

# Early Head Start Gazette

Community Coordinated Care for Children Inc. 4C

## How to Raise Your Two-Year-Old to Treat Others with Compassion

Compassion means we care about others, treat them with kindness and feel a strong desire to help people in need. Compassion is empathy in action. For a two-year-old, compassion might look like giving a hug to a friend or family member who feels sad. Noticing someone else's distress and wanting to respond is the foundation of compassion.



**Encourage compassion and kindness in your child:**

### Talk Through Discomfort

Children are sometimes wary when they encounter people who look, sound or behave differently than those in their immediate circle.

### Encourage Their Kind Impulses

Use descriptive praise when you see your child reaching out to someone else with compassion.

<http://www.pbs.org/parents/child-development/age-2-character/compassion>

## Handprint Pumpkin Patch Craft

What you'll need:

- Orange paint
- White paper
- Green marker
- Brown marker
- Paint brush
- How to make your Handprint Pumpkin Patch Craft:



Paint child's bottom knuckles orange as

shown.

Press down on white paper a few times, adding more paint on knuckles if necessary.

When paint is dry, draw stems with brown marker.

With green marker, draw a few leaves next to stem.

With green marker, draw a swirly vine to connect all of the pump-

kins. <https://www.allkidsnetwork.com/crafts/fall/handprint-pumpkin-patch-craft.asp>

## How to Teach a Baby Sign Language



- Start introducing signs between six and eight months of age.

- Chose 10 or so signs that relate to the baby's needs and schedule, like sleep, eat, more, all done, mom and dad.

- Use signs while talking with the baby. But make sure they are part of a language-rich environment.

- Understand that some babies will modify the signs so that they can be done with their limited dexterity. That's totally fine.

<https://www.fatherly.com/parenting/how-to-teach-a-baby-sign-language-early-communication/>

## What to Keep On Hand When Babies Get Sick

1. Thermometer to Interpret a Sick Baby's Symptoms
2. Baby Medicine to Relieve Pain & Reduce Fever
3. Ointment to Relieve a Sick Baby's Cough & Cold Symptoms
4. Nasal Aspirator for a Sick Baby's Runny Nose



5. Lotions to Relieve a Sick Baby's Rash
6. Electrolytes to Keep a Sick Baby Hydrated
7. Humidifier to Help a Sick Baby Breathe Easier
9. Hand Soap & Sanitizers to Help Stop the Spread of Germs

<https://www.parenting.com/shop/kids-health-safety-supplies/what-to-keep-on-hand-when-babies-get-sick-sc281474979800907.html>

## Important: High School Diploma

Graduating from high school and earning that high school diploma is extremely important; however, you may not actually realize how important it really is for you. Sure, you have probably heard your parents telling you that you need a good education, but are there really benefits to having a diploma from high school? Yes, there really are benefits, and the following are just a few of the benefits you will reap if you get your high school diploma.

**Benefit #1 - Better Job Opportunities** - One of the main benefits of having your high school diploma is that you will be able to get better job opportunities. Instead of always being passed by for the good jobs, you'll have the opportunity to get jobs that are more interesting. No doubt you don't want to be stuck flipping hamburgers for a living, so having your diploma is important.

**Benefit #2 - Makes You Feel Proud** - Of course having your diploma from high school will also make you feel proud. It is quite an accomplishment and you can give yourself a pat on the back knowing you have worked hard to earn your diploma.

**Benefit #3 - Allows You to Go on to College** - Another benefit of having your high school diploma is that having it will allow you to go on to college. No days having a college education is becoming even more and more important. So, if college is in the plans for you, you are going to have to make sure you get your diploma from high school.

**Benefit #4 - Higher Wages** - Not only can your high school diploma help you get better job opportunities, but it can actually help you to make more money as well. People who do not have diplomas usually make less money, so if

you want to make more money at your job, having a diploma is going to be very important. [http://www.socialstudieshelp.com/topics/high\\_school\\_diploma.html](http://www.socialstudieshelp.com/topics/high_school_diploma.html)



### Ways to Obtain a High School Diploma:

1. Obtain a GED - The GED test is a standardized test that is meant to assess your skills as compared to what they would need to be after high school graduation.
2. Correspondence - This is where you are enrolled in a high school, yet you do not attend classes. Instead, you complete assignments at home and return them to the school for grading. Different schools may have different policies on correspondence learning. They may require you to take tests on campus, but campus time is limited.

## Hurricane Safety

- Be Ready
- Even if there's no risk of a hurricane right now, make sure you and your family are prepared.
- Stock up on emergency supplies for your home and car.
- Write down emergency phone numbers and keep them near every phone in your house or on the refrigerator. Program them into your cell phone, too.
- Buy a fire extinguisher and make sure your family knows where to find it and how to use it. Read the National Fire Protection Association's tips for using fire extinguishers.



- Find out where the nearest shelter is and the different routes you can take to get there if you have to leave your home.
- Make sure that everyone in your family knows what the warning sirens in your area sound like — and what to do if they go off.
- What's next?
- Make sure you have all the health and safety supplies you need before the storm. Check out Family, Health, and Safety Preparation (<https://www.cdc.gov/disasters/hurricanes/supplies.html>) for a guide on what you'll need to prepare for the storm. <https://www.cdc.gov/disasters/hurricanes/plan.html>

## Announcements

Greetings Parents!!

Get Involved!!

We have volunteer opportunities year-round for you to be involved in your child's experience in the Early Head Start programs.

Planning Parent Training Sessions

Assisting with Recruitment of New Families

Serving as a Representative on the Policy Council

What is Policy Council?

Policy Council is the parent's and community's way to be involved in the shared governance of the program. This means that the parent/guardians and community members have a voice in major program decisions including such things as recruitment and selection policy, personnel policies, budgets, and funding proposals. Each site will elect one Policy Council parent representative to attend the monthly meetings.

Training Opportunities

You will receive more information regarding dates and a time as the time nears. The trainings for the month of September include:

<b>Parent Education on Mental Health issues may include such topics as:</b>	Stress Management, Parenting Skills Support, Separation & Attachment Issues
Behavior Management,	



Submarine made by Minoishka Carrillo a parent from Little Angels.

## Taking Care of Your Personal Image

The way you take care of your body and anything you put on it is an important part of your image. Paying attention to grooming and taking care with your clothing demonstrates respect for yourself and for others. The operative words are *neat* and *clean*.

### Taking Care of Your Person

When you attend to personal grooming, do it at home or in a restroom, not in public. Consider the following:

**Hair:** Clean, shiny, well-cut hair looks great and never goes out of style. Comb it often to keep it neat.

**Nails:** The basics of nail care include neatly trimmed nails and cuticles, both of which can be done at home. If you wear polish, maintain it regularly. If you're a nail biter, keep your nails short and filed to prevent them from looking ragged. And don't forget your feet when wearing open-toed shoes!

**Breath:** To keep breath fresh, try to brush your teeth after lunch as well as in the morning and at night. Regular flossing and brushing your tongue helps control odor. Breath mints can help, and it's a good idea to keep some handy. It brushing, flossing, and mouthwash don't take care of it, pay a visit to your dentist or doctor.

**Body odor:** A daily bath or shower and use of a combination deodorant/antiperspirant is the best defense against body odor. So is showering before returning to work after a lunchtime workout.

**Perfume and cologne:** Apply perfume or cologne sparingly. If your scent lingers in the room after you leave, you're wearing too much. Unfortunately, the perfume you love may offend someone else or even cause an allergic reaction. Some workplaces have "no scent" policies, so check

yours out. When choosing a scent, opt for something light for daytime or office, and save the heavier or more "romantic" scents for the evening.

### Taking Care of Your Wardrobe

Clothes send a message about how you want others to see you. Especially at for special events or daily work, clothes should be spotless at the start of each day; soiled or sloppy work clothing reflects on both you and your employer. Clothes should be:

**Clean:** Don't be tempted to wear anything with spots or stains, or that's just plain dirty. Sometimes even clean clothes may not be as fresh as they appear, so apply the sniff test.

**Neat:** Clothes should be free of wrinkles, lint, holes, and missing buttons. Hems should be intact. Investing in a few clothing-care tools and learning how to use them is also a good idea. Some of the basics are:

Iron and ironing board: Learn how to iron a blouse or dress shirt, trousers, and skirt.

Clothes brush or lint roller: Hang one on the back of your closet door and keep one at work or in your car. Even if your clothes are clean, lint and pet hair will detract from your appearance.

Basic sewing kit: Learn how to sew on a button and repair a basic hem.

Shoe shine kit: Regular care of your shoes—and other leather goods—makes them look great and



protects your investment. <http://emilypost.com/advice/good-grooming-and-wardrobe-care/>

## 8 Health Benefits Of Mango For Your Baby

1. **Better Digestion:** Mangoes are both rich in fibers and good digestive enzymes. This means that if your baby is having mangoes, he will have a smooth digestion, no constipation, low risk of acidity and better breakdown of proteins

2. **Better Vision:** Mangoes are rich in vitamin A (a small bowl of mango takes care of one fourth of the daily requirement of Vitamin A for your baby). As you know, vitamin A is very significant for eyesight. So having mangoes will prevent multiple problems related to eyes, such as dryness, itching, night blindness, refractive errors and cornea problems, in addition to promoting good vision

3. **Better Memory:** Mangoes have glutamine acid, which is an amino acid important for brain development. If your baby is having mangoes, he will get enough glutamine acid to ensure proper functioning of the brain and better memory. Further, mangoes also contain vitamin B6, which also helps improve brain functioning

4. **Better Skin:** The vitamin A content in mangoes that ensure good vision can also ensure good skin. It will make skin shine, soft and glow. It also helps manage the complexion and moisturize the skin. Mango pulp can also be applied to baby's skin, and washed off after 10 minutes. This will accentuate the



benefits to the skin

5. **Cures Anemia:** Mangoes contain iron. One mango contains 0.5 mg of iron, which boost the number of red blood cells (RBCs) in babies. This can help prevent anemia in children

6. **Better immunity:** Mangoes are rich in vitamin C. It also has high carotene and

beta-carotene content. Both these help improve your baby's immune system. Since children usually have weaker immunity than the adults, this added boost of immunity from mangoes is a welcome. Further, mangoes are also known to improve the epithelial function of the body, and this will help fight any germs and infections in a better way

7. **Better weight:** Most moms are worried about the weight gain of their babies. Mangoes contain lot of good calories that are both nutritious and easily absorbed by the body. This will lead to healthy weight gain in your child

8. **Sunstroke prevention:** Especially during summers, most parents have a tough time taking their babies outdoors for the fear of sunstrokes and hot winds. Juice made from pulp of unripe mangoes are a tasty and healthy way to keep your baby hydrated while also protecting him from sunstroke. <https://www.beingtheparent.com/benefits-of-mango-for-baby/>

## Strawcadango

An unusual mix of avocado, strawberry, and mango forms a deliciously nourishing smoothie when combined. Most importantly, its dead simple to make in a flash.

### Ingredients:

- 1/2 cup chopped mango (or frozen pieces)
- 1/2 avocado (flesh only)



5 strawberries

### Directions:

Simply combine all ingredients in a blender or food processor and puree until smooth.

Bonus Tip: Are you looking to mix the above recipe up? Simply replace the strawberries with half a cup of blueberries for a completely different (but still delicious) flavor. <https://parent.guide/homemade-mango-baby-food-recipes/>

## How Long Will Food Last in the Refrigerator?

Times are based on a refrigerator set at 40 degrees Fahrenheit or colder. Shelf life also depends on the freshness of foods at the time of purchase.

Cheese, hard: six months

Butter: 1 to 3 months

Olives and pickles: one month

Fresh eggs (in shell): 3 to 5 weeks

Cheese, soft, unopened: 3 to 4 weeks

Cheese, soft, opened: 1 to 2 weeks

Bacon, cooked: one week

Hard-boiled eggs: one week

Steaks, roasts, uncooked: 3 to 5 days

chops  
Bread dough: 3 to 4 days

Fish, cooked: 3 to 4 days

Mashed potatoes: 3 to 4 days

Meat, cooked: 3 to 4 days

Poultry, cooked: 3 to 4 days

Stuffing, cooked: 3 to 4 days

Soups and stews: 2 to 4 days

Fruit or pumpkin pies, baked: 2 to 3 days



Chicken or turkey, fresh: 1 to 2 days

Fish, fresh: 1 to 2 days

Fruit or pumpkin pies, unbaked: 1 to 2 days

Gravy, meat broth: 1 to 2 days

White wine, recorked: 1 to 2 days

For a comprehensive cold-storage chart, consult the federal food-safety website, [foodsafety.gov](https://www.foodsafety.gov).

<https://www.realsimple.com/food-recipes/shopping-storing/food/how-long-food-last>