

Head Start Gazette

August 2020

Shared screen time: why it's good for you and your child

Why shared screen time is good for you and your child

Using screens with your child has the same benefits as doing any enjoyable activity together. It:

- builds your relationship
- helps your child get the most out of the activity
- gives you both the opportunity to learn new things.

And, of course, shared screen time with your child can be fun!

Using screen time to build your relationship with your child

Playing a game or watching a show together lets you turn screen time into family time. This means it can be a good balance for solo screen use.

Even more importantly, when you watch TV or videos and play games or apps with your child, it shows you care about things that matter to your child. It sends a simple message - you're important to me.

For example, if you're watching a TV show, movie or YouTube video together, you could talk together about how the characters behave and treat each other:

Is that respectful behaviour? Would you like someone to treat you that way?

Is that a safe thing to do? What would you do if one of your friends did that?

What would happen if someone did that in real life?

Shared screen time can also help you start conversations about difficult topics like bullying, relation-



ships, drug use and so on.

Using screen time to learn new things

Children learn best from real-world experiences like social time with family and friends, physical play, playing outside, reading and creative play.

So when you share screen time with your child, it becomes an interactive, real-world experience that your child can learn from.

<https://raisingchildren.net.au/preschoolers/play-learning/screen-time-healthy-screen-use/shared-screen-time>

African Inspired Pasta Necklace

Materials:

Craft paint
Paint brushes
Pasta
Painter's tape
Yarn
Tape
Scissors
Scrap paper
Wax paper
Cup for water
Disposable plate or palette to hold paint

Directions:

1. Cover your work area.



2. Paint your pasta! (Optional- place painter's tape on some pasta to prevent areas from being painted.)

3. Place your pasta on a waxy surface to dry. (I'm not sure if this was need-

ed, but I just worried that my pasta would stick to my brown paper bags as paint dried.)

4. Once your pasta dries, it's time to string your necklaces. Cut out a strand of yarn. (Make sure your finished necklace will be long enough to go over your head.) Place a tab of tape on one end to prevent your noodles from slipping. Wrap the other end in tape to make it sturdier and less flimsy). Now it will be easier for little hands to string your necklaces.

5. Once you're satisfied with your design, tie both ends together and trim off your taped ends. <http://www.pinkstripeysocks.com/2014/02/painting-valentines-day-and-african.html>

Managing money and budgeting

A family budget is a record of what you earn and spend. A family budget will help you:

- spend your money wisely on the things you must have - these are your needs
- save money for the things you like but can live without - these are your wants
- set aside money for unforeseen expenses - for example, if your car breaks down and needs repairs
- stop accidental overspending.

Working out how much money you need for everyday essentials like food, housing, utilities like gas, electricity, phone and water, transport and medical services can help you make sure you have enough for unexpected expenses and emergencies. Budgeting can help you and your family take the first step towards control of your money. It can also help you avoid debt. And it lets you get on with being a family, rather than spending too much time worrying about your finances.

Getting started with budgeting

The key to budgeting is sticking to a basic rule - spend less than you earn.

One way to start budgeting is to list what you earn, spend money on and owe. It can help to look at past salary statements, benefit statements, bills, bank statements and credit card statements. If you spend or earn money any other way, be sure to look at this too.

Bills and statements from the past year should be long enough to show your usual earning and spending habits. It's good to look at how some bills are higher at different times of the year. For example, electricity and gas bills are often higher during summer and winter because of heating and cooling.

After you've accounted for essentials and emergencies, your aim is to have money left over to spend on things you want. If you can, it's also good to put a set amount towards savings



each week or month. This way you'll have money for unexpected expenses, emergencies and long-term goals, like house repairs or renovations, family illnesses or family holidays.

Each week or month, try to budget a specific amount for expenses, fun, leisure and savings - and then stick to it. This is usually the hard part!

Budget planners and savings calculators can help you get on top of your family budget. You can find many simple, free budget planners online.

Money management: working out what you spend
One of the hardest things about making a budget and managing money can be keeping track of what you spend.

Spending can be regular (fixed expenses) or irregular or once-off (variable expenses). <https://raisingchildren.net.au/grown-ups/family-life/managing-money/managing-money>

Child Safety at Home

Safety around furniture

Children can be seriously injured if furniture tips and falls on top of them.

Here are ways to avoid this issue:

Check that furniture is sturdy - your child shouldn't be able to pull it down or knock it over. You might need to brace furniture like bookshelves and wardrobes to the wall.

Brace or strap modern flat screen televisions to the wall or entertainment unit.

Move furniture with sharp corners away from areas where children run around, like hallways and near doorways. If you can't move the furniture, pad its corners with foam or corner protectors.

Safety around glass

When children are running around at home, it's easy for them to run into glass windows and doors. Here are tips to keep your child safe around glass:

Install safety glass in windows and doors



or apply shatter-resistant film to windows and doors of older homes. Put stickers on glass at eye level.

Safety outdoors

Some simple precautions can help you keep your child safe outdoors:

Lock away hand tools like saws and drills, and keep lawnmowers, chainsaws and other sharp tools out of reach.

Make sure your child is out of the way when you're using tools.

Unplug tools whenever you take a break.

Print out our illustrated guide to indoor safety and our illustrated guide to outdoor safety for more

tips. <https://raisingchildren.net.au/preschoolers/safety/home-pets/home-safety#safety-around-furniture-nav-title>

Announcements

August is National Immunization Awareness Month (NIAM) an annual observance held to highlight the importance of vaccination for people of all ages. Visit the CDC website at <https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html> to make sure your child is up to date on all their immunizations. The Florida Health Department offers free or low cost immunizations in the Central Florida area. To find the location nearest you, click the links below:

Orange County Health Department

<http://orange.floridahealth.gov/programs-and-services/>

clinical-and-nutrition-services/immunizations/index.html

Osceola County Health Department

<http://osceola.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/immunization/index.html>

Seminole County Health Department

<http://seminole.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/immunizations/index.html>

How Covid-19 Spreads

COVID-19 is thought to spread mainly through close contact from person-to-person. Some people without symptoms may be able to spread the virus. We are still learning about how the virus spreads and the severity of illness it causes.

Person-to-person spread

The virus is thought to spread mainly from person-to-person.

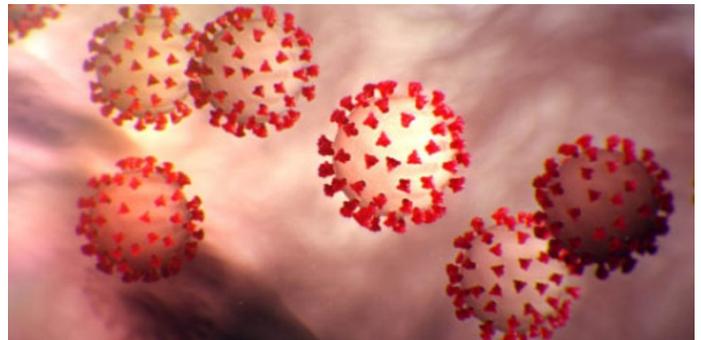
Between people who are in close contact with one another (within about 6 feet).

Through respiratory droplets produced when an infected person coughs, sneezes, or talks.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

COVID-19 may be spread by people who are not showing symptoms.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then



touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads

Dental Care for Preschoolers

Dental care: keeping your child's teeth clean

Brush your child's teeth twice a day - morning and night. Use a pea-sized amount of low-fluoride toothpaste on a child-size toothbrush, unless your dentist recommends a higher fluoride strength.

Your child should regularly floss any teeth that touch each other.

The best way to brush your child's teeth You might like to try the following routine when brushing your child's teeth:

- Stand or sit behind your child so she feels secure. Brushing teeth in front of a mirror is good too, because it lets you see your child's mouth.
- Cup your child's chin in your hands, with his head resting against your body.



- Angle the bristles of the toothbrush towards the gum. Move the brush in gentle circles to clean the outer and inner sides of the teeth and gums.
- Brush back and forth on the chewing surfaces of the teeth.
- Gently brush your child's tongue.
- After brushing encourage your child to spit out toothpaste, not swallow it. There's no need to rinse after brushing because the fluoride toothpaste left behind protects your child's teeth.
- If you're using an electric toothbrush, avoid moving the brush in circles. Keep your hand still, and guide the brush across your child's teeth and gums. <https://raisingchildren.net.au/preschoolers/health-daily-care/dental-care/dental-care-preschoolers>

Korean Grilled Chicken Breast

INGREDIENTS

- 1 pound 2 boneless, skinless chicken breasts, cut in half lengthwise
- 1/4 cup low sodium or gluten-free soy sauce
- 1/4 cup unsweetened apple sauce
- 1/4 cup finely chopped yellow onion
- 1 tsp sesame oil
- 1 tsp grated ginger
- 1 tbsp light brown sugar
- 2 garlic cloves, crushed
- 1 teaspoon red pepper flakes, optional
- 1 teaspoon sesame seeds, plus more for topping
- 2 thinly sliced scallions, white and green parts

INSTRUCTIONS

Place the chicken breasts, 1 at a time, in a Ziploc bag. Pound the chicken breast to an even thickness, about $\frac{1}{2}$ inch thick, being careful not to puncture the bag. In a medium bowl, combine the soy sauce, apple sauce, onion, sesame oil, ginger, brown sugar, garlic, red pepper flakes, if using and sesame seeds. Reserve $\frac{1}{4}$ cup of the marinade and transfer the remainder to the Ziploc bag with the chicken. Refrigerate and marinate for at least 1 hour.



Over medium-high heat, grill the chicken for 2 to 3 minutes or until it no longer sticks to the grill. Turn the chicken, spoon the reserved $\frac{1}{4}$ cup of marinade over each breast and grill an addition 2 to 3 minutes. <https://www.skinnytaste.com/korean-grilled-chicken-breast/>

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Kids and Food: 10 Tips for Parents

Here are 10 key rules to live by:

1. Parents control the supply lines. You decide which foods to buy and when to serve them.
2. From the foods you offer, kids get to choose what they will eat or whether to eat at all. Kids need to have some say in the matter. From the selections you offer, let them choose what to eat and how much of it they want. This may seem like a little too much freedom.
3. Quit the "clean-plate club." Let kids stop eating when they feel they've had enough. When kids notice and respond to feelings of fullness, they're less likely to over-eat.
4. Start them young. Food preferences are developed early in life, so offer variety. Likes and dislikes begin forming even when kids are babies. Don't force a child to eat, but offer a few bites. With older kids, ask them to try one bite.
5. Rewrite the kids' menu. Who says kids only want to eat hot dogs, pizza, burgers, and macaroni and cheese? When eating out, let your kids try new foods and they might surprise you with their willingness to experiment. You can start by letting them try a little of whatever you ordered or ordering an appetizer for them to try.
6. Drink calories count. Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for kids. Juice is fine when it's 100%, but kids don't need much of it — 4 to 6 ounces a day is enough for preschoolers.
7. Put sweets in their place. Occasional sweets are fine, but don't turn dessert into the main reason for eating dinner. When dessert is the prize for eating dinner, kids naturally place more value on the cupcake than the broccoli. Try to stay neutral about foods.
8. Food is not love. Find better ways to say "I love you." When foods are used to reward kids and show affection, they may start using food to cope with stress or other emotions. Offer hugs, praise, and attention instead of food treats.
9. Kids do as you do. Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.
10. Limit TV and computer time. When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on TV-watching also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together. <https://kidshealth.org/en/parents/eating-tips.html>

