



# Early Head Start Gazette

Community Coordinated Care for Children Inc., (4C)

April 2021

## April 4 Easter Sunday



Easter Sunday is regarded as the foundation of Christian faith, as it marks the day of Jesus Christ's resurrection after his crucifixion.

## April 7 National Walking Day

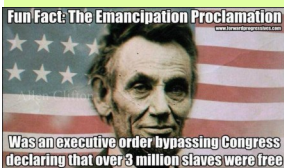


This day encourages people to be healthy and reminds them that just thirty minutes of walking every day can have a great impact on their overall health, and help prevent diseases such as cancer, diabetes, and heart disease.

## April 15 Tax Day

Last Day to file taxes

## April 16 Emancipation Day

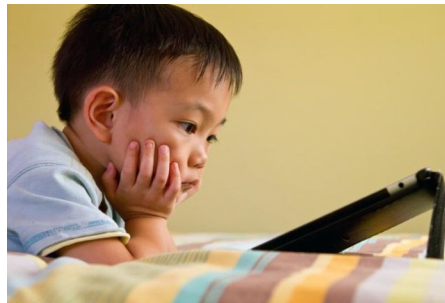


President Abraham Lincoln signed the Compensated Emancipation Act, which effectively abolished slavery in the District of Columbia. Slavery in other parts of the United States only came to an end in 1865.

## Screen time for babies and toddlers

Current national and international guidelines recommend that children under two years do not have screen time other than video chatting.

Very young children learn best from real-world experiences like physical play, playing outside, reading, creative play and social time with family and friends.



screen time habits from you. This means you can help your child develop healthy screen habits by using screens in the way you want your child to use them in the future.

Even when your child is very young, you can start modeling healthy screen use. For example, you can:  
Switch your phone off during

Video chatting is OK because your child is interacting with another person. Video chatting can support your child's social and language development. It can also help to create bonds with family and friends.

If you are thinking about using digital media like apps or TV programs with your baby or toddler, it is important to use age-appropriate, quality content. It is also important to balance screen time with other activities like physical play, reading, creative play and social time with family and friends.

Role-modelling healthy screen time habits  
Developing healthy screen time habits is an important part of digital media use for children.

Even if your baby or toddler is not using screens, your baby sees how you use screens and learns

meals

Turn the TV off when you've finished watching a program  
Balance your screen use with activities like being outdoors, reading and doing physical activity  
Give your child your full attention and avoid checking your phone when you are playing together or feeding your child.

Exposure to screens

Your family is likely to have a range of screens like televisions, computers, tablets and smartphones. This means that your baby or toddler might see images on these screens, even if they are not using them yet.

It's good to be aware of what your child might be seeing. For example, some images on the news or in video games can be quite violent and distressing, even for very young children who might not fully understand what they're seeing. <https://raisingchildren.net.au/toddlers/play-learning/screen-time-media/healthy-screen-time-0-2-years>

## Leaf Printing with Watercolors

Watercolor Paint - we used this brand  
White Cardstock - we like the 12x12 cardstock since you can fit larger leaves on your paper

Tips:  
Apply a generous amount of watercolor to your leaf. Use a few different colors on the leaf to give it a blend of colors on the leaf impression. We used green and yellow, orange and red, and purple and blue.  
Do not make the watercolor on your brush too watery when applying to your leaf. If it is too watery the paint won't transfer nicely to your paper.



Just add enough water that you can pick up the color with your brush to apply it to the leaf.

If you decide to use liquid watercolors, do not dilute them too much so that you have a more concentrated paint color.

Press firmly onto your cardstock making sure to rub and press every part of your leaf. This is so that the veins on the back of the leaf will make an impression on your paper.

<https://www.thebestideasforkids.com/leaf-painting/>

## How to Pay for College without Student Loans

Trying to figure out how to fund your college education? While student loans may seem like the easiest solution to pay for college, there are alternatives. Especially considering that student loan debt is at an all-time high, you may want to try to minimize your debt as a new college graduate.

If you plan to graduate from college debt-free, you will need to create a budget for college to help you manage your money and limit you are spending. You will also need to find creative ways to pay for tuition, books, and other necessities. Read on to learn tips on how to graduate from college debt-free.

### Apply for Scholarships

The first way to pay for college without student loans? Actively look for and apply to scholarships. It is also important to realize that not all scholarships are based only on academic performance.

You can apply for scholarships that are based on service work that you have performed, scholarships based on your major, your ethnicity, or where you or your parents work.

There are even scholarships designed for people entering specific years in college, so you should continue to look for scholarships once you have begun school.<sup>2</sup>

### Pay-As-You-Go

Another alternative is to pay for college is to pay out-of-pocket. This means that you work full-time in the summers and use that money to pay for the next year of college. You can also work during the

school year part-time to help cover the cost of room and board, books, or other necessities.

Another option is to lower your housing costs by living off-campus or by choosing a different meal plan.

It is also important to consider the cost of tuition at different colleges. Going to an in-state public university will cost you less than going out of state or to a private college.

### Tuition Reimbursement from Your Employer

You may consider working at a company that will pay you to attend college, called tuition reimbursement. Some companies will pay for the classes upfront; others will reimburse the cost after you have successfully completed each semester.

Generally, the companies will have a time that you must work for them after you graduate, or you will need to pay them back the difference. This can be a great way to earn your degree while avoiding debt. What's more, the work experience can make you more marketable when you graduate.

### Attend College Part-Time

You may also consider working full time and attending college part-time. It means that your education will take a bit longer, but you will not need to sacrifice as much when it comes to lifestyle choices. This is a good option for someone who has decided to attend college later in life. Many programs are designed specifically for this purpose.



You will need to decide how quickly you want to graduate as well against the debt you may take on. If you are doing this option, it helps to have a solid plan in place so that you can move forward as quickly as possible.

### Take a Heavier Course Load

Many students will only take the minimum requirements each semester. However, you may also choose to save money on college tuition by taking more courses per semester, thus shortening the amount of time you'll need to be in school.

You also may find that by attending classes in the summer, you save money since the cost of tuition is often lower. Some students also take summer courses at local community colleges, which can save money.

Students might also save money by staying in their college town during the summer. That way, they can keep their summer job and earn more money. <https://www.thebalance.com/you-dont-have-to-borrow-money-to-pay-for-college-2386189>

## Safe bath temperature: babies and children

Safe bath temperature for babies and children: what you need to know

A safe bath temperature for babies and children is between 37°C and 38°C.

**Scalds can happen in seconds if bath water is too hot. Many scalds happen in the bathroom when:**

A child is placed in a dangerously hot bath  
A child is already in the water and puts a hand or foot under running hot water  
Water in the bath hasn't been swirled, so there are hot and cold areas  
Children turn on the taps themselves.

A child can be severely scalded in under a second when the temperature of water coming out of your taps is around 65°C. When the water coming out of your taps is at a maximum of 50°C, it is much safer. At this temperature, it takes five minutes to severely scald a child.

**Here are some simple tips for preventing scalds in the bath:**



Check the bath temperature using a thermometer. You could also test the temperature by putting your arm in. If your skin goes red, the water is too hot for your child.

Ensure that the water coming out of your taps is at a maximum of 50°C. This is a low-risk temperature for scalds. Talk to your heater manufacturer, local gas supplier or plumber about a temperature control device for your hot water system.

Install anti-scald devices on taps and shower outlets. These are available from hardware and safety product shops. Consider child-resistant taps or tap guards in the bath. Turn on the cold water first, and then the hot to get the right bath temperature for your child. When turning the water off, turn off the hot water first so the cold water can run through the tap and cool it down. Heated water needs to be stored at above 60°C to prevent the formation of Legionella bacteria. This is why it is good to have a temperature control device fitted to lower the temperature of the water coming out of your taps. <https://raisingchildren.net.au/babies/safety/bath-water-safety/bath-temperature>

## Announcements

April is the National Child Abuse Awareness and Prevention Month. Child abuse and neglect can be difficult to speak about, but we encourage you all to gain knowledge in all areas that are important to raising strong and healthy children.

Child abuse and neglect is, at a minimum, any recent act or failure to act on the part of a parent or caretaker, which results in death, serious physical or emotional harm, sexual abuse or exploitation (including sexual abuse as determined under section 111), or an act or failure to act which presents an imminent risk of serious harm (Child Abuse Prevention and Treatment Act).

**Physical Abuse:** This occurs when someone such as a child parents or day care provider hits or otherwise hurts a child.

**Sexual Abuse:** This happens when someone performs a sexual act on the child or forces a child to perform one on them. This includes touching a child in private areas such as the vagina, breast or penis.

**Emotional Abuse:** This occurs when a parent treats a child in ways that make the child feel unwanted, or like a bad



person so much that the child's normal development, learning or behavior suffers. This may include harshly criticizing or frequently blaming the child or making the child feel unwanted.

**Shaken Baby Syndrome:** This type of abuse occurs when someone forcefully shakes a baby or is much too rough when handling a baby. This is the most common way that a young child becomes seriously brain injured or dies as a result of abuse.

**What can cause parents to hurt their children?**

Too much stress at home and/or school.

Uncontrolled anger or feelings of frustration.

Depression; feeling all alone.

Not enough money for living expenses.

Violence in the home or in relationships.

Drug or alcohol abuse: your own or by those close to you.

Feeling too sick or too tired to cope with a child's needs.

**Who can report child abuse or neglect?**

Anyone can report suspected child abuse or neglect. Reporting abuse or neglect can protect a child and get help for a family.

**How do I report suspected child abuse or neglect?**

Call Toll-Free: (800) 96-ABUSE (800-962-2873)

<https://www.myflfamilies.com/service-programs/abuse-hotline/external-link>

Online Reporting <http://www.myflfamilies.com/service-programs/abuse-hotlineexternal-link>

## Discipline and guiding behavior: babies and toddlers

About discipline

Discipline is helping your child learn how to behave - as well as how not to behave. It works best when you have a warm and loving relationship with your child.

**Discipline doesn't mean punishment. In fact, discipline and discipline strategies are positive. They are built on talking and listening, and they guide children towards:**

Knowing what behavior is appropriate, whether it's at home, a friend's house, childcare, preschool or school  
Managing their own behavior and developing important skills like the ability to get along well with others

Learning to understand, manage and express their feelings.

Choosing an approach to discipline  
Choosing an approach to discipline is about finding the right balance.

Not enough discipline can leave children feeling insecure and parents feeling out of control. Too much negative discipline, and not enough praise and rewards, might get children behaving well, but out of fear. This can lead to problems with children's self-esteem and anxiety later in life.

Discipline works best when it is firm but fair. This means you set limits and conse-



quences for your child's behavior, while also encouraging good behavior with praise, rewards and other strategies.

Your approach to discipline will also depend on things like your parenting style, your child's stage of development and your child's temperament.

Physical punishment - for example, smacking - does not teach children how to behave. When parents use physical punishment, children are more likely to have challenging behavior, anxiety or depression. There is also a risk that smacking might hurt your child.

**Discipline at different ages**

The ways that you use discipline will change depending on what's happening for your child at different stages of development.

**Babies**

Babies do things to test their developing skills. They also enjoy making things happen. For example, your baby probably likes getting a reaction when he pulls your hair.

However, babies do not understand consequences. They also don't know the difference between right and wrong.

**This means that negative consequences, or punishment, don't work for babies.**

Instead, babies need warm, loving care so they feel secure. Therefore, when your baby pulls your hair, you might say 'no' and show him how to touch your hair gently. You will probably need to do this repeatedly because your baby might not remember from one time to the next.

**Toddlers**

Toddlers often struggle with big feelings like frustration and anger. Their social and emotional skills are only just starting to develop, and they might be testing out their growing independence.

You can help your child behave well by tuning in to his feelings, changing the environment, distracting him and planning for challenging situations. Our tips and tools for toddler behavior management explain these and other discipline strategies.

<https://raisingchildren.net.au/babies/behaviour/responding-to-baby-behaviour/discipline-strategies>

### Cantaloupe: Nutrition and Benefits



Cantaloupes grow on low vines and have a webbed outer skin that turns from green to mostly beige when ripe. In Europe, the name cantaloupe is used to refer to a slightly different melon with beige and green skin. Both have orange, sweet flesh with seeds in the center. Conventional cantaloupe is considered affordable, and organic can cost twice as much. It's best eaten fresh and in season when the fruit is picked ripe, but it can also be pureed or turned into marmalade.

Cantaloupe is 90% water, making it a hydrating snack that is low in calories and fat.<sup>1</sup> The melon is a rich source of vitamin C and A, with a 100-gram serving that provides 41% of the recommended daily intake of vitamin C and 19% of vitamin A. Since cantaloupe is an orange fruit, it contains beta carotene, a carotenoid that is converted to vitamin A in the body and has a long list of potential health benefits. <https://www.thespruceeats.com/picking-ripe-cantaloupe-2356029#nutrition-and-benefits>

### Cantaloupe & Melon Puree for babies 8 - 10 months



1 medium sized ripe melon of your choice

Directions:

Step 1: Cut melon in half and scoop out seeds

Step 2: Remove the rind from 1 half of the melon and then dice

Step 3: I suggest mashing or serving soft ripe dices as finger foods. Melons really do not store well in pureed form.

Step 4: If you decide to puree the melon for baby food, simply place the dices into your choice of appliance for pureeing and begin pureeing.

Step 5: There should be no need to add any extra liquid but you may need to add cereal or another food to thicken up the melon.

Step 6: Note: Freezing in dices will make for less waste and enable you to pop out a few dices for a soothing cool treat in a baby safe feeder. <https://wholesomebabyfood.momtastic.com/melonbabyfoodrecipes.htm>

### Simple Tips To Eating Healthy On A Budget:



- Opt for cheaper protein sources like lentils, chickpeas, beans, eggs, quinoa & tofu - even one or two meatless meals per week can save you tons of money!
- Use frozen fruits & veggies - this reduces food waste and allows you to diversify the number of veggies you're using
- Buy produce when it's in season - veggies like cabbage, squash & broccoli tend to be cheaper during the winter months when they're in season. Likewise, apples are cheaper in the fall, berries are cheaper in the summer and so forth
- Use coupons & look at your local grocery flyer to see what's on sale
- Stay away from the inner aisles of the grocery store - trust me, it's just filled with junk and it's more expensive than buying basics
- Shop for spices at your local bulk foods store
- Shop for pantry staples like oils, vinegars, condiments, sauces, etc. at your local discount grocery store - in Canada we have stores like Price Chopper & Food Basics where you can save up to a dollar or two on the exact SAME condiments like ketchup, soy sauce, olive oil, etc. When you're running low on these staples stock up!
- Speaking of discounted food items, shop for no-name products whenever possible
- Buy meat when it's on sale and freeze it - you usually have 3 or more months to eat it

<https://thegirlonbloor.com/eating-healthy-on-a-budget-10-cheap-dinner-ideas/>



Today more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies, and lack of physical exercise.

Mike Adams