

Head Start Newsletter

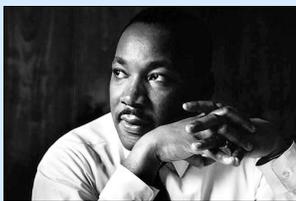
Community Coordinated Care for Children Inc. 4C

New Year's Day - January 1



the first day of the year on the modern Gregorian calendar as well as the Julian calendar used in ancient Rome. With most countries using the Gregorian calendar as their main calendar, New Year's Day is the closest thing to being the world's only truly global public holiday, often celebrated with fireworks at the stroke of midnight as the new year starts.

Martin Luther King Day January 20



is an annual federal American holiday that celebrates the birthday of **Martin Luther King Jr.** (January 15). It celebrates the life and achievements of this influential American civil rights leader.

New Year's Resolution Ideas for Preschoolers

With resolutions, especially for little ones, it is important to start small. Here are a few examples of some small but worthwhile goals that you can set for your child:

- Cleaning up toys after they are done being used.
- Washing hands each time after going to the bathroom.
- Brushing teeth twice a day.
- Communication and teaching children how important it is to talk with his/her parents.
- Being kind - to both people and animals.
- Eating all food on the lunch/dinner plate.
- Engaging in physical and learning activities.



we are used to making as adults, it is important for children to understand the importance of chores and tasks that will ultimately help them grow. The earlier that a child starts learning, the better chance those good habits will stick.

The more difficult task may be getting your child to practice their "resolutions" for the entire year.

By explaining to them the purpose of the goal, and how it helps the family or the household around

them, your child may begin to grasp the importance of making the routine daily. If all else fails, think about creating a reward system for when your child accomplishes their

resolutions! <https://www.primarybeginnings.com/blog/new-years-resolutions-for-preschoolers>

While these may not seem like the resolutions

New Year's Eve with Kids: Create a Wishing Wall

If you're planning on celebrating New Year's Eve with kids, this activity is perfect for both children and adults- create a wishing wall full of wishes for the new year. Both kids and adults can write or draw their wishes on little pieces of paper and display them right at home to welcome the new year!

As you think up wishes for the new year (either for you, your family, or the world itself), just write them on a little piece of paper and place them in a designated spot on your wall to create your own wishing wall. It's a great way to focus on setting goals, as well as encouraging kids to think of others.

We used sticky notes, colored pencils, and markers to record our wishes.



I placed all the materials on a little table right below a chalkboard that we decided to use for our wishing wall.

We'll be keeping all the materials out all week so we can write any more wishes that come to mind up until New Year's Eve! <https://buggyandbuddy.com/new-years-eve-kids-wishing-wall-activity/>

Suze Orman Says These Are the Biggest Money No-Nos



1. **Don't be too quick to buy a home** - Invest your extra money to buy your dream home - when you're ready. Buying one before you're able can lead to financial disaster.
2. **Don't lease a car** - If you lease, you'll sink your money into several years' worth of car payments and be empty-handed when the lease term is done. If it will take longer than three years to pay off the car, then it's out of your price range.
3. **Don't co-sign a loan** - When you co-sign a loan, you become legally responsible for paying back the money. If anything happens to prevent the borrower from repaying the loan, you'll be on the hook to make the payments.
4. **Don't take Social Security too soon** - Every year you wait between your normal retirement age and 70, Social Security will add a guaranteed 8% to your eventual monthly payout. Delaying Social Security until you reach 70 will give you a monthly benefit more than 75% percent higher than what you'll get if you start at 62.
5. **Don't borrow from your 401(k)** - Borrowing, will bring you a tax bill and a 10% penalty if you're younger than age 59 1/2. But you might be barred from putting more money into your 401(k) for six months, meaning you'll miss opportunities to make pre-tax contributions that lower your taxable income.
6. **Don't let debt linger** - Debt is bondage. Mortgages and student loans can be considered "good debt," because home loans usually have fairly low interest rates and your degree is an investment that should generate a higher income over time.
7. **Don't spend to impress others** - In the end, spending money you don't have to impress others will leave you with shallow relationships and stressful bills.
8. **Don't say it's impossible to save** - There's no money left because you haven't evaluated your spending habits.
9. **Don't spend on things you don't really need** - If it's a want, just walk away. If it's a need, then buy it.
10. **Don't go without a will** - Everybody needs a will and other important end-of-life documents, like a revocable living trust. That's a legal arrangement that holds your property while you're alive and transfers it to your heirs after your death, without the complicated process known as probate.
11. **Don't miss out on matching money** - If you have a 401(k) or other retirement plan through work, make sure you're putting enough in so that you'll receive the full matching contribution from your employer.
12. **Don't stay at a job you hate** - "Staying in a job you don't like is disrespectful to yourself, and your loved ones," Orman says, "There is no way you can tell me that doesn't negatively impact your relationships."
13. **Don't buy a new car** - "The second you drive that car off the lot, it depreciates, 10%, 20%. Let somebody else get that depreciation.
14. **Don't go without life insurance** - It will protect your family if something happens to you and you're suddenly out of the picture.
15. **Don't ever miss a student loan payment** - Paying back your student loan the very first bill you pay since you can't erase it through bankruptcy.
16. **Don't take a tax refund** - If you're getting a tax refund, you've had too much of your pay withheld for taxes — and have given the government an interest-free loan.
17. **Don't waste money on coffee** - If you're spending \$100 a month, that's money that could grow instead in a Roth IRA — to roughly \$1 million after 40 years, assuming a 12% rate of return.
18. **Don't let your wallet get sloppy** - Your wallet, is "a picture of your life. Crumpled bills stuffed in any old way show disrespect and a lack of accountability.
19. **Don't skimp on car insurance** - Minimum coverage amounts in many states are, respectively, \$25,000, \$50,000 and \$25,000. It will be a financial disaster paying out of pocket for serious injuries, loss of wages, rehab and such for the other driver (and their passengers) if you cause an accident,
20. **Don't let holiday spending get out of control** - She recommends dividing your total gift-giving budget by the number of people on your list and sticking to the maximum per person.
21. **Don't keep kids in the dark about credit** - Credit bureaus factor spending and payment history into credit scores, which determine who gets a car, house or small-business loan, and the kind of interest rates they pay.
22. **Don't let fear stop you from getting rich** - Fear, she believes, is often the only thing standing between you and a pay raise, a better job, shrewd investments and other financial goals.
23. **Don't ever take out a payday loan** - Payday loans are offensively expensive. The typical annual percentage rate is 400%. The average APR on credit cards is around 17%.
24. **Don't let vacation time go unused** - Saying no to a trip you can't afford is a good thing, but there's no excuse for not using your vacation time. And do something that gives you pleasure.

Announcements

Greetings Parents!

Happy New Year! A New Year provides opportunity to incorporate resolutions and to re-commit to those things which are most important and valuable in our life. Did you know that the Early Head Start and Head Start programs are only possibly through supportive parents like you that volunteer time in and out of the classroom?

Why are volunteers important?

In addition to helping our program run more smoothly, each volunteer's contribution of time is assigned a dollar value and counted as a donation. In order for our program to qualify for the federal grant which covers 80% of our operating budget, Head Start is required to collect do-

nations totaling 20% of our budget. Donations of volunteer time help us meet this requirement.

We love our program as much as you do and providing a quality start for each child and supportive services for families is our passion. Resolve to volunteer at least 1 hour each month. Not only will you contribute to keeping the program running, you will be demonstrating a positive relationship between home and school with your child. Statistics show that children whose parent are involved in the classroom will produce better outcomes both at home and at school.

How can you volunteer?

Helping in a classroom
Cleaning, painting, and helping with the



general repair of the facilities
Sharing a special talent such as music, karate, juggling
Completing home connections with your child weekly
Attending parent meetings and events
Take a moment to ask your child's teacher ways in which you can volunteer and make a difference!

Triggers for Winter Asthma

Top triggers for winter allergies, including asthma

Winter allergies, too, can trigger asthma. Here are some of the most common triggers of winter allergies that can worsen your asthma.

- Pet dander
- Mold and mildew
- Temperate climates
- Damp wood

If you have asthma, you know how difficult winter time can be, but it doesn't have to be that way. Here are some tips to help you handle asthma attacks during the winter.

- Wash your hands: This ensures you do

not spread or contract colds, which can make asthma much worse.

- Get the flu shot: Likewise, you will want to protect yourself against the flu as well.
- Don't sit closely to fireplaces: Inhaling smoke can make breathing even harder.
- Keep your mouth closed: Breathing from your nose instead of your mouth will reduce the amount of cold air that can get into your lungs and cause an asthma attack.
- Replace filters: Ensure filters in home heating devices and air filtrations are clean.
- Exercise indoors: Also remember to

warm up before working out.

- Take preventative steps against asthma flare-ups: Take your medication prior to going outside, at least 30 minutes before or as directed by your doctor.
- Have an action plan: Even if you follow these tips, an asthma attack can still occur, so have a plan to recognize the symptoms, have the appropriate medications on hand and know when to call your doctor or emergency persons.
- Take your medications: Even though any time of the year you should be following your asthma regime; it is more important in the winter to help prevent serious complications. <https://www.belmarrahealth.com/asthma-in->

How Can I Prevent Carbon Monoxide Poisoning?

Anyone can be at risk. The CDC says infants, the elderly, and people with chronic heart disease, anemia or breathing problems are more prone to illness or death, but carbon monoxide doesn't discriminate.

Winter can be a prime time for carbon monoxide poisoning as people turn on their heating systems and mistakenly warm their cars in garages.

The National Safety Council recommends you install a battery-operated or battery backup carbon monoxide detector in the hallway near each separate sleeping

area in your home. Check or replace the battery when you change the time on your clocks each spring and fall and replace the detector every five years. The CDC offers these additional tips:

- Have your furnace, water heater and any other gas or coal-burning appliances serviced by a qualified technician every year
- Do not use portable flameless chemical heaters indoors
- Have your chimney checked and cleaned every year, and make sure your fireplace damper is open before lighting a fire and well after the fire is extinguished

•Never use a gas oven for heating your home

- Never use a generator inside your home, basement or garage or less than 20 feet from any window, door or vent; fatal levels of carbon monoxide can be produced in just minutes, even if doors and windows are open
- Never run a car in a garage that is attached to a house, even with the garage door open; always open the door to a detached garage to let in fresh air when you run a car inside.



7 nutrition principles everyone should apply to their lifestyle in order to improve their health and live a better life.

1. Eat a well balanced breakfast.
2. Eat less by eating more.
3. It's the little things that count.



4. Stay hydrated
5. Pack your lunch.
6. Eat fruits or veggies with every meal.
7. Stay away from processed foods <https://skinnyms.com/7-basic-nutrition-principles-you-should-be-using/>

All About Avocados

Nutrient All-Star

- Avocados offer nearly 20 vitamins and minerals in every serving, including potassium (which helps control blood pressure), lutein (which is good for your eyes), and folate (which is crucial for cell repair and during pregnancy).
- Avocados are a good source of B vitamins, which help you fight off disease and infection. They also give you vitamins C and E, plus natural plant chemicals that may help prevent cancer.
- Avocados are low in sugar. And they contain fiber, which helps you feel full longer. In one study, people who added a fresh avocado half to their lunch were less interested in eating during the next three hours.



- Store avocados at room temperature, keeping in mind that they can take 4 to 5 days to ripen. To speed up the ripening process, put them in a paper bag along with an apple or banana. When the outside skins are black or dark purple and yield to gentle pressure, they're ready to eat or refrigerate.

- Wash them before cutting so dirt and bacteria aren't transferred from the knife

onto the pulp.

- While guacamole is arguably the most popular way to eat avocado, you can also puree and toss with pasta, substitute for butter or oil in your favorite baked good recipes, or spread or slice onto sandwiches.
- When ordering at a restaurant, remember that not all avocado dishes are created equal. Some items -- like avocado fries and avocado egg rolls -- are coated in batter and fried, making them much higher in both calories and fat.

The Skinny on the Fat and Calories

- Avocados are high in fat. But it's monounsaturated fat, which is a "good" fat that helps lower bad cholesterol, as long as you eat them in moderation.
- Avocados have a lot of calories. The recommended serving size is smaller than you'd expect: 1/3 of a medium avocado (50 grams or 1.7 ounces). One ounce has 50 calories.

How to Prepare Avocados

Allergic to Latex?

If you have a latex allergy, talk to your doctor before adding avocado to your diet. People with a serious allergy to latex may also experience symptoms after eating avocado. <https://www.webmd.com/food-recipes/all-about-avocados>

Guacamole Onion Rings

Ingredients for 20 rings

3 avocados, ripe
1 lime
1 tomato, diced and drained of excess water
 $\frac{1}{4}$ cup fresh cilantro, chopped
2 cloves garlic, minced
1 teaspoon salt
 $\frac{1}{2}$ teaspoon chili powder
2 yellow onions, small-medium
flour, for breading
2 eggs, beaten



2 cups panko breadcrumbs
oil, for frying

- In a medium mixing bowl, mash avocados with the juice of one lime. Mix in chopped tomato, cilantro, garlic, salt, and chili powder.
- Cut onion into $\frac{1}{2}$ -inch (1 cm) slices. Carefully separate the layers into individual rings. On a wax paper-lined tray, lay out onion rings and fill each with guacamole. Place tray in freezer until solid (about one hour).
- Add flour, beaten eggs, and

panko bread crumbs to three separate bowls. Remove frozen guacamole rings from freezer. Roll each first in flour, then egg, then bread crumbs. Coat once more in egg and a final time in bread crumbs.

- In a large saucepan, heat oil to 350°F (180°C). Fry guacamole onion rings in batches until nicely browned on all sides.
- Place on paper towel-lined plate to drain off any excess oil. Sprinkle with salt and lime juice. Serve with sour cream. <https://tasty.co/recipe/guacamole-onion-rings>