

# Head Start Gazette

Community Coordinated Care for Children Inc., 4C



November 2019

## Scissor Cutting Skills

**Ripping Paper** - Cut sturdy paper into strips and invite your child to rip away! When they demonstrate they are ready, move to larger pieces of paper.

**Snipping with Scissors** - Snipping is the act of opening and closing the



scissors one time only which results in successfully cutting something. Snipping will help children develop the muscles in their hands necessary to cut longer lines later so their hands won't become fatigued.

**Use Scissors to Cut Fringe** - Fringe is repetitive snipping without cutting the paper in half. Use a ruler to draw evenly spaced lines from the bottom of a square piece of colored construction paper up two inches. Place stickers at the top of each line. Have your child fringe the paper by cutting on the lines and stopping at the stickers.

**How to Cut Straight Lines** - This requires that they open and close the scissors multiple times per cut, which is much more difficult than snipping or fringing

**Cutting Zig Zag Lines** - Zig zag lines are more difficult to cut because

they require the child to turn the paper or their hand as they cut.

**Cutting Curved Lines** - These lines can be very tricky for young children to cut, it's best to wait until they have developed the muscles in their hands to accomplish this challenging task.

**Cutting Right Angles** - Trying to turn the paper is always challenging and they instinctively try to turn their arms instead. Practice cutting curved and right angles with your kids, demonstrating how to hold the paper and turn it as you cut.

November 11, 2019

### Veterans Day

Honors all members of the Armed Forces who served this country valiantly, and in a very big way. They served and fought to

protect us, to keep our country safe, and to preserve our way of life. Veterans gave their time, and risked their lives for you and me. In some cases, they made the ultimate sacrifice.



November 28, 2019

### Thanksgiving Day



American Thanksgiving traditions revolve around a huge and lavish meal, usually with Turkey as the centerpiece. For those who do not like Turkey, a Roast or Prime Rib is common. As tradition has it in most families, a special prayer of thanks precedes the meal. In many homes, family members will each mention something they are very thankful for.

## Feather Place Mats

### Materials Needed:

Orange Cardstock

Feathers Pack

1. Trace the largest plate you'll be using on pieces of scrapbook paper. Cut out circles.

2. Glue feathers along edges, leaving paper centers blank (they'll be covered by the plates).

**Fun Idea:** Hunt for Turkey Feathers

Buy a bunch of colorful quill feathers at a crafts store and hide them around the yard or house, then do a T-Day version of an Easter-egg hunt. Kids can use the

feathers they collect to design a Native American

headdress. <https://www.parenting.com/holidays/thanksgiving/thanksgiving-crafts-ideas/>



## Worst Car Trend Ever

**I have a one-question test on whether you are truly serious about achieving financial security.**

**How long do you want to keep your current car?**

How you answer that question tells me so much about you, and your future.

If you said: As long as possible, you get an A+. Any other answer earns an F.

**I think plenty of you just failed my quiz.**

A recent report said that on average, drivers are holding onto their cars for just four years, compared to about seven years a few years ago. And the expectation is that by 2021 that might drop to just three years.

**The main driver of this ridiculous trend is mistaking a car for a want, not a need.**

There is no question that many of you need a car. But as I have explained many times, a car is a lousy investment. It only loses value. That should compel you to want to spend the least amount of money possible to fulfill your need. And one of the



best ways to spend less is to drive a car as long as it is safe and reliable. Yet what is going on is that many people view their car as wish fulfillment. You talk yourself into the notion that you "deserve" to drive a newer, nicer car. Or you fall for the leasing offers, where you are all but hand-held into trading in a car every three years.

**That is financially stupid. Yes, stupid.**

One of the best ways to build financial security is to spend the least amount possible on a car that meets your needs. Forget about the bells and whistles you want. Paying less helps you pay off the car faster. My advice is that if you need a loan, buy a car you can pay off within three years. Even if you buy a used car—and by the way, I think that is very smart—you will then likely have a few years more after the loan is paid off, when you can keep driving the car. In the meantime, all the money you used to pay for the car loan can be redirected toward other financial goals, such as retirement, or saving up for a home, or building a down payment fund for when you do need to get another car. <https://www.suzeorman.com/blog/worst-car-trend-ever>

## E-cigarettes or Vaping Products: Lung Injury

**Symptoms of Lung Injury Reported by Some Patients in This Outbreak**

cough, shortness of breath, or chest pain, nausea, vomiting, or diarrhea, fatigue, fever, or abdominal pain

Some patients have reported that their symptoms developed over a few days, while others have reported that their symptoms developed over several weeks. A lung infection does not appear to be causing the symptoms.

**If you have questions about CDC's investigation into the lung injuries associated with use of electronic cigarette, or vaping, products, contact CDC-INFO or call 800-232-4636.**

**You should consider refraining from using e-cigarette, or vaping, products, particularly those containing THC.**

If you have recently used an e-cigarette, or vaping, product and you have symptoms like those reported in this outbreak, see a healthcare provider.



**If you use e-cigarette, or vaping, products, you should:**

Not buy these products (e.g., e-cigarette or vaping products with THC or CBD oils) off the street, and not modify or add any substances to these products that are not intended by the manufacturer.

See a healthcare provider right away if you have symptoms like those reported in this outbreak.

**If you are an adult who uses e-cigarettes because you have quit cigarette smoking:**

Do not return to smoking cigarettes.

If you continue to use e-cigarettes, carefully monitor yourself for symptoms and see a healthcare provider right away if you have symptoms like those reported in this outbreak.

**Contact your healthcare provider if you need help quitting tobacco products, including e-cigarettes.** [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/severe-lung-disease/need-to-know/index.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease/need-to-know/index.html)

## Announcements

Greetings Parents!!

Thank you all for your continued involvement and engagement in the program. This program would not be possible without you! Kudos to you all! As you all may know, October was Head Start Awareness month and we celebrated with Guest Readers Week. We had staff, community partners, and community leaders join us to celebrate.



## Challenging Behavior Tip: Riding in the Car

"HELP!": Every time we drive in the car my child yells and cries.

What you can do: Remember, "Busy Hands are Happy Hands." Help prevent the

yelling and crying by giving them things to do while in the car that they enjoy.

Provide them with options and let them choose. As the parent, you'll need to do

some planning ahead of time. It will be worth it!

If your car has a CD or tape player, go to the library and check out a few tapes or CDs with

children's music. Let your child choose which music to listen to in the car. Here are some

ideas: Raffi, Caspar Babypants, The Wiggles, Jim Gill, Disney Soundtracks. Say

something like, "Would you like to listen to Raffi or to The Wiggles today?"

Go to the library and check out a few books that you will only keep in the car. Keep them

in a bag by their car-seat. When you get in the car, give them a choice of 2 books to read.

Say something like, "Would you like to read "Going on a Bearhunt" or "The Quiet

Cricket" on our way to school today?"

If you don't mind your child eating in the car, keep some healthy snacks in

the car.

Sometimes kids are grouchy because they are just hungry! They may be hungry after a

long day running errands with you. Some snack ideas are raisins, bananas, pretzels, or

goldfish. Also, keep a water bottle in the car in case they get thirsty.

Play an "I Spy" game. Ask them to look for a certain type or color of vehicle. Have them

look for stop signs or certain types of animals. Or, pick an object in the car, up ahead

close to the road and only tell the color of the object. Say, "I spy something red. What do

you think it is?" Then ask your child to guess what it is. Take turns choosing objects.

If they start throwing toys in the car, pull over and calmly tell them, "We don't throw

\_\_\_\_\_. You're all done with \_\_\_\_\_." Then, suggest another activity like

playing "I Spy."



## 10 Health Benefits of Eggs

### 1. Eggs help to improve performance

Eggs have a high satiety index, meaning they make you feel full for longer. One large egg supplies 6g of high quality protein and a large variety of essential nutrients, with the exception of vitamin C. This is why teaming up a fruit or orange juice with an egg and whole-wheat/low GI bread provides the perfect breakfast to perform well in a challenging environment.

### 2. Eggs can help to iron out problems

Many people with mild iron deficiency experience vague symptoms of tiredness, headaches and irritability. The iron in egg yolk is in the form of heme iron, the most readily absorbable and usable form of iron in food and more absorbable than the form of iron in most supplements.

### 3. Eggs improve nutrient adequacy of the diet

The nutrient density of eggs makes them a valuable contributor to a nutritious diet. A study among egg vs. non-egg consumers revealed that the diets of the non-egg consumers were more likely to fall short of vitamins A, E and B12. Eggs contributed 10-20% of folate and 20-30% of vitamins A, E and B12 among egg consumers.

### 4. Eggs do not increase blood cholesterol

Numerous studies have clearly demonstrated the lack of a relationship between egg intake and coronary heart disease.

### 5. Eggs can help to promote weight loss

Several studies have reported that starting the day with an egg breakfast increases satiety in overweight people and may help with weight loss.

### 6. Eggs help to promote brain health

Choline is a nutrient that facilitates brain development in the foetus and newborn as well as memory function even into old age. Eggs are an excellent dietary source of choline, and one egg per day will provide 28% of a pregnant woman's choline requirement.

### 7. Eggs help to prevent cataracts and to protect eye sight

A good dietary intake of eggs, spinach and broccoli is associated with a significant decrease in cataracts (up to a 20% decrease) and age-related lens and retinal degeneration, the leading cause of blindness in the elderly (up to a 40% decrease).

### 8. Eggs provide the best quality pro-



### tein

Protein is one of the most important elements of our diet. Our bodies use protein to build new and repair old tissue.

### 9. Eggs can help to protect our bones

Eggs are one of the few natural food sources of vitamin D, our sunshine vitamin. Vitamin D is essential for calcium absorption and for maintaining optimum bone health.

### 10. Eggs promote healthy hair and nails

The hair and nails reflect many biochemical imbalances and shortages in the body. Eggs can help to promote healthy hair and nails because of their high content of sulphur-containing amino acids and the wide array of vitamins and minerals. <https://www.health24.com/natural/natural-living/10-health-benefits-of-eggs-20120721>

## Egg-In-A-Hole Buns

12 Slider buns  
6 slices bacon, cooked  
1 c. white cheddar, shredded  
12 eggs  
2 tbsp. chives, chopped  
kosher salt  
Freshly cracked pepper

### DIRECTIONS

Preheat oven to 350°F.

Place slider buns in a baking pan.. Using a paring knife, cut wells out of slider buns. Cut bacon slices in



half crosswise, then lay a strip of bacon inside each bun, folding the bacon strip over the edges of the well. Sprinkle with cheddar then carefully crack an egg into each well. (Depending on the size of your slider buns, you may need to use less white.) Season with salt, pepper and

chives. Bake for 10-12 minutes, until the eggs are cooked through. <https://www.delish.com/cooking/recipe-ideas/recipes/a51413/egg-in-a-hole-buns-recipe/>