

# Early Head Start Gazette

## Activities to Improve Your Toddler's Development

### Try Out Textures

Toddlers are sensory learners who love to touch, smell, and taste to understand the world around them. Use a dark marker to trace letters of the alphabet and/or numbers onto poster paper; then have your tot decorate the letters with textured items such as sandpaper, beans, cotton balls, pastas, and pipe cleaners. Touching the letters gives kids the opportunity to feel the way a letter is formed. For little ones learning to write, their fingers can experiment with the shape of a letter before grasping a writing utensil. Each day, say the letters and numbers out loud as your child runs his fingers over them. Later on, extend the activity by creating a poster that spells out his first name. Soon your child will notice these letters on signs, posters, and billboards.



### Try Measuring Up

Using everyday items, teach your child to measure. Although a ruler is the most common measuring tool, experiment with months, seasons, or time of year to make the learning process interesting. In the fall, have your child lie down on the grass and then line up apples next to her to measure how many "apples tall" she is at certain ages. Or determine how many "Legos tall" the couch is or how many "wooden blocks wide" the refrigerator is in your home. For extra fun, discover how many of your child's books it will take to cover your bed. Always count as you lay down the different objects, and soon your child will be counting and measuring in all different ways! <https://www.parents.com/toddlers-preschoolers/development/intellectual/toddler-development-activities/>

## Easy Flag Craft for Kids

**Materials:** twigs and sticks, paint (blue, red and white) and hot glue gun.

### Directions

Step 1: Gather a few sticks and break them to the same length.

Step 2: Paint them to look like the American flag.

Step 3: Once the paint has dried, use white paint for the stars. You can replace the stars with dots or fingerprints to make it easier for young kids.

Step 4: Use two sticks at the back and glue the painted sticks to them.

Step 5: Attach a string on the top of the flag, from one side to the other

Happy 4th of July! <https://nontoygifts.com/easy-flag-craft-kids/>



"Let us express our deepest gratitude to those who sacrificed their lives to give us freedom. Wish you all a very joyful Independence Day!"

— Debasish Mridha

### Important Dates:

July 4 - Independence Day



Commemoration of the signing of the Declaration of Independence on July 4, 1776 in Philadelphia, Pennsylvania.

July 20 - First Man On The Moon - 1969



July 20, 1969 is one of the most memorable days in history. On that day, astronaut Neil Armstrong became the first man to set foot on the Moon.

Neil Armstrong, Commander; Michael Collins, command module pilot; and

Edwin E. Aldrin Jr., lunar module pilot, made during this historic, three-day flight.

## Moms Money Clinic: How to Stick to a Budget

**Add up your income.** List your and your partner's net earnings -- the actual amount you see every month after taxes on your paychecks or direct-deposit transactions -- by using the free budgeting programs at Mint.com or BudgetTracker.com. Factor in any freelance and interest income as well as any alimony or child-support payments you receive.

**Estimate expenses.** Review your bank-account and credit-card statements for the past three months, suggests Stephany Kirkpatrick, CFP, and vice president of operations and financial advice for LearnVest.com. Then list all your recurring costs -- rent or mortgage, groceries, gas, child care, eating out, entertainment, and so forth. Don't forget to create separate categories for debt (such as from credit cards and student and car loans).

**Balance your budget.** It's time to plug in projected monthly dollar amounts for each expense category. Total them up to calculate your spending plan. "This is your reality check -- like stepping on the scale at the beginning of a diet to determine your starting weight," says Kay. If your budget exceeds your income, it's tough-love time. You'll need to make achievable reductions in your spending until your expenses match or fall below your income. Include a bucket for savings (\$20 a month will do for starters). Also be sure to work in a little "fun" money for date nights and family outings -- even if you have to trim back somewhere else.

**Check in regularly.** Log on to your budgeting program and review it at least every other week. Confirm that your transactions (from your linked bank and credit-card accounts) are being funneled to the correct categories. Also look at your online bank and credit-card statements to see how you're doing.

**Schedule twice-monthly meetings.** Budgeting isn't a set-it-and-forget-it process. Once you've entered your spending plan, review it with your partner mid-month: Is there enough left in each area for the remainder of the cycle? If not, make adjust-

ments. At the end of the month, analyze what went right and wrong. Did you eat out too much? You may need to increase your allowance in that area and cut back somewhere else.

Are there any special events (weddings, baby showers) coming up to factor in to your expenses? Plan accordingly.

**Make gradual tweaks.** Exceeding spending limits is common for budgeting newbies. To get back on track, Kay suggests cutting spending in one area at a time. Try easing your transportation costs by shopping for new car insurance one month. Then focus on trimming your supermarket bills the next by shopping for sales items and utilizing money-saving sites like CouponMom.com and CouponSherpa.com.

**Get help.** If you're struggling with your budget, Kay suggests reaching out to another mom who seems to handle money well and asking for tips. You can also look into classes like Dave Ramsey's Financial Peace University and consumer-education websites such as SmartAboutMoney.org and AmericaSaves.org. If you're drowning in debt and considering bankruptcy, go to the National Foundation for Credit Counseling website, nfcc.org, and search for a low-fee credit counselor (the typical cost is around \$25 per month). She may be able to negotiate reduced payments with creditors.

**Pat yourself on the back.** Sticking to a spending plan takes perseverance, so congrats. You're well on your way to becoming more confident and competent about your finances. "Knowing what you can and can't spend may help you avoid guilty moments and stay focused on your money goals," says Kirkpatrick.

<https://www.parents.com/parenting/money/household-budget/moms-money-clinic-how-to-stick-to-a-budget/>



## What Is Chickenpox?

Chickenpox is caused by a virus called varicella zoster. People who get the virus have:

- a fever
- a rash of spots that look like blisters

They also might get a runny nose, cough, and stomachache.

### What Are the Signs of Chickenpox?

Chickenpox may start out seeming like a cold: You might have a runny or stuffy nose, sneezing, and a cough.

But 1 to 2 days later, the rash begins, often in bunches of spots on the chest and face. From there it can spread out quickly over the entire body — sometimes the rash is even in a person's ears and mouth.

### How Does Chickenpox Spread?



Chickenpox is contagious, meaning that somebody who has it can easily spread it to someone else. A person with chickenpox is most contagious during the first 2 to 5 days of being sick. That's usually about 1 to 2 days before the rash shows up. So you could be spreading around chickenpox without even knowing it!

Someone with chickenpox can pass it to others by coughing or sneezing, when tiny drops come out of the mouth and nose.

### Get a Shot, Avoid the Dots!

Kids get the chickenpox vaccine as two shots:

1. first shot when they're 12-15 months old
2. booster shot when they're 4-6 years old

Kids can get vaccinated when they're older too. <https://kidshealth.org/en/kids/chicken-pox.html>

## Announcements

Greetings parents!

As we prepare for the upcoming school year, we would like to keep you informed of the things that we have going on over the summer and for the beginning of next year.

Some of our on-going and summer volunteer opportunities include (but are not limited to):

Assisting at the Head Start/Early Head Start Sites including reading to children (books are provided)

Beautification projects to include building playgrounds (materials are provided)

Planning Parent Training Sessions

Assisting with Recruitment of New Families

Serving as a Representative on the Policy Council

A background screen may be required depending on the opportunity and the amount of hours you wish to be involved. If you have any questions regarding any of the opportunities or possible opportunities, please contact:

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As the new school year begins, there will many opportunities for parents to come together and receive various trainings and information sessions. Topics including health and nutrition issues or concerns, assessment tools, parent involvement, and other topics that you will benefit from; for your child, yourself, and your family.

## Anxiety and depression in children: Get the facts

### Facts

• Anxiety and depression affect many children

◦ 7.1% of children aged 3 -17 years (approximately 4.4 million) have diagnosed anxiety.

◦ 3.2% of children aged 3 -17 years (approximately 1.9 million) have diagnosed depression.

**Anxiety** When children do not outgrow the fears and worries that are typical in young children, or when there are so many fears and worries that they interfere with school, home, or play activities, the child may be diagnosed with an anxiety disorder.

Anxiety may present as fear or worry, but can also make children irritable and angry.

Anxiety symptoms can also include trouble sleeping, as well as physical symptoms like fatigue, headaches, or stomachaches. Some



anxious children keep their worries to themselves and, thus, the symptoms can be missed.

**Depression** Occasionally being sad or feeling hopeless is a part of every child's life. However, some children feel sad or uninterested in things that they used to enjoy, or feel helpless or hopeless in situations they are able to change. When children feel persistent sadness and hopelessness, they may be diagnosed with depression.

Extreme depression can lead a child to think about suicide or plan for suicide. For youth ages 10-24 years, suicide is among the leading causes of death.

Some children may not talk about their helpless and hopeless thoughts, and may not appear sad. Depression might also cause a child to make trouble or act unmotivated, causing others not to notice that the child

is depressed, or to incorrectly label the child as a trouble-maker or lazy.

### Treatment for Anxiety and Depression

Talk with a healthcare provider, such as your child's primary care provider or a mental health specialist, about getting an evaluation. Some of the signs and symptoms of anxiety or depression in children could be caused by other conditions, such as trauma. A mental health professional can develop a therapy plan that works best for the child and family. Behavior therapy includes child therapy, family therapy, or a combination of both. For very young children, involving parents in treatment is key; the school can also be included in the treatment plan. Consultation with a healthcare provider can help determine if medication should be part of the treatment. <https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html>

## Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or



sneezing

- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage.

### Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to

childcare facilities and hospitals.

### Follow these five steps every time.

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them. <https://www.cdc.gov/features/handwashing/index.html>



## Watermelon Lemonade Gut Gummies

- 2 cups watermelon juice about 3 cups of watermelon blended
- 1 cup fresh lemon juice (juice from 3 lemons)
- 1/4 cup Great Lakes Gelatin
- 2 tbsp. honey

### Instructions

- 1.In a small saucepan over medium-low heat combine watermelon juice, lemon juice, and honey. Whisk until well combined. Slowly whisk in gelatin and whisk until completely dissolved and slightly thickened. This should take a few minutes. Alternatively, if your gelatin isn't dissolving as you'd like, place in blender and whirl away.
- 2.Pour into candy molds or in a shallow baking dish. Refrigerate until firm, about 45 minutes. <https://abraskitchen.com/love-your-gut-gummies-a-homemade-gummy-candy-for-improved-gut-health/>

## Health Benefits of Gelatin

- Gelatin contains 18 amino acids, including indispensable (previously referred to as essential) amino acids meaning they must be acquired by the diet.
- Gelatin has been touted as a supportive food for healing the gut lining. Gelatin can enhance gastric acid secretion and aid in restoring a healthy mucosal lining. Basically gelatin can help the bouncer at club "gut" do a much better job and keep the riff-raff out!
- Plus a recent study has shown that ingestion of gelatin can reduce cellulite and improve wrinkles.

•Gelatin is supportive for digestion.

•Gelatin helps build lean muscles. Collagen is found in skin, tendons, bones, ligaments and muscle tissue all crucial to the body's muscular structure.

•And finally (there are lots more reasons but I'm going to cut it off here) gelatin has been found to reduce joint pain in athletes. <https://abraskitchen.com/love-your-gut-gummies-a-homemade-gummy-candy-for-improved-gut-health/>

## Watermelons

Do you wish to quench thirst while boosting your body with antioxidant lycopene and vitamin-A? Watermelon has everything you need to beat the scorching summer heat. Wonderfully delicious and juicy melons are the great source of much-needed water and electrolytes to tame hot, summer temperatures.

Botanically, the fruit belongs to the family of Cucurbitaceae, in the genus: *Citrullus*, and is related to the other same family members such as cantaloupe, squash, and pumpkin that run as vines on the ground surface. It is widely grown in many tropical countries where it is one of the major commercial fruit crops.

Watermelon was originated from southern African countries, and from where it spread to rest of the tropical and subtropical regions. After a couple of weeks of seedling, the plant bears many yellow flowers that may require honeybees for pollination.

Externally, the fruit features smooth, deep green to yellow, thick exterior rind with light-green or gray colored vertical stripes adorning its surface. Internally, the flesh

is juicy and comes in different colors like pink, red, or yellow depending upon the cultivar type. Near its core, numerous small black seeds embed in the middle-third portion of the flesh.

Watermelon has a neutral flavor, and its taste somewhat described as plain-sweet



water (light sugar syrup). Its flesh is soft yet crunchy unlike soft, creamy texture of muskmelons.

Varieties of watermelon fruits are being cultivated the world over, featuring variation in their size, shape, and flesh color (red, orange, and yellow). In Japan, the black-skinned Toma watermelons (densuke watermelon) are famous for their sweeter-than-usual taste in comparison to normal melons, and therefore, fetch higher prices.

<https://www.nutrition-and-you.com/watermelon.html>

