

Early Head Start Gazette

December 2020



HAPPY HOLIDAYS
MAZEL TOV
MERRY
CHRISTMAS
HAPPY NEW YEAR
HAPPY HANUKKAH
SEASON'S
GREETINGS
HAPPY KWANZAA
PEACE
ON EARTH
AND GOODWILL
TOWARDS ALL

New Holiday Traditions to Start with Your Baby

Here are a few ideas for traditions that your family might want to incorporate around the holidays.

1. Take A Family Photo Together
Babies really do grow up so quickly — they won't be this small and cuddly for very long. You can incorporate the picture in a greeting card, or simply display it in your home.

2. Create Your Own Yearly DIY Keepsake Ornament

These days, it's a bit easier to make an ornament that'll last some time. Put your baby's picture on it, write out the year, and watch as your collection continues to grow. Your child will truly appreciate looking back on the years every holiday season.

3. Buy A New Pair of Holiday Pajamas
They are inexpensive and can really help set the mood of the big day. Make sure that the PJ set is the official outfit that your child will unwrap presents in, if your gift-giving happens in the morning.

4. Donate A Present to A Child in Need
By putting your baby's name on a gift to the



less fortunate, you're showing them that everyone can make a difference. By choosing a name from a work program, or donating to Toys For Tots directly, you and your baby are spreading a ton of holiday cheer. This is also a good tradition to start early to show them that, for your family, the holidays have always been about being kind and lending a hand.

5. Select Your Family Holiday Book Together

Although your baby's choice in literature will probably change throughout the years, picking one book that you read together every Christmas is a wonderful tradition that can really add so much to your holiday.

6. Create A Holiday Video for Long Distance Family

If it's the first holiday your baby is celebrating, there's a chance that everyone will want to celebrate with you. With this in mind, you might want to create a new holiday video that you can easily send to family members that'll showcase your new child.

<https://www.romper.com/p/10-new-holiday-traditions-to-start-with-your-baby-24035>

Glitter Pine Cones

Pine cones
White glue or Mod Podge
Glitter
Bowl
Foam paintbrush

If you have foraged your own pine cones, start by wiping off any major debris with a wet cloth. Place the pine cones on a baking sheet and bake them for one hour at 200 F. To



drive out any bugs that may be inside, and also open the tips of the cone a bit further. Be sure to remain nearby while baking your pine cones; sap is somewhat flammable and you want to ensure that no pine cones catch fire, although that is unlikely.

Apply Glue

Using a small foam brush, dip the tip into your glue. Press the tip of the brush onto each tip of the pine cone,

reloading your brush with glue as needed.

Sprinkle Glitter

Place the glued pine cone in a bowl to catch any excess glitter. Sprinkle your glitter over the glued portions of the pine cone, tilting it in all directions until all of the glue is covered by glitter. Place the pine cone aside in a safe place and leave overnight for the glue to fully cure.

December 10 - 18 2020

Hanukkah

Is celebrated over the course of eight days. On each of these eight days, one additional candle is lit on the Menorah until all of the candles are lit on the final night. Traditions include playing dreidel and eating oily foods such as doughnuts and latkes.

December 25

Christmas Day

Christmas is a Christian celebration celebrating the birth of Jesus Christ and is observed on December 25th each year. It is preceded by Advent (Nativity Fast - Eastern Church with abstinence and penance) roughly 4 weeks prior to Christmas Day, which is a time of preparation for the commemoration of the birth of Jesus Christ.

December 26 - January 1
Kwanzaa

Kwanzaa is celebrated in the West African diaspora in the Americas, especially in the United States. It is a week-long celebration that lasts from December 26 until January 1.



Suze Orman's Money-Saving Advice for Holiday Shopping

I call it the buy-it-now bug: We come down with it every giving season and feel the effects in January when we see our credit card statements. If you're prone to overspending on gifts, follow these 3 steps to help you resist.

1. Use Only Cash

Challenge yourself not to buy any gift with a credit card.

When you're limited to cash or a debit card (with no overdraft coverage!), you're much more likely to purchase only what you can afford.

2. Go Homemade

Whether it's baked, knit, or scrapbooked, any gift you



make yourself not only feels meaningful to the recipient; it also keeps you away from temptation (i.e., the stores).

3. Check Your Giving Circle

Sometime in early 2013, when the stress of the next holiday is still months away and people are far more likely to hear you out, I urge you to add an item to your financial to-do list for the upcoming year: Initiate a frank discussion with your nearest and dearest about scaling back holiday giving. This is the perfect time to break the all-too-common cycle of spending more and more money (which,

let's face it, many of us don't have) every year — and forgetting what the holidays are really about.

Positive Parenting Tips

Following are some of the things you, as a parent, can do to help your toddler during this time:

Read to your toddler daily.

Ask her/him to find objects for you or name body parts and objects.

Play matching games with your toddler, like shape sorting and simple puzzles.

Encourage him/her to explore and try new things.

Help to develop your toddler's language by talking with her and adding to words she starts. For example, if your toddler says "baba", you can respond, "Yes, you are right—that is a bottle."

Encourage your child's growing independence by letting him/her help with dressing himself and feeding himself. Respond to wanted behaviors more than you punish unwanted behaviors (use only very brief time outs). Always tell or show your child what she/he should do instead.

Encourage your toddler's curiosity and ability to recognize common objects by taking field trips together to the park or going on a bus ride.

Child Safety First

Because your child is moving around more, he/she will come across more dangers as well. Dangerous situations can happen quickly, so keep a close eye on your child. Here are a few tips to help keep your growing toddler safe:

Do NOT leave your toddler near or around water (for example, bathtubs, pools, ponds, lakes, whirlpools, or the

ocean) without someone watching her.

Fence off backyard pools. Drowning is the leading cause of injury and death among this age group.

Block off stairs with a small gate or fence. Lock doors to dangerous places such as the garage or basement.

Ensure that your home is toddler proof by placing plug covers on all unused electrical outlets.

Keep kitchen appliances, irons, and heaters out of reach of your toddler. Turn pot handles toward the back of the stove.

Keep sharp objects such as scissors, knives, and pens in a safe place.

Lock up medicines, household cleaners, and poisons.

Do NOT leave your toddler alone in any vehicle (that means a car, truck, or van) even for a few moments.

Store any guns in a safe place out of his reach.

Keep your child's car seat rear-facing as long as possible. According to the National Highway Traffic Safety Administration it's the best way to keep her/him safe. Your child should remain in a rear-facing car seat until she/he reaches the top height or weight limit allowed by the car seat's manufacturer. Once your child outgrows the rear-facing car seat, she/he is ready to travel in a forward-



facing car seat with a harness.

Healthy Bodies

Give your child water and plain milk instead of sugary drinks. After the first year, when your nursing toddler is eating more and different solid foods, breast milk is still an ideal addition to his diet.

Your toddler might become a very picky and erratic eater. Toddlers need less food because they don't grow as fast.

It's best not to battle with him over this. Offer a selection of healthy foods and let him choose what she wants. Keep trying new foods; it might take time for him to learn to like them.

Limit screen time and develop a media use plan for your family. For children younger than 18 months of age, the AAP recommends that it's best if toddlers not use any screen media other than video chatting.

Your toddler will seem to be moving continually—running, kicking, climbing, or jumping. Let him be active—he's developing his coordination and becoming strong.

Make sure your child gets the recommended amount of sleep each night: For toddlers 1-2 years, 11-14 hours per 24 hours (including naps)

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/toddlers2.html>



Announcements

December is Safe Toy and Gift Month. As we approach, the holidays be mindful on gifts and toys presented to small children. According to the Consumer Product Safety Commission, each year there are roughly 90,000 children under the age of 5 admitted to the hospital for a toy related injury. Below are tips to follow to avoid choking hazards and keep young children safe:



Read and follow the age label, warnings, safety messages and assembly instructions for the toy. Age guidelines are given for safety reasons and should not be ignored even if your child seems advanced for her age.

Check toys often for hazards like loose parts, broken pieces or sharp edges, and repair or discard any weak or broken toys.

Avoid cheap metal or painted jewelry for children who may still mouth objects—it may contain lead, and ingesting even small amounts of lead can be harmful to a child's health and development.

One helpful tip is for all members of the family to be trained in CPR, this lifesaving training is useful in the event a child is choking or having difficulty breathing. Visit www.redcross.org to find a CPR classes near you.

Is Your Toddler Struggling with Anxiety?

According to child and family therapist Clair Mellenthin, LCSW, "Anxiety often presents itself as emotional or behavioral symptoms in childhood." For instance, she said, some typical symptoms include: excessive crying, fear of being left alone, hypervigilance, food restriction and nightmares. Additional signs include:

Rigidity. Anxious toddlers insist that parents do things in a particular manner or order, said Natasha Daniels, a child therapist and author of the book *How to Parent Your Anxious Toddler*. She shared these examples: You have to tuck them in a certain way; they'll only drink from one cup; they tell you where to stand and how to hold them. "All children love routine and structure, but anxious toddlers will implode if it is not done exactly as they require."

Fear of new situations. Many toddlers feel uncomfortable in new situations, and it can take them some time to adjust. However, anxious toddlers, Daniels said, "hold onto you for dear life." They might need you to hold them the entire time; hide behind your legs and never come out; demand to leave; or refuse to go inside, she said.

Intense separation anxiety. Anxious toddlers usually need to have you in sight at all times, and they'll panic if they don't, Daniels said. They will follow you everywhere and have a meltdown if you need to leave without them, said Halloran, author of the *Coping Skills for Kids* Workbook, and founder of *Coping Skills for Kids*.

Intense tantrums. Tantrums are totally normal for toddlers. However, tantrums that take 45 minutes or more and occur regularly (not because your child is tired, hungry or overstimulated) are red flags, according to Hurley, author of several books about children, including her latest *No More Mean Girls: The Secret to Raising Strong, Confident and Compassionate Girls*.

Regression. Anxious toddlers tend to exhibit regressed behavior, Hurley said. For instance, if your child is potty-trained, they might have frequent accidents, or if they're night-trained, they might wet the bed, she said.

Sleep issues. "Anxious toddlers have difficulty falling asleep and staying asleep and will get up multiple times a night to seek out a caregiver and explain that they had a bad dream or they are scared," Halloran said.

Repetitive behaviors. They might twirl their hair or bite their nails in order to calm their anxiety, Hurley said. Excessive phobias and fears. Anxious toddlers may fear



monsters, the dark, bugs and other animals, said Halloran. They may have "fears around the bathroom," such as "getting flushed down the drain, fear of the water, fear of things in the water." And these fears will interfere with completing daily tasks: They refuse to go into the bathroom or refuse to stay in their room and go to sleep, she said.

Sensitivity to sound. Anxious toddlers might cover their ears when they hear loud noises like bathroom hand dryers, Halloran said. They might "have big reactions to loud sounds like garbage trucks, vacuums, or garbage disposals. They can also be extremely reluctant in big crowds or at parties."

Food issues. "Sensory issues are more prevalent in anxious toddlers and this often impacts their little mouths and body. Lumps and bumps in food will make kids gag and develop some pretty intense picky eating," said Daniels, who also hosts the *AT Parenting Survival Podcast*, which focuses on child anxiety. They might only eat a few foods, refuse to try new foods or not want different foods to touch on their plate, Halloran said.

Physical symptoms. Daniels noted that anxious toddlers tend to get constipated more often. Hurley suggested looking for complaints of tummy aches.

"Not all anxious toddlers will exhibit all these signs, but these are some common ways that anxiety expresses itself in the toddler years," Halloran said. <https://psychcentral.com/blog/is-your-toddler-struggling-with-anxiety-what-you-need-to-know/>



Gluten Free Apple Crisp



Ingredients

6 cups freshly sliced apples, cores discarded (about 4-6 small to medium apples)
 1 tablespoon cornstarch
 2 teaspoons cinnamon, divided
 1 tablespoon fresh lemon juice
 1 cup rolled oats
 1/2 cup gluten-free flour blend or whole wheat
 1/4 cup sugar
 1/2 teaspoon vanilla extract
 6 tablespoons cold unsalted butter cut into cubes

Instructions

Preheat the oven to 400 degrees F and coat a 2-quart glass baking dish with nonstick spray.
 Place the apples into a large bowl and toss with the cornstarch, 1 teaspoon of the cinnamon, and the lemon juice. Spread into the prepared baking dish.
 Place the oats, flour, sugar, vanilla, and remaining 1 teaspoon cinnamon into a medium bowl.
 Use your fingers to work the butter into the mixture to until uniformly mixed. There can be some chunks of butter remaining. The texture should be like a chunky granola.
 (Alternatively, you can do this step in a food processor.)
 Spread the topping over the apples in the pan. Bake for 30-35 minutes or until the apples are soft. If the topping starts to get too dark brown at any point, cover it loosely with a piece of foil and continue baking. Let cool slightly and serve warm or at room temperature. <https://www.yummyfamilyfood.com/recipes/desserts/gluten-free-apple->

Apples are Nutritious

Apple Nutrition: They say "An apple a day, keeps the Doctor away". Throughout the ages, people knew that eating apples was healthy for you.

At first, people just enjoyed eating apples and feeling better for it. Over time, scientists and nutritionists studied the apple. A whole field of study called "pomology" evolved, to study the benefits of apples and other firm fruit. Even today, more and more evidence is piling up in support of the apple. So, munch, crunch, and enjoy!

Low in Calories The older we get, the harder it is to keep the weight down. Apples are a tasty snack that is kind to calorie counters.



High in Fiber One thing nutritionists tell us is that living in today's fast paced society, most Americans do not have enough high fiber in their diets. Enter the apple, the perfect high fiber additive.

An absence of Cholesterol There is absolutely no cholesterol in apples. So, you can feel good about munching away to your "hearts" content!

Zero Sodium That's right, zero, zip and none. So, anyone on a low salt diet can eat all the apples they want.

Other health benefits It seems the more the apple is studied, more and more health benefits are discovered. <http://www.gardenersnet.com/fruit/apples/nutrition.htm>

Hosting gatherings or cook-outs

Remind invited guests to stay home if they have been exposed to COVID-19 in the last 14 days or are showing COVID-19 symptoms. Anyone who has had close contact with a person who has COVID-19 should also stay home and monitor their health. Invited guests who live with those at higher risk should also consider the potential risk to their loved ones.

Encourage social distancing

Host your gathering outdoors, when possible. If this is not feasible, make sure the room or space is well-ventilated (for example, open a window).

Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and don't need to be 6 feet apart - just 6 feet away from other families.

If planning activities for adults and/or kids, consider those where social distancing can be maintained, like sidewalk chalk art or frisbee.

When guests arrive, minimize gestures that promote close contact. For example, don't shake hands, do elbow bumps, or give hugs. Instead wave and verbally greet them.

Wear masks

Wear masks when less than 6 feet apart from people or indoors.

Consider providing masks for guests or asking them to bring their own.

Clean hands often

Consider providing hand sanitizer in addition to clearly marked hand washing areas.

Wash your hands for at least 20 seconds when entering and exiting social gatherings. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Make sure there is adequate soap or hand sanitizer containing at least 60% alcohol available in the restrooms and encourage guests not to form a line at the door. Consider also providing cleaning supplies that allow guests to wipe down surfaces before they leave.

Remind guests to wash their hands before serving or eating food.

Use single-use hand towels or paper towels for drying hands so guests do not share a towel.

Limit the number of people handling or serving food

Encourage guests to bring

their own food and drinks.

Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible.

If serving any food, consider identifying one person to serve all food so that multiple people are not handling the serving utensils.

Use single-use options or identify one person to serve sharable items, like salad dressings, food containers, and condiments, so that multiple people are not handling the items.

Limit contact with commonly touched surfaces or shared items

Use touchless garbage cans or pails.

Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves.

Clean and disinfect commonly touched surfaces and any shared items between use when feasible.

If you choose to use any shared items that are reusable (e.g., seating covers, tablecloths, linen napkins), wash, clean, and sanitize them after the event. https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html?ACSTrackingID=USCDC_2067-DM39817&ACSTrackingLabel=What%20to%20Remember%20When%20Hosting%20Gatherings%207%20COVID-19&deliveryName=USCDC_2067-DM39817#gatherings

