

Head Start Gazette

Community Coordinated Care for Children Inc. 4C

March 2019

Raising a Reader

How do you raise a child to be an enthusiastic and consistent reader? TV, videogames, computers, and other modern distractions sometimes make it difficult for children to focus on reading.

Here are some strategies that the diligent parent can use to help motivate a child to read. Try them all -- what doesn't work one day may work well the next.

- * Visit your local library often. Get your children their own library cards. Try a story hour or other free event at the library.
- * Check out the local bookstore. A book or gift certificate always makes a terrific gift.
- * At the library, let your child choose some of the books.
- * Let your child see you reading, whether it's the newspaper, a magazine, or the latest bestseller.
- * Encourage older children to read to their younger brothers and sisters. Or have the whole family set aside some time to read together!
- * Show your child how people use reading all the time. Read aloud street and store signs, maps, billboards,



menus, and labels on packages.

- * Create a library for your child of new or used books. Look for affordable books at yard sales, secondhand book stores, and library book sales.
- * Set up an area in your home where a variety of reading materials are within easy reach. Encourage writing by including paper, crayons, pens and pencils.
- * Subscribe to a children's magazine. Read it with your child every month.
- * Carry books to read to your child wherever you go - at the doctor's office, in line at the store, or on a long car ride. (You can also listen to stories on tape.)
- * Encourage a love of words by playing rhyming and word games, singing silly songs, or writing poems and stories together.
- * Talk about daily activities or tell stories about your family or culture to help children develop their language skills.
- * Visit the Between the Lions web site (pbskids.org/lions) for more on children and reading. <http://www.nea.org/grants/raising-a-reader.html>

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.



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

Allergies

What are allergies?

Allergies are an immune system reaction to a substance called an allergen. Your immune system sees the allergen as harmful and attacks it.

What are the signs and symptoms of allergies?

- Mild symptoms include sneezing and a runny, itchy, or stuffy nose. You may also have swollen, watery, or itchy eyes, or skin itching. You may have swelling or pain where an insect bit or stung you.
- Anaphylaxis symptoms include trouble breathing or swallowing, a rash or hives, or severe swelling. You may also have a cough, wheezing, or feel lightheaded or dizzy. Anaphylaxis is a sudden, life-threatening reaction that needs immediate treatment.

What steps do I need to take for signs or symptoms of anaphylaxis?

- Immediately give 1 shot of epinephrine only into the outer thigh muscle.
- Leave the shot in place as directed. Your healthcare provider may recommend you leave it in place for up to 10 seconds before you remove it. This helps make sure all of the epinephrine is delivered.
- Call 911 and go to the emergency department, even if the shot improved symptoms. Do not drive yourself. Bring the used epinephrine shot with you.

How can I prevent an allergic reaction?

- Do not go outside when pollen counts are high if you have seasonal allergies. Your symptoms may be better if you go outside only in the morning or evening. Use your air condi-



tioner, and change air filters often.

- Avoid dust, fur, and mold. Dust and vacuum your home often. You may want to wear a mask when you vacuum. Keep pets in certain rooms, and bathe them often. Use a dehumidifier (machine that decreases moisture) to help prevent mold.

- Do not use products that contain latex if you have a latex allergy. Use non-latex

gloves if you work in healthcare or in food preparation. Always tell healthcare providers about a latex allergy.

- Avoid areas that attract insects if you have an insect bite or sting allergy. Areas include trash cans, gardens, and picnics. Do not wear bright clothing or strong scents when you will be outside.

- Prevent an allergic reaction caused by food. You may have a reaction if your food is not prepared safely. For example, you could be served food that touched your trigger food during preparation. This is called cross-contamination. Kitchen tools can also cause cross-contamination. You may also eat baked foods that contain a trigger food you do not know about. Ask if the food contains your trigger food before you handle or eat it.

Call 911 for signs or symptoms of anaphylaxis, such as trouble breathing, swelling in your mouth or throat, or wheezing. You may also have itching, a rash, hives, or feel like you are going to faint.

When should I seek immediate care?

- You have tingling in your hands or feet.

- Your skin is red or flushed. <https://www.drugs.com/cg/allergies.html>

Pineapples

Benefits

Eating fruits and vegetables of all types has long been associated with a reduced risk of many lifestyle-related health conditions.

Many studies have suggested that increasing consumption of plant foods like pineapples decreases the risk of obesity, overall mortality, diabetes, and heart disease.

It also promotes a healthy complexion and hair, increased energy, and an overall lower weight.

When eating canned or packaged pineapple, make sure to pick up the varieties canned in pineapple juice, not heavy syrup.

Here are a few preparation tips for including more



pineapple in the diet:

- Add pineapple to your favorite kebabs. Try shrimp, chicken, or steak kebabs with red onions, pineapple, and cherry tomatoes.

- Make a fruit salad with strawberries, pineapple, mandarin oranges, and grapes. Top with unsweetened shredded coconut for a fresh twist.

- Add some pineapple slices to your salad at lunch or dinner. Compliment the pineapple with walnuts or pecans, a crumbled cheese, and light balsamic or citrus vinaigrette dressing.

- Make your own juice. Nothing tastes better than fresh fruit juice in the morning. When you make your own, you can be sure there are no added preservatives or sweeteners.

- Make a fresh salsa with pineapple, mango, jalapeño, red peppers, and chipotle pepper and use as a topper for your favorite fish tacos. <https://www.medicalnewstoday.com/>

“There can be no keener revelation of a society's soul than the way in which it treats its children.”
— Nelson Mandela

Pineapple Upside Down Cake

Ingredients

- 1 1/3 cups all-purpose flour
- 4 tablespoons butter
- 5 slices of pineapple use canned pineapple
- 6 tablespoons brown sugar
- 1 cup white sugar
- 1/3 cup shortening
- 1 1/2 teaspoons baking powder
- 3/4 cup milk
- 1-piece raw egg
- 1/2 teaspoon salt

Instructions

- 1.Preheat oven to 350 degrees Fahrenheit.
- 2.Place butter in a cake pan and melt by placing in the oven.
- 3.Remove the pan from the oven, and then sprinkle some brown sugar.
- 4.Arrange the sliced pineapples over the sugar. This will look better if you place some maraschino cherries.
- 5.Combine all the remaining ingredients in a mixing bowl. Mix using an electric mixer until all the ingredients are well distributed.

- 6.Pour the batter (mixed ingredients) in the cake pan.

- 7.Bake for 45 to 50 minutes or until it passes the toothpick test.

- 8.Remove from the oven, and then transfer to a serving plate.

- 9.Serve while still warm. Share and enjoy! [https://](https://panlasangpinoy.com/pineapple-upside-down-cake/)

panlasangpinoy.com/pineapple-upside-down-cake/

