



Head Start Gazette



Let's Find Out! Three Tips For Raising Curious Kids

Young children are naturally curious. They have an itch to explore their world and figure out how things work. And parents have compelling reasons to foster this inherent inquisitiveness.

Curiosity is tied to academic achievement, with research showing "unequivocally that when people are curious about something, they learn more, and better."

For parents, children's unending questions can challenge our knowledge—and our patience. But if we want to nurture their curiosity, perhaps the best response we can give is simply this: **"Good question. Let's find out."**

Here's how that might look:

Let's explore: Rather than squelching toddlers' and preschoolers' curiosity, redirect it if necessary: "You can't do



that, but you can do this!" If they want to know what it's like to draw on walls, make some bathtub paint and set them loose in the tub. Take kids on nature walks and follow their pace—as they stop to dig in the dirt, look at bugs, pick up leaves and hunt for "treasure." If you let them explore independently—particularly with open-ended toys such as blocks and "make believe" materials—they get curious and are more likely to find new, creative ways to

play.

Let's look it up: In the information age, the answer to many "Why?" questions are in our pocket. When kids stump you—as mine regularly do me—it's easier than ever to say, "I don't

know. Let's look it up!" But before going online or to the bookshelf, first ask your child, "What do you think?"

Let's ask an expert: Help your curious child see that we are surrounded by experts who are willing to share their knowledge. Curiosity can drive connections. Start by thinking about your network of friends and family—and how they might be able to share their skills, hobbies, and life experiences with your kids.

<https://appletreekids.org/lets-find-three-tips-raising-curious-kids>

Bowling for Pumpkins

Bowling with pumpkins and gourds is a great family or party activity that will also help develop your child's motor skills. Look for gourds that are shaped like bottles for an authentic bowling experience

Materials:

- 5 small dried gourds
- Masking tape
- 1 or 2 small round pumpkins

Directions:



- Set the gourds up like bowling pins.
- Stick a strip of masking tape to the floor to make a start line. This should be quite close to the gourds, as the pumpkins will not roll very far.

- Show your child how to roll the pumpkins to knock down the gourds. Don't worry about keeping score.

<https://www.parenting.com/search/site/halloween>

October 8

Columbus day

Is a federal holiday that commemorates the arrival of Christopher Columbus in the Americas and his discovery of America on October 12, 1492.

October 28

Daylight Saving Time ends

October 31

Halloween



Why You Should Invest In a 401K

1. FREE Money Free money, free money! Read all about it! If your employer offers a 401k, chances are they're matching. They might match 3% of your salary at 100% or perhaps 5% at 50%. If 3% of my salary every month is \$100, and I contribute \$100 to my plan, my employer would add an additional \$100 for a 100% match. Which equals \$200! Yay! Or, if 5% is \$100, and I put in \$100, my employer would put in \$50 for a 50% match. In both cases there is free money to be had.

Note on Becoming Vested: Oftentimes if a company matches its employees' 401k or 403b contributions, the employees will have to wait a number of years before they are fully vested. For instance, I am 100% vested with my company after 4 years. If I quit before that time, I will not collect all of my company's 403b contributions. After the first year, I only get 25% of my company's contributions. After 2 years, only 50%, and so on. However, whatever money I contribute myself is 100% mine from day one.

2. Contributions are Tax-Deferred Whatever money you put into a 401k is tax-deferred, which means it's taken out before taxes. And that means Uncle Sam doesn't include that in your taxable income come tax season. Holla! On the flip side, when you finally do cash out, you'll be taxed. But at the end of the year if you've put in \$10,000, that's money the government can't touch.

Note on contribution limits: There is a limit on how much money you can put into your 401k. As of 2018, the limit is \$18,500.

3. Compounding Interest The earlier you jump in, the more



money you stand to gain in the long run, thanks to a little principle called compounding interest. The interest that you earn starts earning its own interest. Basically all your money starts having babies. And their babies have babies. And the longer time you give it, the more babies there will be. The key is duration of time. I'd show you a graph with a gradual incline that suddenly spikes upward, but I'm not very good with Excel. So just pretend that you see it in your head. And trust me that lots of money babies are a good

thing.

4. Your money goes with you If and when you leave the job that's been giving you "free" money through your 401k, your money comes with you. You might have to roll it over into an IRA, but the important thing is that that money is yours. And if you're fully or partially vested, the money that your company's been contributing gets to come with you, too.

5. Saving for Retirement Becomes Easy and Automatic Johnny and I know money's being taken out of our paychecks each month before they land in our bank accounts, but it really doesn't seem like it. It's much less likely we'll miss money that peaces out before our eyes ever see it. The difference is that all the other money being taken out for taxes or insurance premiums is gone forever. The money being taken out for your 401k is going to a fertile place where it will be cultivated and reproduced — at least that's the plan. Sounds like a win-win to me. <http://www.ourfreakingbudget.com/why-you-should-invest-in-a-401k/>

"I would rather carry around a plastic bag with five thousand Euro inside, than carry around a Louis Vuitton/Gucci/Prada bag with only one hundred Euro inside!"

— C. JoyBell C.

Lead Poisoning

What is LEAD POISONING?

Lead poisoning is a serious but preventable public health problem that can result in long-lasting neurological damage to young children whose growing bodies are highly susceptible. Lead is also brought into the environment through human activities.

⇒ Lead circulates in the bloodstream; it is then reabsorbed in the kidneys and the brain.

What is LEAD?

Lead (Pb) is a heavy, toxic, poisonous chemical element.

Why is Soil a Problem?

Contamination of soil has been linked to incinerators, hazardous waste sites, weathering of exterior leaded paint, fall-out from



past use of leaded gasoline, and lead smelters.

There is a greater chance of contact with lead in the soil if there is not a good stand of grass or other ground cover.

Any time soil is bare and exposed there is a chance that lead dust can be generated.

What Can I Do to Prevent My Child from Getting Lead Poisoning?

⇒ Keep the area where your child plays clean and dust free.

⇒ Make sure your child does not chew on anything covered with paint.

⇒ Wash your child's hands often, especially before meals.

⇒ Give your child a healthy diet that includes foods with iron, calcium and vitamin C. A healthy diet can protect children from lead poisoning.

Announcements

Greetings parents!

Get Involved!

We are always, looking for volunteers to volunteer in the classroom or outside of the classroom during various activities and events. If you would like to participate or have any ideas for an activity, please reach out to your Family Advocate to share.

Guest Readers Week

Beginning on Monday, October 22nd

through Friday, October 26th, 2018 we will host Guest Readers Week at each of our Head Start and Early Head Start sites in Orange, Osceola and Seminole Counties. Guest Readers week is designed to be a time when our community leaders and partners come out and read to our children in their learning environment. If you are interested in being a guest reader, please contact Shantara Gibson, Family and Community Partnership Coordinator, at 407-532-4120.

Training Opportunities

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

Health Issues:

Pre-Natal Care and Breast Feeding,
Dental Care,
Hand washing,
CPR & First Aid,

10 Manners Parents Should Be Teaching Their Kids But Aren't

Teaching kids to say "please" and "thank you" is just the beginning.

1. Stand to show respect. Whether it's at a public ceremony with the national anthem, at church, or when guests are leaving your house, you stand up. You stand up to say 'goodbye.' Don't just hang out on the couch and yell across the room, 'See you later!

2. Be aware of others' physical space in public. When you're walking on the sidewalk or at the mall, and someone is coming towards you, you move to the right and you make space for them.

3. Show respect for your elders. Adults have earned respect just by living a long time. Experience leads to wisdom, and wisdom should be respected. Children should show respect in deference for their parents, grandparents or their school teacher or other public person. One of the things we always did at family gatherings to reinforce this was to ask Grandma and Grandpa to serve themselves first from the buffet. That's a way of showing deference to age. Kids shouldn't get to dash first to the buffet line just because they are starving.

4. Acknowledge others entering and exiting your home—including Mom and Dad. Are you embarrassed when people come over to visit and your kid barely looks up from what he's doing to grunt? You should be. It's important to acknowledge people whether they are your family members or whether they are visitors. Kids should greet guests that come to the house. Maybe they shake hands, maybe they give a hug, and then they go back to their playtime if it's really a gathering for adults.

5. Learn and remember people's names.

How many times has your child proudly announced she made a new friend, but when you ask her what her friend's name is, she can't remember? People love to hear their name used, and they want it pronounced correctly

6. Kids shouldn't be the center of attention all the time. Once upon a time, children were expected to be seen and not heard. It is really important for children not to take too much of the limelight. I think prompting them about that and helping them to be aware of it, as well as [knowing how to] focus conversations on others, too. As a parent, don't draw constant attention to your child and ask them to perform somehow. You know, 'You were so funny when you did that, do that for Uncle John!' You can give them prompts about what's appropriate and what isn't."

7. Change the subject politely. Yes, sometimes other people talk about really boring things, knowing how to deal with it politely is a skill that will serve kids well for the rest of their lives. There is a time to change a subject, and it's after you've spent a bit of time on the subject the other person has brought up. It can be good to say something in closing about their topic and then interrupt yourself when you are talking to change the subject. For example, you could say, Well, I'm glad you enjoy that movie. I hope I get to see it. Speaking of

entertainment, did I tell you about the trip I took?

8. Don't point or stare at people. We teach that you don't stand too close to a person when you're talking with them; you give them some physical space, but I think our children need to be aware of other people's emotional space,

too. You don't stare at someone. You don't point unless you're giving directions. Tell kids to think about how would they feel if someone was staring or pointing at them.

9. Be considerate and kind to people with disabilities. Children are naturally curious about everything in the world, and seeing someone with a disability can cause them to stare to try to understand or ask questions loudly, which might be embarrassing. If that happens, you can just apologize and use it as a signal that you should talk to your child about it later.

10. Be a good guest. While you've probably had many, conversations about helping to pick up toys and games before leaving a playdate and how to not throw a fit when it's time to leave a friend's house. Teach them to fit in with your host's household schedule and habits. If they don't eat in the family room in front of the TV, don't make a big deal of that. Kids should learn to express preferences. Kids should also be taught to greet adults when arriving for a playdate.

<https://www.parenting.com/parenting-advice/tips-tricks/10-manners-parents-should-be-teaching-their-kids-arent?page=11>



Pumpkin Nutrition

The bright orange color of pumpkin is a dead giveaway that pumpkin is loaded with an important antioxidant, beta-carotene. Beta-carotene is one of the plant carotenoids converted to vitamin A in the body. In the conversion to vitamin A, beta carotene performs many important functions in overall health.

Current research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and offers protection against heart disease. Beta-carotene offers protection against other diseases as well as some degenerative aspects of aging. <https://extension.illinois.edu/pumpkins/nutrition.cfm>

9 Easy Pumpkin Recipes for Kids

1. Smoothie Operator Stir 1 cup pumpkin puree into vanilla yogurt. Layer with granola for a parfait.

2. Sugar-and-Spice Pumpkin Seeds Toss pumpkin seeds in melted butter, sugar, cinnamon, nutmeg and allspice. Bake at 300°F until golden brown, about 30 minutes.

3. Pumped-Up Pancakes Add 1/2 cup pumpkin puree and 1/2 tsp pumpkin-pie spice to your favorite pancake batter. Cook, then top with a dollop of pumpkin-flavored whipped topping (next).

4. Mousse Head Fold 1 cup pumpkin puree and 1 Tbsp pumpkin-pie spice into 2 cups whipped topping. Use a dollop on top of hot chocolate.

5. Hummus Among Us Combine 2 cups pumpkin puree, 2 Tbsp tahini, 1 garlic clove, 1 tsp olive oil and 1/2 tsp each ground cumin and salt in a food processor.



Serve with toasted pita bread.

6. Pumpkin Snowballs Combine 1 cup oatmeal, 1/2 tsp pumpkin-pie spice, 3 Tbsp pumpkin puree, 1/4 cup brown sugar and 1/4 cup raisins in a mixing bowl. Form into 1-inch balls and roll in powdered

sugar.

7. Puddin' Pie Combine 1 packet instant vanilla pudding, 1/2 cup milk, 1/2 cup pumpkin puree and 1 tsp pumpkin-pie spice. Pour into a premade graham cracker crust. Chill two hours.

8. Oats and Honey Stir 1/4 cup pumpkin puree into prepared oatmeal, and top with a sprinkle of cinnamon and a drizzle of honey.

9. Quite a Spread Stir pumpkin puree and pumpkin-pie spice into cream cheese. Spread on toast or bagels. <https://www.parenting.com/article/pumpkin-recipes>

Healthy Alternatives to Halloween Candy

Sure, the kids want candy, but you worry about sugar overload. Here are some sweet ideas that won't give your kids a sugar high.

Every fall, children look forward to finding the best costume, getting their faces painted and consuming large amounts of Halloween candy. As a parent, you may worry about children learning unhealthy habits and overloading on sugar, artificial dyes and preservatives. Ease your worries while still maintaining the fun of the holiday with these healthier Halloween alternatives:

Small Toys

Instead of handing out Halloween candy, give trick-or-treaters small toys. You can buy many fall-themed items in bulk on Oriental Trading at reasonable prices. Small toys that young children will love include spider rings, glow sticks, pencil-top erasers, temporary tattoos and small coloring books.

Fruit Snacks

Organic fruit snacks will satisfy your children's sweet tooth without giving them a sugar overload. YumEarth's fruit snacks are made with real fruit extracts and without artificial dyes. Annie's Homegrown also offers several flavors of vegan fruit snacks.

Trail Mix

Make your own trail mix at home or buy it at the store. Your children will love small pieces of chocolate in the mix that provide a candy kick without overdoing it. Add raisins, dried fruit, nuts and seeds to balance out the sweet pieces. Buy small packets or make your own baggies to hand out to trick-or-treaters.

Dried Fruit

Find dried fruit that doesn't contain

added sugar or preservatives. Raisins, banana chips and dried apricots, mangoes, apples and cranberries are all savory alternatives to traditional Halloween candy, and your children will love them.

Spread It Out

If you want your kids to enjoy some of the

season's "traditional" treats, remember that Halloween candy doesn't need to be eaten all in one day. Spread out the consumption over a few weeks, and consider setting limits on the amount of candy your children can eat each day. Let your children know the limit ahead of time so they aren't surprised. <https://www.parenting.com/family-time/holidays/healthy-alternatives-to-halloween-candy>

