



Early Head Start Gazette

December 2019

Community Coordinated Care for Children Inc. 4C

Dec 22 Hanukkah/Chanukah



Chanukah begins Sun. night, Dec. 22, 2019 and continues through Monday, December 30, 2019. Chanukah is the Jewish eight-day, wintertime "festival of lights," celebrated with a nightly menorah lighting, special prayers and fried foods.

Dec 25 Christmas Day



Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world.

Dec 26 Kwanzaa



Kwanzaa is a week-long annual celebration held in the United States and other nations of the African diaspora in the Americas to honor African heritage in African-American culture.

Holiday Traditions to Start This Year

Bake Cookies

Bake cookies for friends and family and store them in decorative tins. Make it a family affair, and enlist the kids' help with baking and decorating gingerbread cookies.

Hang an Annual Ornament

Purchase or let kids craft an ornament each year. You'll be able to look back on every holiday that your family has spent together, and the tree will be filled with heirlooms that you can pass on to your kids for their future trees.

Have a Hot Cocoa and S'mores Night

Don't forget the marshmallows! If it's a cold December night, light a fire in the chimney, grab a mug of hot chocolate, and make a pile of s'mores in the kitchen.

Plan A Special Holiday Meal

Plan a dinner to celebrate your family's herit-



age, or cook up everyone's favorite dishes for one wonderful, long, leisurely holiday meal that everyone will savor.

See the Holiday Lights

Step one: Bundle up and pile in the car. Step two: Drive around town to look at the houses covered in holiday lights. Step three: Ooh and aah.

Send a Holiday Card

Create a holiday card to share with friends and family. They will love catching up and seeing a photograph of your smiling faces. Save an extra card, and start a holiday card scrapbook. Update it each year—we guarantee that you'll love revisiting your family's cards later.

Wear Matching Pajamas

For the whole family, of course. It's a photo op waiting to happen. <https://www.southernliving.com/christmas/christmas-tradition-ideas>

Holiday Sensory Bag

You will need:

- Ziploc bag
- Blue hair gel
- Snow flake or any holiday sprinkles
- Sticky tape

To make this Winter Sensory Bag simply fill up the Ziploc bag with the hair gel and sprinkles.

Fold the bag in half before zipping it shut. Then secure with lots of sticky tape.



Financial Clutter, What To Keep And What To Get Rid Of

Keep till warranty expires or can no longer return or exchange

Sales Receipts (Unless needed for tax purposes and then keep for 3 years)

What to keep for 1 month

ATM Printouts (When you balance your checkbook each month throw out the ATM receipts)

What to keep for 1 year

Paycheck Stubs (You can get rid of once you have compared to your W2 & annual social security statement)

Utility Bills (You can throw out after one year, unless you're using these as a deduction like a home office --then you need to keep them for 3 years after you've filed that tax return)

Cancelled Checks (Unless needed for tax purposes and then you need to keep for 3 years)

Credit Card Receipts (Unless needed for tax purposes and then you need to keep for 3 years)

Bank Statements (Unless needed for tax purposes and then you need to keep for 3 years)

Quarterly Investment Statements (Hold on to until you get your annual statement)

What to keep for 3 years

Income Tax Returns (Please keep in mind that you can be audited by the IRS for no reason up to three years after you filed a tax return. If you omit 25% of your gross income that goes up to 6 years and if you don't file a tax return at all, there is no statute of limitations.)

Medical Bills and Cancelled Insurance Policies

Records of Selling a House (Documentation for Capital Gains Tax)

Records of Selling a Stock (Documentation for Capital Gains Tax)

Receipts, Cancelled Checks and other Documents that Support Income or a Deduction on your Tax Return (Keep 3 years from the date the return was filed or 2 years from the date the tax was paid -- which ever is later)

Annual Investment Statement (Hold onto 3 years after you sell your investment.)

What to keep for 7 years

Records of Satisfied Loans

What to hold while active

Contracts

Insurance Documents

Stock Certificates



Property Records

Stock Records

Records of Pensions and Retirement Plans

Property Tax Records Disputed Bills (Keep the bill until the dispute is resolved)

Home Improvement Records (Hold for at least 3 years after the due date for the tax return that includes the income or loss on the asset when it's sold)

Keep Forever

Marriage Licenses

Birth Certificates

Wills

Adoption Papers

Death Certificates

Records of Paid Mortgages

* These documents should be kept in a very safe place, like a safety deposit box. <https://www.suzeorman.com/resources/managing-debt>

Keeping your Toddler Safe

- 1. Don't assume that just because your child couldn't do it yesterday, he can't do it today.**
- 2. Never leave a child alone in the kitchen or bathroom.** These rooms can be very dangerous because they contain knives, heavy appliances, toxic cleaning supplies, medicines, and razors. Remember that in the kitchen, the hazards multiply if you're cooking.
- 3. Be especially cautious when you have company or are visiting other people's homes.** "People can be distracted when they have guests, so supervision may be lax.

During the chaos of holiday dinners or family get-togethers, assign someone to watch your 2-year-old at all times.

Playdates also require an especially watchful eye, as 2-year-olds are apt to pool their talents and get into more trouble than they could individually.

4. Realize that even the most thorough childproofing cannot replace adult supervision. "The most important 'safety product' for toddlers is supervision, childproofing your home is definitely helpful, but nothing replaces a watchful eye. Accidents can happen in a matter of seconds.



But the more closely children are supervised, the less likely they are to be seriously injured. <https://www.parents.com/toddlers-preschoolers/safety/toddlerproofing/on-the-go-safety/>

Announcements

Greetings parents!

As we come to the closing of the year 2019 and as we are finally settling into the school year, we would like to take a look back on a few of the events that have occurred. We would like to thank you all for your involvement and engagement in our program. Without you



all, there is no program, so again we say THANK YOU! We have so much more in store for you all as we continue through next year. Please, if you have any ideas for events, trainings, or meetings, please let us know. If you have any pictures or information that you would like to share, please share with your Parent

Committee President so that we can get them into the newsletter.



Common Cold

Most people get colds in the winter and spring, but it is possible to get a cold any time of the year. Symptoms usually include sore throat, runny nose, coughing, sneezing, headaches, and body aches. Most people recover within about 7-10 days. However, people with weakened immune systems, asthma, or conditions that affect the lungs and breathing passages may develop serious illness, such as pneumonia. Common colds are the main reason that children miss school and adults miss work. Each year in the United States, millions of people get the common cold. Adults have an average of 2-3 colds per year, and children have even more.

Key Facts

- Every year, adults have an average of 2-3 colds, and children have even more.
- Many viruses can cause colds, but rhinoviruses are most common. Infections

spread through the air and close personal contact.

- There is no cure for a cold. To feel better, you should get lots of rest and drink plenty of fluids.
- Symptoms of a cold usually include sore throat, runny nose, coughing, sneezing, headaches, and body aches.
- To reduce your risk of getting a cold wash hands often with soap and water, and avoid touching your face with unwashed hands.

Prevention Tips

- Wash your hands often with soap and water. Wash them for at least 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Viruses that cause colds can stay on your hands, and regular handwashing can help protect you from getting sick.



- Avoid touching your eyes, nose, and mouth with unwashed hands. Viruses that cause colds can enter your body this way and make you sick.
- Stay away from people who are sick. Sick people can spread viruses that cause the common cold through close contact with others.
- Disinfect frequently touched surfaces, including objects such as toys and door-knobs. <https://www.cdc.gov/dotw/common-cold/>

Signs that an infant may be at risk for mental health challenges.

Parents:

- were abused as children
- have a mental health challenge or illness, including postpartum depression
- have drug or alcohol problems
- have relationship problems
- are violent or abusive or in conflict
- lack support
- are teenagers

had a difficult or scary birth experience

Child:

- has problems with sleep or feeding
- over-responds or under-responds to things around them



Infant-parent:

- poor attachment between an infant and their parents or other caregivers <https://kelymentalhealth.ca/infant-mental-health>

Benefits of Spinach Nutrition

Broccoli, Spinach and Carrot Puree

Avoid power struggles over vegetables later by getting your baby used to its taste right from the start! Try out the Broccoli Spinach and Carrot Puree.

INGREDIENTS

- Chopped Carrot - 1 cup
- Broccoli Florets - 1 cup
- Chopped Spinach Leaves - 1 cup

METHOD

1. Wash and chop the vegetables into small pieces.
2. Steam the vegetables with a steamer, steam the spinach

leaves last.

3. Steam the vegetables till they are completely cooked and soft.
4. Let the cooked vegetables cool a little then Grind them to a puree with a food processor.



1. Protects Against Cancer
2. Defends Against Heart Disease
3. Boosts Immunity
4. Stabilizes Blood Sugar
5. Maintains Healthy Vision
6. Supports Bone Health
7. Keeps Skin Glowing
8. Aids in Detoxification
9. Preserves Brain Health
10. High in Magnesium

<https://draxe.com/nutrition/spinach-nutrition/>

Holiday Ham

Ingredients

- 7 lbs butt end smoked ham
- 1/2 cup dijon mustard
- 1/2 cup orange marmalade
- 1 teaspoon black pepper
- 3 cans crescent rolls
- 1 with water to make egg wash egg

Directions

Preheat oven to 350 °F.

Place the ham in a roasting pan and lightly score it with a sharp knife all around. Stir the mustard, marmalade and black pepper together in a small mixing bowl with a spoon. Slather the mustard mixture all over the outside of the ham, rubbing it into the scored meat. Bake the ham for 20 minutes then remove it



from the oven.

Using 2 cans of crescent rolls, unroll the crescent dough but don't separate them into pieces. Press the perforated pieces together to keep the dough in its rec-

tangular shape. Drape them over the ham pressing the dough edges together to cover the ham completely with the dough. Tuck any loose edges underneath the bottom of the ham in the roasting pan. Brush with egg wash.

Lay the last piece can of dough out on a cutting board and cut some holiday shapes with cookie cutters. Holly leaves are nice. Arrange the dough leaves in a pretty bunch on the dough draped ham. Brush these shapes with egg wash.

Return the ham to the oven and bake for another 20 minutes until the ham is heated through and the crescent dough is cooked and browned. <https://www.pauladeen.com/recipe/christmas-ham/>