

June 2018

Head Start Gazette

Celebrate Father's Day All Month!

He's your family's main man, so why stop giving him props after Father's Day? Take this whole month to show him just how much you care.

Laugh

Help your kids learn a few silly jokes to put a smile on Dad's face, like "Do fathers snore? Only when they're sleeping!"

Cook

Only 24 percent of kids under 6 eat breakfast with their fathers every day; try to do so as often as possible in June. Serve some fun foods, such as pancakes shaped like Dad's initials. Little ones can help spoon out fruit salad on the side.

Read

Kids will love Animal Dads, by Sneed B. Colard III, an entertaining look at how the males of other species, from gorillas to birds, help their young grow up healthy and strong.

Learn

Teach your tots how to say "Dad" in other languages—they'll crack up to hear that it's Buwa in Nepali, Babbas in Greek, and Otosan in Japanese. For a real eye-opener, point out the countries on a map, too.



<https://www.parenting.com/article/celebrate-fathers-day-all-month>

A Poetic Place (Read and Create Poetry Together)

- art supplies
- paper
- poetry
- soft music
- writing materials

Help children create their own poems about their favorite quiet-time places.

Read: Read an assortment of poems to your children. **Create:** Distribute drawing materials and play soft music. Tell your children about solitary places you enjoyed as a child. Invite children to draw pictures

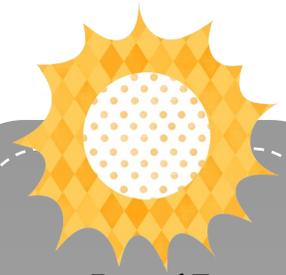


and create poems about places they like to go for privacy. Write down the words they dictate, breaking the lines to read like poetry.

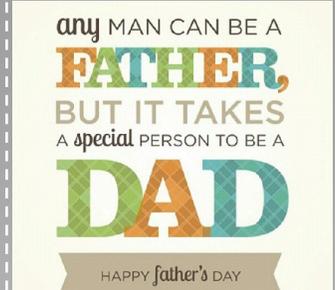
Take It Further

Help children keep a journal. Each week, ask them to describe something special that happened, and write the entry in their journal for them. Read past entries together and reminisce. You can also help children

make treasure boxes for storing private mementos. http://www.pbs.org/parents/arthur/activities/acts/poetic_place.html



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!



Financial Advice From Suze Orman

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>

Bicycle Safety: Sidewalk versus Street Riding

The safest place for bicycle riding is on the street, where bicycles are expected to follow the same rules of the road as motorists and ride in the same direction. Children less than 10 years old, however, are not mature enough to make the decisions necessary to safely ride in the street. Children less than 10 years old are



better off riding on the sidewalk. For anyone riding on a sidewalk: Check the law in your State or jurisdiction to make sure sidewalk riding is allowed. Watch for vehicles coming out of or turning into driveways. Stop at corners of sidewalks and streets to look for cars and to

make sure the drivers see you before crossing. Enter a street at a corner and not between parked cars. Alert pedestrians that you are near by saying, "Excuse me," or, "Passing on your left," or use a bell or horn. <https://one.nhtsa.gov/people/injury/pedbimot/bike/KidsandBikeSafetyWeb/index.htm>



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!



Children are the most precious of all, they need to be understood, cared for and loved in order to develop their hope in pursuing their dreams in life.



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!"





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>

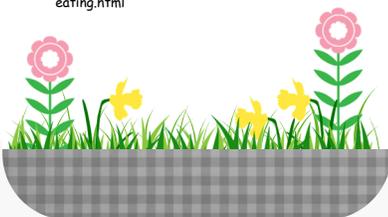
Risks of Unhealthy Eating

When kids don't have healthy eating habits, they're at risk of:

- unhealthy body weight and increased blood pressure
- diabetes and cardiovascular disease
- not getting adequate nutrition for proper growth of their bodies and brains
- decreased academic performance
- poor self-image

To encourage healthy eating, make sure that:

- half of a child's plate consists of fruits and vegetables
- kids drink water instead of sugary drinks like juice and soda
- kids drink fat-free or low-fat (1%) milk after age 2
- kids avoid oversized portions
- kids get at least half of their grains from whole grains <https://www.nemours.org/service/health/growuphealthy/eating.html>



Penne and Broccoli

- Coarse salt and ground pepper
- 3/4 cup penne or other short pasta (2 ounces)
- 1 cup broccoli florets (2 ounces)

1. Bring a medium saucepan of salted water to a boil. Add penne, and cook 2 minutes less than package instructions for al dente; add broccoli. Cook 2 minutes or until penne is al dente and broccoli is bright green. Reserving 2 cup pasta water, drain pasta and broccoli; set aside.
2. In the same pan, heat oil over medium. Add onion and garlic; cook, stirring constantly, until onion is tender

- 1 teaspoon olive oil
- 1/2 small red onion cut lengthwise into half-inch-thick slices
- 1 garlic clove thinly sliced
- 1/4 cup part-skim ricotta

and lightly browned, about 5 minutes. Add pasta water as needed to help loosen any browned bits from bottom of pan.

3. Add penne and broccoli, and cook until warmed through; season with salt and pepper. Transfer pasta mixture to a serving dish. Top with ricotta; season with salt and pepper. <http://www.pbs.org/food/recipes/penne-and-broccoli/>

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, Organigard.com