

# Head Start Gazette

Community Coordinated Care for Children Inc. (4C)

## 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

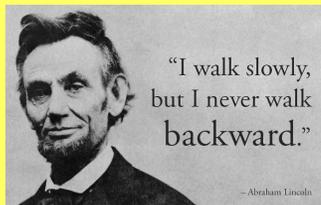


This day encourages people to be healthy and reminds them that just thirty minutes of walking every day can have a great impact on their overall health, and help prevent diseases such as cancer, diabetes, and heart disease.

## 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.

## Getting Kids Ready: Teach Life Skills

One of the best ways parents prepare their children for adulthood is by acting as their teacher and role model to help them learn the many skills they will need. These skills can include everything from basic household tasks like vacuuming and cooking to handling more complex responsibilities like managing a budget or a difficult social situation. Your job, if done correctly, lays the groundwork so that your children will have what it takes and know what is needed to be an independent adult, including how to do all those chores!



children to learn something or acquire a certain skill, the more likely it will be that they will see the relevance of doing so.

### **Talk to your children!**

Talking helps to build relationships. It is through connections that people learn to trust each other and grow. The more your children feel secure in their

relationship with you, the more readily they will learn from you.

As you spend time together, share with them your experiences, feelings, and values related to the skills being taught. Invite your children to share with you their feelings and thoughts, and help them to identify their pride and sense of accomplishment when they learn something new or finish a task.

### **Work until the teaching becomes part of their routine.**

Children need and deserve your help, especially when they are struggling to learn a new skill. In addition, they will continue to need your help as they grow and develop. Often parents think that they need to say something only once and their children will get it. It takes patience on the part of parents to teach and re-teach a skill.

### **Let your kids make their own decisions.**

It can be hard to stand by as they learn from their mistakes, accept the consequences of their choices, and figure out new tactics.

<https://centerforparentingeducation.org/library-of-articles/responsibility-and-chores/teaching-children/>

### **The following ways describe how parents can most effectively influence and teach their children:**

#### **Model appropriate behaviors**

What you do and how you behave, as an adult tends to be the biggest influence on how your children act. They are watching and learning from you every day. You can use this fact to help instruct your children. Your children learn best how to do things by watching what you do.

#### **Discuss the how's and why's of different tasks and skills.**

Children are more likely to perform certain tasks and chores when they clearly understand what it is they should be doing and why. The clearer you are about why you want your

## How to Make Pipe Cleaner Flowers

### **What You'll Need**

Scissors  
Hot glue gun  
Materials  
Small planter  
Floral arrangement foam (to fit planter)  
Pipe cleaners in various colors (remember green for stems)  
Artificial moss or potting soil (optional)

### **Instructions**

Place Three Pipe Cleaners on Top of Each Other  
To make pipe cleaner daffodils, use yellow, orange, and green pipe cleaners. Start your flower by laying three yellow pipe cleaners on top of each



other in a star pattern (an X, with one pipe cleaner in the middle).  
secure the Pipe Cleaners Together  
Bend the pipe cleaners around each other to secure them together. Make sure that you maintain the same star shape.  
Spiral One of the Sides to the

### **Center**

Pick a side of the pipe cleaner star, and start spiraling it into the center of the flower. Make sure to keep the spiral tight. Repeat Spirals With All Sides  
Continue to spiral all pipe cleaners to the center of the flower. It's okay if they overlap a little bit.

### **Attach Stem to Flower**

Use a green pipe cleaner to make a stem for your flower. Attach the stem to the flower by bending it over the center of the flower where the pipe cleaners are connected.

Twist to secure. <https://www.thesprucecrafts.com/pipe-cleaner-flowers-4175770>

## 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>

## Teach Simple Rules about Safety with Adults

Keeping children safe is an important job for parents. You want your child to respect and trust others, but you also need to teach your child to be careful. Following are some simple rules and ways that you can start a conversation with your child about different safety issues.

"If you're not sure, ask me."

"If an adult asks you to do something that you're not sure is OK, always ask me first. I won't get mad at you for asking."

"No secrets."

"No one should ever tell you to keep a secret from me—one that might make me mad if I found out. Adults



should never expect you to do this."  
 "Certain body parts are private."  
 "No adults (except parents, doctors, and nurses) should touch you where you normally wear a bathing suit."  
 "If we get separated, find a security guard or police officer."  
 "This is a very busy place. If you cannot find me, find a security guard or police officer, or ask someone to help you find me. That person will help you find me."

When you take your child to a crowded place, look around and point out the person who is there to help if

you do become separated.

<https://www.healthychildren.org/English/ages-stages/preschool/Pages/Growing-Independence-Tips-for-Parents-of-Young-Children.aspx>

## 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.



ships.

- 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>

## Smacking children: what you need to know

### **Smacking is a physical punishment.**

Smacking looks like it works because children stop what they're doing when they get a smack. However, smacking isn't a good choice for discipline. That's because it doesn't help children learn about self-control or appropriate behavior.

### **As a form of punishment, smacking has three other big drawbacks.**

First, there is a risk that smacking might hurt your child.

Second, it can give children the message that smacking or hitting other people is an OK way to deal with strong feelings.

Third, physical punishment like smacking can lead to longer-term problems in children's health and development. Children who are smacked can be more aggressive than children who aren't smacked. They're more likely to have challenging behavior, anxiety or depression.

### **There are better ways than smacking to guide your children towards good behavior.**

### **Alternatives to smacking: helping your child behave well**

One of the best ways for parents to avoid situations where they might feel like smacking is to create opportunities for children to behave well.

Having clear family rules is the first step. Rules let your child know what behavior you expect and can help you avoid difficult behavior from your child.

You can also plan for situations where your child tends to behave in challenging ways. For example, you might want to wait until after your child has had a nap or a snack before you take her grocery shopping. This can make it easier for your child to sit still in the trolley.

If your child is behaving in a way you do not like, it's a good



idea to look at what's going on in your child's environment. By changing your child's environment, you might be able to change your child's behavior too. This can be as simple as moving fragile things out of reach.

And sometimes just distracting your child in a challenging situation is enough to reduce bad behavior.

### **Using consequences instead of smacking**

Part of firm and fair discipline is setting limits on children's behavior. For preschoolers and school-age children this can include using consequences when children break rules or misbehave. Consequences work in the long term only when you combine them with positive strategies to encourage good behavior.

Consequences are not recommended for children under three years old, because they don't help young children change their behavior. Babies and toddlers are too young to understand that a consequence has happened because of something they did. And they don't know the difference between right and wrong.

### **Smacking: how children feel**

When parents smack a child, they are often trying to say, 'you've done the wrong thing - behaving that way isn't OK'. But this isn't the message children receive. A child who's being smacked might think her parent is saying, 'I'm angry with you and I don't like you'.

Children mostly feel fear, anger and sadness when they're smacked. They might also feel confused and lose trust in their parents. They usually can't think about what they've done wrong or understand why they're getting a smack. <https://raisingchildren.net.au/preschoolers/behaviour/discipline/smacking>

## 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 Sorbet

1 cup sugar  
1 cup water  
1 large cantaloupe (or Crenshaw melon; about 4 pounds melon)

### Steps to Make It

Gather the ingredients.

In a small saucepan, bring the sugar and 1 cup water to a boil.

Reduce the heat to maintain a steady simmer and cook until it thickens slightly—about 10 minutes.

Take off the heat and let cool to room temperature.

While the sugar syrup cools, peel, seed, and cut the melon into cubes: Cut off the ends of the melon and set it upright (one of the cut sides down) on a cutting board. Remove the peel by cutting down along the sides all the way around. Cut the melon in half, scoop out and discard the seeds, and cut the melon into cubes.

Transfer the melon to a blender or a food processor and whirl until completely and utterly smooth and pureed. You will likely need to do this in batches, being sure to thoroughly puree each batch.

Transfer each batch to the same large bowl.

Add about half of the cooled sugar syrup to the pureed melon. Taste. It should be a bit sweeter than you want the final sorbet to taste.

Add more sugar syrup, about 1 tablespoon at a time, until slightly oversweet.

Cover and chill the mixture in the refrigerator for at least 1 hour and up to overnight. Chilling the mixture before freezing it will help ensure the final sorbet has the creamiest texture possible, so don't skip this step if you can avoid it.

Freeze the mixture in an ice cream maker according to the manufacturer's instructions. <https://www.thespruceeats.com/cantaloupe-sorbet-2216189>



## 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/>

