

# Head Start Gazette

Community Coordinated Care for Children Inc. 4C

November 2018



## Fun Ways to Teach Your Toddler to Write

1. Start with The Basics - do not try to teach your toddler to write their name right away. Let them start out with scribbling, then move onto lines, and then shapes.

2. Feel free to help your toddler write by spreading out various foods like mashed potatoes, pudding, edible finger paint, oatmeal, the list goes on.

3. Washable Markers - it's best to most definitely invest in some, especially the non-toxic ones because we all know where that marker is going to end up, right in the mouth.

4. Rewards - I know what you're thinking, and no these are not to be given in the form of a bribe. The prizes and rewards can be given when your child successfully draws that line right, or



traces that letter properly

5. Caps Before Lowercase - when they are ready to learn the alphabet, it's best to begin with capital letters before lowercase.

6. Trace and Copy - another great idea would be to let them trace letters and try to copy them when they are learning the alphabet or lines or shapes.

7. Teach the Names - teaching them the names of the letters they are writing will help greatly as they are learning.

8. How to Hold the Writing Implement - teaching your child the proper way to hold their marker, crayon, pencil, pen, or whatever they are writing with is a big step in the learning process.

9. Posture and Sitting - we all know posture is important, and even more so when we are writing.

## Thanksgiving Harvest Celebration Glass Jars

Celebrate harvest by displaying a colorful display of ingredients from your kitchen. It will be a great way to decorate your table this thanksgiving. You can be as creative as you'd like. Below you will find instructions

for this Thanksgiving table decoration

### **MATERIALS REQUIRED:**

Crepe paper  
Glass jar  
Pipe cleaner - Even ribbon or twine will do  
A variety of ingredi-



ents from your kitchen- of different colors. I used beans, rice, tea and different lentils.

Fill your glass jar layer by layer. Just make sure that you don't shake it too much and mix up all the layers. Leave the less dense layers for the top.

Cut a square of crepe paper and place it on top of the jar

Use a pipe cleaner/ ribbon/ twine to hold it in place as shown.

Adjust the folds of the paper. <https://www.artistshelpingchildren.org/kidscraftactivitiesblog/2009/11/thanksgiving-harvest-celebration-glass-jars-craft-idea-for-kids/>

## Nearly 1/3 Of New Car Buyers Are Making a Very Big Mistake

I can't be clearer: leasing is a horrible financial move. It is the auto industry's way to get you to buy a car you can't really afford. I don't blame the auto financing folks, that's their job. But it's your job to make smart decisions with how you spend your money. And leasing is just a lousy deal.

The big problem is that when you lease there's the temptation to keep leasing forever. So every three years-the standard lease length-you turn in your car and lease another. That means you are signing on for never-ending monthly car payments, all because you want a fresh new car every three years? C'mon.

Let's keep this simple: Needs v. Wants. I get you may want a new car every three years, but do you need a new car every three years? Of course not. **And don't tell me you deserve a nice car. Please. You deserve financial security. You and your family deserve a lot more than a fancy car.**

### Please Please Don't Lease

Let's say your car lease is \$350 a month. I would much rather you choose a car that you could pay off with a 3-year auto loan. Yes, it will be a less fancy car. Good! **Cars are a lousy investment; they never rise in value. The less you pay for a safe reliable car, the smarter you are.**

With the loan you will no longer have any payments starting in year four. If you are leasing, you are likely looking at a new lease for even more money than your current lease.

Now let's assume that you keep driving your car for another five years after paying off your loan. So that's five years where you could redirect the \$350 you no longer have to pay on your car, to something important: like building your emergency fund, or contributing more to your retirement. Or saving for a bigger home down payment. Drive your loan-free car for another five years and you will be able to save more than \$20,000. That only happens if you skip the lease.

### Suze's Financial Strength Test

#### Answer Yes or No to the follow statements.

- I pay all my credit card bills in full each month.
- I have an eight-month emergency savings fund separate from my checking or other bank accounts.
- The car I am driving was paid for with cash, or a loan that was no more than three years, and I sure didn't lease!
- I am contributing at least 10% of my gross salary to a retirement plan at work, or I am saving at least that much in an IRA and/or regular taxable account.
- I have a long-term asset allocation plan for my retirement investments, and once a year I check to see if I need to do any



rebalancing to stay on target with my allocation goals.

I have term life insurance to provide protection to those who are dependent on my income.

I have a will, a trust, an advance directive (living will),

and have appointed someone to be my health care proxy.

I have checked all the beneficiaries of every investment account and insurance policy within the past year.

So how did you do?

If you answered yes to every item, congratulations. If you are working on improving on a few items, I say congratulations as well.

As long as you are committed to truly creating financial security, I applaud you. If that means you are paying down your credit card balances, or are building up your emergency fund with automated payments, that's more than fine. You are on your way!

But if you found yourself saying No to any of those questions, and you're not working on moving to Yes, then I want you to stand in your truth. No matter how good you feel, you have some work to do before you can honestly know what you are on solid financial ground. <https://www.suzeorman.com/blog/nearly-13-of-new-car-buyers-are-making-a-very-big-mistake>

## Take everyday preventive actions to stop the spread of germs.

- ◆ Try to avoid close contact with sick people.
- ◆ While sick, limit contact with others as much as possible to keep from infecting them.
- ◆ If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be



- gone for 24 hours without the use of a fever-reducing medicine.)
- ◆ Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- ◆ Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ◆ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ◆ Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

## Announcements

Greetings Parents!!

Thank you all for your continued involvement and engagement in the program. This program would not be possible without you! Kudos to you all!

As you all may know, October was Head Start awareness month and we celebrated with Guest Readers Week. We had staff, community partners, and community leaders join us to celebrate.

### Training Opportunities

We have many training opportunities planned for the upcoming year. You will receive more information regarding dates and a time as the time nears. Some training topics that you may discuss during your Parent Committee meetings include:

September-May	Health Issues: Pre-Natal Care and Breast Feeding, Dental Care, Hand washing, CPR & First Aid, Pedestrian Safety.	Parents will become knowledgeable of health issues that will affect their child as they develop into healthy children.	Parent Meetings In-Service Newsletter	Health Specialist and/or Outside Consultants
September-May	Nutrition issues: WIC, Food allergies, Food Budgeting.	Parents will learn about healthy foods and programs that will benefit their families nutritionally.	Parent Meetings Policy Council Meetings. Newsletter	Nutrition Specialist and/or outside Consultant

## Veterans' Day November 11

A day for honoring those who have served in the war, either alive or dead. Though many businesses remain open for this day, most federal buildings, schools, and banks are closed.



## Thanksgiving: November 22

A day for remembrance and thankfulness. In commemoration of the pilgrims' first holiday with the Native Americans. Many Americans get together with their families for a large meal (typically a turkey dinner) and recite things for which they are thankful.



"Yesterday I was sad, today I am happy! Yesterday I had a problem, today I still have the same problem! But today I changed the way I look at it!" — C. JoyBell C.

## Challenging Behavior Tip: Following Directions

"HELP!": My child has a hard time following directions when I ask them to do something.

**What you can do:**

Listen to your own instructions- make sure they are clear, specific and consistent.

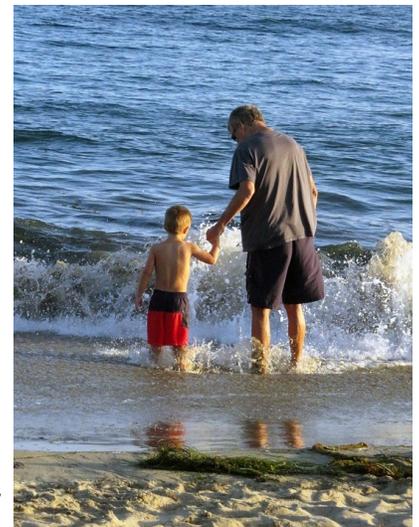
Make sure directions are positive (ie that they tell the child to do something rather than to stop doing something).

Make sure when the child follows the instruction correctly you praise them- through encouragement or smiles.

If your child is having a hard time following directions with more than one step (ex: Put your lunch in your backpack, get your coat on and tie your shoes), try to present only 1 step at a time, and give the next step only after they finish the first.

Here are some examples of good directions— "When you are finished eating, put your bowl in the sink." "Wash your hands before you come to the table for dinner." "Put your pajamas on and then brush your teeth." "Climb into your car seat please."

Make sure to praise your child for each step they complete. Use specific praise — say, "I like how you \_\_\_\_\_." Kids will repeat behaviors that get attention.



## Turkey Nutrition

Per 100g serving, turkey provides 160 calories with 72 calories coming from fat. It delivers 20g of proteins, 8g of fat and no carbohydrates. The same serving size also provides the vitamins niacin, B6, B12, pantothenic acid, and riboflavin. Turkey also contains the minerals iron, phosphorus, potassium, zinc and is particularly



rich in selenium.

### Benefits

Turkey is a relatively inexpensive source of protein, with more protein per gram than both chicken and beef, while remaining lower in fat and cholesterol than other meats. It also delivers vitamins and minerals, especially niacin, which facilitates the conversion of food into available energy, and Vitamin B6, which is important for the health of the nervous system. Turkey also has selenium, which is essential for proper thyroid and immune function.

<https://oureverydaylife.com/41364-turkey-nutrition-information.html>

## Fruits & Vegetables in Season



Avocados	Mushrooms
Grapefruit	Radishes
Passion Fruit	Sweet Corn
Squash	Cucumbers
Bell Peppers	Oranges
Guava	Snap Beans
Peanuts	Tangerines
Strawberries	Eggplant
Carambola	Tomatoes

## Classic Roast Turkey

1 (10- to 12-pound) turkey

- 1 1/2 teaspoons salt
- 3/4 teaspoon ground black pepper
- 1 medium onion, coarsely chopped
- 1 rib celery, coarsely chopped
- 5 sprigs fresh thyme (or 1/2 teaspoon dried thyme)
- 1 bay leaf
- 1 carrot, peeled and coarsely chopped
- 1 teaspoon Baby Bam
- 4 tablespoons unsalted

butter, softened at room temperature

- 1 cup reduced-sodium chicken broth
- Pan Gravy

### Directions

Position rack in the lower third of oven and preheat the oven to 425°F. Fit a roasting rack inside a roasting pan.

Transfer the turkey to the kitchen sink and remove its wrapping. Using your hands, remove and discard the neck, gizzards, heart, and liver usually found in a small paper or plastic bag inside the cavity.

Rinse the turkey well inside and out under cold running water. Pat dry inside and out with paper towels and transfer the turkey breast side up to the rack in the roasting pan.

Season the inside of the turkey with 1/2 teaspoon of the salt and 1/2 teaspoon of the black pepper and stuff the cavity of the turkey with the onion, carrots, celery, thyme sprigs, and bay leaf.

Using kitchen twine, tie the ends of the turkey's legs together so that it looks as if it is trying to cross its legs.

Season the outside of the turkey evenly with the remaining 1 teaspoon of salt, 1/4 teaspoon black pepper, and the Baby Bam. Use your hands to rub the butter evenly over the entire tur-



key. You might have to ask someone to hold the turkey for you while you do this. Wash hands well.

Transfer the turkey to the oven and bake, uncovered, for 30 minutes.

Reduce the oven temperature to 350°F and, with oven mitts or pot holders, carefully remove the roasting pan from the oven. Watch it, this is heavy and now it's hot too!

Using a baster, baste the top of the turkey evenly with 1/3 of the chicken broth.

Using oven mitts or pot holders, return the turkey to the oven and cook for an additional 1 3/4 to 2 hours, basting twice more during this cooking time with the remaining chicken

broth. Always use oven mitts or pot holders for handling the hot roasting pan. If the turkey begins to look too browned, cover the top loosely with aluminum foil until it is done.

After 1 3/4 to 2 hours, the turkey should be a nice golden brown color, and the juices should run clear when you insert the tip of a knife at the joint of the leg and thigh.

Using oven mitts or pot holders, carefully remove the roasting pan from the oven and cover the turkey loosely with aluminum foil. Let the turkey sit for about 20 to 30 minutes before carving. Save the drippings in the pan if you plan to make gravy. Have an experienced adult help you transfer the turkey to a carving board and show you how to carve the turkey-then serve.

NOTE: If you purchase a frozen turkey, you must defrost it in the refrigerator, and it can take several days to completely defrost, depending on the size of your bird. Make sure you read the instructions on the turkey packaging so that you allow yourself enough time before turkey day! Also, you should never try to defrost a turkey on your kitchen counter or in the kitchen sink-this promotes the growth of harmful bacteria. <http://emerils.com/121895/classic-roast-turkey>