

Early Head Start Gazette

Ways to Teach Toddlers their Colors

Children learn their colors between 20 months-3 1/2 years of age.

- Playing with colored blocks.
- Color with crayons, colored pencils, etc.
- Read books often and while reading point out different colors.
- Say the colors of nature when you go for walks. Or do a Fall Scavenger Hunt.
- Using Toddler-Friendly-Finger-Paint (found here) talk about the color they are using.



Fun Ways to Teach Kids How to Identify Different Animals

1. Animal flash cards are a great way to teach your child about a wide variety of different animals. Along with the flash card you can incorporate sounds associated with the respective animal thereby teaching the child about animal sounds at the same time.

2. Visit your local library and find a wide variety of books that you can use to teach your child about the different animals.

3. Take a field trip to the Zoo, such as the Sanford Zoo.

4. Find online pintables for the different animals and print them off for your child to color. As your child is coloring, you can easily discuss each animal with your child.

Ask your child questions about the sound that the animal makes, are they safe to handle or touch, where do they live, what they eat, etc.

5. Enjoy making animal crafts of different animals with your children.

6. Visit a local petting zoo. Interacting with the animals will give them a whole new perspective. It is a wonderful experience for the child to interact in a friendly manner with the animals.

7. Take your child to the state fair. Most state fairs have livestock and other farm animals. When they can relate a story associated with the animal they identify it better. Seeing and experiencing something first hand is a sure shot way to build

memory relating to the thing.

8. Find a local farm in your area and plan a visit. A day out in the company of animals, seeing them in their natural habitat helps the kids learn better about them.

9. Plan a trip to a wildlife refuge.

10. Watch animal planet together. Let's face it, we can't really take them to all the places we want to but we can surely not let that become a handicap. Also, it is not always possible to see the animals in their natural habitat so TV serves a great alternative. Sit with them, explain them and see them enjoy and learn! <https://upliftingfamilies.com/10-fun-ways-teach-children-identify-animals/>

Craft Stick Crocodile

craft sticks (pre-colored, or colored green)

zig zag scissors

green pipe cleaners

small wiggly eyes

black marker

glue

If you got uncolored craft stick, first color them green and let them dry completely.

Once dried take a green pipe cleaner and place it in the middle of the craft stick

Start wrapping the pipe cleaner around the

craft stick, working your way toward one end

of the stick.

Once you wrap to the point that a quarter of the stick is still "unwrapped" stop. Make legs. Repeat the whole process on the other end of the stick.

Cut the teeth with zig zag scissors. Glue them on the bottom of the craft stick. Stick on two googly eyes. Draw nostrils with marker. Have fun. <https://www.easypeasyandfun.com/craft-stick-crocodile-craft/>



10 Money Hacks for First-Time Parents

- 1. Shop clearance and offseason** Your wallet and future self will benefit if you buy clothes and other items off season.
- 2. Practice the 24-hour rule** Add the item to your cart, but don't buy it until you've had at least 24 hours to consider the purchase.
- 3. Assemble a capsule wardrobe** Those tiny, matching outfits are nice, but your 6-month-old doesn't need 20 of them. She'll grow out of them faster than you can post to Instagram. Create a "capsule" wardrobe — a limited set of basic items with interchangeable patterns and colors.
- 4. Scour Craigslist** Sara Andersen, co-founder of the personal finance blog Mustard Seed Money, has bought enough cloth diapers from Craigslist to cover most of her toddler's needs since he was an infant. (Never buys safety-related items secondhand. You should buy new car seats and cribs, for example.
- 5. Subscribe to diaper-delivery services** If you sign up for a diaper-delivery service, you're always stocked up. Lowe suggests Amazon Family, which offers discounts on disposable diapers when you subscribe to recurring deliveries of certain brands. The site provides food subscription services, too, and plenty of coupons.
- 6. Make your own baby food** Many parents save money by making it at home with a blender or food processor. Another benefit: Because you're buying the groceries, you know exactly what's in your child's food.
- 7. Enjoy free experiences** As your child gets older, resist spending downtime at trampoline parks and arcades, and stick to local parks. "You're not only saving money, you're simplifying.
- 8. Reconsider birthday blowouts** Save blowouts with friends for landmark birthdays, such as ages 1, 5 and 10. Enjoy smaller, family gatherings other years.
- 9. Resist holiday-themed** Before buying a seasonal item, consider its longevity. Will your kid enjoy it this Thanksgiving and next? Or will it become clutter that you inevitably step on? Consider value, too. Holidays are the perfect time for vendors to mark-up junky items with turkeys and jack-o'-lanterns printed on them. Along those lines, Lowe says, "Stay out of the dollar store."
- 10. Learn from seasoned parents** Ask parents whose kids are a few years older than your child how they saved money. All parents, including these experienced moms and dads, slip up sometimes, after all, tiny cashmere sweaters and Rudolph markers are really cute. It's all about course correction and learning from your mistakes. <https://www.nerdwallet.com/blog/finance/10-money-hacks-for-first-time-parents/>

Take Time to Get the Flu Vaccine

**DON'T
GET
THE FLU.
DON'T
SPREAD
THE FLU.**

**GET
VACCINATED.**

cdc.gov/flu



CDC recommends a yearly flu vaccine as the first and most important step in protecting against influenza and its potentially serious complications.

While there are many different flu viruses, flu vaccines protect against the 3 or 4 viruses that research suggests will be most common. Three-component vaccines contain an H3N2, an H1N1 and a B virus. Four component vaccines have an additional B virus component. (See Vaccine Virus Selection for this season's vaccine composition.)

Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

Flu vaccination also has been shown to significantly reduce a child's risk of dying from influenza.

Also, there are data to suggest that even if someone gets sick after vaccination, their illness may be milder.

Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October. Learn more about vaccine timing.

For the 2018-2019 flu season, CDC and its Advisory Committee on Immunization Practices (ACIP) recommend annual influenza vaccination for everyone 6 months and older with any licensed, age-appropriate flu vaccine (inactivated, recombinant or nasal spray flu vaccines) with no preference expressed for any one vaccine over another. (See Types of Flu Vaccines).

Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.

People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to them.

Infants younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. Studies have shown that flu vaccination of the mother during pregnancy can protect the baby after birth from flu infection for several months. People who live with or care for infants should be vaccinated. <https://www.cdc.gov/flu/prevent/prevention.htm>



Announcements

Greetings Parents!!

Get Involved

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

- Serving as a Representative on the Policy Council

What is Policy Council?

Policy Council is the parent's

and community's way to be involved in the shared governance of the program. This means that the parent/guardians and community members have a voice in major program decisions including such things as recruitment and selection policy, personnel policies, budgets, and funding proposals. Each site will elect one Policy Council parent representative to attend the month-

ly meetings.

Training Opportunities

You will receive more information regarding dates and a time as the time nears.

The trainings for the month of September include:

1. Pedestrian Safety
2. Car Seat Training

Changing Activities/ Making Transitions

What you can do:

- Make sure to give your child a warning ahead of time that they will have to change activities. Set a timer and tell them when the timer beeps, they need to go to the next activity.
- Give reminder about what comes next — tell the child what he or she can do after they are finished.
- Just before a transition, provide the child with a picture or an object representing the activity that the child should go to next. The child could even take the picture or object to the next activity with him or her.
- Use music and movement to transition. For example, have the child hop or take "giant steps" to the next activity.
- Incorporate the child's favorite activity, toy, or person in to a specific activity. Example, if it's time to go to bed and they love reading books with their Dad, you could say, "After you finish your bath time, it will be time to read a book with Daddy



Creating a Safe Sleep Area for Babies

- Place your baby on his or her back for all sleep times—naps and at night.
- Use a firm, flat sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- Keep your baby's sleep area (for example, a crib or bassinet) in the same room where you sleep until your baby is at least 6 months old, or ideally, until your baby is one-year old.
- Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of your baby's sleep area.
- Do not cover your baby's head or allow your baby to get too hot. Signs your baby may be getting too hot include sweating or his or her chest feels hot. <https://www.cdc.gov/sids/Parents-Caregivers.htm>

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Basic Table Manners to Teach Your Kids

1. Come to the table with her hands and face clean.
2. Always ask if there is anything you can do. Whether at home or someone else's house, always ask the grown-up if you can help do anything to get ready for dinner.
3. If setting the table, remember BMW. Children who are old enough to help set the table can remember where things go with this simple rule: BMW. Bread and milk go on the left and water on the right. They can also remember where silverware goes by the number of letters in the words "left" and "right," says Rossi. The fork goes on the left and has four letters. The knife goes on the right and has five letters.
4. Watch the host to see when you should unfold your napkin. If she puts her napkin on her lap, that's the signal for you to put your napkin on yours.
5. Wait until everyone is served before eating. Tell your child never to begin eating until everyone is seated and served.
6. Never, ever chew with your mouth open. Chewing with your mouth closed and not talking when your mouth is full are two cardinal rules of good table manners.
7. Never stuff your mouth. Teach your child to take small bites and never wolf down his food.
8. Do not interrupt when someone else is talking. At the dinner table, practice having your child wait their turn to speak when talking about their day or another sub-



ject.

9. Never reach to get something. Get her into the habit of asking table mates to pass something he needs.
10. Put the napkin on the chair, not the table. Teach your child always to put her napkin on her chair if she needs to use the restroom. It should never go on her plate or the table.
11. Always push his chair in when finished. When he gets up from the table, he should push his chair back against the table.
12. Always pick up your plate and say thank you. If you are at a restaurant, teach your child to make eye contact with the waiter and say "thank you". <https://www.verywellfamily.com/teaching-kids-good-table-manners-620306>

One Pot Mac & Cheese with Hidden Veggies



- 2 medium courgettes/zucchini
- 1/2 tbsp. oil
- 1 medium onion, finely diced
- 2 cloves garlic, crushed
- 350g macaroni pasta
- 500ml vegetable stock
- 500ml Whole Milk
- 1/2 tsp dried oregano
- 1 tsp Dijon mustard
- 150g grated cheese

INSTRUCTIONS

Prepare the courgettes by removing the green skin with a vegetable peeler and then finely grating them. In a large pan on a medium heat, add in the oil and then the onion. Fry for 2-3 minutes until soft but not browned. Add the garlic and fry for another minute.

Add in the macaroni, stock, milk, ore-

gano, Dijon mustard and grated courgette. Stir well.

Bring to the boil and then reduce to a simmer for 5-7 minutes until the pasta is cooked.

Add in the cheese, stir well and remove from the heat.

Serve immediately. <https://www.myfussyeater.com/one-pot-mac-cheese-with-hidden-veg/>