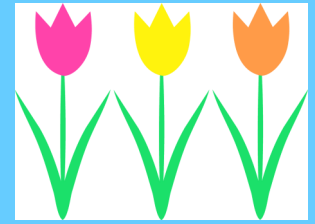


Early Head Start Gazette



Raising a Reader

Daylight Savings Time March 10, 2019

The United States and Canada will begin this year's **Daylight Saving Time (DST)** period on Sunday, **March 10, 2019**. Millions of people will have to turn their clocks one hour ahead from 2am (02:00) to 3am (03:00) local time.



St Patrick's Day March 17, 2019

Did you know? There are 34.7 million U.S. residents with Irish ancestry.



This number is more than seven times the population of Ireland itself.

St. Patrick's Day Celebration

- Corned beef and cabbage is a traditional St. Patrick's Day dish.
- Irish soda bread gets its name and distinctive character from the use of baking soda rather than yeast as a leavening agent.
- Lime green chrysanthemums are often requested for St. Patrick's Day parades and celebrations.

When it comes to reading, parents often place a lot of pressure on their kids -- and themselves -- early on. But there's no reason to rush things. Brain-development research shows that children aren't ready to learn the mechanics of reading until around age 5. Buying a preschooler phonics workbooks or reading software is not only unnecessary, it could also overwhelm her and turn her off from reading. That doesn't mean you can't help lay the foundation for your child's love of reading, though. The best approach: Have fun!

Babies and toddlers

Reading to your infant -- even though he can't understand everything you say -- is the best way to begin. And one of the great things about story time is that there's really no way to get it wrong. Even 10 to 15 minutes, two or three times a week, can offer immense benefits. Some ways to start:

Give your baby a few cloth books as soon as he's able to manipulate objects with his hands. He'll learn that pages turn and that pictures can be right-side up or upside down.

Make books accessible. Keep a bag filled with



stories in the car to read to your toddler when you're, say, waiting for your older child after school; stash one in your purse to pull out while you're in line at the store.

React to the story. Pause to point out pictures, or note similarities between the book and your child's life ("That little kitten looks exactly like Grandma's!").

Follow your child's pace. As your baby gets older, he may want to turn back a page or two, or dwell especially long on an illustration. Let him. <https://www.parenting.com/article/raising-a-reader>

Oil Pastel Scribbles

Observe what happens when oil pastels are layered over watercolor paint.

What You'll Need: 1 sheet white drawing paper, tape, oil pastels, 8-color set watercolor paints, small container, water, paintbrushes

Make It: Tape down the corners of the paper to keep it from moving. Scribble lines and shapes all over the paper with the oil pastels; then dip the brushes in water to dilute the different paints. Cover the oil pastel scribbles with your favorite colors until no white remains. Watch in amazement as the oil pastel lines pop through the watercolor paint. <https://www.parents.com/fun/arts-crafts/painting/simple-art-projects-for-toddlers/>



Teach Your Children Well: Instill the Pleasure of Saving

You know your kids are sponges. So let me ask you a question: what lessons about saving are they absorbing from you?

I can't overstate the importance of instilling an appreciation for saving. I believe financial freedom is only achievable when you can derive the same pleasure from saving as you do from spending. Actually, saving should give you even more pleasure!

Yet too often saving is seen as some form of punishment, or akin to eating your least favorite vegetable. That not only shortchanges your financial future, it sends horrible messages to your kids. Here are some tips for teaching your kids to embrace savings. It's up to you to decide when the lessons start; but certainly by age 8 or so any child is ready to learn:

Create Three Buckets for Financial Gifts. If your child tends to receive money for birthdays and holidays, you need to create a system that respects the gift, but also imparts some saving discipline. My advice is to divide a gift into three buckets: Spending, Saving, Donating. The spending bucket is just that: your child can use that money for anything they want. And I do mean anything. No judging. The Saving bucket is for an age-appropriate goal. (More on this in the next section.) I also encourage you to make charitable donations a part of a child's financial upbringing.



Set up Age-Appropriate Savings Goals. Asking a young child to tuck away all of their savings bucket for college can be a stretch: For an eight-year old you are asking them to focus on a goal that is more years off than they have been alive. Consider creating two or more savings goal. One should be short-term: maybe tucking away money that they can spend on the next family vacation. This is how you begin to teach the importance of delayed gratification. It may sound crazy, but this learning will make it easier 10 or 15 years down the line for your child to appreciate the value of saving for retirement. It's all connected by the same mindset.

Live It. Make it a point to show through example how much pleasure you get from saving. If you are at the stage where your kids help you pay the bills, make sure you also share the monthly statement for your emergency savings fund, and how that account makes you feel safe and secure. I also encourage parents of teenagers to discuss in specific terms how they are saving for retirement Explain how you have money automatically deducted from your paycheck—or you are automatically transferring from a bank account—and having deposited into a retirement account.

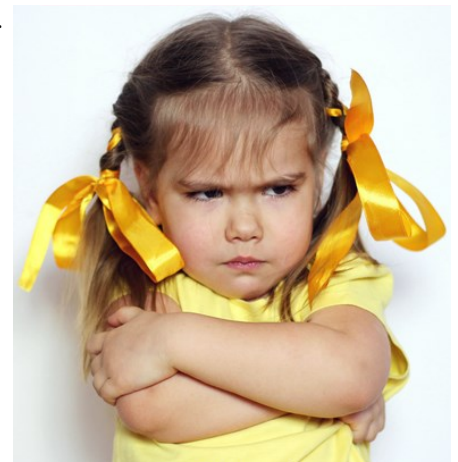
Offer a Savings Incentive. Consider offering a matching contribution for any savings goal a child is working toward. For example, if your 15-year-old is determined to be able to buy a used car, you might offer to match every dollar she saves with a 25, or 50 cents, or dollar-for-dollar match. It's a form of parental encouragement that can help your child develop great savings habits. <https://www.suzeorman.com/blog/teach-your-children-well-part-2-instill-the-pleasure-of-saving>

Challenging Behavior Tip Sheet: 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.



Announcements

Hello Parents! I want to send a **THANK YOU** to all of the parents and family members that have been engaged and participating in the different activities happening at their sites; whether it is the monthly parent meetings, volunteering in the classroom, or working with your child on the home connections. **You all are doing an amazing job!**

I would like to share with you some of the great things we have coming up in our program.

TRAININGS FOR PARENTS

September -May	Parent Education on Mental Health issues may include such topics as: Behavior Management, Stress Management, Parenting Skills Support, Separation & Attachment Issues.	Parents will learn about mental health issues that affect children and families and how and where to seek help.	Parent Meetings Newsletter articles In-service	Mental Health/ Disabilities Specialist and/or Outside Consultant
September - May	Disabilities - for parents of children with Disabilities topics may include: Advocacy, SSI and other insurances, IDEA and ADA.	Parents of children with disabilities will become knowledgeable of disabilities law, procedural safeguards and issues regarding disabilities.	Parent Meetings, In-service Flyers mailed home Handbook for Families if Children with Disabilities	Mental Health and Disabilities Specialist

What could be causing the tiny blisters my newborn sometimes gets on her cheeks and nose?

I often hear this from parents when they bring their infant in for a 1-month checkup: "My beautiful baby's turned into an ugly duckling overnight." But rest assured: Though your baby may not look her best right now, a breakout is perfectly normal.

Infants are prone to skin eruptions. Tiny whiteheads (called milia) are caused by the leftover maternal hormones that over active the oil-producing glands and plug them up. A more inflamed version of milia—baby acne—is brought on by the same thing. Both frequently pop up on the cheeks, nose and forehead and clear up by around the sixth week. But as you wait for the skin to heal, keep the area clean by gently washing it with warm water and a mild lubricant (a soap with a high percentage of emollients, like Dove or Neutrogena, for instance). Don't apply the creams used to treat adolescent acne—they're usually too strong for an infant's delicate face. Winter can be especially tough on newborn skin. In the months of dry central heating, your baby is also susceptible to prickly heat rash, a skin irritation caused by overactive sweat glands. The red pimples that characterize it don't have the blisterly or puslike appearance of milia or baby acne. And it tends to strike particularly sweaty areas—like those cute little skin



folds—rather than the face. To prevent your baby from getting heat rash, do your best to keep those sensitive areas clean, apply a protective, hypoallergenic lanolin-based ointment and try to resist the temptation to over bundle her.

To treat it, I recommend gently dabbing the affected area with cool water or a baking-soda solution (one teaspoon to a cup of water). After that, gently blot it dry. <https://www.parenting.com/article/ask-dr-sears-baby-breakouts>

Pineapple for Baby - Can You Child Have It?

Is Pineapple Safe for Infants?

Pineapple can be an enjoyable addition to a baby's ever-expanding meal, but at the same time, parents should be careful while giving citrus and other acidic fruit to infants. It needs to be prepared safely, and the baby should be introduced to only one new food at a time. It also needs careful monitoring to ensure that no allergic reactions are seen in the child. The citric acid sometimes irritates the baby's stomach, especially if they have reflux.

When Can a Baby Eat Pineapple?

Though pineapple is very healthy food, it should be given to babies older than six months when the digestive system can cope with a wider variety of foods. The experts suggest parents proceed with caution when they introduce citrus or other acidic foods to young babies. In case the baby's sensitivity level is high, it should be given when they are closer to one year.

Nutritional Value of Pineapple

Fruits and vegetables have a positive role to play in a baby's diet. Pineapple is a great source of vitamin C, which helps boost the immune system and promotes the production of collagen. It contains vitamin B1 which contributes towards proper muscle function and nervous system. It also contains folic acid, manganese and dietary fiber which make it a healthy food option. It has anti-inflammatory properties and can be a wonderful aid to digestion.

Risk Associated with Eating Pineapple for Babies

Pineapple, with their nutritive value aside, should be introduced very cautiously as it still may be hard on the baby's digestive system. Though it is not known to be an



allergen, the baby food prepared with pineapple is acidic which sometimes causes problems to the baby. The acids in pineapple may cause rashes around the baby's mouth because of their delicate skin. Pineapples are also known to

cause nasty diaper rash. Hence, pineapple should be introduced a little at a time, mashed with other foods only when the baby crosses six months. Pineapple wedges or chunks which are very fibrous can cause a choking hazard.

How to Choose Pineapple for Baby Food?

When a person buys a pineapple for a baby, one should look for 'gold' or 'extra sweet' labelled ones. Small or large, the size does not make any difference. The texture, taste and nutritive value are the same in all pineapples. However, the pineapple should feel heavy for its size. Unripe pineapples should never be given to small babies as it can cause diarrhea, irritation to the throat or vomiting.

Which is Good for Baby - Fresh or Canned Pineapple?

Fresh and succulent pineapples are the best and the most nutritious choice for the baby. Canned pineapples should serve as an alternative option only when fresh pineapples are not available. The canned fruit should be soaked in pineapple juice and not in syrup. Canned fruit is less acidic, and so babies enjoy eating it.

<https://parenting.firstcry.com/articles/pineapple-for-baby-can-your-child-have-it/>

Pineapple Recipes to Try

Basic Mash

Mash up pineapple and add it to yogurt, cereal, chicken, or sweet potato. If raw pineapple is too fibrous, you can steam it to soften for your baby.

Pineapple, Banana, and Mint Puree

Place cubed pineapple, banana, and sprigs of fresh mint in your food processor and blend until smooth. You can try adding this flavorful puree to cooked quinoa or couscous for fun texture. Mix into Greek yogurt or ricotta cheese for added protein.

Vegetable and Pineapple Puree

Sneak some veggies in with your baby's pineapple! Use equal measurements of cooked pineapple, corn, and carrots into a tasty puree. As your baby starts eating new vegetables, you could also try using them in place of the carrots.



Pineapple Smoothie

Blend together 1 medium banana, 1/2 cup of chopped pineapple, and 1/3 cup whole milk yogurt. Top with wheat germ. Babies can eat it with a spoon. Toddlers can try a straw. Freeze extras in an ice cube tray.

Banana and Pineapple Muffins

Once your baby has celebrated their first birthday, you can try making muffins. You'll mix together 3/4 cup flour, 1/4 cup brown sugar,

1/2 teaspoon cinnamon, milk or follow-up formula, an egg, 2 tbsp. vegetable oil, half a small banana, and 1/4 cup crushed pineapple. Then portion into a muffin tin and bake for 15 minutes.

<https://www.healthline.com/health/parenting/can-babies-eat-pineapple#6>