

Head Start Gazette



HAPPY KWANZAA!
Merry Christmas
Happy Hanukkah
Happy Holidays

**December 10 - December 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. In Sephardic Jewish families, the candle is lit by the head of the household, whereas in Ashkenazic families, every member of the family lights the candles. The candles are to be lit opposite of the Mezuzah facing the street.

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.

Holiday Traditions to Start This Year

Hang an Annual Ornament

Purchase or let kids craft an ornament each year. You'll be able to look back on every holiday that your family has spent together, and the tree will be filled with heirlooms that you can pass on to your kids for their future trees.

Have a Hot Cocoa and S'mores Night

Don't forget the marshmallows! If it's a cold December night, light a fire in the chimney, grab a mug of hot chocolate, and make a pile of s'mores in the kitchen.

Plan A Special Holiday Meal

Plan a dinner to celebrate your family's heritage, or cook up everyone's favorite dishes for one wonderful, long, leisurely holiday meal that everyone will savor.

See the Holiday Lights

Step one: Bundle up and pile in the car. Step two: Drive around town to look at the houses covered in holiday lights. Step three: Ooh and aah.

Send a Holiday Card

Create a holiday card to share with friends and family. They will love catching up and



seeing a photograph of your smiling faces. Save an extra card and start a holiday card scrapbook. Update it each year—we guarantee that you'll love revisiting your family's cards later.

Snap a Family Picture

Start now! In a few years, when you have a stack of treasured photos tracing your family's holidays, you'll be

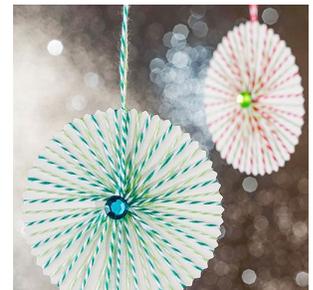
thankful you kept up with this tradition. Set up an appointment and have a professional take a photo or round up the rowdy crew and snap a shot at home when everyone is together.

Throw a Holiday Party

We're thankful for our loved ones all year long, but it's the perfect time to let them know. Invite your friends, whip up the tastiest holiday recipes you can find, and enjoy the company of friends and family. Host a potluck and ask friends to bring dishes that represent their family's traditions and cultural heritage. Explore our favorite seasonal recipes and traditions for more ideas to make your holidays the happiest yet. <https://www.southernliving.com/christmas/christmas-tradition-ideas>

Colorful Candy Circles

Cleverly woven from cardboard and twine, these pretty disks look like holiday treats. Use pinking shears to cut a circle from thin white cardboard (ours are 2 1/2 to 3 1/2 inches across). Wrap a length of baker's twine around the circle and knot it in back. Continue wrapping the twine around the cardboard, using the notches to hold it in place, then tie the end in back. Add a self-adhesive gem to the center of the ornament. Make a hanger by threading a length of twine through a loop on the disk and toilets. https://www.parents.com/fun/arts-crafts/kid/holiday-crafts-for-kids/?slide=slide_c8aa4ecf-cf7c-4b6e-b7b0-fc61fa4ba099#slide_c8aa4ecf-cf7c-4b6e-b7b0-fc61fa4ba099



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.



"The more that you read, the more things you will know. The more you learn, the more places you'll go."— Dr. Seuss, "I Can Read With My Eyes Shut!"



Positive Parenting Tips

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

Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.

Let your child help with simple chores.

Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.

Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.

Help your child develop good language skills by speaking to him in complete sentences and using "grown up" words. Help him to use the correct words and phrases.

Help your child through the steps to solve problems when she is upset.

Give your child a limited number of simple choices (for example, deciding what to wear, when to play, and what to eat for snack).

Child Safety First

As your child becomes more independent and spends more time in the outside world, it is important that you and your child are aware of ways to stay safe. Here are a few tips to protect your child:

Tell your child why it is important to stay out of traffic. Tell him not to play in the street or run after stray balls.

Be cautious when letting your child ride her tricycle. Keep her on the sidewalk and away from the street and always have her wear a helmet.

Check outdoor playground equipment. Make sure there are no loose parts or sharp edges. Watch your child at all times especially when

he is playing outside.

Be safe in the water. Teach your child to swim but watch her at all times when she is in or around any body of water (this includes kiddie pools).

Teach your child how to be safe around strangers.

Keep your child in a forward-facing car seat with a harness until he reaches the top height or weight limit allowed by the car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it will be time for him to travel in a booster seat, but still in the back seat of the vehicle. The National Highway Traffic Safety Administration has information on how to keep your child safe while riding in a vehicle.

Healthy Bodies

Eat meals with your child whenever possible. Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks. Your child should eat and drink only a limited amount of food and beverages that contain added sugars, solid fats, or salt.

Keep television sets out of your child's bedroom. Set limits for screen time for your child to no more than 1 hour per day of quality programming, at home, school, or after-school care and develop a media use plan for your family.

Provide your child with age-appropriate play equipment, like balls and plastic bats, but let your preschooler choose what to play. This makes moving and being active fun for your preschooler.

Make sure your child gets the recommended amount of sleep each night: For preschoolers 3-5 years, 10-13 hours per 24 hours (including naps). <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html>

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.



Anxiety and depression in children: Get the facts

Facts

Anxiety and depression affect many children!

7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety.

3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression.

Anxiety

When children do not outgrow the fears and worries that are typical in young children, or when there are so many fears and worries that they interfere with school, home, or play activities, the child may be diagnosed with an anxiety disorder. **Examples of different types of anxiety disorders include**

- Being very afraid when away from parents (separation anxiety)
- Having extreme fear about a specific thing or situation, such as dogs, insects, or going to the doctor (phobias)
- Being very afraid of school and other places where there are people (social anxiety)
- Being very worried about the future and about bad things happening (general anxiety)
- Having repeated episodes of sudden, unexpected, intense fear that come with symptoms like heart pounding, having trouble breathing, or feeling dizzy, shaky, or sweaty (panic disorder)
- Anxiety may present as fear or worry but can also make children irritable and angry. Anxiety symptoms can also include trouble sleeping, as well as physical symptoms like fatigue, headaches, or stomach-

aches. Some anxious children keep their worries to themselves and, thus, the symptoms can be missed.

Depression

Occasionally being sad or feeling hopeless is a part of every child's life. When children feel persistent sadness and hopelessness, they may be diagnosed with depression.

Examples of behaviors often seen in children with depression include

- Feeling sad, hopeless, or irritable a lot of the time.
- Not wanting to do, or enjoy doing, fun things.
- Showing changes in eating patterns - eating a lot more or a lot less than usual.
- Showing changes in sleep patterns - sleeping a lot more or a lot less than normal.
- Showing changes in energy - being tired and sluggish or tense and restless a lot of the time.
- Having a hard time paying attention
- Feeling worthless, useless, or guilty.
- Showing self-injury and self-destructive behavior.

Extreme depression can lead a child to think about suicide or plan for suicide. For youth ages 10-24 years, suicide is among the leading causes of death. Some children may not talk about their helpless and hopeless thoughts and may not appear sad. Depression might also cause a child to make trouble or act unmotivated, causing others not to notice that the child is depressed, or to incorrectly label the child as a troublemaker or lazy.

Treatment for Anxiety and Depression

The first step to treatment is to talk



with a healthcare provider, such as your child's primary care provider or a mental health specialist, about getting an evaluation. Some of the signs and symptoms of anxiety or depression in children could be caused by other conditions, such as trauma. A mental health professional can develop a therapy plan that works best for the child and family.

Managing Symptoms: Staying Healthy Being healthy is important for all children and can be especially important for children with depression or anxiety. In addition to getting the right treatment, leading a healthy lifestyle can play a role in managing symptoms of depression or anxiety. **Here are some healthy behaviors that may help:**

- Having a healthy eating plan centered on fruits, vegetables, whole grains, legumes (beans, peas, and lentils), lean protein sources, and nuts and seeds
- Participating in physical activity each day based on age
- Getting the recommended amount of sleep each night based on age
- Practicing mindfulness or relaxation techniques. <https://www.cdc.gov/childrenmentalhealth/features/anxiety-depression-children.html>

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>



How to Make Homemade Apple Sauce

Use as many, or as few apples as you want. We recommend at least a dozen to make a small amount of applesauce.

Peel and core the apples. Cut each apple into a few pieces, and place in a pan.

Cook on top of the stove at a low temperature setting.

Some people put a small amount of water or cider in the bottom of the pan to get it started. If you start cook-

ing on a low temperature, this is not necessary.

Use a masher to break up and mash pieces as they cook.

Cook until it reaches the right texture for you and your family.

It is important to stir very frequently, so it does not

burn on the bottom. <http://www.gardenersnet.com/recipes/apples/applesauce.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.

Consider keeping a list of guests who attended for potential future contact tracing needs.

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%20%7C%20COVID-19&deliveryName=USCDC_2067-DM39817#gatherings