

April 2019

Early Head Start Gazette

Trees By Joyce Kilmer

I think that I shall never see
A poem lovely as a tree.

A tree whose hungry mouth is prest
Against the earth's sweet flowing breast;

A tree that looks at God all day,
And lifts her leafy arms to pray;

A tree that may in Summer wear
A nest of robins in her hair;

Upon whose bosom snow has lain;
Who intimately lives with rain.



Poems are made by fools like me,
But only God can make a tree.

Tree Activities

Textures

Trees offer interesting textures for babies and toddlers to discover (with supervision). Invite children to touch a tree's bark, its branches, its leaves, its buds, and its fruit (samaras, apples, pinecones, etc.). You may also encourage them to touch pine needles.

Flowering branch

If possible, find a budding apple tree branch. Deposit the branch in a vase and fill it with water. Watch the flowers bloom throughout the week.

Insects

Look closely at the trees in your yard with toddlers. Search for a spider weaving a web, an insect hiding under a leaf, a caterpillar climbing the tree trunk, or a butterfly foraging an apple tree bloom. Provide magnifying glasses. Children will love exploring insects, bark, and leaves.

A different point of view

Arrange a heavy blanket or mattress under a beautiful tree. Lay on it with your child and watch the leaves move in the wind. Listen to the sounds of nature: the wind, birds, etc. Take deep breaths to show children how to relax. <https://www.educatall.com/page/527/Trees.html>

Trees.html



April 1 - April Fool's Day

April Fool's Day is a good time to play pranks or tricks on your loved ones. And kids absolutely love this day! So play a few tricks on them—like turning their cereal milk blue with food coloring—and then watch out for the mischief to come back your way.

April 15 - Taxes are due

April 21 - Easter Sunday



April 22 - Earth Day

Held each year on April 22 (but really, "every day is Earth Day"), this is a good day to plant trees in a community park, clean up plastic on the beach, bicycle to school, work, or a local Earth Day event, or hold a yard sale where proceeds go to a school or local nonprofit.

April 26 - Arbor Day

This day celebrates trees and how they filter our clean air, slow climate change, provide habitat to birds and animals, and supply oxygen through their photosynthesis process. Check your community calendar on Arbor Day and attend a tree-planting event with your family. Chances are, the children will learn something new and you will help beautify your own town in the process.

Teaching Kids About Money

It's actually easy to teach kids about money," says Jayne A. Pearl, an Amherst, MA-based author of *Kids and Money: Giving Them the Savvy to Succeed Financially*. "Turn your day-to-day activities into learning experiences." Trips to the bank, store, or the ATM machine, for instance, can be a perfect opening for a discussion about your values and how you use money. When children are very young, you can work money concepts into your child's imaginary games, like playing pretend store or restaurant. Read on for some fun, simple ways to introduce finance to your child.

Ages 2 and 3

"A 2- or 3-year-old faced with a choice between a penny, dime, and nickel will almost always choose the nickel because of its size," says Dorothy Singer, Ed.D., a senior research sci-



entist at Yale University in New Haven, CT. But while very young children won't fully understand the value of money, they can begin to learn the names of coins. One way to do this

is to play the coin identification game. You and your child can trace around the outside of various coins and color in the shapes. Then invite your child to match the coin to the image while discussing each one's name.

(Note: Toddlers may try to swallow coins, so always provide close supervision.)

Young kids love to play store, but an imaginary shop in the living room is more than just a fun way for your child to exercise his imag-

ination. By exchanging play money for goods, your child begins to understand the basics of commerce, says Dr. Singer. Use cereal boxes, fruit, sponges, or paper towels as store items.

Together, make pretend money and shop till you drop. <https://www.parents.com/parenting/money/family-finances/teaching-kids-about-money-an-age-by-age-guide/>

Vaccinations

Vaccines prevent an estimated 2.5 million deaths among children younger than age 5 every year. Still, 1 child dies every 20 seconds from a disease that could have been prevented by a vaccine. Why? Because 1 in 5 children in the world do not have access to the life-saving immunizations that keep children healthy.

Diseases do not respect geographical borders and travel as easily as people and products within countries and across continents. By preventing vaccine-preventable diseases (VPDs) globally, CDC is protecting Americans from VPDs coming into the United States from other countries. <https://www.cdc.gov/globalhealth/immunization/default.htm>

Why vaccinate your kids?

As a parent, you may not like seeing your baby or child being given an injection. But vaccination will help protect them against a range of serious and potentially fatal diseases.

There are 3 good reasons to have your child vaccinated:

- vaccinations are quick, safe and extremely effective
- once your child has been vaccinated against a disease, their body can fight it off better
- if a child's not vaccinated, they're at higher risk of catching and becoming very ill from the illness



There will always be some children who are unprotected because:

- they cannot be vaccinated for medical reasons
- they're too young to be vaccinated
- the vaccine does not work (although this is rare)

But if more parents have their children vaccinated, more children in the community will be protected against an illness, such as a measles outbreak

Can you overload a child's immune system?

You may be concerned that too many vaccines at a young age could "overload" your child's immune system, but this really is not the case.

Studies have shown that vaccines do not weaken a child's immune system.

As soon as a baby is born, they come into contact with a huge number of different bacteria and viruses every day, and their immune system copes well.

The bacteria and viruses used in vaccines are weakened or killed, and there are far fewer of them than the natural bugs that babies and children come into contact with.

In fact, if a child was given 11 vaccines all at the same time, it would only use a thousandth of their immune system. <https://www.nhs.uk/conditions/vaccinations/reasons-to-have-your-child-vaccinated/>

Announcements

Hello Parents!

April is Child Abuse Awareness and Prevention Month. Child abuse and neglect can be difficult to speak about, but we encourage you all to gain knowledge in all areas that are important to raising strong and healthy children.

Research has identified factors that are associated with either greater or lower risk of being maltreated. These include:

Supportive family environment

Nurturing parenting skills

Stable family relationships

Having household rules and parental monitoring

Adequate housing

Access to healthcare and social services

Communities that support parents and take responsibility for preventing abuse

We encourage you all to take a look at all of the great things you are doing on a daily basis and the time you take to ensure your child's safety and health and give yourselves a pat on the back.

Discover ways to plan and engage through events related to the protective factors into Child Abuse Prevention Month activities. <https://www.childwelfare.gov/>



Bullying as Early as Preschool

Preschool bullying may not be a term that you are familiar with. However, preschoolers and kindergartners exhibit signs of bullying all the time; kicking, hitting, pushing, difficulty sharing. These are all typical behaviors of young children; however, they are also behaviors that should be immediately corrected so they are not used in the future.

Bullying is all about Territory

Young children exhibit these types of behaviors because they're extremely territorial. Additionally, they haven't been socialized so they feel this type of behavior is appropriate and their only option to showcase dislike towards something. When your child was a baby, he/she used crying to get attention, now as a young child they might feel bullying behavior gives them what they want.

To prevent your child from bullying others, follow these steps:

- Intervene immediately. As soon as you notice your child has resorted to violent behavior, step in. Take your child out of the situation and provide supportive, yet stern words of advice. For example, "I

know you're upset right now, but we do not kick to get our way."

- Teach coping methods. Teach your child that hitting or pushing another child to get what they want is not acceptable. Instead they should use their words to ask politely or to use the certain toy next. Resorting to violence should be outlawed as a method to getting what they want.

- Take responsibility. When your child hits or kicks another child, make them get ice, Band-Aids, etc. and apologize for their actions. Show them not only how to say sorry, but how to show they're sorry.

- Consequences. If these methods don't seem to make any changes in your child's behavior you can consider taking away certain toys, playtime, television time, etc. Your child can then earn these privileges back through good behavior.

Patience, Patience, Patience

Teaching your child how to effectively deal with their frustrations can be a long and drawn-out process. Remember to stay patient and have a positive attitude.

This type of behavior is all part of a preschooler's learning process and is a natural part of their social development. However, if consequences and time-outs have no effect on your child's behavior after several months, you may want to seek the help of a doctor. <http://www.kidpointz.com/parenting-articles/preschool-kindergarten/bullies-cyber-bullying/view/bullying-preschool/index.html>



The Nutrition of Tomatoes

Essential Vitamins

Tomatoes contain vitamin A, which is important for the health of your eyes and skin, as well as metabolic functions. Tomatoes also have a large amount of vitamin C, the lack of which will cause scurvy. Vitamin C is important for the healthy functioning of your immune system, as well as being an antioxidant. Tomatoes also contain vitamin K, which is important for maintaining bone health. Tomatoes also contain potassium, which can help to protect against heart disease and stroke.

Tomatoes are also a source of iron, calcium and folate as well as other minerals.

Other Health Benefits

Tomatoes contain dietary fiber, which is important for digestive health and can help you to feel full for longer. Studies have shown that tomatoes are anti-inflammatory, and drinking a glass of tomato juice per day may help protect against degenerative diseases such as Alzheimer's and osteoporosis. They might also be effective in lowering cholesterol levels. <https://www.fitday.com/fitness-articles/>



Children picking their own tomatoes at the

Tomatoes

Tomatoes for Your Baby

Tomatoes are not a first baby food because of their high acidity content. Sometimes tomatoes can cause an uncomfortable rash around the lips. A fresh tomato is an incredibly delicious source of nutrition. Of course, the key to a great tomato is buying it in season, and that is usually from June through September. There are all sorts of varieties of tomatoes now including heirloom and green ones. Look for ones that are exceptionally sweet for baby's consumption.

When is baby ready?

8 months' old

How to buy

For baby, use cherry tomatoes. These are easy to pack and

take to the park.

Homemade Baby Food Recipe

Just wash and serve.

How to store

Tomatoes will keep for a week in your fridge.

Are there baby food jars?

Yes, and No. You will not find pure tomatoes in a jar, but you will find pasta and tomato sauce in a jar.

Should I buy organic?

No. It is not on the list of the USDA's most contaminated fruits and vegetables. https://babyfood101.com/tomatoes_baby_food_recipes/



How can I get my toddler to behave in restaurants?

At this age, it's a matter of preparation and chance. For one thing, you can't expect a toddler to sit still for a long meal, so choose a restaurant that's not too crowded or too leisurely about serving. You may even want to call in your order ahead of time.

Make sure your child is well rested when you arrive, and that he's hungry (but not to the point of meltdown!). And even though it's generally considered bad manners to bring toys to the table, something to engage your child's interest at this age is completely acceptable. Just make sure it's something

quiet.

If your toddler's been learning table manners at home, you can hope that he'll remember not to bang his utensils, yell, spit, or throw food. If he does misbehave in a way that disturbs other diners, though, pick him up and leave, without fanfare.

Don't reprimand your toddler in public, but do tell him when you leave that his manners are not acceptable. Then try not to let your disappointment at a ruined dinner override your understanding of his developmental stage. https://www.babycenter.com/0_teaching-table-manners-to-your-toddler_1429019.bc#articlesection1