



Early Head Start Gazette

Community Coordinated Care for Children Inc. 4C

December 2018

Infant Children



Allowing children to feed themselves creates a less fussy eater later in life. This practice also enhances small motor development that builds writing and language skills. This practice builds a child's self-concept and independence. The mess is well worth the results!

Preschool Writing



All children must be given plenty of opportunity to write in any form. Scribbling and drawing is a sequential skill that only develops with many experiences. Experiences in writing can begin as soon as a child can grasp the writing tool.

Colors in our World



Go for a walk with your child in the neighborhood or park. Play "I Spy with my little eyes something"

Encourage children to discover colors around us.

Snowy Owl

Materials Needed:

Pine Cones

Cotton

Colored Paper for Eyes and Nose

Glue

Get a pine cone and stuff it



with cut up cotton all over leaving the edges on the pine cone exposed

Help your child cut up eyes and nose and glue it to the pinecone with cotton making an owl face

December 2

Begins at Sunset
Chanukah/Hanukkah



December 25

Christmas Day



December 26

Kwanzaa (first day)





My Holiday Challenge: How Much Can You Save While Shopping?

You know that I have often stated that one of the keys to financial freedom is to feel as much pleasure from saving, as you get from spending.

That's not just advice I have for you. It's how I live my life. Just the other day I was so pleased when I was able to buy something for nearly half of its list price, simply by being a smart online

shopper—I love ebates.com!—and using one of my credit cards that gives me 3% cash back.

I hope you take the time this holiday season to think strategically about how you can save as much as possible when doing your holiday shopping. It goes without saying that your spending should never exceed what you can afford to pay off in full when the January credit card statement arrives. But once you've got your budget in hand, I hope you will derive as much pleasure as I do from looking for the best deals possible.

Check out Online Shopping Portals. Rather than go directly to a retailer's website, you can save plenty if you "enter" through a shopping portal. As I mentioned, I happen to be a big fan of Ebates.com. [Ebates](http://Ebates.com) has deals with more than 2,000 retailers. If you "enter" a retailer's online site by going through [Ebates](http://Ebates.com), you will be eligible to get some cash back. It can be 1% to 5% of your total cost, or a set dollar amount of savings. Just for clicking



through from Ebates.com. Another portal to check out is TopCashBack.com. The [EVRewards](http://EVRewards.com) website is also worth checking out, as it pulls together all sorts of coupons and deals available at hundreds of retailers. Or do your own coupon hunting at Retailmenot.com and Fatwallet.com, if you aren't already using them. Skip the Store Credit Card. When you are ready to check out a purchase—either in a store or online—you and I both know you will likely be hit with an upsell that you can get another 10% off if you sign up for a store card. Please don't. What looks like a great way to

save 10% can end up costing you plenty. Department store cards often charge interest rates of 20% and some charge close to 30%. Unless you are 101% sure you will never, ever run up an unpaid balance on a department store card, my advice is to just turn down the offer.

Use a Cash-Back Credit Card. Don't have one? If you have a great FICO score and are a responsible spender, I give you the green light to add a cash-back card to your wallet. Getting 3% to up to 6% cash back is my idea of smart saving when shopping. Check out this rating of the best cash-back deals.

Fatten Your Wallet by Cleaning Your Closets (and Garage). If you've got stuff you no longer are using, and you could use some extra cash this holiday season, put it up for sale online. Beyond [eBay](http://eBay.com) and [craigslist](http://craigslist.com), consider sites such as online consignment store [ThredUp](http://ThredUp.com), women's fashion resale site [Poshmark](http://Poshmark.com), and [Tradesy](http://Tradesy.com) for unloading designer handbags. <https://www.suzeorman.com/blog/my-holiday-challenge-how-much-can-you-save-while-shopping>

HELP!": Every time we drive in the car my child yells and cries.

What you can do: Remember, "Busy Hands are Happy Hands." Help prevent the yelling and crying by giving them things to do while in the car that they enjoy. Provide them with options and let them choose. As the parent, you'll need to do some planning ahead of time. It will be worth it!

□ If your car has a CD or tape player, go to the library and check out a few tapes or CDs with children's music. Let your child choose which music to listen to in the car. Here are some ideas: Raffi, Caspar Babypants, The Wiggles, Jim Gill, Disney Soundtracks. Say something like, "Would you like to listen to Raffi or to The Wiggles today?"

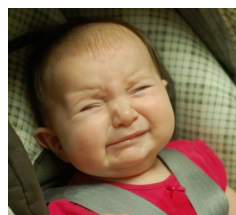
□ Go to the library and check out a few

books that you will only keep in the car.

Keep them in a bag by their car-seat. When you get in the car, give them a choice of 2 books to read. Say something like, "Would you like to read "Going on a Bearhunt" or "The Quiet Cricket" on our way to school today?"

□ If you don't mind your child eating in the car, keep some healthy snacks in the car. Sometimes kids are grouchy because they are just hungry! They may be hungry after a long day running errands with you. Some snack ideas are raisins, bananas, pretzels, or goldfish. Also, keep a water bottle in the

car in case they get thirsty.



□ Play an "I Spy" game. Ask them to look for a certain type or color of vehicle. Have them look for stop signs or certain types of animals. Or, pick an object in the car, up ahead close to the road and only tell the color of the object. Say, "I spy something red. What do you

think it is?" Then ask your child to guess what it is. Take turns choosing objects. □ If they start throwing toys in the car, pull over and calmly tell them, "We don't throw _____. You're all done with _____." Then, suggest another activity like playing "I Spy."



Announcements

Greetings parents!

As we come to the closing of the year 2018 and as we are finally settling into the school year, we would like to take a look back on a few of the events that have occurred. We would like to thank you all for your involvement and engagement in our program. Without you all, there is no program, so again we say **THANK YOU!** We have so much more in store for you all as we continue through next year. Please, if you have any ideas for events, trainings, or meetings, please let us know. If you have any pictures or information that you would like to share, please share with your Parent Committee President so that we can get them into the newsletter. J



Flu Information and Prevention

People at High Risk of Developing Flu-Related Complications



- Children younger than 5, but especially children younger than 2 years old
- Adults 65 years of age and older
- Pregnant women (and women up to two weeks postpartum)
- Residents of nursing homes and other long-term care facilities
- Also, American Indians and Alaska Natives seem to be at higher risk of flu complications

People who have medical conditions

https://www.cdc.gov/flu/about/disease/high_risk.htm

FLU PREVENTION TIPS



Holiday Ham Nutrition

Ham is the centerpiece of many holiday meals. While it isn't a very high-calorie meal choice, there are some ham calorie and nutrition facts that dieters and healthy eaters may want to consider before sitting down for the holiday dinner.

Of course, few people eat a single ounce of ham; a more typical serving would be at least three ounces. It's also important to know that the calorie count of ham can vary depending on the brand and type that you buy. A single serving of holiday ham is approximately 3 ounces or 84 grams. There are 130 calories in a bone-in, spiral sliced, honey glazed ham that you often see on the holiday table. You'll also get 4 grams of fat per serving, 5 grams of carbohydrate and 1,230 milligrams of sodium. If you make a ham sandwich, you might choose ham slices from the deli. One slice of ham luncheon meat provides 37 calories, 5 grams of protein, 0 grams of carbohydrate, 1 gram of fat, and can provide up to 368 milligrams of sodium. Most people use more than a single slice of ham when they build a sandwich, be sure to multiply these numbers by the number of slices you use to get your total ham calories and nutrition. A single serving (one medium slice) of canned ham provides 55



calories, 7 grams of protein, 0 grams of carbohydrate, 3 gram of fat, and 517 milligrams of sodium. It also includes a significant helping of nitrates and nitrites, used to preserve the cured meat. While some people have concerns about these preservatives, there is not a lot of evidence that it's harmful.

Health Benefits of Ham

Ham is a good source of protein. It is also a very good source of selenium, phosphorus, zinc, vitamin B6, B12, thiamin, riboflavin, niacin, and choline. Depending on the variety and cooking method, ham can also be low in fat.

So does that mean ham is healthy? It's usually not the fat or calorie count of ham, that concerns healthy eaters. Ham contains a high amount of sodium. For people on the popular DASH diet, a single serving contains almost an entire day's allowance of sodium. Even if you are not following a diet for hypertension, too much salt can make you gain water weight. If you want to cut back on sodium, look for low sodium lunch meats, including lower salt ham. <https://www.verywellfit.com/holiday-ham-calories-and-nutrition-3495647>

Sugarcane Baked Ham with Spiced Apples and Pears

Ingredients:

12 sugarcane swizzle sticks, each cut into about 3-inch pieces

1 hickory smoked ham, spiral sliced, 8 to 10 pounds (no bone, water added, cooked)

Glaze:

1 cup firmly packed light brown sugar

1 cup Steens 100 percent Pure Cane Syrup

1/2 cup dark molasses

1/2 cup dark corn syrup

1/8 teaspoon freshly grated nutmeg

1/4 teaspoon ground cloves

1/8 teaspoon ground allspice

1/2 teaspoon ground cinnamon

1 teaspoon dry mustard

1/4 cup water

1 1/2 pounds (about 4) Granny Smith apples

1 1/2 pounds (about 4) Bartlett pears



Directions:

1 Preheat the oven to 350 degrees F.

2 Line a shallow baking pan with parchment or waxed paper. Insert the sugarcane sticks into the ham at 3 to 4-inch intervals. Tie the ham, using kitchen twine, horizontally and vertically, like a package, to hold it together. Place it on a wire rack in the baking pan.

3 In a mixing bowl, combine all of the glaze ingredients together except for the mustard and water. Mix well. In a small bowl,

dissolve the mustard in the water, then add to the spice mixture. Blend well.

4 Brush the entire ham with the glaze, coating it evenly.

Wash, core, and halve the fruit. Place all around the ham.

Baste the ham a second time and baste the fruit with the glaze. Bake for 45 minutes. Baste the ham and fruit again.

Bake another 45 minutes. Remove the ham from the oven and let it rest for 5 minutes. Remove and discard the string and swizzle sticks. Serve the apples and pears on a platter with the ham. Serve everything warm or at room temperature. <https://www.foodnetwork.com/recipes/emeri-lagasse/sugarcane-baked-ham-with-spiced-apples-and->



This time of year brings festivities and family fun. It is a time for reminiscing and looking forward. Wishing you wonderful memories during this joyous season.

