

Early Head Start Gazette

4 fun Ways to Teach Our Kids About Animals

Martin Luther King Day - January 18



Martin Luther King Day celebrates life and accomplishments of Dr. Martin Luther King, Jr. MLK promoted Civil Rights through nonviolent civil disobedience. He is perhaps best known for his 'I have a dream...' speech in 1963. He was assassinated in 1968. Martin Luther King, Jr. day became a federally recognized holiday in 1983. The first year this holiday was observed was 1986, and not by all states. In 2000, it became a nationally observed holiday in all states. Martin Luther King Jr. Day takes place on the third Monday of January each year.

Most children are naturally drawn to animals. Interactions with animals can help your child grow as a person: By caring for your family pet and all living creatures around us, your little one can learn to love and care for others. **Here are some tips on how you can help your child to love and learn more about these wonderful creatures. Keep a pet**

There is nothing like direct contact with animals to help kids feel comfortable around them. However, do not give in to your kids' pestering if they demand a pet and are not willing to take care of the little animal. If you have a child with a high risk of developing allergies, talk to the doctor and the veterinarian to identify suitable animals for pets.

Talk about the animals in books and on the screen

When you spot animals in television shows and movies, point them out to your children. Name these animals and talk to your kids about what makes each animal so unique. Start with simple things like the sounds the animal makes. Then add more information about the animal: where it comes from, what it likes to eat and how to take care of it is your child grows older, en-



courage your kid to read more about animals in fiction. All-time classics include Black Beauty and the Peter Rabbit children's book series. These inspiring tales can help your child to love and appreciate the animals in them.

Make trips to zoos, parks and farms

These trips can be fun excursions for the entire family. Such out-of-school lessons on animals can leave a more lasting impression on children, more so than textbook facts. Frequent visits to the zoo

and bird park will help your child learn about birds and wildlife. Meeting a tall giraffe in person will certainly more memorable than seeing it in a book! Do bring your children to farms too, to get to see animals like goats and fishes at a close range.

Visit animal welfare centers

Careless and cruel acts can make the world a difficult place for animals. Our kids need to become future ambassadors for the care and well-being of animals, so that all living creatures including the endangered species can thrive and survive beyond our lifetime. <https://abbottfamily.com.sg/articles/pre-school/teach-animals>

Make a Bird Nest

Unpack your paper bowl, wool, paper strips and cotton. Explain to your child how birds make their nests by collecting twigs, grass, leaves and even bits of string and hair. They then put them together to make a warm and dry place to sleep.

Show your child how to take one piece at a time and put it in the bowl in circular pattern. Repeat until your nest is full and nice and cozy. Now place an egg and or clay bird in the nest.



<https://activity-box.com/bird-crafts-for-kids-and-toddlers#:~:text=Bird%20activities%20for%20kids%20and%20toddlers%20Make%20a,leaves%20and%20even%20bits%20of%20string%20and%20hair.>

Discovery Basket

Pick up a canvas from your local craft store, dab a few different colors of paint on it, wrap it in plastic wrap and let them push the paint around with their fingers. This little craft is safe, an easy clean up and a great new piece for the living room gallery wall!



How to save money: 31 easy tips

1. Use the 30-day rule Whenever you want to buy something think about it. Write down what it is and how much it costs. While you're deciding whether to get it, deposit the money you'd need to buy it in your savings account. If it still appeals to you after 30 days, go ahead and buy it.
2. Cancel your gym membership Instead of going to the gym, which might be closed during the pandemic, exercise at home for free. Watch workout tutorials on YouTube, download a fitness app like Freeletics or Ladder, or go for walks or a run around your neighborhood.
3. Buy used Thanks to thrift stores, used-car sellers like CarMax and Carvana, and online resources like Craigslist, Facebook Marketplace and LetGo, you can get clothes, cars, electronics, and other things at a fraction of the cost of buying new.
4. Unsubscribe Promotional emails touting great deals may tempt you to buy things you don't necessarily need. To snuff out the temptation, unsubscribe from them so that you don't spend just because you find out about a flash sale or big discount.
5. Download money-saving apps Money-saving apps can take the guesswork out of saving money by spending less. Download popular apps like Ibotta, RetailMeNot and Checkout 51 to get coupons or cash back offers on the things you're already planning on buying.
6. Take advantage of the library Paying for books, magazines and movies can cost you some serious cash.
7. Say goodbye to paper Get rid of or reduce your usage of paper towels, paper napkins and other paper products. Use cloths or old clothing items that you can clean, save and reuse.
8. Never miss a payment Missing payments on your loans and credit cards can lead to hundreds of dollars in late fees and interest charges. Enroll in automatic payments or schedule calendar reminders on your phone.
9. Buy generic Compared to brand names, generic groceries, household products and

medications are far more affordable.

10. Choose cheaper cuts of meat Meat can quickly cause your grocery bill to skyrocket, so opt for cheaper cuts of meat. Swap chicken and steak for pork and ground turkey or beef.

11. Cut the cable cord If you pay for cable, consider other less-expensive options instead. Hulu, Netflix and Sling are a few good streaming video alternatives that can give you access to your favorite shows and movies without the high price tag.

12. Sign up for rewards programs Rewards programs are free to join and can save you some money on groceries, clothes and other products.

13. Buy in bulk Warehouse clubs like Costco and Sam's Club offer a variety of items in bulk. If you become a member, you'll be able to buy bulk products and save a lot of money over time.

14. Turn off the lights Keeping the lights on for an extended period of time can definitely increase your energy costs.

15. Invest in energy-efficient lightbulbs You can also save on energy expenses by installing energy-efficient bulbs, such as LEDs, in your home.

16. Challenge yourself to a spending freeze Go on a self-imposed spending freeze. Don't make any nonessential purchases for a week or month.

17. Switch banks Not all banks are created equal. Switch to a bank that offers higher interest rates and better perks than the one you currently use.

18. Use a reusable water bottle Drinking from plastic water bottles purchased at the store can add up quickly.

19. Meal prep Plan and prepare your meals for the week every Saturday or Sunday.

20. Buy frozen fruits and veggies With frozen fruits and veggies, you can save some cash and cut down on food waste.



21. DIY gifts The next time it's your friend's or family member's birthday, make him or her a homemade gift instead of buying one. They'll be thrilled by your thoughtfulness and creativity.

22. Shop around for car insurance Get quotes from several car insurance companies. If you find a better rate elsewhere, let your current provider know to see if they can match it. If not, switch carriers.

23. Ditch bad habits Not only can smoking and drinking alcohol damage your health, these habits can wreak havoc on your bank account.

24. Make a shopping list Don't go grocery shopping without a list.

25. Create a zero-based budget With a zero-based budget, you'll allocate every penny of your monthly income toward a certain expense or savings goal that can be justified.

26. Don't stress spend If you tend to go shopping when you're feeling stressed, find other ways to relieve your stress. Call a friend, soak in a warm bath or do some yard work.

27. Try to fix things on your own It's expensive to hire a pro every time something breaks. Use online tutorials and videos to learn how to make repairs by yourself.

28. Buy a crock pot If you lead a busy life, a crock pot can save you a lot of cash on takeout and drive thru.
29. Live in a smaller home Chances are you'd be just as happy (and have less to clean and pay for) in a smaller apartment, condo or house.

30. Refinance your mortgage If you own a house, refinance your mortgage while interest rates are at historic lows.

31. Stay healthy Cook nutritious, well-balanced meals and exercise regularly to keep your health in check. You'll spend less on doctor's visits, medications and co-pays.

<https://www.bankrate.com/banking/savings/how-to-save-money/>

Infant and Toddler Health

If you're concerned about your baby's weight, consult your baby's doctor. Growth, development and weight are expected topics to discuss during routine well-baby exams.

To keep your baby at a healthy weight:

Monitor your weight gain during pregnancy. Excessive weight gain during pregnancy can increase a baby's birth weight. Research suggests that as birth weight increases, so does the risk of



childhood obesity.

Breast-feed. Some research suggests that breast-feeding reduces the risk of childhood obesity.

Limit sugar-sweetened drinks.

Juice isn't a necessary part of a baby's diet. As you start introducing solid foods, consider offering nutritious whole fruits and vegetables instead.

Experiment with ways to soothe your baby. Don't automatically

turn to breast milk or formula to quiet your baby's cries. Sometimes a new posi-

tion, a calmer environment or a gentle touch is all that's needed.

Limit media use. The American Academy of Pediatrics discourages media use by children younger than 2 years. The more TV your child watches, the greater his or her risk is of becoming overweight.

As your child gets older, continue talking to his or her doctor about weight and nutrition. For additional guidance, you might consult a registered dietitian as well.

<https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/expert-answers/baby-fat/fag-20058296#:~:text=%20To%20keep%20your%20baby%20at%20a%20healthy,As%20you%20start%20introducing%20solid%20foods%2C...%20More%20>

Announcements

January is Birth Defects Prevention Month. The theme for 2021 is "Best for You. Best for Baby." We know that not all birth defects can be prevented but, you can increase your chances of having a healthy baby by doing what you can to be your healthiest self both before and during pregnancy. What is best for you is also best for your baby.

- Plan ahead
 - Get as healthy as possible before becoming pregnant.
 - Get 400 micrograms (mcg) of folic acid every day.
- Avoid harmful substances
 - Avoid drinking alcohol and smoking.
 - Be careful with harmful exposures at work and home.
- Choose a healthy lifestyle
 - Eat a healthy diet that includes fruits, vegetables, whole grains, low-fat dairy, and lean proteins.
- Be physically active.
 - Work to get medical conditions like diabetes under

control.

- Get a medical checkup.
 - Talk to your healthcare provider
 - Discuss all medications, both prescription and over-the-counter.
 - Talk about your family medical history.

4C's Head Start/Early Head Start offers a Pregnant Mom program in partnership with Children's Home Society, which offers in home wellness check, during and after pregnancy and a variety of resources for expectant mothers. Call 407-522-2252



Supporting Infant Mental Health (babies and under 5s)

What should I look out for?

Babies do not exhibit the classic symptoms of mental illness and disorder, but babies do demonstrate through, for example, poor sleep patterns, difficulties with feeding, restlessness and gastric disturbance, that they are anxious and tense, distressed or fearful. You can support your child by finding parenting strategies, which work for you, and by responding to your child's emotions with love and empathy.

Here are three things to be aware of:

1. Sleep

Sleep issues are common and sometimes become problematic. Parents may find it difficult to settle their child, or their child might wake sometimes or frequently during the night. Young children may have nightmares or be anxious about going to sleep. If you are concerned, contact your health visitor or GP.

The amount of sleep needed gradually decreases from infancy to adulthood. Every child is different, but as a rule of thumb:

Toddlers need about 12-14 hours' sleep (incl. daytime naps)

Pre-schoolers (aged 3-5) need 11-12 hours' sleep

2. Toilet training

Children will generally be fully toilet trained during the day and night between the ages of two and five years old.

If your child reaches the age of six and is still regularly wetting the bed or starts to wet the bed after a period of being dry (e.g. for six months) you should seek advice.

3. Tantrums

Outbursts of screaming, crying, shouting, kicking, hitting, biting and throwing things are common in children between the ages of one and four years old as they are still learning to deal with their emotions.

If the tantrums are getting you down, or when they occur too often or for too long, with the

child hurting themselves or others, seek advice from your health visitor, school or GP.

How can I help my child?

These things can really make a difference:

Stick to routines, be consistent, have together time, involve the family so that everyone takes the same approach, be clear, be calm, discipline in a fair way, be positive about good behavior and champion successes.

If you feel you would benefit from them, find out about local parenting advice or courses.

They can be invaluable for building confidence, learning ways of coping and meeting other parents.

Your local council may have details of organizations in your community that can give families help and support.

Be kind to yourself and take care of your own wellbeing - talking to others is invaluable.

When emotions run high, always remember that you are the adult in the situation, and you are in charge of your small child, not the other way around!

Seek advice if your concerns continue over a period of weeks. Contact your health visitor, GP or child's school.

When any aspect of your child's daily routine (sleep, eating, toilet training, tantrums) become an overwhelming problem, continue for too long or significantly affect their life or your family life, it is worth considering possible reasons or underlying difficulties, such as:

Lack of attention from parents

Lack of boundaries and rules

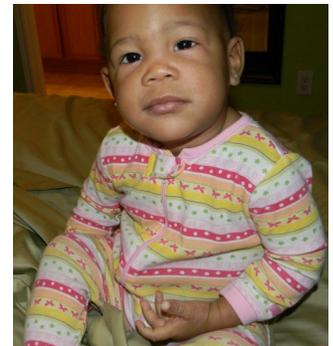
Learning difficulties

Hearing problems

Food sensitivities

Anxiety

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-infant-mental-health-babies-and-under-5s/>



A child's mental health is just as important as their physical health

Kate Middleton
PICTUREQUOTES.COM

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Fruits and Vegetables in Season

Avocados
Cauliflower
Mushrooms
Squash
Bell Peppers
Celery
Oranges
Strawberries
Broccoli
Eggplant
Passion Fruit
Sweet Corn
Cabbage
Grapefruit



Quinoa Salmon Pea Broccoli Baked Balls

Ingredients

1/2 lb wild salmon fresh fillet
2 cup cooked quinoa
1 cup frozen sweet peas
1 cup broccoli florets
1/2 cup grated parmesan cheese
3 eggs
1 Tbsp minced parsley
3 Tbsp extra virgin olive oil
pinch salt (for older kids)

Instructions

Cook the quinoa following the instructions on the packaging. I placed 1 cup of quinoa in 2 cups of boiling water and simmered covered for 12 min. Place the salmon (skin on) on some parchment paper on a baking sheet. Bake the salmon to 350F/175C for 12 minutes. Let it cool down. In a food processor chop the broccoli florets for 30sec. to reduce them to breadcrumbs consistency. In a large bowl add the salmon and break it in small pieces with a fork. Double check for any fish bones! Add the cooked quinoa, the frozen peas, broccoli, parmesan cheese, eggs,



parsley and a pinch of salt if you are cooking for babies older than 12 months. Combine well. With your hands form tiny balls using 1 tablespoon of mix. Align them one next to the other on a parchment paper on a baking sheet. Drizzle some extra virgin olive oil on top and bake 18 min to 350F/175C. Store in air tight container for up to 2 days or freeze for up to 2 months. Reheat before serving. <https://www.buonapappa.net/quinoa-salmon-pea-broccoli-baked-balls-9m/>

Broccoli 101: Nutrition Facts and Health Benefits

Broccoli (*Brassica oleracea*) is a cruciferous vegetable related to cabbage, kale, cauliflower, and Brussels sprouts.

These vegetables are known for their beneficial health effects.

Broccoli is high in many nutrients, including fiber, vitamin C, vitamin K, iron, and potassium. It also boasts more protein than most other vegetables.

This green veggie can be enjoyed both raw and cooked, but recent research shows that gentle steaming provides the most health benefits

Nutrition facts

Raw broccoli contains almost 90% water, 7% carbs, 3% protein, and almost no fat.

Broccoli is very low in calories, providing only 31 calories per cup (91 grams).

The nutrition facts for 1 cup (91 grams) of raw broccoli are:

Calories: 31

Water: 89%

Protein: 2.5 grams



Carbs: 6 grams

Sugar: 1.5 grams

Fiber: 2.4 grams

Fat: 0.4 grams

Carbs

Broccoli's carbs mainly consist of fiber and sugars.

The sugars are fructose, glucose, and sucrose, with small amounts of lactose and maltose (4

However, the total carb content is very low, with only 3.5 grams of digestible

carbs per cup (91 grams).

Fiber

Fiber is an important part of a healthy diet.

It can promote gut health, help prevent various diseases, and aid weight loss

One cup (91 grams) of raw broccoli provides 2.3 grams of fiber, which is about 5-10% of the Daily Value (DV)

Broccoli is low in digestible carbs but provides a decent amount of fiber, which promotes gut health and may reduce your risk of various diseases.

Proteins are the building blocks of your body, necessary for both growth and maintenance.

Broccoli is relatively high in protein, which makes up 29% of its dry weight, compared to most vegetables.

However, because of its high water content, 1 cup (91 grams) of broccoli only provides 3 grams of protein.