

HEAD START GAZETTE

May 2019

Memorial Day

Monday, May 27

Though Memorial Day is set aside to remember ancestors—especially those who have fallen in battle, most Americans seem to equate the day to beaches, barbecues, and the first "three-day weekend" of summer.

That being said, most cities and towns do have ceremonies (many of which are held in cemeteries) within their town to celebrate those who have fallen in battle. Families who have lost someone dear to them (especially if they were lost recently) may go to the cemetery to "spend time" with their loved one; while others who haven't felt the sting of death may visit to pay respects to unknown fallen soldiers.



Mothers Day

Sunday, May 12

Mother's Day is a day set aside to celebrate those who gave birth to us. Though traditions will vary from family to family, many Americans give their mothers chocolates, flowers, and jewelry or take her out to lunch. Others may make her breakfast and serve it to her while she is still in her bed.



What is it about nursery rhymes and children's stories that are so helpful in developing skills needed for later learning to read?

Nursery rhymes are often short and have a great deal of repetition. Repetition offers your growing child the opportunity to tune into words a second and third time and helps him remember what he has just heard. A rhyme's repetition can also help your child become aware of the individual units of sound, known as phonemes, which make up words.

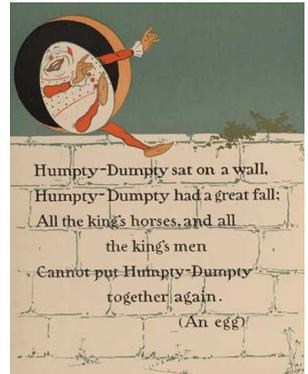
Nursery rhymes are organized so that similar sounds jump out at you, which doesn't happen in every day speech. By introducing your child to patterns of sounds, your little one's brain receives the input it will need to categorize words by their internal structure. This is the precursor to the awareness that letters can represent the sounds of words. So, nursery rhymes help your child's brain segment words into syllables, hear similarities between words that rhyme or start with the same sounds, and enjoy sound play. Having developed sensitivity to language, children are ready, at age five or six, to think about the sequence of sounds in a whole word, a skill that is crucial for learning to read and spell.

Nursery rhymes can also pave the way for a love of books. They introduce the idea of listening from beginning to end as the narrative develops, however they are short, so your youngster doesn't have to sit still very long. As she gets older, you can introduce longer stories and those with a real plot.

Many rhymes, like those used at GymbaROO and KindyROO, invite your child's participation and provide learning opportunities through movement. When rhythm and movement are combined, the brain is very stimulated and your child is likely to remember both the movement and the rhyme more efficiently and effectively. Think about how popular the nursery rhyme 'Jack in the box' is at GymbaROO and KindyROO. Even one year olds will squat down quietly and wait for the verbal cue to be given before they jump up! 'Jack is quiet down in his box, until someone opens the lid....BOO!'

There are social benefits to nursery rhymes as well. Nursery rhymes are often sung as a group activity, so your baby or child begins to feel part of a social circle that enjoys singing or reciting together. This will help your child connect to other children.

Nursery rhymes link us to the past. Many adults, once they have children, will often be surprised at how many nursery rhymes they remember from their own childhood. There may even be some strong emotional feelings attached to these memories. As parents, we often enjoy retelling them to our own children and so the nursery rhyme becomes an important link between past and present as it is passed down from generation to generation. <http://activebabiesmartkids.com.au/articles/six-benefits->



Foolproof Finance

Track your cash

It's undeniable: Kids cost money. Your bundle of joy will need clothing, a crib, a stroller, car seat, toys, and around 3,000 diapers in the first year alone -- and that's all just for starters. To pay for all of this new stuff, the U.S. government estimates you'll spend \$7,300 to \$15,190 a year on your baby, depending on your income. That means you have to rethink the way you spend your money. And that means you have to find out how you spend it in the first place. Here are two ways to do it:

Are you detail-oriented?

Then you can budget to the penny: Gather a year's worth of bank statements, credit card bills, and receipts for payments you made on your mortgage, student loans, and insurance premiums. Add up what you spend on other necessities like groceries, utilities, and clothing, as well as discretionary expenses like meals out, vacations, movies, coffee, and gifts. Use a computer program like Quicken or Microsoft Money, or buy a cheap spreadsheet log, so you can keep everything organized in one place.

Or are you laid-back?

For most new parents, keeping track of every penny isn't realistic. Instead, estimate a rough monthly total of your major expenses (rent, mortgage, student loans, car payments, insurance, and utilities). Then decide what you'll pay cash for (parking or lunch, for instance), and withdraw a set amount from the ATM to cover it for 30 days. Pay for everything else with a credit or debit card so you'll have a record of your expenditures -- and a good sense of where your money is going in any given month.

Once you've set a budget... **Cut expenses**

Now you can see where you need to scale back. Try these strategies:

Visit cnpp.usda.gov for low-cost, healthy

meal plan ideas from the USDA.

Shop around for the best quotes for car insurance, health insurance, and term life.

Get rid of your premium cable this year.

With a baby, you won't have as much time to watch TV anyway.

Make small substitutions: generic shampoo for name brand, lemon water for soda, a DIY manicure for a pro one.

Get out of debt

Don't worry about the good debt you carry, like your tax-deductible mortgage or student loans, but do try to eliminate bad debt like credit card balances -- before you do anything else. Aim to pay off your highest-rate debt first; use the credit-card debt calculator at Bankrate.com to create a payment plan. If you're too deep in debt to get out without help, turn to an agency that offers confidential budgeting, credit counseling, and debt repayment plans. A good place to start: The National Foundation for Credit Counseling.

Should you go back to work?

Expect to pay \$3,000 to \$9,000 a year on childcare, depending on where you live. A personal nanny may run you \$20,000 or more. Ease the strain by paying with tax-free dollars if your employer offers a dependent care flexible-spending account (FSA). But there's more than childcare to consider: Take all the financial pros (insurance, retirement plans, health care, bonuses) and cons (commuting costs, wardrobe, dry cleaning) into account.

Or stay at home?

Yes, you'll have to cut spending, but you won't have as many expenses as two-career families do, for such items as childcare, train fare or gas, or a dress-for-success wardrobe. You will have a few additional costs, however, like a bigger grocery tab and higher home heating and cooling bills. Use the "Should my spouse work, too?" calculator to see if your child-

care savings will offset your lost paycheck.

Thinking for the future. **Create a cash cushion**

Disasters happen: Cars break down and roofs leak. Now that you've most likely bought many of the big-ticket baby items (crib, stroller, car seat), you can focus on replenishing your savings to cover any emergencies that may crop up. Financial advisers recommend keeping six months' living expenses in a place where your money isn't at risk, like a money-market account. Don't fret if you can't scrape up that much. Aim for \$5,000, and keep one credit card to use only in major emergencies.

Save for retirement

Put away for your future before you save for your child's college education: He can borrow for college, but you can't borrow to finance your retirement. If you and your spouse aren't contributing to a tax-deferred retirement savings plan -- a 401(k) or 403(b) plan -- at work, start today. Aim to save enough to get your employer's match, but contributing even 1 percent of your pay is a start. If you're self-employed, talk to an accountant about Individual Retirement Accounts and Keogh plans.

Save for college

Can't afford to put away \$1,000 a month for Harvard? Few families can, so don't beat yourself up. Instead, save just half, a third, or even a fifth of the cost of college. You'll be in better shape than if you pray for financial aid, come up short, and have to borrow. (Play around with college-planning calculators.) Put the money you save in a 529 plan: They're available to everyone, with no limits on income or annual contributions, and the earnings are tax-free if you use them for higher education. <https://www.parenting.com/article/foolproof-finance>

Announcements

Greetings Parents!

As we prepare for the summer and are nearing the end of the school year, we want to encourage you to stay involved and engaged in what each of your children are doing in the classroom and as being a part of the program. We offer many opportunities for parents and families to volunteer in the classrooms and to participate in special events. Please get with your Family Advocate or the Family and Community Partnership Coordinator for more information.



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| September -May | Health Issues: Pre-Natal Care and Breast Feeding, Dental Care, Hand washing, CPR & First Aid, Pedestrian Safety. | Parents will become knowledgeable of health issues that will affect their child as they develop into healthy children. | Parent Meetings In-Service Newsletter | Health Specialist and/or Outside Consultants |
| September- May | Nutrition issues: WIC, Food allergies, Food Budgeting. | Parents will learn about healthy foods and programs that will benefit their families nutritionally. | Parent Meetings Policy Council Meetings. Newsletter | Nutrition Specialist and/or outside Consultant |

Play

There's a lot happening during playtime. Little ones are lifting, dropping, looking, pouring, bouncing, hiding, building, knocking down, and more.

Children are more than busy when they're playing. When your children play with you, they are also learning that they are loved and important and that they are fun to be around. <https://www.zerotothree.org/early-learning/play>

Measles Vaccination

Measles is a very contagious disease caused by a virus. It spreads through the air when an infected person coughs or sneezes. Measles starts with fever. Soon after, it causes a cough, runny nose, and red eyes. Then a rash of tiny, red spots breaks out. It starts at the head and spreads to the rest of the body.



Measles can be prevented with MMR vaccine. The vaccine protects against three diseases: measles, mumps, and rubella. CDC recommends children get two doses of MMR vaccine, starting with

the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age. Teens and adults should also be up to date on their MMR vaccination.

The MMR vaccine is very safe and effective. Two doses of MMR vaccine are about 97% effective at preventing measles; one dose is about 93% effective.

Children may also get MMRV vaccine, which protects against measles, mumps, rubella, and varicella (chickenpox). This vaccine is only licensed for use in children who are 12 months through 12

years of age.

Before the measles vaccination program started in 1963, an estimated 3 to 4 million people got measles each year in the United States. Of these, approximately 500,000 cases were reported each year to CDC; of these, 400 to 500 died, 48,000 were hospitalized, and 1,000 developed encephalitis (brain swelling) from measles. Since then, widespread use of measles vaccine has led to a greater than 99% reduction in measles cases compared with the pre-vaccine era. However, measles is still common in other countries. Unvaccinated people continue to get measles while abroad and bring the disease into the United States and spread it to others. <https://www.cdc.gov/measles/vaccination.html>

Porcupine Meatballs

- 1 1/2 lbs. ground beef
- 1 cup cooked rice, cooled
- 2 eggs
- 2 teaspoons Worcestershire sauce
- 1 1/2 teaspoons Morton Nature's Seasoning
- 2 quarts' beef stock
- 2 tablespoons olive oil
- 3 tablespoons cornstarch
- 3 tablespoons cold water
- salt and pepper to taste.

Directions:

1. Mix ground beef, rice, eggs, Worcester-



shire sauce, and Morton Seasoning in a bowl. Using hands blend ingredients until well combined.

2. Pour the olive oil into a large skillet.

3. Roll the meatballs into 1/2 oz. size and place them into the skillet. Cook the meatballs over medium heat browning

slightly on top and bottom.

4. Pour the beef stock into the skillet and cover. Cook the meatballs stirring occasionally for 12-15 minutes until cooked through.

5. Remove meatballs to a plate with a slotted spoon. Mix cornstarch and water in a small bowl until cornstarch is dissolved. Pour slurry into skillet. Stir continually scrapping up any browned bits of meat in the bottom of the skillet. Gravy will start to thicken within 5 minutes. Allow it to come to a slow boil, once thickened remove from heat and taste. Adjust spices as necessary.

6. Return meatballs to gravy and stir to coat. Serve warm.

Safety

Window Falls

The key to prevent window falls is to move furniture away from windows, install window guards or stops and don't rely on window screens. Woodward says that children can fall from windows open as little as five inches.

Spring Cleaning and Gardening

Poisoning is a concern year round but in the spring, fertilizers and other poisons for outdoor use are pulled out from the garage to begin cultivating plants, flowers and grasses. Parents should store all cleaning and gardening products in their original containers, up and out of the reach of children.

Grilling

Keep children away from the grill and establish a safety zone, making sure the zone is at least 10 feet away from the grill.

By taking this safety measure, parents can reduce the risk of a child touching the grill and severely burning themselves.

Lawnmowers

Pick up any items in the lawn that could be potential safety hazards. Woodward says rocks and nails hidden in the grass can become fast-moving projectiles that could harm a child.

Woodward recommends not letting children under 12 use a push mower and not allowing children under 16 to use a riding lawnmower.

Trampoline

According to the American Academy of Pediatrics (AAP) trampolines are not advised for home use, but offers the following precautions if families do choose to have a home trampoline:



Adult supervision at all times

One jumper on the trampoline at a time

No flips or somersaults

Adequate protective padding on the trampoline

Check equipment often for repair or replacement

Hiking

Wear appropriate footwear and clothing and pack extra water when preparing to hit the trails. Don't forget sunscreen, insect repellent and first aid kit. Woodward suggests keeping children away from running water due to the fact that in the spring streams are higher, faster and colder compared to August.