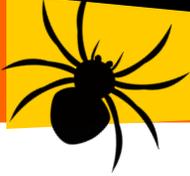


Head Start Gazette



Community Coordinated Care for Children Inc. 4C

October 2020



3 Precautions Kids Need to Take While Trick-or-Treating This Year, According to Experts

The main risks when it comes to trick-or-treating are:

Joining a big group of trick-or-treaters: Planning to team up with a group of friends to trick-or-treat this Halloween? Know that visiting people from another household or staying close together for hours on end brings with it a risk of transmission, especially in tight quarters where kids can't keep their masks on (no haunted houses this year!).

Face-to-face exposure: Hopefully, your "trick or treat?" interaction at any given doorway or front porch is very brief, which means there's less risk here. But the more households you visit, the greater the chance that germs may be spread and linger — especially as others head from door to door, too.

Touching candy, toys, doors and other surfaces: It's the least concerning risk for parents, as washing your hands frequently (or using hand sanitizer) can prevent little ones from carrying germs home. Parents should be concerned if their child is likely to rub their eyes, pick their nose, or put their fingers in their mouth while out and about with dirty hands.

Is it safe to trick or treat with friends?

House parties (or any event involving welcoming your neighbors into your home) aren't safe by any means, Dr. Kesh explains. But you can limit the COVID-19 risks associated with trick-or-treating outside your home by making sure your trick-or-treat group stays small. "I wouldn't have a big pack of 10 kids from school going out together; I would limit it to 3 or 4 kids at most, and choose those who you know have also been practicing social distancing," Dr. Kesh explains, adding that some families



may choose to trick-or-treat alone simply because they have at-risk family members at home.

And of course, wear a mask. Since Halloween already involves plenty of masks, it should be easy to incorporate a face covering into your child's costume, Dr. Kesh says. Nearly all parents should also be wearing a face mask, too, and if a costume involves a mask that doesn't sufficiently cover the face, add a proper cloth-based one beneath it.

Other ways to keep your trick-or-treating session safe:

Establish ground rules. "Your child shouldn't be digging around a candy bowl, touching multiple pieces. Ask them to choose one and stick with it," Dr. Kesh advises. "And while it's hard to ask kids not to run around the street, you should ask them to stay as far away from people outside of your household, to continue to do social distancing even outside."

Don't share props, toys or bowls. Keep the swords, wands and tiaras from being passed around if you can. Ask each of your children to hold onto their own candy bags.

Bring hand sanitizer, and practice not touching your face. "It's always good to take a break, do a check in and give kids some hand sanitizer to clean their hands between multiple homes," Dr. Kesh adds. This is also an opportunity to give kids a break from wearing a mask if they need it, in a safe spot away from others where they can remove their mask with clean hands.

<https://www.msn.com/en-us/health/medical/3-precautions-kids-need-to-take-while-trick-or-treating-this-year-according-to-experts/ar-BB18I9O?ocid=uxbndlbing>

Colored Playdough

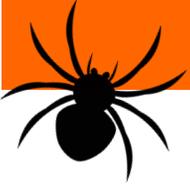
1 cup water
1 tablespoon vegetable oil
1/2 cup salt
1 tablespoon cream of tartar
Food coloring



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.



Common Preschooler Accidents and Injuries

As far as accidental injuries go, burns occur regularly. A hot water heater can be the culprit since preschoolers are very curious about the world around them and can't always tell what's dangerous. Of course, there are other mishaps that involve lamps, matches, steam from a pan and even bathwater if you've set the thermostat higher than 120 degrees Fahrenheit.

Treating Burns

Treating burns means you'll need to act quickly. Hold the affected area under cool running water or hold a cold wet towel over the spot until the pain subsides. Smaller blisters should be covered with a loose bandage or gauze. You'll need to call the family doctor if the burns are larger than 1/4 inch and occur on the genitals, face or hands. Don't take any chances and call 911 if the burns look deep with skin that appears brown or white and covers more than one-tenth of your child's body. After you've got the proper care and these injuries have started to heal, it's important to remember not to lance any blisters yourself and to use an antibiotic cream on any areas where the skin does

break open. For children six months to two years, the most common burn injury is scalding from hot foods or liquids.

Bruising

Preschoolers are some of the most active children. Because they're always jumping and running as they explore their worlds for the first time, there's bound to be the occasional bruise that shows up. Bruising starts when smaller blood vessels near the surface of the skin rupture. The common black-and-blue marking is generally caused by blood seeping into the skin. Generally, these small injuries heal on their own within one to two weeks, but an ice pack applied in fifteen minute intervals during the first few days can keep the swelling down. You can give your preschooler the right dose of ibuprofen or acetaminophen if the bruise is especially painful.

Scrapes and Cuts

As you can imagine, there are many ways



your little one can get scrapes or cuts. If there's bleeding involved, you'll need to apply pressure with a clean cloth anywhere from three to five minutes until it stops. Running the affected area under lukewarm water and then patting it dry will cleanse a superficial wound and if the injury is dirty or caused by an animal scratch, you can lather it with soap. When the skin is broken, over-the-counter antibiotic ointment coupled with a bandage

or gauze usually works, but if the bleeding won't stop after several minutes with direct pressure, you'll need to call your pediatrician or emergency services right away. Any large piece of missing skin should be wrapped in a clean cloth and placed in a bag with ice in the hopes it can be reattached. Keeping the tone of your voice relaxed and distracting your child with toys or books will help the first aid process go smoothly.

<https://allmychildrendaycare.com/common-preschooler-injuries-and-accidents/>

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



Coconut-Crusted Turkey Strips

Ingredients

2 large egg whites
2 teaspoons sesame oil
1/2 cup sweetened shredded coconut, toasted
1/2 cup dry bread crumbs
2 tablespoons sesame seeds, toasted
1/2 teaspoon salt
1-1/2 pounds turkey breast tenderloins, cut into 1/2-inch strips
Cooking spray

DIPPING SAUCE:

1/2 cup plum sauce
1/3 cup unsweetened pineapple juice
1-1/2 teaspoons prepared mustard
1 teaspoon cornstarch

Directions

1. Preheat oven to 425°. In a shallow bowl, whisk egg whites and oil. In another shallow bowl, mix coconut, bread crumbs, sesame seeds and salt. Dip turkey in egg mixture, then in coconut mixture, patting to help coating adhere.



2. Place on baking sheets coated with cooking spray; spritz turkey with cooking spray. Bake 10-12 minutes or until turkey is no longer pink, turning once.

3. Meanwhile, in a small saucepan, mix sauce ingredients. Bring to a boil; cook and stir 1-2 minutes or until thickened. Serve turkey with sauce. <https://www.tasteofhome.com/recipes/coconut-crusted-turkey-strips/print/>

Nutrition for kids: Guidelines for a healthy diet

You want your child to eat healthy foods, but do you know which nutrients are necessary and in what amounts?

Nutrition for kids is based on the same principles as nutrition for adults. Everyone needs the same types of nutrients — such as vitamins, minerals, carbohydrates, protein and fat. Children, however, need different amounts of specific nutrients at different ages.

So what's the best formula to fuel your child's growth and development? Check out these nutrition basics for girls and boys at various ages, based on the latest Dietary Guidelines for Americans.

Consider these nutrient-dense foods:

Protein. Choose seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.

Fruits. Encourage your child to eat a variety of fresh, canned, frozen or dried fruits — rather than fruit juice. If your child drinks juice, make sure it's 100 percent juice without added sugars and limit his or her servings. Look for canned fruit that says it's light or packed in its own juice, meaning it's low in added sug-

ar. Keep in mind that one-quarter cup of dried fruit counts as one cup-equivalent of fruit. When consumed in excess, dried fruits can contribute extra calories.

Vegetables. Serve a variety of fresh, canned, frozen or dried vegetables. Aim to provide a variety of vegetables, including dark green, red and orange, beans and peas, starchy and others, each week. When selecting canned or frozen vegetables, look for options lower in sodium.

Grains. Choose whole grains, such as whole-wheat bread, oatmeal, popcorn, quinoa, or brown or wild rice. Limit refined grains such as white bread, pasta and rice.

Dairy. Encourage your child to eat and drink fat-free or low-fat dairy products, such as milk, yogurt, cheese or fortified soy beverages.

Aim to limit your child's calories from:

Added sugar. Limit added sugars. Naturally occurring sugars, such as those in fruit and milk, are not added sugars. Examples of added sugars include brown sugar, corn sweetener, corn syrup, honey



and others.

Saturated and trans fats. Limit saturated fats — fats that mainly come from animal sources of food, such as red meat, poultry and full-fat dairy products. Look for ways to replace saturated fats with vegetable and nut oils, which provide essential fatty acids and vitamin E. Healthier fats are also naturally present in olives, nuts, avocados and seafood. Limit trans fats by avoiding foods that contain partially hydrogenated oil. If you have questions about nutrition for kids or specific concerns about your child's diet, talk to your child's doctor or a registered dietitian. <https://www.mayoclinic.org/>

