



# Early Head Start Gazette

Community Coordinated Care for Children Inc. 4C

January 2019

## How to Model Behavior That You Want to Teach Infants and Toddlers

Infants and toddlers are a lot like sponges. They soak up everything they see. For that reason, it is imperative that you model appropriate behavior in front of, and around, your young children. The reason for this is that infants and toddlers learn their own form of normal by watching the adults around them. If you model appropriate behavior, such as an indoor voice, proper manners and politeness, your kids will consider those the norm and be more likely to behave in a similar manner. However, if you choose to model inappropriate behavior, it shouldn't come as a shock if your kids one day behave in the same manner.

Abstain from using physical violence in front of your infants and toddlers. When they do not behave accordingly, do not spank them or slap them on the wrist. Being hit or watching as you hit your older children shows them that hitting is okay, and it is not. Instead, use other forms of discipline, such as time out and removal of favored objects or toys.

Take responsibility for your actions. If your child sees you break a glass and later hears you telling your spouse that the cat must have jumped onto the counter and knocked it down, she will learn that lying to keep herself out of trouble is an acceptable form of behavior, and it is not. Own up to your



mistakes. This teaches your children responsibility.

Treat others with kindness and respect. When you are polite, kind and respectful of others and their feelings, you are teaching your infants and toddlers that this is typical behavior. They will learn to treat others with the same kindness, politeness and respect that they see you use with those around you.

Speak and react only after taking a few moments to think about what you want to say, how you want to say it and how you want your reaction to come across to others. Do not do this only when you are angry, hurt or upset. Do this all the time. Thinking before you speak gives you the few extra moments you need to arrange your thoughts and get your point across in a way that others understand. Furthermore, not thinking before you speak can cause you to offend others or make a situation worse than it was before you spoke. Thinking before speaking is a behavior you want to model for your infants and toddlers.

### Tip

Act the way you want your kids to act at all times, not just when they are watching you or listening to you. Being a better version of you is beneficial in ways other than just in terms of parenting. <https://howtoadult.com/model-behavior-want-teach-infants-toddlers-1167.html>

**January 1, 2019**

**New Years Day**

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."

— Edith Lovejoy Pierce



**January 21, 2019**

**Martin Luther King Day**

Martin Luther King Jr. (January 15, 1929 - April 4, 1968) was an American Baptist minister and activist who became the most visible spokesperson and leader in the civil rights movement from 1954 until his death in 1968.

We must learn to live together as brothers or we will perish together as fools.  
Martin Luther King



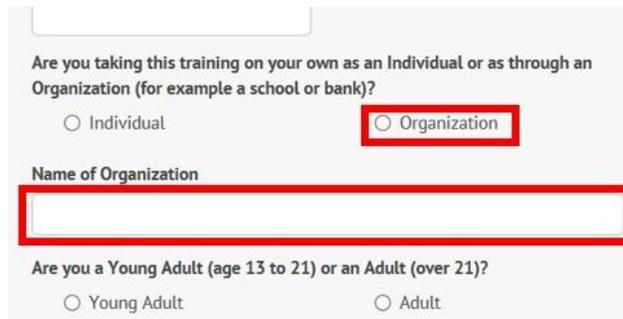
## Money Smart

Money Smart is computer-based instruction that provides financial education, covering topics such as the basics of borrowing money wisely, spending plan to achieve financial goals, and how to use banking products effectively. Money Smart training has reached more than 3 million people.

- FDIC's Money Smart is a FREE, self-paced, Internet-based financial education program.
- Each online module takes 20 to 30 minutes to complete. Topics include Banking, Saving, and Home Ownership.

- Modules are available in English and Spanish.
- Submit your certificates of completion for entry into a quarterly prize drawing.

To register, create a login using your email address. Be sure to select "Organization" and type "4C Florida" for the Name of Organization (See below). To register, click <https://moneysmartcbi.fdic.gov/#>



Are you taking this training on your own as an Individual or as through an Organization (for example a school or bank)?

Individual  Organization

Name of Organization

Are you a Young Adult (age 13 to 21) or an Adult (over 21)?

Young Adult  Adult



## Everyday Shapes

At home, children have the opportunity to learn about shapes in many daily activities. You can expand your children's learning environment by helping them identify, create, name, and take apart shapes during your regular routines, activities, and discussions at home. Here are some ways to help your preschooler focus on what makes shapes alike and different.

### On the road

When you see a yield sign, point out that it has three sides. When you see a school crossing sign, invite your child to count the sides. (There are five). Look for other shapes, such as rectangular doors and round manhole covers.

### At the store

Soup cans are cylinders. Oranges are spheres. What holds ice cream? An ice cream cone! You and your child can play a game while grocery shopping: How many different shapes can you



find? Have your child help place items on the conveyor belt, then compare the items you're buying. The cheese and the bag of carrots are both orange. Which one is shorter? We got a watermelon and a kiwi. How are they alike? How are they different?

### At home

The recycling bin is full of things you can use to talk about two-dimensional and three dimensional shapes. What shape is the paper towel roll? You're right, it's a cylinder. We flattened the cereal box so now it's a 2-D shape. When it was still full of cereal, it was a 3-D shape. How would you describe the oatmeal container?

### Making shapes

Provide playdough (find a simple recipe online) and tools your child can use to make all kinds of shapes. Your child can turn a long rolled snake into a square or a triangle. Count the sides together. Next your child can make a ball— or in math terms, a sphere. <https://www.naeyc.org/our-work/families/everyday-shapes>

## Proper hand hygiene using an alcohol-based hand sanitizer

- Apply sanitizer to the palm of one hand.
- Rub hands together.
- Rub sanitizer over all surfaces of hands and fingers until hands are dry.

You can buy small bottles of hand sanitizer to carry with you, or buy large bottles and use to refill small bottles.

You can also make your own, which can be a fun activity to do with school-age kids.

Search online for "make your own hand sanitizer" and you'll find lots of suggestions - but choose your recipe carefully. To be effective, a hand sanitizer must contain at least 60 percent alcohol.

Unfortunately, many of the recipes you'll find online



contain much less alcohol or none at all. (For example, a cup of aloe vera plus 1 tablespoon of rubbing alcohol won't cut it. You'd need about two-thirds of a cup of alcohol to one-third cup of aloe vera.) But a quick Internet search will also turn up plenty of recipes that follow the 60-percent-or-more rule. [https://www.babycenter.com/0\\_proper-hand-washing-for-kids-and-parents\\_10317767.bc](https://www.babycenter.com/0_proper-hand-washing-for-kids-and-parents_10317767.bc)

## Announcements

Greetings parents!

Happy New Year to you all! It is a New Year and we all know that we like to create New Year resolutions, which can include new ventures. As the New Year begins, you may be looking into a new position or a new career. While many factors play into obtaining a new job, it is important to have employability skills that will assist you in securing and keeping the job that you want.

### Upcoming Training Includes

January	Employment Skills	Parents will gain knowledge of seeking employment strategies and agencies.	Parent Meetings In-Service	Family Advocate Department of Labor and Labor Force Consultants
---------	-------------------	--	----------------------------	---



## Getting the Right Amount of Screen Time

Based on research by the Kaiser Family Foundation, kids under age 6 watch TV an average of 2 hours a day (including videos or DVDs). Kids ages 8 and older devote more than an average of 6 hours a day using media for entertainment, 7 days a week, which is more than an adult's 40-hour work week. Some kids often spend much of that multitasking with more than one device at a time, and therefore, they manage to pack in more than 10 hours a day of combined screen time.



non-educational media use to a preplanned hour or two daily, preferably after homework and chores are done. With guidance, children can organize their time and choose television programs that fit their schedule. Keep copies of the family viewing schedule posted in a visible location (by the TV or on the refrigerator) to serve as a reminder.

The American Academy of Pediatrics (AAP) recommends no more than 2 hours of educational TV for kids ages 2 and older (and no TV for kids under age 2). Following the guideline of the Nemours 5-2-1-Almost None program, designed to help families with eating, screen time, and exercise, we recommend minimizing media usage to an hour or less daily, since screen time can help contribute to childhood obesity.

### 5 Tips to Ensure Healthy Use of Media

Resist the urge to use mobile devices to entertain your child on-the-go. Rather than using smart phones, tablets, and e-readers when you're going out with your child, pack a fun bag with favorite toys, coloring books and crayons, and a few books. If you're going out to eat with your teenager, encourage him or her to not use their mobile phone (and model the same behavior). Encourage and help your kids plan TV viewing in advance. Keep

Avoid TV watching during dinner. The evening meal is often the only time that families are able to be together for any sustained period. If the TV set is on at the same time, it will interfere with conversation and connecting with each other.

Keep the TV and computer out of the bedroom. Not only will children tend to watch more television and surf the web unsupervised, but they might detach themselves from other family activities. Having a TV or computer in the bedroom also may cut down on sleep, causing problems with fatigue at school. Keep a family computer in a common room and set a schedule for internet use with parental controls. Designate a separate log-in for schoolwork, blocking any sites that are distractions.

Create screen-free weeks to reconnect with your family. For example, your family can participate in National Screen-Free Week, usually the first week in May. Families agree to spend seven days "unplugged" and find other ways to be entertained and spend time with each other. <https://www.nemours.org/services/health/growuphealthy/screentime/families.html>

## How to Treat Your Children

- Parents should always encourage and support their children as this would greatly affect their self-esteem.
- Always show your child affection. Physical contact such as a hug or a kiss can go a long way in building a strong bond with your child.
- Never vent your anger or frustration on your children. If you treat your children with respect, they won't fear you.
- Don't crush your child's dreams.

- Nobody is immune to making mistakes and your child is certainly no exception. Do not reprimand your children when they do something wrong, as doing so could crush their spirits. Children often become whatever parents keep telling them they will become.
- No matter how busy you are, try to find time to play with your children.
- Constantly show your children how much you love them. <https://sg.theasianparent.com/how-should-you-treat-your-children/>

## Healthy Eating

### Tips for Success

Almost one-third of U.S. children ages 2 to 19 are overweight or obese. Whether you have a toddler or a teen, it's never too late to help your kids make healthy eating choices.

**Here are five strategies to improve nutrition:**

1. Have regular family meals.
2. Stock up on healthy snacks.
3. Avoid food battles by giving kids a choice of healthy foods and allowing

them to monitor their intake, within reason.

4. Involve kids in the cooking process when time allows.

5. Be a role model by eating healthy yourself.

### Putting the Right Foods on Your Child's Plate

Here are some easy tips to achieve healthy eating habits during meals or



afternoon snacks:

Half of your child's plate should consist of fruits and vegetables.

Kids should drink water instead of sugary drinks like juice and soda.

Serve fat-free or low-fat (1%) milk after age 2.

Avoid oversized portions.

Make sure your kids get at least half of their grains from whole grains. <https://www.nemours.org/services/health/growuphealthy/eating/families.html>

## Broccoli Nutrition

Broccoli is a great source of vitamins K and C, a good source of folate (folic acid) and also provides potassium, fiber.

Vitamin K - essential for the functioning of many proteins involved in blood clotting

Vitamin C - builds collagen, which forms body tissue and bone, and helps cuts and wounds heal. Vitamin C is a powerful antioxidant and protects the body from damaging free radicals.

Fiber - diets high in fiber promote digestive health. A high fiber intake can also help lower cholesterol.



Potassium - a mineral and electrolyte that is essential for the function of nerves and heart contraction.

Folate - is necessary for the production and maintenance of new cells in the body.

**Cooking methods can impact the nutrient content and health benefits of broccoli.**

Boiling can leach up to 90% of the valuable nutrients from broccoli, while steaming, roasting, stir-frying, and microwaving tends to preserve the nutrients. <https://www.healthyeating.org/Healthy-Eating/All-Star-Foods/Vegetables/Article-Viewer/Article/91/health-benefits-of-broccoli>

## Broccoli Soup

- 5 tbsp of butter
- 1 onion (chopped)
- 3 cups chicken broth
- 8 cups broccoli florets
- 3 tbsp all-purpose flour
- 2 cups of milk
- Pepper to taste



### Directions:

1. Melt 2 tbsp in a stockpot
2. Add onion and sautéed until tender
3. Add broccoli and broth, cover and simmer for 10 minutes
4. Pour soup into blender/food processor and purée until smooth

5. Melt 3 tbsp of butter in small saucepan
6. Stir in flour and milk until thick and bubbly
7. Add to soup and season with pepper
8. Serve <https://makeyourbabylaugh.com/broccoli-baby-food/>

## Broccoli Mac N Cheese

- 250gms macaroni
- 300 gms broccoli
- Two tablespoons butter
- One egg yolk
- One cup milk
- 250gms shredded cheese
- Two teaspoons



- mustard
- Salt and pepper

### Directions

- Add salt to the water (which is to be boiled in a large pot).
- Cook the pasta until soft.
- Steam the broccoli until soft and fine chop.

- Once cooked, drain and mix the pasta with the egg yolk and butter and stir well.
- Add the milk, cheese and mustard. Stir until the cream melts.
- Add the broccoli, salt and pepper and mix well. <https://parenting.firstcry.com/articles/10-healthy-and-delicious-broccoli-recipes-for-toddlers-and-kids/>