



October 31, 2020  
Halloween



# Early Head Start Gazette

## Teaching Toddlers Art Through Activities: It's All About the Process

### Art is a Process

Many have heard the saying, "Art is a process, not a product." When parents and teachers can heed these wise words, students are empowered to make discoveries on their own.

Toddlers naturally make new discoveries every day. Art activities for toddlers must be set up to allow them to simply discover and explore different art materials and mediums. Toddlers who can enjoy art unhindered by adult expectations sometimes have no product at the end because the materials have been experimented with and completely used up.

### The Joy of Art Exploration

The youngest art students are learning about texture and cause and effect; they are also perfecting their motor skills. Their art experiences (like many of their experiences) are about discovering and interacting with the world around them.

Little ones (and adults, too) learn via repetition. If a child wants to paint what looks to adults like the same picture every day, share their excitement. Ask them to tell you about the picture. It could be a different story every time. Encourage their enthusiasm by being enthusiastic.

Put everything they make on display. Toddlers make abstract art with zeal - celebrate and decorate with their work. This will encourage them to continue to boldly explore through their later years.

### Scribbles and Paints

When toddlers and the very young draw and paint, they start with very large movements and as they develop skills and awareness, they progress to making smaller and smaller motions and squiggles. These progressions are developmentally significant pre-writing skills.

Toddlers love to stand at art easels and paint. A fun way to turn painting into a group activity

is to spread butcher paper along a wall or table or floor.

The toddlers will most likely paint long streaks of paint. They will hold the brush tightly in their hands and move their entire arm at the shoulder to control the paintbrush. Therefore, toddlers need space when they paint, so do not crush them all in the same small area. Let them spread out.

As they gain skills, their arms will lower, and they will bend their elbows as they create at the easel. The next step is controlling and using the wrist to manipulate the way the brush acts on the paper, and later the fingers. (Children may graduate from toddler rooms before they have developed all the above skills.) The opportunity to hold a brush or crayon and practice these movements every day is highly beneficial for toddlers.

Most toddlers will choose finger painting over painting with a brush because they want to experience what the paint feels like.

### Clays and Doughs

Play dough is an all-time favorite, although many toddlers need to be reminded that play dough is not a snack. It is easy to make homemade play dough and there are many recipes available.

At the toddler level, children enjoy punching and poking the dough. They are learning all about what the dough feels like and cause and effect. In addition to allowing them to explore unhindered, teachers can show toddlers how to make snakes by rolling the dough between their hands or on the table. This motion is a good motor skill for toddlers to work on.

With any toddler art activities, expect repetition and enjoy the exploration and discovery of seemingly simple things.

<https://www.brighthubeducation.com/toddler-activities-learning/36578-developmentally-appropriate-art-activities-that-treasure-the-process/#clays-and-doughs>

## Colored Playdough

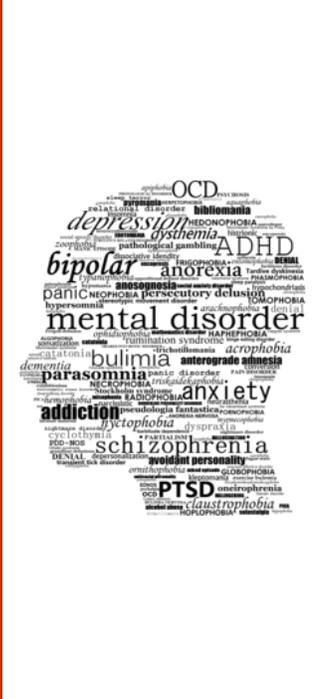
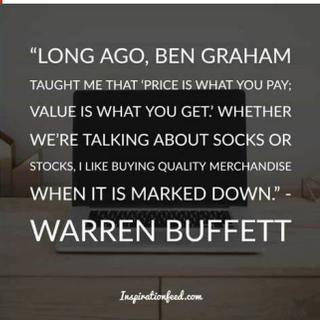
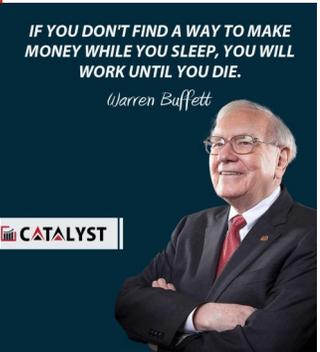
- 1 cup water
- 1 tablespoon vegetable oil
- 1/2 cup salt
- 1 tablespoon cream of tartar
- Food coloring
- Saucepan
- 1 cup flour

Combine water, oil, salt, cream of tartar, and food coloring in a saucepan and heat until warm.

Remove from heat and add flour.

Stir, then knead until smooth. The cream of tartar makes this dough last 6 months or longer, so resist the temptation to omit this ingredient if you don't have it on hand.

Store this dough in an airtight container or a Ziploc freezer bag.



## Emergency Fund 101 by Suze Orman

It makes me so sad to read reports that many households don't have even \$1,000 set aside to cover an unexpected expense. What's so sad is that I know that must cause such stress. If you don't have an emergency cushion, on some level you're always worried about what you'll do if one of life's "what ifs" strikes.

I know many of you want to have an emergency fund, but then you talk yourself out of it before you ever begin saving. Because you know you can't just snap your fingers and have plenty saved up, or you think you can't afford to start saving now.

No more excuses. You can do it. You must do it. Here's how to start TODAY.

1. Open a savings account. It can be at the bank or credit union where you currently have a checking account, or shop online for a high-yield offer.

2. Name it. If you have online access to your account, chances are you can name your different accounts. Be sure to give your savings account a very specific name: My Emergency Fund. Or: My Safety Net. Trust me, every time you log on and see the account name it will serve two purposes: it should make you feel so great to know you are building security, and by reminding yourself of your goal you will be less likely to raid the account for a non-essential expense.

3. Set up an automatic monthly transfer from

your checking account into your savings account.

This is the crucial step. You must remove yourself from the equation. We all have good intentions, but often can't follow through on our intentions. By setting up automated deposits into your savings account you are setting yourself up for success.

4. Push yourself to save a little bit more. How much to save each month is up to you. Think through what you want to start with. Got a number in mind? Okay, now I challenge you to increase that amount by 10%. (20% is even better!). Please don't dismiss this challenge before you try it. What I have seen work over many years is that if you go ahead and set up the bigger transfer and stick with it for a few months-even if it seems like way too demanding a sum-what you will find is that you adjust to having less money in your checking. Just give it a try. If after three months it's just too hard to do, then you can ratchet it down a bit.

5. Aim for an eight month emergency fund. Your long-term goal is to have eight months of living expenses set aside in your emergency fund. I know that's a lot, but I want you and your loved ones to be okay if you were ever laid off, or sick for an extended period of time. Sure, it could take years to reach your eight-month goal. That's totally okay. The important issue is that you are starting to save today and so every month you will be moving closer to your goal. <https://www.suzeorman.com/blog/emergency-fund-101>

## What are the warning signs of mental illness in children?

Warning signs that your child may have a mental health disorder include:

- Persistent sadness – two or more weeks
- Withdrawing from or avoiding social interactions
- Hurting oneself or talking about hurting oneself
- Talking about death or suicide
- Outbursts or extreme irritability
- Out-of-control behavior that can be harmful
- Drastic changes in mood, behavior or personality
- Changes in eating habits
- Loss of weight



- Difficulty sleeping
- Frequent headaches or stomachaches
- Difficulty concentrating
- Changes in academic performance
- Avoiding or missing school

What should I do if I suspect my child has a mental health condition?

If you're concerned about your child's mental health, consult your child's doctor. Describe the behaviors that concern you. Talk to your child's teacher, close friends, relatives or other caregivers to see if they've noticed changes in your child's behavior. Share this information with your child's doctor. <https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art-20046577#:~:text=Warning%20signs%20that%20your%20child%20might%20have%20a,weight%20loss,%20Physical%20symptoms,%20Physical%20harm,%20Substance%20abuse.>

## Announcements

October is SIDS Awareness Month. According to the CDC, Sudden Infant Death Syndrome (SIDS) is the cause of more than 3,600 infant deaths each year. Though the exact cause of SIDS is unknown, there are many things parents and caregivers can do to reduce the likelihood of SIDS by creating a safe sleeping environment including:

- Placing your baby on his or her back for all sleep times—naps and at night.

Using a firm, flat sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.

- Keeping your baby's sleep area (for example, a crib or bassinet) in the same room where you sleep until your baby is at least 6 months old, or ideally, until your baby is one year old.
- Keeping soft bedding such as blankets, pillows, bumper pads, and soft toys out of your baby's sleep area.

Not covering your baby's head or allowing your baby to get too hot. Signs your baby may be getting too hot include sweating or his or her chest feels hot.

In addition to the Head Start/Early Head Start programs, 4C also offers education and support for expectant mothers with our Pregnant Mom's program a partnership with Children Homes Society. For more information please call 407-522-2252.

## After the Baby Arrives

**Breastfeeding:** You and your baby gain many benefits from breastfeeding. Breast milk is easy to digest and has antibodies that can protect your baby from bacterial and viral infections.

**Proper Handling and Storage of Breast Milk:** Safely prepare and store your expressed breast milk to maintain its high quality and keep your baby healthy. Make sure your baby's caregivers know how to safely prepare and store the breast milk, too.

**Breastfeeding and Travel:** Travel need not be a reason to stop breastfeeding. A mother traveling with a nursing infant may find breastfeeding makes travel easier than it would be if traveling with a bottle-fed infant. Find helpful tips for traveling while breastfeeding, and learn about vaccinations for international travel.

**Postpartum Depression:** Postpartum depression is depression that occurs after having a baby. If you think you have postpartum depression, seek treatment from your health care provider as soon as possible.

**Jaundice and Kernicterus:** Jaundice can sometimes lead to brain damage in newborns. Before leaving the hospital, ask your doctor or nurse about a jaundice bilirubin test. If you think your baby has jaundice, call and visit your baby's doctor right away.

**Vaccinations:** Vaccines are very important to your baby's health. When you get vaccinated against whooping cough and the flu during your pregnancy, you will pass some immunity (protection) to your baby. However, that protection will begin to decrease over time, leaving your infant vulnerable to disease. Make sure he or she gets vaccinated according to CDC's childhood immunization schedule for safe, proven disease protection.

**Immunization Schedules:** Follow the schedule found at this link to be sure your baby gets his or her shots on time. If you miss any, check with your doctor about getting back on track.

**Vaccination After Pregnancy:** It is safe for a woman to receive vaccines right after giving birth, even while she is breastfeeding. Vaccination after pregnancy is especially important if you did not receive certain vaccines before or during your pregnancy.

**Newborn Screening:** Within 48 hours of your baby's birth, a sample of blood is taken from a "heel stick," and the blood is tested for treatable diseases. More than 98% of all children born in the United States are tested for these disorders.

Your baby should be screened for hearing loss before 1 month of age, preferably before leaving the birth hospital. Learn more about newborn hearing screening and what happens if your baby doesn't pass the screening test.

Once your baby is born, you can learn more about ATSDR's Choose Safe Places for Early Care and Education program, which protects the health of children where they learn and play to reduce your child's risk of being exposed to dangerous chemicals during their care. <https://www.cdc.gov/pregnancy/after.html>



**BREASTFEEDING**

**Top 5 reasons babies breastfeed**

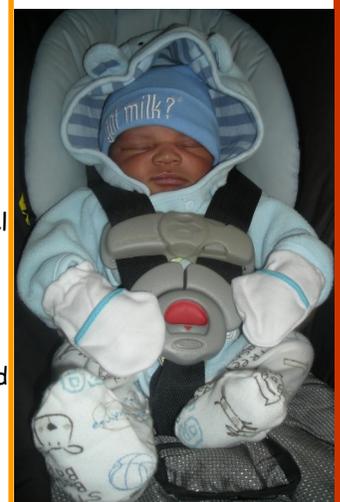
- THIRST:** Babies ask to breastfeed when they are thirsty.
- HUNGER:** Babies ask to breastfeed when they are hungry.
- LOVE:** Babies ask to breastfeed if they feel the need for comfort, affection, and eye contact.
- RELAXATION:** Babies ask to breastfeed to help them relax, wind down, or sleep.
- DEVELOPMENT & IMMUNITIES:** Babies ask to breastfeed if they need the milk's components to grow, thrive, protect their intestinal and immune systems, or recover from illness.

It's not just about the milk!

- Thirst & Hunger
- Love & Affection
- Immune Defense

More reasons to breastfeed

- Promotes postpartum recovery & delayed ovulation
- Lowers incidence of reproductive cancers & cardiovascular disease
- Primates better sleep & improves emotional health



**What's in Season Now? Look for these "Fresh From Florida" items in your grocery store during October**

- Avocados
- Guava
- Squash
- Bell Peppers
- Mushrooms
- Sweet Corn
- Carambola
- Oranges
- Tangerines
- Cucumbers
- Peanuts
- Tomatoes
- Grapefruit



**Baby Recipes**

**Avocado on Toast**

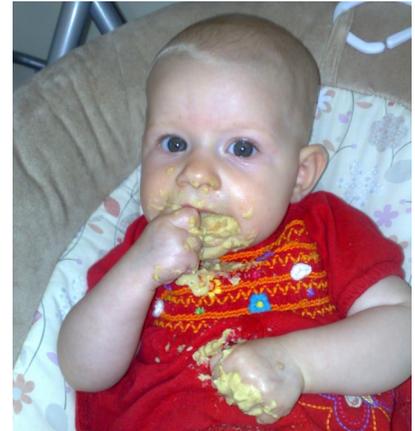
One piece of lightly toasted bread  
 Half an avocado, mashed with fork  
 1-2 teaspoons of milk (for added moisture)  
 Directions:  
 Spread on toast, then cut into squares or strips.

**Avocado and Banana**

Half an avocado, mashed with fork  
 1-2 teaspoons of milk (for added moisture)  
 Whole banana, mashed  
 Directions:  
 Mix all the ingredients together.  
 Scoop onto a tray or into a baby bowl, and enjoy!

**Avocado and Apple**

Half an avocado, mashed with fork  
 1/2 cup of unsweetened applesauce (or you can boil apples and put in processor)  
 Juice from half a small lime  
 Directions:  
 Mix all the ingredients together.  
 Scoop onto a tray or into a baby bowl



for your little one!

**Avocado Yogurt**

Half an avocado, mashed with fork  
 1/2 cup of plain Greek yogurt  
 Directions:  
 Mix all the ingredients together.  
 Blend in a food processor for a smooth consistency. Serve as a sweet snack by itself, or let toddlers dip crackers into it. <https://family.disney.com/recipes/avocado-recipes-babies-toddlers/>

**When, What, and How to Introduce Solid Foods**

The American Academy of Pediatrics recommends children be introduced to foods other than breast milk or infant formula when they are about 6 months old. Every child is different. How do you know if your child is ready for foods other than breast milk or infant formula? You can look for these signs that your child is developmentally ready:  
 Your child can sit with little or no support.  
 Your child has good head control.  
 Your child opens his or her mouth and leans forward when food is offered.

**What Foods Should I Introduce to My Child First?**

The American Academy of Pediatrics says that for most children, you do not need to give foods in a certain order. Your child can begin eating solid foods at about 6 months old. By the time he or she is 7 or 8 months old, your child can eat a variety of foods from different food groups. These foods include infant cereals, meat or other proteins, fruits, vegetables, grains, yogurts and cheeses, and more.  
 If your child is eating infant cereals, it



is important to offer a variety of fortified infant cereals such as oat, barley, and multi-grain instead of only rice cereal. Only providing infant rice cereal is not recommended by the

Food and Drug Administration because there is a risk for children to be exposed to arsenic.

**How Should I Introduce My Child to Foods?**

Your child needs certain vitamins and minerals to grow healthy and strong. Now that your child is starting to eat food, it is important to choose foods that give your child all the vitamins and minerals they need.

Let your child try one food at a time at first. This helps you see if your child has any problems with that food, such as food allergies. Wait 3 to 5 days between each new food. Before you know it, your child will be on his or her way to eating and enjoying lots of new foods.

The eight most common allergenic foods are milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans. Generally, you do not need to delay introducing these foods to your child, but if you have a family history of food allergies, talk to your child's doctor or nurse about what to do for your baby). <https://www.cdc.gov/nutrition/infantandtoddlernutrition/foods-and-drinks/when-to-introduce-solid-foods.html>