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Head Start Gazette



Community Coordinated Care for Children Inc. 4C

Why sign with Infants, Toddlers, and Preschoolers?

Signing with infants, toddlers, and preschoolers will help you be a more effective teacher - and bring an element of fun to your daily routines and lesson plans.

Signs allow children to:

- tell you what they want - without getting frustrated
- let you know if they are hurt or sick
- express their feelings
- learn to get along with others

When signs are used in your infant and toddler program or preschool center, there are fewer incidents of tantrums,

hitting, biting, and other types of aggression. In addition to creating more peaceful learning environments, signing helps you address the learning styles of all the children in your care.

When signs and words are used together, auditory learners hear the word, visual learners see the sign, and kinesthetic learners can use their hands to make the sign.



Research shows that infants and toddlers who use signs learn to talk sooner. They have larger vocabularies and use longer sentences when they start talking. And they feel more secure and confident. In

addition, studies have found that preschool children who were taught signs as a part of their reading instruction scored higher on standardized reading tests. <https://www.signingtime.com/resources/preschool/>

10 Activities to Do at Home with a Toddler

1. Create a DIY sensory bin:

Toddlers love to explore via their senses. From touch, sight, sound and even taste, you can create a sensory bin at home that will suit any of your toddlers wants. The best part? They can even help create it! Just gather simple things you already have around the house, such as dry rice, play dough or shaving cream, put into a bin and you're set. If you prefer a mess-free option, try some awesome sensory toys for kids.



2. Host a tea party

Turn lunchtime into a royal event. Tea party sets make for a grand afternoon of some sophisticated (yeah, right) fun.

3. Make an Indoor obstacle course

Set up your very own obstacle course with a few foam blocks and have a great time switching it up for your little one.

4. Throw a dance party

Just put on your favorite tunes and get moving. A Bluetooth speaker is a great option, because it will sync with your phone and is little enough to be placed anywhere.

5. Get some exercise

You and your toddler can get moving with these great exercises you can do together. Or have them give jumping rope a try.

6. Cook a meal

Have your child help out in the kitchen with easy recipes you can do with them.

7. Build a fort

Grab some blankets and pillows and introduce your toddler to the joys of fort building. If you prefer to keep your linens off the floor, try a play tent just for kids.

8. Have some snow day fun:

Just because it's snowing outside, doesn't mean you can't have a little fun. Snow toys will help you get creative with snow and make the most of the "bad" weather.

9. Get slimed

Slime is everywhere these days, and surprisingly, it's super easy to make. Elmer's Color Slime Kit can get you started, plus it's totally safe for kids.

10. Enjoy bath time bliss

Isn't it crazy how some toddlers can stay in the bath forever? Make the most of this time with amazing bath toys like rubber ducks, floating tug boats and squishy fish. <https://www.parenting.com/activities/toddler/indoor-activities-toddlers/>



Financial peace isn't the acquisition of stuff. Its learning to live on less than you make, so you can give money back and have money to invest. You can't win until you do this.

- Dave Ramsey

Finance Tips for Parents

If you are a parent, or about to become one, you'll find there are many wonderful experiences that you can enjoy with your children. Making memories with them and enjoying them while they are little is an incredible feeling.

However, it is also expensive, and it's important to know this from the outset so that you can be prepared.

Plan Ahead Going to the supermarket without really knowing what it is you want to buy will usually mean you spend more than you would have done if you'd had a plan and made a list. If you plan ahead and know exactly what it is you want, you won't waste money by buying the wrong thing, or by being tempted by other items you wouldn't usually purchase.

Have Fewer Services When you are budgeting for a family, take a look at the services you pay for. What monthly costs are outgoing and what do they cover? Is it possible to reduce any of those services?

Save Where You Can Throughout life, not just when you have children, there will be situations

that require emergency funding. This is where having at least a small pot of savings can really help. Saving isn't always easy, but if you set up a standing order to put a certain amount of money aside each month, soon you won't even miss it, and the money will add up nicely.

Compare Prices It doesn't matter what you are buying or where you are buying it from; it is crucial to research pricing before you commit to buy.

Do You Have Loyalty Cards? Take the time to use these cards. Use them in the shops when you make a purchase, and you can gain points that add up to discounts. Supermarket loyalty cards are particularly good since, if you shop in the same place each week, you can soon have a lot of points, which translate into vouchers and money off.

Sell Things Children grow out of clothing and toys very quickly, and there is no point in keeping them around (unless you want to keep some for sentimental value) if they are taking up space and could bring you in some money. <https://www.essexmums.com/pregnancy-and-parenting/finance-tips-for-parents/>

5 Situations that Might Require Therapy for Your Child

1. Divorce — "When a marriage breaks up, a child's world does too."

When a marriage breaks up, a child's world does too. Even if mom and dad do their best to make the change as easy as possible for their children, and even if the children say they're fine, they might benefit from seeing a professional.

2. Mental Issues — A friend of mine's daughter has severe social anxiety. It was so debilitating that at one point, she had no friends at school — for years. The situation was deteriorating and the little girl was miserable. A wise counselor guided the child and her mother. She gave them the tools they could use to battle social anxiety. Mental issues like anxiety, depression, and phobias can be treated very successfully with counseling.

3. Learning Issues — Learning disabilities are best caught early. But even an attentive mom can miss them. If your child has learning disa-

bilities, address the impact they are having on your child's schoolwork, but also address the effect they might have on his sense of self.

4. Social Issues — When my son was in elementary school he had a friend who was so polite and fun — unless something made him angry — then he would lose control. If your child's behavior is hindering his social development, get help. Social problems can include anger issues, lack of empathy, and the inability to read social cues.

5. Traumatic Issues — There are some issues that are so life-changing that professional help is almost always in order. If your child falls victim to any kind of abuse—physical, emotional, or sexual—seek professional help. Bullying can also fall into the traumatic issues category. If your child is struggling with being bullied, address the problem with his school first, and then get him the professional help he needs. <https://www.allprodad.com/5-situations-that-might-require-therapy-for-your-child/>



Announcements

Greetings Parents!

Welcome to those of you who are new to our program and welcome back to those of you who are returning! We would like to thank you all for your support and participation in the program. This year we have many events and activities that we are planning; to inform and engage your whole family in.

Get Involved!!

We have volunteer opportunities year-round for you to be involved in your child's experience in the Early Head Start programs.

Planning Parent Training Sessions

Assisting with Recruitment of New Families

Serving as a Representative on the Policy Council

Training Opportunities

We have many training opportunities planned for the upcoming year. You will receive more information regarding dates and a time as the time nears.

The training topics for the month of August include:

Orientation about the 4C Head Start Program and Performance Standards

Active Supervision



Pink Eye (conjunctivitis)

Pink eye is extremely common.

Public school kids in the U.S. miss 3 million school days each year as a result of pink eye.

Pink eye is often highly contagious.

It can be caused by

- Viruses (very contagious)
- Bacteria (very contagious)
- Allergens, like pollen (not contagious)
- Irritants, like smoke or dust (not contagious)

Symptoms usually include:

- Redness or swelling
- Watery eyes
- A gritty feel
- Itchiness, irritation, or burning
- Discharge
- Crusting of the eyelids or lashes

See a doctor if you have pink eye along with any of the following:

- Eye pain
- Sensitivity to light or blurred vision
- Intense eye redness

- Symptoms that get worse or don't improve
- A weakened immune system, for example from HIV or cancer treatment
- Pre-existing eye conditions

Protect yourself and others from pink eye

- Wash your hands often with soap and water, and help young children do the same. Wash hands especially well after touching someone with pink eye or their personal items.
- Avoid touching or rubbing your eyes. This can worsen the condition or spread it to your other eye.
- Avoid sharing personal items, such as makeup, eye drops, towels, bedding, contact lenses and containers, and eyeglasses.
- Do not use the same eye products for your infected and non-infected eyes.
- Stop wearing contact lenses until your eye doctor says it's okay.
- Clean, store, and replace your contact lenses as instructed by your eye doctor. <https://www.cdc.gov/conjunctivitis/infographics/protect-yourself.html>

“Always laugh when you can, it is cheap medicine.”
– Lord Byron



Share the Fun, Not the Germs!

Swimming is a fun way to be healthy and spend time with family and friends. However, it's important not to swim or let your kids swim if they have diarrhea.

Just one diarrheal incident in the water can release millions of diarrhea-causing germs like Crypto (short for

Cryptosporidium), Giardia, Shigella, norovirus, and E. coli. This can make other swimmers sick if they swallow a mouthful of contaminated water.

Most germs are killed within minutes by



common pool disinfectants like chlorine or bromine, but **Crypto is a germ that can survive in properly chlorinated water for more than 7 days.** This is why Crypto is the leading cause of U.S. outbreaks linked to

swimming. <https://www.cdc.gov/Features/HealthySwimming/index.html>

Papaya fruit health benefits

1. The papaya fruit is very low in calories (just 43 calories/100 g) and contains no cholesterol; nonetheless, it is a rich source of phytonutrients, minerals, and vitamins.

2. Papayas contain soft, easily digestible flesh with a good amount of soluble dietary fiber that helps to have normal bowel movements; thereby reducing constipation problems.

3. Fresh, ripe papaya is one of the fruits with the highest vitamin-C content (provides 60.9 mg or about 101% of DRI, more than that of oranges, or lemons). Research studies have shown that vitamin-C plays many vital roles like free radicals scavenging, boosting immunity, and anti-inflammatory actions.

4. It is also an excellent source of Vitamin-A (provides 950 IU/100 g) and flavonoids like β -carotene, lutein, zeaxanthin and cryptoxanthin. Vitamin-A required for maintaining healthy mucosa and skin and is essential for healthy vision. These compounds are known to have antioxidant properties; help act as protective scavengers against oxygen-derived free radicals and reactive oxygen species (ROS) that play a role in aging



and various disease processes. Consumption of natural fruits rich in carotenes has known to protect the human body from lung and oral cavity cancers.

5. Papaya fruit is also rich in many essential B-complex vitamins such as Folic acid, pyridoxine (vitamin B-6), riboflavin, and thiamin (vitamin B-1). These vitamins are essential in the sense that body requires them from

external sources to replenish and play a vital role in metabolism.

6. Fresh ripe papaya also contains a good amount of potassium (257 mg per 100 g) and calcium. Potassium is an important component of cell and body fluids and helps controlling heart rate and blood pressure countering effects of sodium.

7. In some traditional medicines, papaya seeds employed as a proven natural remedy for many ailments. The seeds can be found application as anti-inflammatory, anti-parasitic, and analgesic, and used to treat stomachache, and ringworm infections. <https://www.nutrition-and-you.com/papaya-fruit.html>



Ingredients

1 small papaya, peeled, seeded and diced
1 banana, sliced
1/2 cup sliced strawberries
Pineapple wedges and/or maraschino cherries, for garnish

Papaya Smoothie

Directions

Combine the papaya, banana, strawberries and about 15 ice cubes in a blender and puree until smooth. Pour into 2-ounce shot glasses and garnish with pineapple and/or cherries. <https://www.foodnetwork.com/recipes/food-network-kitchen/papaya-smoothies-recipe-1973468>

Food Safety

Meat



Raw meat may contain parasites and bacteria such as E. coli and Salmonella. Thorough cooking destroys these harmful germs, but meat can become contaminated again if it is not handled and stored properly. For information about meat preparation, see these fact sheets.

Poultry

Raw poultry may contain harmful bacteria such as Salmonella and Campylobacter. Never wash raw poultry. Cook chicken to the proper temperature to kill germs. For information about poultry prep-

aration, see these fact sheets. For information about handling turkey safely, see these fact sheets.

Seafood

A well-balanced diet that includes a variety of fish and shellfish can contribute to heart health and children's growth and development. But raw seafood can contain toxins such as mercury or bacteria that can be destroyed only by cooking to the proper temperature. Learn more about selecting, preparing, and serving seafood safely. <https://www.foodsafety.gov/keep-food-safe/food-safety-by-type-food>

