



## How to Start Birding with Your Kids

Birding can be a wonderful lifelong hobby that allows kids to build patience, concentration, powers of observation and develop a connection to the natural world.

It's incredibly rewarding and fascinating. And it can be done in nearly any environment, any time of year. And...it gets kids outdoors! Once kids start birding, they'll never see the outdoors the same way again.

Getting started in birding is a lot like anything else. Start with what you know. A good idea is to ask your child to write down all the birds they can already identify.

Then ask them to commit to learning a few new ones each week. Now it's time to do your research—together. Go online or head to the library to learn which birds are local to your city, town or region. It might be handy to pick up a Field Guide or a Bird ID cards (find them and print them or order online). Once you have your resources gathered, make a list of the most common species in your area and learn them with your child. Start small with about 3-4 birds.

Once you've mastered both male and female of those species, grow your list! Some of your best birding may be in your own backyard or local park or community garden. It's easiest to learn the birds that live around you as you will see them repeatedly and, as they say, practice makes perfect! To ensure that your child will see



birds in your early days of birding, think about making and setting up a window of a backyard bird feeder or transforming your backyard into a Backyard Wildlife Sanctuary. If you put up a feeder, stock it up with the favorite seed blends of local birds and keep it stocked. Getting your local birds hooked on your reliable food source only to forget about the feeder

through the winter is irresponsible as some of those birds may not survive as well with the food source suddenly gone. Once your child feels comfortable with backyard birds, branch out. Head out to a local park or on a hike. Just remember that birds are early risers (who get the worm of course!). Birds are probably the most active and alert in the morning because they are out trying to find food. In the early morning, you're most likely going to see songbirds, such as the House Finch, American Robin, American Goldfinch, Northern Cardinal and others.

If citizen science appeals to your child, they can report their sightings on e-bird, a National Audubon Society/Cornell Lab of Ornithology citizen science project. There are also national birding days and bioblitzes in which you can participate in a nationwide or global birding challenge. <https://childhoodbynature.com/how-to-start-birding-with-your-kids/>

## Peanut Butter and Birdseed Bird Feeder

For our bird feeder, you only need 3 components: an empty toilet paper roll, peanut butter, and bird seed.

Using a spoon or knife, spread a thick layer of peanut butter all over the cardboard roll. Spread it thick because #1: squirrels, I mean birds, love peanut butter, and #2: the more peanut butter you have, the more seeds will stick to the roll. Roll it



## 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. Mar-



tin 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.

## 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 home-made 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/>

## Childhood Obesity Prevention

Whether your child is at risk of becoming overweight or is currently at a healthy weight, you can take measures to get or keep things on the right track. Limit your child's consumption of sugar-sweetened beverages or avoid them. Provide plenty of fruits and vegetables. Eat meals as a family as often as possible. Limit eating out, especially at fast-food restaurants, and when you do eat out, teach your child how to make healthier choices. Adjust portion sizes appropriately for age. Limit TV and other "screen time" to less than 2 hours a day



for children older than 2, and don't allow television for children younger than 2. Be sure your child gets enough sleep. Also, be sure your child sees the doctor for well-child checkups at least once a year. During this visit, the doctor measures your child's height and weight and calculates his or her BMI. An increase in your child's BMI or in his or her percentile rank over one year is a possible sign that your child is at risk of

becoming overweight. <https://www.mayoclinic.org/diseases-conditions/childhood-obesity/symptoms-causes/syc-20354827#:~:text=Many%20factors%20%E2%80%94%20usually%20working%20in%20combination%20%E2%80%94%20Psychological%20factors.%20...%205%20Socioeconomic%20factors.%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.

### Talk to your healthcare provider

Get a medical checkup.  
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/>

## Fruits and Vegetables in Season

Avocados  
Cauliflower  
Mushrooms  
Squash  
Bell Peppers  
Celery  
Oranges  
Strawberries  
Broccoli  
Eggplant  
Passion Fruit  
Sweet Corn  
Cabbage  
Grapefruit  
Peanuts  
Tangerines  
Carambola  
Guava  
Radishes  
Tomatoes  
Lettuce  
Snap Beans



## Broccoli Cheese Soup

### Ingredients

4 cups broccoli florets  
2-3 Tbsp canola oil  
1/4 cup butter  
1/2 cup onion diced  
1 cup carrot peeled and diced  
3 tsp garlic minced  
3 cups chicken broth  
2 bay leaves  
2 cups 1/2 & 1/2  
2 cups medium cheddar cheese grated  
2 cups sharp white cheddar cheese grated  
1/2 tsp paprika  
salt and pepper to taste

### Toppings

bacon bits  
green onions  
cheese grated

### Instructions

Heat oil in a heavy pan over high heat. Add in broccoli and cook until broccoli begins to char on the bottom. Stir, season with salt and pepper and continue to cook until tender and charred on both sides. Remove to a bowl  
Add in butter, onion and carrot. Cook, stirring frequently until ten-

der. Lower heat and add in garlic, cook for an additional minute. Add in chicken broth, broccoli, bay leaves, 1/2 & 1/2 and bring to a boil. Reduce and simmer until broccoli is completely tender, about 30 minutes. Remove bay leaves and pour soup into a high speed blender, blend soup (only blend half of soup if you want a chunkier soup). Return soup to pan and add in cheese a cup at a time. Stir until cheese melts. Season with paprika and salt and pepper. <https://www.yourhomebasedmom.com/broccoli-cheese-soup/#wprm-recipe-container-59493>



## 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. <https://www.healthline.com/nutrition/foods/broccoli#protein>