



**where's
baby?**
Look before you lock.

June 17



June 14



Flag Day, is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag is representative of our independence and our unity as a one nation, under God, indivisible. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon. So raise the flag today and every day with pride!

Early Head Start Gazette

June 2018

Celebrating Father's Day: What CAN Baby Do?

By now you've seen those first smiles and maybe heard giggles and coos. Perhaps your little one is even mobile: rolling, crawling, or even starting to pull up! All of sudden, your baby is starting to show their personality. It's a great time to enjoy a special Father's Day and celebrate the new relationship that this little one has created in your lives.

So, what can you do for dad? This holiday is about him and the baby. Sometimes, it's hard to think outside of the traditional

Father's Day gifts (i.e. a new tie) when thinking about how to show gratitude to a dad. Can your baby help create a gift? You bet!

There are a few things your baby can do.

Even the youngest babies, at 3 months, can do a few things that will create something very special for dad's special day. And, if your baby is closer to a year in age, watch out...there's plenty they can do!

Before you get started, be sure to "dress for mess and be ready for fun." If the temperature is warm enough, it may be best to simply have the baby in a diaper for these adventures. A bath is sure to follow!

Non-toxic and washable paints (always be sure to read the labels before using) are a wonderful option to use with the littlest learners. Pick out a color or two to use (what's dad's favorite color?). As for the surface you will apply paint to, you can use something as simple as copy paper, or cardstock (heavier paper) or purchase a small or medium sized canvas board from a local arts and craft store.

For a non-mobile infant, lay them on a surface (such as the floor) where you can sit beside them. You may want to place a towel or sheet under your "work surface." For the littlest babies, use a soft paint brush to stroke paint on the bottom of your baby's feet. Gently press

your baby's foot onto the paper or canvas. Con-



tinue this until you have a sheet of prints. Add a poem (the internet is a great resource for finding free, downloadable Father's Day

poems) or picture to this work of art. An inexpensive frame purchased from a local art store can make for a gift that will last a lifetime. In addition to making a keepsake, this is a great sensory experience for your baby.

For infants who are mobile and can sit-up in a highchair, it's time to get those fingers into some paint! Yes, the first time I did this I asked all the "what ifs" in terms of my child putting their fingers in their mouths. Don't fret -try it! Keep a warm washcloth nearby so that if your baby does decide to have a taste, you can simply wipe their mouth and hands. Redirect and praise them as they use their hands and move the paint across the paper. Encourage patting, swirling, and other motions to keep your baby involved. Of course, handprints are always a great keepsake too, if you can get your infant to cooperate with keeping their hand flat. If not, don't worry! This is your child's work and it is sure to be treasured by dad. If things are going well (meaning, your baby wants to do more, more, more!), you can also create a card and wrapping paper for your special creations.

It's simple, it's low-cost, it's fun and it's a gift that will last a lifetime.

Financial Advice From Suze Orman

Teach Toddlers Colors



Dress Up

Even second-year toddlers can be creative about their clothing choices (pink tutu with a green top and purple-striped leggings, anyone?), but you can still try to teach the concept of matching colors. To start, pull out a T-shirt and three pairs of pants. Can your little one figure out which pair matches the top? Help her see how, for instance, the green flowers on the shirt are the same shade as the green bottoms, then let her pick her own matching set. Just remember, though: Even when your sweetie understands the concept, she's bound to have her own definition of what's stylin'.

<https://www.whattoexpect.com/toddler/photo-gallery/games-that-teach-toddlers-colors.aspx>

- 1. Waiting to Get Started Saving for Retirement** The biggest favor you can do yourself is to start saving ASAP. Someone who saves \$250 a month starting at age 25 will have nearly \$500,000 saved up by age 65, assuming a 6% annualized return. If she waits until age 40, saving \$250 a month will give her a retirement pot of only \$175,000 by age 65. If she starts at 40 and wants to end up with the same pot as her 25-year old self she will need to save \$700 a month for those 25 years.
- 2. Not Using a Credit Card** I think debit cards are such a smart way to spend within your means. You must also have at least one credit card that you use one or two times a month, and then always pay the full balance due. That's because your debit card purchases do not help you build a credit score.
- 3. Paying Bills Late** Among the many factors that go into computing your credit score, your track record of making payments on time is one of the biggest. Even if you can't pay a credit card bill in full, always make at least the minimum payment due.
- 4. Taking Out a Long-Term Car Loan** Many of you are taking out loans that last 72 or 84 months. That is a sign you are spending way too much on a car. Your goal should always be to finance a car with a loan that is no more than 36 months. Yes, I realize that means buying a less expensive car. Having a car may be a necessary part of your life, but it is a lousy investment.
- 5. Assuming Renting is a Waste** Unless you have a clear idea that career-wise and life-wise you are ready to settle down, renting can be the smarter move. My general advice is to never buy if you anticipate you might want to move within five years. The cost of selling can be 10% or so. If you move quickly you may not make enough money on the sale to cover your selling and moving costs.
- 6. Using Private Student Loans** Federal Stafford loans taken out by the student should always be your first financing choice for college. If parents are in solid financial shape, they can take a look at borrowing a responsible amount through the federal PLUS program. But if you find yourself considering private loans that is a sign you are making a huge mistake. Most private student loans have variable rates, while federal loans are fixed.
- 7. Relying on Life Insurance Through Work** Most companies offer employees a life insurance policy that will pay the beneficiary a death benefit that is equal to one year of your salary. That is not nearly enough. My advice has always been to aim to buy a term life insurance policy with a death benefit that is at least 20x the annual income your beneficiaries need. Term life insurance is affordable. You can shop for term life insurance at selectquote.com and accuquote.com.
- 8. Always Saying Yes to Your Loved Ones** If someone asks you for a loan, you should stop and consider why. Same goes with co-signing for a loan. If a lender isn't willing to make a deal with them, you should be questioning why they couldn't qualify on their own.

The other important issue is that you should never give financial assistance to someone if it puts your own financial security at risk. Ask yourself how you would feel if the money was never paid back. Would it impact the relationship? Would it be a financial hit to you? If you answer yes to either question take that as a sign you shouldn't offer money. Same goes with co-signing a loan.
- 9. Forgetting to Review Your Options** Your financial goals and needs will change as time passes, so what worked last year may not be your best choice this year. <https://www.dentalplans.com/dental-information/how-to-save/suze-orman-money-tips>

Teaching Kids Manners

Ages 1-2: Saying the Magic Words

Use stuffed animals, dolls, or puppets to play dinnertime or teatime and practice saying "May I," "Please," "Thank-you," and "You're welcome."

Encourage him to say "Excuse me" for burping (and bumping into others), and "I'm sorry" for being naughty. Don't make a big deal of burps and messes at the table when he's still little. It will take time to pick up good table manners.

Have your children hand you their cup or bowl when they're finished. This is a precursor to helping clear the table. They can help bring napkins and kid-friendly dinnerware to and from the table, too. <https://www.familyeducation.com/life/manners/how-rude-age-age-guide-teaching-kids-manners>



Announcements

Greeting parents!

We have come to the end of yet another exciting year. As all of you know, many of you have planned or are still planning your Parent Activity. These activities could and have included a trip to the zoo, having a guest speaker come out, having a family photo night, etc.

Altamonte Head Start attended Picture Show at Altamonte on May 12, 2018. During this time, parents and their children were able to engage and share positive parent-child interaction.

Frontline Outreach CCP will be attending The Central Florida Zoo on June 2nd. During this time, parents and their children will learn about the animals and flowers in the botanical gardens as well as share positive parent-child interaction.

Naomi Helligar Early Head Start will be attending Amazing Animals. On this day, parents and their children will get the opportunity to be educated about the farm animals by touch, sight, smell, and sound!



Changing Activities/ Making Transitions

*"HELP!": My child yells, cries and throws things when they have to change activities (*this is called making transitions).*

What you can do:

- Make sure to give your child a warning ahead of time that they will have to change activities. Set a timer and tell them when the timer beeps, they need to go to the next activity.
- Give reminder about what comes next — tell the child what he or she can do after they are finished.
- Just before a transition, provide the child with a picture or an object representing the activity that the child should go to next. The child could even take the picture or object to the next activity with him or her.
- Use music and movement to transition. For example, have the child hop or take "giant steps" to the next activity.
- Try to incorporate the child's favorite activity, toy, or person in to a specific activity. For example, if it's time to go to bed and they love reading books with their Dad, you could say, "After you finish your bath time, it will be time to read a book with Daddy!" or, if it's time to leave a friend's house and you have their favorite toy, CD, or book in the car say, "In 2 minutes it will be time to leave and when we get to the car, you get to listen to The Wiggles!"



Burn Prevention

To prevent burns from fires and scalding:

- Be "alarmed".

Install and maintain smoke alarms in your home—on every floor and near all rooms family members sleep in. Test your smoke alarms once a month to make sure they are working properly. Use long life batteries when possible.

- Have an escape plan.

Create and practice a family fire escape plan, and involve kids in the planning. Make sure everyone knows at least two ways out of every room and identify a central meeting place outside.



- Cook with care.

Use safe cooking practices, such as never leaving food unattended on the stove. Also, supervise or restrict children's use of stoves, ovens, and especially microwaves.

- Check water heater temperature.

Set your water heater's thermostat to 120 degrees Fahrenheit or lower. Infants and small children may not be able to get away from water that may be too hot, and maintaining a constant thermostat setting can help control the water temperature throughout your home—preventing it from getting too high. Test the water at the tap if possible. <https://www.cdc.gov/safekid/burns/index.html>

Broccoli

Broccoli has a wide variety of health benefits, including its ability to prevent cancer, improve digestion, lower cholesterol levels, detoxify the body, and maximize vitamin and mineral uptake. It also prevents allergic reactions, boosts the immune system, protects the skin, prevents birth defects, lowers blood pressure, eliminates inflammation, and improves vision and ocular health.

What is Broccoli?

Broccoli is a green vegetable, which belongs [1] to the *Italica cultivar* group of *Brassicaceae oleracea* like cabbage and cauliflower. The most commonly eaten parts of it are the green or purple flowering heads, which are shaped like a tree, coming off a thick and edible stalk. <https://www.organicfacts.net/health-benefits/vegetable/health-benefits-of-broccoli.html>



10 HEALTH BENEFITS OF BROCCOLI

1 Helps Prevent Cancer

Contains a powerful antioxidant & anti-carcinogen that hinders the growth of breast, cervical & prostate cancer.

2 Curbs Overeating

A cup of broccoli has as much protein as a cup of rice or corn - with only half the calories!

3 Boosts Immune Health

A cup of broccoli has a large amount of beta-carotene, zinc & selenium, which strengthen immune defense.

4 Fights Birth Defects

A cup of broccoli has 94 mcg of folic acid - a B-vitamin essential for proper fetus cellular division.

5 Fights Diabetes

Because of the high fiber and low sugar content, insulin can be kept to a minimum.

6 Fights Heart Disease

The carotenoid lutein, B6 & folate may prevent the risk of atherosclerosis, heart disease & stroke.

7 Promotes Healthy Bones

Contains more calcium than most dairy & Vitamin K, which promotes bone health & prevention of osteoporosis.

8 Regulates Blood Pressure

The potassium, magnesium & calcium content help regulate blood pressure.

9 Prevents Colds

Vitamin C - an antioxidant & anti-inflammatory helps relieve cold symptoms.

10 Makes For Manly Men

Reduces levels of the female hormone estrogen, thereby increasing testosterone.

Natural
healthy
concepts
NaturalHealthyConcepts.com

Infographic created Sept. 2012
Source: healthdiaries.com, OrganicJar.com

How to Teach Your Toddler Healthy Eating Habits

Model Healthy Habits

Children are greatly influenced in their food choices by parental modeling. Telling your toddler to eat his vegetables will have little to no effect if he is watching you eat donuts and pizza. Serve the whole family the same healthy meal and announce how delicious everything is as you gently encourage your toddler to eat.

Provide Nutritious Foods

Limit the amount of high-calorie foods you bring into the house. Instead, keep healthy options available including fruits, vegetables, whole grains, legumes and lean meats. Make snack choices easily accessible; for example, keep a bowl of fruit on the counter or a bag of carrots with hummus at eye level in the refrigerator. Teach them the difference by providing the foods that nourish their bodies.

Play with Your Food

Some toddlers are just not interested in food at all. Other times they may experience food jags in which they will prefer to eat one food every day. To teach the healthy habit of consuming a variety of nutritious foods, make meal times a fun experience. Engage your children in activities designed to introduce new foods, such as making faces with foods of different shapes and colors. Most toddlers are more willing to try new foods if they are introduced through an entertaining activity.

Involve Your Child

Another way to teach healthy eating habits is to involve your child in the preparation of foods. Children are less likely to reject foods that they helped to make. By training your children in meal preparation, you also give them the tools required to consume healthy home-cooked meals over pre-packaged, processed foods. Even the youngest of toddlers can help in the kitchen, from pouring ingredients to tearing lettuce. <http://healthyeating.sfgate.com/teach-toddlers-healthy-eating-habits-7025.html>

Cheesy Broccoli (or Cauliflower) Rice

1 stalk of broccoli
 $\frac{1}{2}$ cup cooked
brown rice
 $\frac{1}{4}$ shredded cheddar cheese

Step 1: Wash broccoli under cool water.

Step 2: Chop stems and florets into small pieces; using just the florets will many times yield a smoother puree. Steam until tender.

Step 3: Mix the rice and broccoli together and return to the stove on low

Step 4: Stir in the cheese until it has melted into the broccoli & rice

Step 5: Puree or mash as needed <http://wholesomebabyfood.momtastic.com/>

