mother%27s\\_Day](https://en.wikipedia.org/wiki/Mother%27s_Day)

### May 28 Memorial Day

Memorial Day started as an event to honor Union soldiers who had died during the American Civil War. It was inspired by the way people in the Southern states honored their dead. After World War I, it was extended to include all men and women who died in any war or military action. <https://www.timeanddate.com/holidays/us/memorial-d>

## 19 Things The Millionaire Next Door Won't Tell You

But, Len, you don't know my neighbor. That guy doesn't look anything like a millionaire.

Well, guess what? A millionaire who is truly financially savvy won't be easily recognizable.

1. He always spends less than he earns. In fact, his mantra is, over the long run, you're better off if you strive to be anonymously rich rather than deceptively poor.

2. He knows that patience is a virtue. The odds are you won't become a millionaire overnight. If you're like him, your wealth will be accumulated gradually by diligently saving your money over multiple decades.

3. When you go to his modest three-bed two-bath house, you're going to be drinking Folgers instead of Starbucks. And if you need a lift, well, you're going to get a ride in his ten-year-old economy sedan. And if you think that makes him cheap, ask him if he cares. (He doesn't.)

4. He pays off his credit cards in full every month. He's smart enough to understand that if he can't afford to pay cash for something, then he can't afford it.

5. He realized early on that money does not buy happiness. If you're looking for nirvana, you need to focus on attaining financial freedom.

6. He never forgets that financial freedom is a state of mind that comes from being debt free. Best of all, it can be attained regardless of your income level.

7. He knows that getting a second job not only increases the size of your bank account quicker but it also keeps you busy - and being busy makes it difficult to spend what you already have.

8. He understands that money is like a toddler; it is incapable of managing itself. After all, you can't expect your money to grow and mature as it should without some form of credible money management.

9. He's a big believer in paying yourself first. Paying yourself first is an essential tenet of personal finance and a great way to build your savings and instill financial discipline.

10. Although it's possible to get rich if you spend your life making a living doing something you don't enjoy; he wonders why you do. Life is too short.

11. He knows that failing to plan is the same as planning to fail. He also knows that the few millionaires that reached that milestone without a plan got there only because of dumb luck. It's not enough to simply declare that you want to be financially free.

12. When it came time to set his savings goals, he wasn't afraid to think big. Financial success demands that you have a vision that is significantly larger than you can currently deliver upon.

13. Over time, he found out that hard work can often help make up for a lot of financial mistakes - and you will make financial mistakes.

14. He realizes that stuff happens,

that's why you're a fool if you don't insure yourself against risk. Remember that the potential for bankruptcy is always just around the corner and can be triggered from multiple sources: the death of the family's key bread winner, divorce, or disability that leads to a loss of work.

15. He understands that time is an ally of the young. He was fortunate enough to begin saving in his twenties so he could take maximum advantage of the power of compounding interest on his nest egg.

16. He knows that you can't spend what you don't see. You should use automatic paycheck deductions to build up your retirement and other savings accounts. As your salary increases you can painlessly increase the size of those deductions.

17. Even though he has a job that he loves, he doesn't have to work anymore because everything he owns is paid for - and has been for years.

18. He's not impressed that you drive an over-priced luxury car and live in a McMansion that's two sizes too big for your family of four.

19. After six months of asking, he finally quit waiting for you to return his pruning shears. He broke down and bought himself a new pair last month. There's no hard feelings though; he can afford it.

So that's it. Now you know what your millionaire neighbor won't tell you. <http://www.businessinsider.com/how-to-act-like-a-millionaire-2013-8>

## Scissor Skills Project

### Materials:

children's scissors,  
construction paper  
Glue  
paper and printer



### Instructions:

ADULT: print template of choice or make your own. Ex. Star

ADULT: Cut the construction paper into long, one-inch-wide strips show the child how to hold their scissors. let the child snip off pieces from the strips of construction paper  
Squeeze the glue onto the template for the child Let the child fill the template with the snipped pieces. Let dry.

## Announcements

Greetings Parents!

As we prepare for the summer and are nearing the end of the school year, we want to encourage you to stay involved and engaged with what each of your children are doing in the classroom and as being a part of the program. We offer many opportunities for parents and families to volunteer in the classrooms and to participate in special events. Please get with your Family Advocate or the Family



and Community Partnership Coordinator for more information.

### Upcoming Events:

Father Engagement meeting (Seminole County): May 24, 2018 @ 6:00PM

Father Engagement meeting (Osceola County): TBA

Hebni Nutrition Classes: May 3, 2018 @ 6:00 PM

May 10, 2018 @ 6:00 PM

May 17, 2018 @ 6:00 PM

Policy Council Meeting: May 23, 2018 @ 6:00 PM

"If you seek immortality, then give. For giving frees humanity from the bondage of time. When all is gone, what's left is what you gave." — Val Uchendu

## Leave a Reminder in the Back Seat!

Although it might be hard to understand how this can happen, most parents who leave their children behind simply forgot. In most of these tragedies, parents became distracted. They were distracted because they were thinking about work issues, or simply fell into a daily routine that, on a usual day, did not involve responsibility for a young child.

**If you make it a habit to leave your phone (or, some other item) in the back seat area every time that you buckle your child into their seat, you will be giving yourself some added insurance against the unthinkable.**

An average of 38 children have died in hot cars each year in the USA since 1998.

Since 1998, more than 700 children have died in vehicles from heat stroke in the USA.



More than 70% of heat stroke deaths occur in children younger than age 2.

More than half of heat stroke deaths occur because a caregiver forgot the child in the car.

Roughly 30% of heat stroke deaths occur because the child got in the car without a caregiver knowing and couldn't get out.

Nearly 20% of deaths occur because a caregiver intentionally left the child in the car.

Cars heat up quickly. A vehicle can heat up 20 degrees in 10 minutes.

Cracking the windows or not parking in direct sunlight does not make a car significantly cooler. Heat stroke deaths have occurred even when the vehicle was parked in shade.

A car can reach 110 degrees when temperatures are only in the 60s. Heat stroke can take place when the outside temperature is as low as 57 degrees.

The body temperatures of children can increase three to five times faster than adults. Heat stroke begins when the body passes 104 degrees. Reaching an internal temperature of 107 degrees can be deadly. <http://www.wheresbaby.org/>

## Choking

Hard candy caused the most choking episodes, followed by other candy, meat (other than hot dogs) and bones. Other high-risk foods were hot dogs, seeds and nuts.

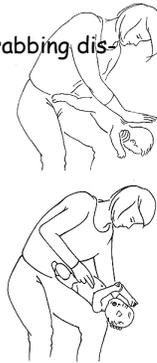
**Don't Feed Your Baby Solid Food Before 6 Months**

**Keep these foods out of reach**

So, along with hot dogs, nuts and seeds,

keep these foods out of grabbing distance of kids under 4:

- Grapes
- Popcorn
- Raw vegetable chunks
- Meat and cheese chunks
- Hard or sticky candy
- Chunks of peanut butter
- Chewing gum



**Here a few tips to help prevent choking episodes:**

**Take into account your child's stage of development. Cut the food into smaller pieces.**

**Set them down and make them focus.** Kids at any age, particularly small children, should be sitting down when they eat—even when they're eating candy.

<https://health.clevelandclinic.org/reduce-your-childs-risk-of-choking-on-food/>

## Ground Beef Nutrition Facts

Beef is high in saturated fat, but is it totally bad for you? No, not at all. The key to enjoying beef is to choose leaner cuts of beef, such as round steaks and some parts of sirloin steaks.

Serving size is equally important. One serving size of beef is only three to four ounces, or about the size of a typical deck of playing cards. That big T-bone steak I mentioned earlier may be equal to three or four servings of beef.

Beef is a great source of protein, carnitine, zinc, selenium, iron, and B vitamins. If you choose a lean cut of meat you won't have to deal with too much fat, especially saturated fats that may be associated with increase inflammation. So, for example, a 3-ounce serving of beef steak has about 150



calories and 6 grams' fat. That's a small portion of meat, but it gives you more than 20 grams' protein.

**Health Benefits of Beef**

**Protein is essential for building and maintaining muscle tissue and for various biological processes that happen in your body every day.**

Eating a diet high in red meat has been associated with cardiovascular and other health problems, including an increased risk of colorectal cancer, so it's probably best to limit your beef consumption to 3 to 4 servings per week.

These health risks are increased with all types of red meat but are worse for processed red meats such as lunch meat and sausages, which may be made with beef or pork. <https://www.verywellfit.com/lean-beef-can-be-part-of-a-healthy-diet-2507013>

## Old-Fashioned Meat Loaf- A.K.A 'Basic' Meat Loaf

### Ingredients

- 1 pound ground beef
- 1 1/4 teaspoons salt
- 1/4 teaspoon ground black pepper
- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper
- 1 egg, lightly beaten
- 8 ounces canned diced tomatoes with juice
- 1/2 cup quick-cooking oats

### Topping:

- 1/3 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon prepared mustard

### Directions

- Preheat oven to 375 degrees F.
- Mix all meatloaf ingredients well and place in a baking dish. Shape into a loaf.

### Topping:

Mix ingredients for topping and spread on loaf. Bake for 1 hour.

<https://www.foodnetwork.com/recipes/paula-deen/old-fashioned-meat-loaf-aka-basic-meatloaf-recipe-1953100>

