



# Early Head Start Gazette

July 2018



The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. <https://www.history.com/topics/holidays/july-4th>

## Baby Teaching Basics

### Routine and Repetition

If the idea of teaching babies to read seems far-fetched to you, check out the Baby Reading Videos page, where you can see Felicity reading at the age of 12 months. It's common knowledge that babies can instinctively understand and learn languages, so why not extend such development to reading? Many experts suggest that by teaching babies to read, this also relieves the burden on them during their early school years, when they would otherwise have to learn both school subjects as well as literacy at the same time.



### Relevance

When it comes to teaching babies, there are so many topics and words, it can be hard to know where to start! Relevance is key here - by teaching babies with things they will recognize, such as family members, colors, or things around the home, this will allow you to reinforce your teaching outside of lesson times. Try choosing simple words that are most relevant to your baby, like "Mommy" and "Daddy", or his favorite toys!

### Keep it Fun!

"For babies, learning is pure enjoyment." Every moment is an exciting and learning one, as everything is new and different to babies. They will therefore find "lesson time" very much like "play time". Although we may take

advantage of this to teach them to read, it's important to understand that teaching babies is NOT supposed to be stressful nor hard. Treat it as an opportunity for you to bond with your child, and only hold lessons when your baby is receptive.

If your baby does not seem engaged in a particular method, then try something else. For those who want more guidance teaching babies to read, we offer a fully customizable 12-month curriculum, compatible with our Little Reader software. We've used a combination of flash card, right-brain, multisensory and pattern phonic methods to create a day-to-day guide for teaching babies effectively. <http://www.brillkids.com/teaching-babies.php>

**Heat Related Deaths ARE Preventable**  
**LOOK BEFORE YOU LOCK**

The temperature in your car can quickly become deadly!

Outside Temperature	Inside Temperature	Time Elapsed
80°	99°	10 Minutes
80°	109°	20 Minutes
80°	114°	30 Minutes
80°	123°	60 Minutes

[weather.gov/heat](http://weather.gov/heat)

## Summer Break Spot

Summer BreakSpot provides nutritious meals at no cost to children 18 and under while school is out for the summer. Many meal sites are located at places like parks, libraries and churches and offer breakfasts, lunches, snacks or supper. To find a location, visit <https://www.summerbreakspot.org/> text "FoodFL" to 877-877 or dial 2-1-1 when schools begin releasing for the summer break.



## Denied Credit?

I have received so many letters from people who have been denied lower interest rate cards and want to know what is the next step. Credit card companies, banks, mortgage lenders, credit unions and many others buy information about you through credit bureaus. They use a procedure called "scoring" applicants when deciding whether to approve or deny credit. Leaving the issues of the scoring process aside, here is what you need to know about what your credit report contains and how to fix incorrect information.

You are entitled to get a copy of your credit file free if you have been denied credit from the bureau that reported the information--and I recommend that you check your credit status from time to time anyway, in order to make sure that it is accurate. If you've been denied credit, you must apply for your file this within 60 days of the denial. There are other ways to obtain a copy of your credit report free, by taking advantage of offers that come in the mail all the time, for example. I recently received a credit card offer to join a credit club. They offer one month free and then you pay a yearly fee. The terms stated that you could cancel after the first month. I signed up to receive the first month, and then I cancelled. It cost me a stamp and a phone call.

The information that is contained on a credit file is your full name (and any previous names), Social Security number, telephone number, current address, employment history, marriages, divorces, lawsuits, liens, bankruptcy information and most importantly your credit history. It will list the names of your creditors, type of account, when it was opened, your payment history for the previous 24-36 months, your credit limit and current balance. It will also state who is paying the account - whether it is you, a collection agency, or another type of service like the Consumer Credit Counseling Service. If you are disputing a charge, this too will appear in your file. Also it will list the names of people or companies that have requested your file within the last six months (two years if the information was given to an employer or potential employer).

Upon receiving the file, go over all the information to see if everything is accurate. Make a list of everything that is incorrect, out-of-date, or misleading. In particular look for mistakes in your name, address or phone number, Social Security number, missing or outdated employment information. You'll also want to look for: bankruptcies that are more than ten years old; any negative information about you that is more than seven years old, credit inquiries older than two years, credit accounts that are not yours, lawsuits you were not involved in, incorrect account histories (especially late payments when you've paid on time), a missing notation when you've disputed a charge on a credit card bill; closed accounts incorrectly listed as open; and any account that is not listed as "closed by consumer" because it looks as if it was closed by the creditor.

Once you've made the list you can use the "Request for Reinvestigation" form that should have come with your credit report. If you did not receive the form, just write a letter and request one.

List each incorrect item and explain exactly what is wrong. Be



sure to make a copy of the letter before sending it back. The reinvestigation is free in every state except New Mexico, where it costs \$5.

Once the credit bureau receives your

reinvestigation request, it must get back to you within a reasonable time. That usually means 30 days although many bureaus will get back to you within 10 days. This is an easy process for them, since they are all linked up by computers. If you have found errors--and don't be surprised if you do--you might be concerned that the other credit bureaus might also have this misinformation on your credit rating. It might be a good idea to obtain copies of these reports as well, and go through the same process with the other credit bureaus.

If you don't hear from them within the deadline send a follow-up letter. And to really grab their attention send a copy of your second letter to the Federal Trade Commission (6th & Pennsylvania Ave NW, Washington, DC 20580, main office).

If you are right, or if the creditor who provided the information can no longer verify it, the credit bureau must remove the information from your file. Many times the bureaus will remove items without reinvestigating it if the item is more bother than it's worth.

If you feel something is wrongfully in your file and you want to explain a particular entry you are entitled to add a 100-word statement to your file. Be very careful though because the bureau is required to put down only a summary of what you wrote. So be concise and extremely clear. You can also add positive things to your file, for example, accounts that you've paid on time. Just ask in writing that they be added to your report.

Finally, if you feel the bureau is not abiding by the laws or has treated you unfairly, you can send your complaint to the Federal Trade Commission. Be sure to send a copy of this correspondence to the bureau about which you are complaining. If a credit bureau insists on reporting out-of-date or inaccurate information, or if you've paid them an unreasonable amount (anything over \$50, or the limits set in your state), writing to the FTC can put an end to it.

<https://www.suzeorman.com/resources/managing-debt>

## Announcements

Greetings parents!

As we prepare for the upcoming school year, we would like to keep you informed of the things that we have going on over the summer and for the beginning of next year.

**Some of our on-going and summer volunteer opportunities include (but are not limited to):**

Assisting at the Head Start/Early Head Start Sites including reading to children (books are provided)

Beautification projects to include building playgrounds (materials are provided)

Planning Parent Training Sessions

Assisting with Recruitment of New Families

Serving as a Representative on the Policy Council

A background screen may be required depending on the opportunity and the amount of hours you wish to be involved. If you have any questions

regarding any of the opportunities or possible opportunities, please contact:

Shantara Gibson

Family and Community Partnership Coordinator

407-532-4120

SGibson@4CFlorida.org

As the new school year begins, there will many opportunities for parents to come together and receive various trainings and information sessions. Topics including health and nutrition issues or concerns, assessment tools, parent involvement, and other topics that you will benefit from; for your child, yourself, and your family.

Get involved.



## Pat-a-Cake Baker's Man (Nursery Rhymes)

Pat-a-cake, pat-a-cake, baker's man.  
Bake me a cake as fast as you can.  
Roll it and pat it and mark it with "B"  
And put it in the oven for Baby and me.



## Cleaning up Toys ("HELP!": My child won't clean up when I ask her to)

What you can do:

Make sure to give your child a warning ahead of time that they will have to cleanup soon. Set a timer and tell them when it goes off it will be time to clean up.

Ask them what the last toy they are going to play with will be before it's time to clean up.

Try cleaning up to music — sing a song together while you cleanup or

try to finish cleaning up before a song finishes.

If it takes too long to cleanup because there are so many toys out, consider putting out less toys to begin with. Keep some in a box in a closet and rotate through toy choices.

Also, try having them cleanup toys as they finish an activity. If they are playing legos in one room, have them

clean that up before they get out crayons at the table.

Make cleaning up easier by using big buckets or bins that are labeled so the child has a clear idea of where toys belong.

Make sure to praise your child when they clean up. Use specific praise— say, "I like how you \_\_\_\_\_." Kids will repeat behaviors that get attention.



## Benefits of Pork in your Diet

**Source of Key Nutrients:** Pork is both a good source of protein and also provides several important vitamins and minerals. A 3-ounce serving of pork is an "excellent" source of thiamin, selenium, protein, niacin, vitamin B6 and phosphorus, and a "good" source of riboflavin, zinc and potassium.

**Lean Protein:** Today's pork is 16 percent leaner and 27 percent lower in saturated fat compared to 20 years ago. Seven cuts of pork meet the USDA guidelines for "lean" by containing less than 10 grams of fat, 4.5 grams of saturated fat and 95 milligrams of cholesterol per 100 grams of meat. Popular pork tenderloin has the same amount of fat as a skinless chicken breast.

**Heart-Healthy:** Pork is naturally low in sodium and a "good" source of potassium - two nutrients that, when coupled, can help regulate blood pressure. Pork tenderloin is certified as heart-healthy by the American Heart Association with its heart-check mark, indicating that it contains less than 6.5 grams of fat, 1 gram or less of saturated fat (and 15 percent or fewer calories from saturated fat) and 480 milligrams or less of sodium per label serving, among other criteria. <https://www.pork.org/cooking/nutrition/>



## Toddler pork and apple casserole

### Ingredients

2 pork steaks (trimmed of fat and diced)  
½ small onion, finely chopped  
½ small swede, diced  
2 small carrots, diced  
3 small new potatoes, diced  
3 broccoli florets  
1 small eating apple (peeled and sliced)  
mixed herbs (a pinch)  
1 baby stock cube  
1 tbspc apple sauce



### Method

Gently fry the onions for a few minutes in a little oil before adding the pork steaks and browning  
Add the swede, carrot, potato and apple and mix well  
Leave to cook gently for a couple of minutes  
Crumble over the stock cube and mixed herbs then add enough boiling water to cover the ingredients (you can add more as you go on)  
Bring to the boil then reduce to a simmer and add the broccoli  
Stir in the apple sauce and mix well  
Leave to simmer for 30 minutes, until the veggies are soft and meat is tender  
Puree to desired consistency <https://www.netmums.com/recipes/toddler-pork-and-apple-casserole>

## Immunizations and Vaccines

Immunizations, or vaccines as they're also known, safely and effectively use a small amount of a weakened or killed virus or bacteria or bits of lab-made protein that imitate the virus in order to prevent infection by that same virus or bacteria.

When you get an immunization, you're injected with a weakened form of (or a fragment of) a disease. This triggers your body's immune response, causing it to either produce antibodies to that particular ailment or induce other processes that enhance immunity.

Then, if you're ever again exposed to the actual disease-causing organism, your immune system is prepared to fight the infection. A vaccine will usually prevent the onset of a disease or else reduce its severity.

### Why Should Someone Get Immunized?

The goal of public health is to prevent disease. It's much easier and more cost-effective to *prevent* a disease than to treat it. That's exactly what immunizations aim to do.

Immunizations protect us from serious diseases and also prevent the spread of those diseases to others. Over the years immunizations have thwarted epidemics of once common infectious diseases such as measles, mumps, and whooping cough. And because of immunizations we've seen the near eradication of others, such as polio and smallpox. <https://www.webmd.com/children/vaccines/>

