

# Head Start Gazette

January 2019

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



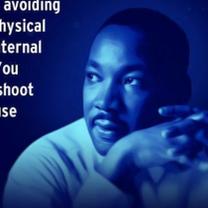
January 21, 2019

## 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.

### MARTIN LUTHER KING

Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him.



## Teach Children to Behave in Public

To teach children to behave in public the training starts at a very young age, and in the home. There should be boundaries, rules, and discipline within the home, and this will carry out in public.

\* If your child learns to treat his parents and siblings with respect, then he will assume this is the way to treat others.

\* Boundaries should be set for siblings and parents belonging as well.

\* When guests are welcomed into your home, be a role model for your child. Show how others should be addressed and treated with respect.

Very young children learn by watching and listening to their parents.

\* The way you speak to an employee of a store

\* What you yell, or don't yell, at fellow drivers on the street

\* The courtesies you show others while in public, like keeping a door open for them

**Common courtesy with friendly, simple gestures will teach your child how to treat others.**

When going out in public, preparation is the key. Make sure your child is rested and content. If you are not going to a restaurant, make sure he has eaten. Prepare your diaper bag, or a small bag with a snack, water, book, and the usual essentials.

Think of situations that may occur, and be prepared on how you plan to react. For example, a child that does not want to be strapped in a cart, or a stroller, may scream the whole way through the store. There are options. First, try to explain why it is important that he sit in the cart, or stroller. For some children, this will be enough. For others:

\* Let them scream for a short time, ignoring their behavior. Some children will figure out that screaming is not working and they will calm down. If the screaming is persistent, leave the

store and shop later.

\* Postpone your shopping trip. A very young child that has not developed reasoning skills, may need to be supervised at home, while you go to the store. It will not be long, before reasoning skills develop and a shopping trip can be pleasant.

\* Offer a reward. If the child is too young to understand the good behavior/reward concept,

this will not work. However, older children will understand: Mommy needs to shop for groceries. You will need to sit in the cart and help me. If you sit nicely and help mommy, then we will read your favorite book when we get home. Do not offer sweets as a reward. This can turn into a bad habit.

\* Take a favorite book, or toy to the store. This will give them something to focus on and make the shopping trip more relaxing for them.

Set boundaries at a very young age.

\* Do not allow your child to run through a store unsupervised. Keep them with you at all times.

\* Children should not be free to pull all the toys off a shelf. Teach them respect for the business.

\* It is not acceptable to leave your child on the toy aisle as entertainment while you shop elsewhere. This is disrespectful to the store patrons and employees.

\* Make it a habit that you will hold your child's hand while in the parking lot, no questions, no other options, period!

**Boundaries, respect and courtesy are all lessons that will develop children's positive behavior. Start in the home, and they will carry their good behavior out in public.** This is not easy. It is easier to let them run around, so you don't have to hear them complain. However, if you do not have control now, you will definitely not have control as they grow into pre-teens and teens.

<https://pioneerthinking.com/teach-children-to-behave-in-public>



## 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://](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

[moneysmartcbi.fdic.gov/#](https://moneysmartcbi.fdic.gov/#)

## 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.

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 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.



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 school-work, 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/groupuphealthy/screentime/families.html>

# 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
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## Sleep Routines for Pre-School Children

**At this age your child can learn to:**

- fall asleep on his own and not rely on your presence for this to happen
- put himself back to sleep during the night



**Bedtime should occur at the same time every night. It helps to develop a routine like this:**

- Let your child know about 30 minutes ahead of time it will be time for bed soon. Involve your child in quiet activities during this last half hour.
- Guide your child through using the bathroom, brushing teeth, washing up or taking a bath,

and brushing his teeth.

- Read a book with your child.
- Make sure your child has a cup of water, a night-light, or any item needed.
- Remind your child to stay quiet in bed.
- Say goodnight and leave the room. Don't be tempted to stay in the room making sure your child falls asleep. If your child awakens during the night, take your child back to bed.
- After your child is in bed, keep the TV and the rest of the home fairly quiet. Children can awaken easily in the first hour of sleep.
- Track your child's sleep in a sleep diary so you can measure progress made. Use a star chart and allow your child to put the stickers on. <https://www.nemours.org/services/health/growuphealthy/sleep/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/>



## Broccoli Nutrients

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 With Seriously Cheesy Sauce

- 1 large bunch broccoli (about 1 1/2 pounds)
- 2 teaspoons salt
- 4 tablespoons (1/2 stick) unsalted butter
- 1/4 cup all-purpose flour
- 1/4 teaspoons freshly ground black pepper
- 3 cups whole milk
- 2 cups grated mild cheddar cheese (about 5 ounces)

### Directions

Place broccoli on a cutting board and use a sharp knife to remove the tough part of the stems (usually the lower 3 to 4 inches). Cut broccoli into 4 even portions.

Bring a large pot of water to a boil with 1 teaspoon salt. Add broccoli and cook until tender, 3 to 6 minutes. Drain broccoli in a colander set in sink. Using tongs, transfer to a 2-quart casserole or serving dish.

In a heavy 4-quart saucepan, melt butter over medium heat.

Add flour, remaining 1 teaspoon salt, and pepper and cook, stirring constantly, 2 minutes. Whisk in milk and bring to a boil, whisking occasionally. Reduce heat to medium-low and simmer, stirring occasionally, 2 minutes.

Remove from heat and add cheese. Stir well. Pour sauce over broccoli and serve. <https://emerils.com/124734/broccoli-seriously-cheesy-sauce>



## 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://](https://www.nemours.org/services/health/growuphealthy/eating/families.html)

[www.nemours.org/services/health/growuphealthy/eating/families.html](https://www.nemours.org/services/health/growuphealthy/eating/families.html)

