

Early Head Start Gazette

Community Coordinated Care for Children Inc. 4C

Learning from baby to preschool age

ABOUT LEARNING IN THE EARLY YEARS

Babies are born ready to learn, and their brains develop through use. So your child needs a stimulating environment with lots of different ways to play and learn. He also needs plenty of chances to practice what he's learning.

HOW BABIES AND YOUNG CHILDREN LEARN

Your young child learns through everyday play and exploration in a safe and stimulating environment.

Your child's relationships with you, other family members and caregivers - for example, early childhood educators - are the foundation for your child's healthy learning and development.

Lots of time spent playing and interacting with you and others helps your child learn the skills he needs for life - like communicating, thinking, problem-solving, moving and being with other people.

YOUR CHILD LEARNS BEST BY ACTIVELY ENGAGING WITH HER ENVIRONMENT. THIS INCLUDES:

- observing things, watching faces and responding to voices
- listening to sounds, making sounds and singing
- exploring - for example, putting things in her mouth, shaking things and turning things around
- asking questions - for example, 'But why?'
- experimenting with textures, objects and materials like water, sand or dirt
- doing things that stimulate all of her senses - touch, taste, smell, vision and hearing.

YOUR CHILD ALSO LEARNS BY BEING INVOLVED IN HIS LEARNING. THIS COULD BE AS SIMPLE AS:

- choosing books to read
- pointing to pictures in books



- choosing objects and toys to play with
- picking out vegetables for dinner
- measuring out flour for muffins.

If your child has the opportunity to try lots of different activities, it gives her lots of ways to learn and chances to practice what she's learning. For example, it's important for your child to have activities that are inside and outside, physically active or quiet, free play or more structured, and so on.

Your child needs your support for learning. For example, he might sometimes need you to show him what to do. But he doesn't need you to give him all the answers. Letting your child make mistakes and find out for himself how the world works is a big part of learning. Praise and encouragement when your child tries hard will keep him interested and help him feel good.

<https://raisingchildren.net.au/babies/play-learning/learning-ideas/learning-baby-to-preschool>

Dr. Seuss: Green Eggs and Ham Activities for Children

- Make your own green eggs and ham simply by adding a few drops of food coloring to the milk when you are beating the eggs.
- Pass the Egg. Play a version of Hot Potato but substitute a green plastic Easter egg for the potato.
- Egg Painting. Provide children with plastic eggs of all sizes. Have them dip the half eggs (circle part) into paints and make egg prints. <https://childcarelounge.com/pages/dr-seuss-theme-and-activities>



Biggest Money Wasters

FOOD AND DRINK

• **Dining Out.** Eating out is the biggest budget-buster for most Americans.

Nearly 70% of the people who took the survey say they spend too much on it

• **Food Waste.** Respondents admitted to blowing anywhere from \$180 to \$285 a year on discarded leftovers from meals. They also said they spend between \$215 and \$360 a year on groceries that go bad.

• **Groceries.** The survey didn't ask what type of food people think they're overspending on, but likely culprits include pricey prepared meals and fancy ingredients.

• **Drinks.** Americans waste nearly as much on drinking as they do on eating. Alcohol, consumed at home or the bar, is a money-waster for more than 25% of survey respondents. Alcohol isn't the only kind of drink we waste money on. About 11% - say they spend too much on bottled water.

ENTERTAINMENT

Most of these entertainment options also made the list of most wasteful expenses. Just over 23% of survey respondents said they spent too much on hobbies such as sports. About 18% each said streaming services and cable TV were among their pricey pleasures. The 23% that listed "entertainment" as a splurge were most likely referring to events they attend with friends such as concerts, movies, and plays.

MODERN CONVENIENCES

The three money-wasters in this category are:

• **Credit Card Interest.** According to CreditCards.com, about 34% of American households carry a balance on their credit cards from month to month. More

than half consider the interest they pay on that debt to be wasted money.

• **Cell Phones and Gadgets.** Just over 17% of respondents say they waste money on their cell phones - both the phone itself and the monthly plan. Another 15% say they waste money on other "tech gadgets," such as computers, cameras, and fitness trackers.

• **Cars.** Finally, about 15% of respondents claim they waste money on their cars. This includes money spent on gasoline, repairs, and insurance - as well as the payments on the car itself.



Food and drink are the biggest money-wasters, so

they're good places to look to trim fat from your budget. Here are several ways to save money:

• **Dining Out.** You can visit cheaper restaurants, go out for lunch instead of dinner, split an entree, or bag your leftovers. Possible savings: If you skip one \$20 restaurant meal each week and eat at home for \$5, you can save \$780 a year.

• **Food Waste.** You can avoid having food go bad by buying smaller packages and keeping better track of what you have. You can also make it a point to use leftover food for lunches or freezer meals. Possible savings: The average person can save as much as \$265 each year.

• **Alcohol.** Mixing drinks at home is a lot cheaper than buying a round at the bar.

• **Groceries.** You can also shop sales, use coupons and a price book, or consider joining a warehouse club. Possible savings: According to the USDA, a typical middle-class family spends about \$5,990 each year on food. If that family can cut its grocery bill by just 10%, that's a savings of nearly \$600 per year.

• **Bottled Water.** Drink bottled water only while on-the-go and switch to tap water at home.

WASTING LESS IN OTHER AREAS

• **Entertainment.** You can find discounts on many types of entertainment by joining a daily deal site such as Groupon. You can also use a community calendar to find cheap or free events such as festivals and concerts. Your local library can often provide you with movie rentals, music, classes, and spoken-word engagements.

• **TV Service.** To keep the bills down, see if you can find all the shows you love on just one or two services. Possible savings: If you cancel a \$100 monthly cable subscription and switch to an \$8 streaming service, you'll save \$1,104 per year.

• **Credit Card Interest.** The best way to do that is to pay off your bill each month so you never have a balance. If you already owe money, try to pay off that debt as quickly as possible. You can speed up the process by transferring your balance to the card with the lowest interest - or better still, one with no interest. • **Cell Phones.** You can still save money by switching to a cheaper cell phone plan.

• **Cars.** You can make fewer trips by combining errands, sharing a ride with others, or walking and biking short distances. If you aren't willing to drive less, you can still drive smarter. Maintaining your car properly and driving efficiently gives you better mileage, so you'll spend less on gas. Being proactive about maintenance will also save money on repairs.

FINAL WORD Cutting out financial waste doesn't need to be a sacrifice. It's just a matter of finding the items in your budget that you not only don't need to spend money on, but don't really want to spend money on. <https://www.moneycrashers.com/stop-wasting-money-save-common-everyday-expenses/>

Announcements

Greetings Parents!

We want to thank you for all that you have done and continue to do because we understand how critical parental involvement is to a child's success. If you have not had the chance to join us for a training or volunteer in your child's classroom, there will be plenty of opportunities for you to do so before the end of the year. March is an exciting time as we will host our first official Parent Gathering!! The theme for this month is *Communicating with*

Respect. In addition to an activity with your child, we will discuss several techniques you can use to build strong and meaningful communication for years to come. Please join us as we dive into some exciting curriculum and activities tied to what your child is learning in the classroom; see your Family Advocate or Site Director for additional information.



2019 Novel Coronavirus, Wuhan, China

The Centers for Disease Control and Prevention (CDC) is closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus first identified in Wuhan, Hubei Province, China. Chinese authorities identified the new coronavirus, which has resulted in more than a thousand confirmed cases in China, including cases outside Wuhan City. Additional cases have been identified in a growing number of other international locations, including the United States.

Symptoms

For confirmed 2019-nCoV infections, reported illnesses have ranged from infected people with little to no symptoms to people being severely ill and dying. Symptoms can include:

- Fever
- Cough
- Shortness of breath

CDC believes at this time that symptoms of 2019-nCoV may appear in as few as 2 days or as long as 14 after exposure.

How it Spreads

Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, cats, and bats. Rarely, animal corona-

viruses can infect people and then spread between people such as with MERS and SARS. Early on, many of the patients in the outbreak of respiratory illness caused by 2019-nCoV in Wuhan, China had some link to a large seafood and live animal market, suggesting animal-to-person spread. However, a growing number of patients reportedly have not had exposure to animal markets, indicating person-to-person spread is occurring.

Prevention

There is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus. Right now, 2019-nCoV has not been found to be spreading in the United States, so there are no additional precautions recommended for the general public to take. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread



of respiratory viruses, including:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the

tissue in the trash.

•Clean and disinfect frequently touched objects and surfaces.

Treatment

There is no specific antiviral treatment recommended for 2019-nCoV infection. People infected with 2019-nCoV should receive supportive care to help relieve symptoms. For severe cases, treatment should include care to support vital organ functions.

People who think they may have been exposed to 2019-nCoV should contact your healthcare provider immediately.

<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

Corn, Apple & Sweet Potato

Ingredients:

Corn nibblets- about 2 cups
1 apple - peeled, cored and diced
1 sweet potato - peeled and diced



Directions:

Step 1: Cook the corn using your preferred method
Step 2: Steam until tender - apple and sweet potato
Step 3: Place corn, apple and sweet potato into your choice of appliance for pureeing and begin pureeing. Chop or dice for finger food
Step 4: Add water as necessary to achieve a smooth, thin consistency - you will probably not need to add water as these foods are watery as it is. <https://wholesomebabyfood.momtastic.com/cornbabyfoodrecipes.htm>

cornbabyfoodrecipes.htm

There are a number of health benefits to eating corn. But the benefits differ slightly depending on the form of corn that you're eating, such as popcorn or sweet corn.

Corn is a whole grain. A whole grain is just what it sounds like, the entire grain. Whole grains are the most nutritious kind of grain. They contain vitamins, minerals, and fiber. Corn specifically contains a much higher amount of vitamin A than other grains.

It's also a great source of antioxidants.

Corn is also considered a starchy vegetable. It's lower in sugar, fat, and sodium than some other starchy vegetables.

Whether you eat corn on the cob or popcorn (plain), there are plenty of nutrients. They include: protein



fiber
copper
zinc
vitamin B-6
potassium
niacin

Other health benefits of corn include:

improving eye health due to its lutein and zeaxanthin content providing a number of beneficial antioxidants helping to prevent diverticular disease and lower LDL due to its high fiber content

<https://www.healthline.com/health/food-nutrition/is-corn-a-vegetable#3>

Burn Prevention

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent leading causes of child injury, like burns, is a step toward this goal. Every day, over 300 children ages 0 to 19 are treated in emergency rooms for burn-related injuries and two children die as a result of being burned.

Younger children are more likely to sustain injuries from scald burns that are caused by hot liquids or steam, while older children are more likely to sustain injuries from flame burns that are caused by direct contact with fire. Thankfully, there are ways you can help protect the children you love from burns.

To prevent burns from fires and scalding:

• Be "alarmed".

Install and maintain smoke alarms in your home—on every floor and near all rooms family members sleep in. Test your



smoke alarms once a month to make sure they are working properly. Use long life batteries when possible.

• Have an escape plan.

Create and practice a family fire escape plan, and involve kids in the planning. Make sure everyone knows at least two ways out of every room and identify a central meeting place outside.

• Cook with care.

Use safe cooking practices, such as never leaving food unattended on the

stove. Also, supervise or restrict children's use of stoves, ovens, and especially microwaves.

• Check water heater temperature.

Set your water heater's thermostat to 120 degrees Fahrenheit or lower. Infants and small children may not be able to get away from water that may be too hot, and maintaining a constant thermostat setting can help control the water temperature throughout your home—preventing it from getting too high. Test the water at the tap if possible. <https://www.cdc.gov/safekid/burns/>

safekid/burns/