

Early Head Start Gazette

October 2019

4 Games That Might Make Your Baby Smarter

They say a child's work is play, and now research shows that simple, classic baby games may even help with math skills as your child grows. We're not suggesting you sing square-root lullabies and flash addition cards at sleepy-eyed infants — having fun with your baby doesn't have to be a job for you, too. These easy activities will get you both giggling and learning.

Size Things Up

You've done "How big is baby? Soooo big!" Now expand on that concept by pointing out other size differences: "You've got a small cup, I have a big cup." You can put the items in size order or grab a toy that does it for you, like a set of nesting cups or blocks in graduated sizes. Location matters, too: Try sitting next to your baby, so you have the same perspective, and put a toy in various locations around a box or larger toy. Then talk about "next to," "above," and "below." Sing a little song as you dance the toy around the box, calling out "in front" and "behind."

Mix and Match

Nothing beats a sorting toy for teaching your tot about size and shape. Another easy way to introduce these ideas is by



sorting familiar objects. For example, fill a small bowl with some Cheerios and Goldfish. One at a time, take out a Goldfish and put it in a pile; then take out a Cheerio and put it in a separate pile. You can do this with anything — different-color socks, toy cars, or blocks. After his first birthday, your toddler may be able to do this activity on his own.

Get Clapping

Every parent knows how to patty-cake, and going through the motions while singing and holding your baby's hands is probably some of the earliest laughing you'll do together. Besides promoting language skills and muscle coordination, clapping teaches pre-math concepts such as rhythm and "pattern find-

ing" and helps your baby learn to predict what comes next. Put some music on and clap and dance to the beat. Or give your child a maraca to shake or "drum" with, then copy what she does. In the car or the bath, you can rap out rhythms using anything you've got.

Count On This

"This Little Piggy" is a great sensory game because your baby gets to hear you singing, feel you touching, and see you moving. You can graduate to "Five Little Monkeys Jumping on the Bed," moving your baby's fingers or your own as each monkey topples. When you sing, point out how the numbers change with each verse: "There were five little monkeys, and one is gone! Now there are one-two-three-four!" (Go to Babytalk.com for all the words to classic counting songs.) Other ideas: Count the stripes on his shirt, count your way up the stairs, or tally up the toy trains on the table, picking one up with each number.

Of course, games are meant to be fun. Don't be frustrated if your baby doesn't seem interested; you can always try again another day. Hey, Goldfish are good for eating, too! <https://www.parenting.com/activities/baby/4-games-that-might-make-your-baby-smarter/>

Ghost Milk Jugs

Baby may not be walking yet, but they can probably grip the handles of an empty milk jug. Why not make some cute, ghostly milk jugs?

Save up your empty milk jugs, clean them out, and take all the wrappers off. Then, draw some sweet, ghostly faces on them (scary faces can wait until the baby's a bit older).

If your baby's already sitting up or crawling, drop some glow sticks in the jugs, turn down the lights, and let your little one



play with 3-4 of them. Baby can toss them around, bang them together, and do whatever they can think of! You'll be amazed at the games they can come up with on their own.

If your baby's just a few months old, you can use smaller bottles (try mini-water bottles) that she can hold and shake. Just skip the glow sticks and

throw in a few beads or beans (and seal it up tight!) to make Halloween baby rattles. <https://www.babycaremag.com/>

How to Save Money Everyday

1. Don't Overfill your Fridge When there's less food in your fridge you're less likely to forget about something and end up throwing it out when it goes bad. Less food spoilage = less money wasted.

2. Shop Online Not only does shopping online save on gas money, it can also reduce your impulse buying. Do some online research as some supermarkets offer better deals and even discounts for bigger purchases.

3. Buy Thick Curtains Thick curtains can actually be a great money saver. In the winter they are great for keeping the heat in and in the summer they stop the heat from entering your home.

4. Wash Clothes Inside Out Before you

wash your clothes turn them inside out. Those expensive shirts and jeans will last much longer when the washing machine elements aren't wearing them down.

5. Save Used Wrapping Paper and Gift Bags Birthdays, Christmas, Valentine's Day and all the other occasions throughout the year can set you back a bit with wrapping paper costs.

6. Get a Library Card They are a haven for cheap film rentals and not to mention free books.

7. Be Wary of Sales Avoid sale traps



and stick to what you actually wanted in the first place. By all means, stock up on sale items when they are things you use regularly, but pass up that bargain if it's something you wouldn't normally buy.

8. Use Free Computer Software Instead of buying the Microsoft word package go for the free alternatives.

9. Collect Points Apply for a reward card and use it every time you get a chance. It won't help in the short run, but after a while you'll be able to collect the benefits.

10. Drink More Water Water is good

Best Halloween Safety Tips for Kids

Let your kids have fun: There are plenty of times that as parents, we have to really enforce the rules. Of course, you need to keep an eye on your children and make sure they are safe, but Halloween is a fun holiday and your kids deserve to have a good time. This should be one night of the year where they really get to be kids, eat candy and get a little crazy.

•Desensitize your kids before Halloween night: For younger children who are easily scared or appear nervous about Halloween, desensitize them ahead of time. When you eliminate the unknown and any surprises, children always do better. Show them pictures of people dressed up. Take them to a Halloween store in the daylight and show them decorations, masks and costumes. Explain to them what happens on Halloween. Show them movies where people are trick-or-treating.

•Keep it age appropriate: Halloween can be a little overwhelming and scary for some kids. Remember that what doesn't bother your 13-year old may terrify your four-year old. It's best to keep things age appropriate and a great way to do that is to trick-or-treat with groups of friends based on age. As parents, you need to re-

mind your older kids that they need to go easy when smaller children are around.

•Don't push kids who aren't into it: If your children don't have a desire to go out trick-or-treating on Halloween, let them be. Some kids just don't get into it and that's perfectly acceptable. Parents can encourage alternatives to trick-or-treating. Maybe your children prefer to stay home and handout candy. Maybe they want to have a small party or get-together of close friends. Perhaps they just want to stay in and watch TV. Gauge your children's level of interest and go with what makes them happy.

•Know when to intervene: Sometimes children don't want to look scared in front of their friends for fear of being made fun of. Some kids will hold it in and push themselves to experience more than they can handle. This can lead to nightmares, increased stress and anxiety. If you notice your child is struggling or appears scared, know when to call it a night.

•Have fun but be safe: Halloween is all



about having fun, but never forget basic safety. Don't ever enter someone's home no matter how nice they seem. Always trick-or-treat in groups. If you have younger children, parents should always chaperone. Never eat any candy that is opened or appears tampered with. It's dark so keep a flashlight, glowsticks and phone with you at all times.

•Talk it out: After the night is over and your kids are finished trick-or-treating, talk to them. How are they feeling? Are they scared, nervous or upset? Do a quick emotional check before going to bed to make sure they are not shaken up or feeling disturbed in anyway. If something is bothering them, talk it out until they are feeling better.

•Fun without being disrespectful: Halloween is a time for your kids to have fun, but teach them to never be disrespectful or mock people with physical or mental health conditions, disabilities or other impairments. Stick to costumes and decorations around monsters, ghosts, pumpkins, spider webs and more. <https://www.howtolearn.com/2018/10/best-halloween-safety-tips-for-kids>

Announcements

Greetings parents!

Get Involved!

We are always, always, always looking for volunteers to volunteer in the classroom or outside of the classroom during various activities and events. If you would like to participate or have any ideas for an activity, please reach out to your Family Advocate to share.

Guest Readers Week

Beginning on Monday, October 21st through Friday, October 25th, 2019 we will host Guest Readers Week at each of

our Head Start and Early Head Start sites in Orange, Osceola and Seminole Counties. Guest Readers week is designed to be a time when our community leaders and partners come out and read to our children in their learning environment. If you are interested in being a guest reader, please contact Shantara Gibson, Family and Community Partnership Coordinator, at 407-532-4120.

Training Opportunities

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



nears. The trainings for the month of October include:

Pedestrian Safety/Car Seat Health Issues

Hepatitis A - children

Hepatitis A in children is swelling and inflamed tissue of the liver due to the hepatitis A virus (HAV). Hepatitis A is the most common type of hepatitis in children.

A child can catch hepatitis A by:

- Coming in contact with the blood or stool of a person who has the disease.
- Eating or drinking food or water that has been contaminated by blood or stools containing the HAV. Fruits, vegetables, shellfish, ice, and water are common sources of the disease.
- Eating food prepared by someone with the disease who does not wash their hands after using the bathroom.
- Being lifted or carried by someone with the disease who does not wash their hands after using the bathroom.
- Traveling to another country without being vaccinated for hepatitis A.

Children can get hepatitis A at day care center from other children or from child care workers who have the virus and do not practice good hygiene.

Other common hepatitis virus infections include hepatitis B and hepatitis C. Hepatitis A is typically the least serious and mildest of these diseases.

Symptoms

children age 6 years and younger do not have any symptoms. This means that your child could have the disease, and you may not know it. This can make it easy to spread the disease among young children.

When symptoms occur, they appear about 2 to 6 weeks after infection. The child may have flu-like symptoms, or the symptoms may be mild. Severe or fulminant hepatitis (liver failure) is rare in healthy children. The symptoms are often easy to manage and include:

- Dark urine
- Tiredness
- Loss of appetite
- Fever
- Nausea and vomiting
- Pale stools
- Abdominal pain (over the liver)
- Yellow skin and eyes (jaundice)

Treatment

There is no drug treatment for hepatitis A. Your child's immune system will fight the virus. Managing the symptoms can help your child feel better while recovering:

•Have your child rest when symptoms are the worst.

•DO NOT give acetaminophen to your child without first talking with your child's provider. It can be toxic because the liver is already weak.

•Give your child fluids in the form of fruit juices or electrolyte solutions, such as Pedialyte. This helps prevent dehydration.

While rare, symptoms may be severe enough that children with HAV need extra fluids through a vein (IV). <https://medlineplus.gov/ency/article/007670.htm>

Hepatitis A vaccine (HepA)

- Minimum age: 12 months
- All children at 1 year of age (i.e. 12-23 months)
- 2 doses should be administered at least 6 months apart.
- Children not fully vaccinated by age 2 years can be vaccinated at subsequent visits.

Apples

"An apple a day keeps the doctor away" is an old Welsh proverb that most of us are familiar with, but what makes this fruit so special? What health benefits are associated with eating apples?

Apples are extremely rich in important antioxidants, flavanoids, and dietary fiber. The phytonutrients and antioxidants in apples may help reduce the risk of developing cancer, hypertension, diabetes, and heart disease.

Benefits

Improving neurological health

A 2006 study published in the journal *Experimental Biology and Medicine* found that quercetin (one of the antioxidants found abundantly in apples) was one of two compounds that helped to reduce cellular death that is caused by oxidation and inflammation of neurons. Another study presented at the same conference and published in the *Journal of Alzheimer's Disease* suggested that apple juice consumption may increase the production in the brain of the essential neurotransmitter acetylcholine, resulting in improved memory among mice who have Alzheimer's-like symptoms. **Preventing dementia**

The researchers found that including apples in your daily diet may protect neu-

ron cells against oxidative stress-induced neurotoxicity and may play an important role in reducing the risk of neurodegenerative disorders such as Alzheimer's disease.

Reducing your risk of stroke

A study involving 9,208 men and women showed that those who ate the most apples over a 28-year period had the lowest risk for stroke.

Lowering levels of bad cholesterol

A group of researchers at The Florida State University stated that apples are a "miracle fruit". They found that older women who ate apples everyday had 23% less bad cholesterol (LDL) and 4% more good cholesterol (HDL) after just six months.

Reducing your risk of diabetes

Apples could also help lower your risk of diabetes. A study involving 187,382 people found that people who ate three servings per week of apples, grapes, raisins, blueberries or pears had a 7% lower risk of developing type 2 diabetes compared to those who did not.

Warding off breast cancer

Studies conducted by prominent Cornell researcher Rui Hai Liu. Liu said her research adds to "the growing evidence



that increased consumption of fruits and vegetables, including apples, would provide consumers with more phenolics, which are proving to have important health benefits.

Obesity

In a study published in the journal *Food Chemistry* in 2014, a team of researchers analyzed how the bioactive compounds of seven different varieties of apples - *Granny Smith*, *Braeburn*, *Fuji*, *Gala*, *Golden Delicious*, *McIntosh* and *Red Delicious* - affected the good gut bacteria of diet-induced obese mice.

The researchers found that, compared with all other apple varieties, *Granny Smiths* appeared to have the most beneficial effect on good gut bacteria. They suggest that their findings may lead to strategies that prevent obesity and its associated disorders.

<https://www.medicalnewstoday.com/articles/267290.php>

Tasty Applesauce (For 5 Months and Above)

Apples, peeled and cored
Unsweetened apple juice
Water
Cinnamon, ground
Nutmeg powder
Vanilla essence
Method



Take the apples and chop them together. Place those pieces in a pan. Add some more water to it, creating a layer, and follow that up with the apple juice.

Heat the pan and let it start boiling. Lower the flame, place a lid and let it continue to cook for around 8-10 minutes until

the apple pieces' start getting soft. Don't overcook to melt them completely. Once they start getting tender, remove the flame and take the pan aside. Pick out the pieces and mash them together to a consistency that feels right for your baby. For some added flavor, sprinkle a little bit of cinnamon and nutmeg powder. To give it an added style, add a tiny drop of vanilla essence.

Serve it nice and warm to your little one. If you want to serve it cold, add the flavors only when you are serving, while keeping the

other portion frozen. <https://parenting.firstcry.com/articles/10-simple-homemade-apple-recipes-for-baby/>