

October 2019



# Head Start Gazette

## Raising a Child Who Can Entertain Herself



### Preschoolers — Solo Play Takes Off

Around 3 and 4, kids are bombarded with rules — no candy before dinner, no biting the baby — but when it's time for play, they should have choices and be encouraged to make their own decisions. As your child gets older and better at playing alone, your role as game-starter will diminish.

"As soon as they could walk, my two boys never seemed to need or want me while they were playing," says Susan Laskaris, a mom of three in Boulder, Colorado. "But my youngest, Emma, ran to me for help for years. All it would take was one block to fall off the tower, and she'd come get me."

To help your child figure out what to do with her fallen blocks, experts suggest talking it out. "Uh-oh, this is getting hard," you might say. "I wonder what will happen if I try putting the block on this way — will it stay put?" You can also do this to help her think of ways to play by herself, without you there to set up the play dough or the puppets. Try "Let's see. I'm kind of bored. What can we do with all these dolls?" Eventually, she'll be able to talk herself through her problem or a bout of boredom.

- Show her how to find fun in everyday objects so that she can do the same for herself. Some ideas to get you started:

- Together, make a dress-up box filled with old clothes, gloves, hats, sunglasses, and whatever else strikes her fancy.
- Set up a tent indoors (or drape a blanket over a couple of chairs) for an instant fort, castle, or cave. And never throw away a cardboard box until your child's had a chance to turn it into a spaceship!
- Empty water bottles make good bowling pins — just add a tennis ball for an indoor bowling alley.

Another way to encourage her to play alone: Rotate the toys you keep out (bonus: your playroom will be a little neater). That's what the teachers at Henry's preschool did, and each morning, the kids loved to see the "new" toys and enjoyed examining them on their own. Art projects with crayons and markers are just right for this age too. Unlike toddlers, preschoolers are able to work with nontoxic glue and large pieces of fabric and paper. (Make sure younger siblings aren't assisting them.) Giving your child these tools — from art supplies to the ability to think up solo games — is just as important as the time you spend playing along. And while she entertains her stuffed animals at a tea party, feel free to amuse yourself too! <https://www.parenting.com/activities/toddler/raising-a-child-who-can-entertain-herself/>



### Pitch a Penny Into a Pumpkin.

#### Preparation:

1. Method #1: Carve out a pumpkin (or two, or three) and line the inside with plastic or aluminum foil.
2. Make the top opening big.
3. Method: #2: Use several small plastic pumpkins (Less messy)

#### Playing the Game:

1. Place the pumpkins a couple feet away.
2. Give each player ten to twenty pennies.
3. Every time a penny goes into the pumpkin, a piece of candy is won.

## Mummy Pumpkins

Here's what you need to make your own adorable set of mummy pumpkins:

Hot Glue

Gauze (some people used cheesecloth)

Wiggle Eyes

You can't really notice the areas where you hot glue, but I always did



my glue spots on the back or bottom of the pumpkin—just in case.

So to start off, make a glue spot and start the gauze.

Then wrap around and glue again. Repeat.

Then attach your eyes and if you'd like you can use a sharpie and add a mouth.

<https://mothersniche.com/mummy-pumpkins-easiest-craft-ever/>

## 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 for your health and wallet too!

## 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 remind 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.howtoteach.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 25<sup>th</sup>, 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 Training

Health Issues

Nutrition Issues

Disabilities



## 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. Hepa-

titis 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

### 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.

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>



"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, flavonoids, 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 neuron 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 stat-

ed 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>

## Baker, Baker Baked Stuffed Apples

#### Ingredients:

- 3/4 cup oats
- 3/4 cup flour
- 2/3 cup light brown sugar, packed
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- Pinch kosher salt
- 1 stick cold unsalted butter, diced
- 4 Braeburn apples (Fuji will substitute)
- 4 teaspoons honey

#### Directions:

- 1 In a bowl combine all the dry ingredients and diced butter. Rub mixture briskly between finger tips until it forms small moist clumps in a loose sandy mixture. Refrigerate while preparing the apples.
- 2 Cut a small layer off the bottom of

each apple to create a flat, stable bottom surface. With a small paring knife, cut a cylindrical cone out of the top of the apple, moving about 1-inch outside of the core, similar to removing the top of a pumpkin when carving a Jack O'Lantern. Remove the top and discard. With a melon baller or a teaspoon, remove the remaining core and seeds taking care not to puncture the base of the apple.

- 3 Place apples on a baking sheet or pie dish and fill each center with a teaspoon of honey. Spoon in mixture, packing lightly until heaped and overflowing over sides of the apples.

- 4 Bake in oven at 350 degrees on the top or middle rack for 40 minutes or until filling is golden brown and the tip



of a paring knife can be inserted into the side of the apple with little or no resistance. Let apples stand for 10 minutes before serving. <https://www.foodnetwork.com/recipes/alton-brown/baker-baker-recipe-1950763>

[www.foodnetwork.com/recipes/alton-brown/baker-baker-recipe-1950763](https://www.foodnetwork.com/recipes/alton-brown/baker-baker-recipe-1950763)