



Head Start Gazette

September 2018

How to Raise Your Four-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 four-year-old, compassion might look like giving a hug, making a card, or saying something kind to help a sad friend or family member. Noticing someone else's distress and wanting to respond is the foundation of compassion.

Small but powerful ways to help build your child's compassion for others:

Talk Through Discomfort Children are sometimes wary when they encounter people who look, sound or behave differently than those in their immediate circle. Young kids sometimes ask questions or make statements that parents find awkward or embarrassing, such as "Why is she in a wheelchair?" "How come he talks like that?" or "That's a funny-looking outfit!"

"Don't come down hard on your kid" for sharing these reactions, says Harvard psychologist Richard Weissbourd. Instead, listen empathetically and talk through their questions. Ulti-



mately, he adds, "the best way to assuage children's fears is to engage [those we meet] in a very normal way." In other words, children take their cues from adult reactions. In the "Daniel Tiger's Neighborhood" episode "Daniel's New Friend," Daniel has lots of questions when he meets Chrissie, who uses braces to help her walk. The episode's "strategy song" provides simple language parents can use to help children: "In some ways we are different; in so many ways, we are the same."

Encourage Their Kind Impulses

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

This might sound like: "I was sad and you gave me a hug. That hug helped me feel better. Thank you for being so kind." "You shared your toy trucks at the playground. That was kind and made your friend feel happy inside."

Babies: Young children are often interested in babies. Have your child learn more about caring for an infant by role-playing with a doll or stuffed animal.

bs.org/parents/child-development/age-4-character/compassion

Egg Carton Seed Starts

- Cardboard Egg Carton
- Potting Soil
- Seeds
- Spray Bottle
- Scissors
- Garden Trowel



Cut egg carton in half.
Add potting soil to individual egg cups in carton.

Poke a hole in the center of each cup. Place one seed in each hole. Cover with soil.

Spray soil with water.

Place on tray and take indoors. Keep them in a warm light filled location until they begin to sprout. Make sure to water seeds everyday. The soil should stay very moist.

Once the seeds have sprouted into small seedlings, you can transfer them to a permanent location.

Make sure the egg carton is very wet and saturated before

moving the seedling outdoors. Tear off one of the egg carton cups.

Dig a hole in the container you are transferring to, using your trowel.

Place the egg carton cup directly in the soil. It will decompose.

Water your seedlings every day to help them grow!

Tips: Start with an easy to grow plant. Our favorites are cucumbers and radishes.

Before planting your seedlings it's a good idea to take your tray outside and acclimate them to being outdoors. You can start by taking them outside in the shade for a day or two before transferring them.

Birds love to eat seedlings! If you are planting a number of seedlings in a garden space you may want to lay a protective material over them as they begin to grow. A white sheet or plastic drop cloth will do the trick. Hold it in place with bricks. The cover can be removed once the plants are about 8" high <http://www.pbs.org/parents/crafts-for-kids/egg-carton-seed-starts/>

egg-carton-seed-starts/

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

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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.

**“Education is the most powerful weapon which you can use to change the world.”
— Nelson Mandela**

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>

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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:

Parent Education on Mental Health issues may include such topics as:

Behavior Management,
Stress Management,

Parenting Skills
Support, Separation & Attachment Issues



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.

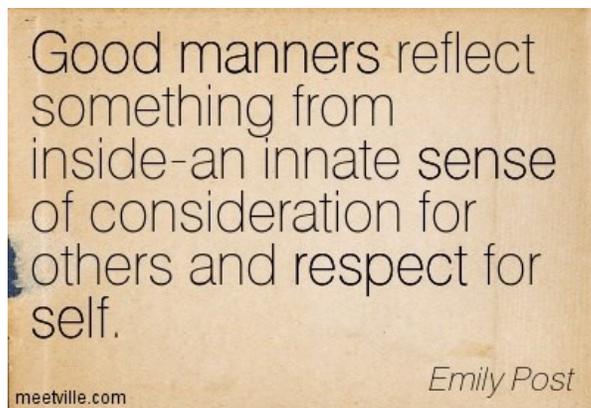
Neat: Clothes should be free of wrinkles, lint, holes, and missing buttons. Hems should be intact. Investing in a few clothing-care tools and learning how to use them is also a good idea. Some of the basics are:

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/>



Health Benefits of a Mango Fruit

Mango fruit is rich in pre-biotic dietary fiber, vitamins, minerals, and poly-phenolic flavonoid antioxidant compounds.

According to new research study, mango fruit has been found to protect from colon, breast, leukemia and prostate cancers. Several trial studies suggest that polyphenolic antioxidant compounds in mango are known to offer protection against breast and colon cancers.

Mango fruit is an excellent source of Vitamin-A and flavonoids like β -carotene, α -carotene, and β -cryptoxanthin. 100 g of fresh fruit provides 765 IU or 25% of recommended daily levels of vitamin-A. Together, these compounds have been known to have antioxidant properties and are essential for vision. Vitamin-A also required for maintaining healthy mucosa and skin. Consumption of natural fruits rich in carotenes is known to protect from lung and oral cavity cancers.

Fresh mango is a good source of potassium. 100 g fruit provides 156 mg of potassium while just 2 mg of sodium. Potassium is an important component of cell and body



fluids that helps controlling heart rate and blood pressure.

It is also an excellent source of vitamin-B6 (pyridoxine), vitamin-C and vitamin-E. Consumption of foods rich

in vitamin-C helps the body develop resistance against infectious agents as well as scavenge harmful oxygen-free radicals. Vitamin B-6 or pyridoxine required for GABA hormone production within the brain. It also controls homocysteine levels within the blood, which may otherwise be harmful to blood vessels resulting in coronary artery disease (CAD), and stroke.

Further, it composes moderate amounts of copper. Copper is a co-factor for many vital enzymes, including cytochrome c-oxidase and superoxide dismutase (other minerals function as co-factors for this enzyme are manganese and zinc). Copper also required for the production of red blood cells.

Additionally, mango peel is also rich in phytonutrients, such as the pigment antioxidants like carotenoids and polyphenols. <https://www.nutrition-and-you.com/mango-fruit.html>

Mango and Almond Butter Toast

INGREDIENTS

2 pieces whole wheat bread, toasted
2 tablespoons almond butter
1 large mango (about 1 pound), peeled, pitted and sliced



INSTRUCTIONS

Spread one tablespoon of almond butter on each piece of toasted bread. Top with sliced mango. <https://www.mango.org/recipes/mango-almond-butter-toast/>

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

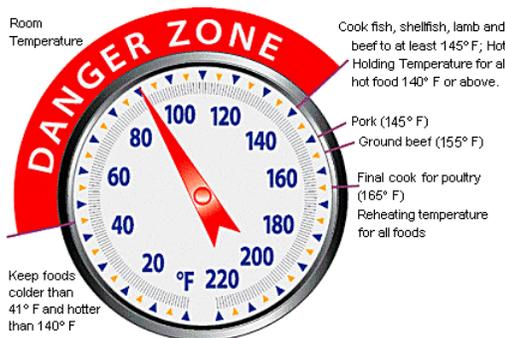
Cheese, soft, unopened: 3 to 4 weeks

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