

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



May 9 Mothers Day



Mother's Day is observed in America every year on the second Sunday of May. It is a day for celebrating mothers and showering them with gifts and treats. It is not a public holiday, so businesses follow normal Sunday hours.

May 17 Tax Day

Taxes due!

May 31 Memorial Day



Memorial Day is observed in America on the last Monday of May, and it is a day to commemorate and remember the men and women who lost their lives while in service for the US military. It is a federal holiday, and as such, businesses and schools are closed, and most people have the day off work.

Early Head Start Gazette

May 2021

Who is eligible for a COVID-19 vaccine?

ALL PERSONS 16 YEARS OF AGE AND OLDER ARE ELIGIBLE TO RECEIVE THE COVID-19 VACCINE IN FLORIDA

As of Monday, April 5, all Florida residents are eligible to receive any COVID-19 vaccine as prescribed by the Food and Drug Administration.

PERSONS AGES 16-17: The Pfizer vaccine is authorized for persons age 16 and up. The Moderna vaccine is authorized for persons age 18 and up. All individuals under the age of 18 receiving a vaccine must be accompanied by a guardian and complete the COVID-19 vaccine screening and consent form.

To Preregister for the Covid-19 vaccine go to: <https://myvaccine.fl.gov/#/>

Teaching Colors

Simple, developmental activities you should do everyday with your toddler to help them learn, even when you're busy. They require no set up or creativity.

Everything your child plays with or touches has a color. It's easy to point out colors to them and even group things by color.

For example, if you see a red ball, red crayon, and red block in their toy box, show them all of these together and that they are red.

They should really start being able to distinguish different colors around 18 months. They will know the difference between them, although naming them may still be difficult. <https://justsimplymom.com/2020/04/10/simple-activities-you-should-be-doing-with-your-1-year-old/>



Get Outside

Simple, developmental activities you should do everyday with your toddler to help them learn, even when you're busy. They require no set up or creativity.

Kids love the outdoors and get stir crazy when you keep them inside all day. Take them for a walk and point out all the sights you see: green trees, blue sky, house, car, road

They're soaking up all of this vocabulary so get them to see a little more.

Blow bubbles, pick up leaves, or run through the sprinkler. If they need to be outside to run around and get some energy out, sitting in the grass is a great sensory experience. Getting some sunshine and running around a bit will even tire them out if they're refusing a nap.

<https://justsimplymom.com/2020/04/10/simple-activities-you-should-be-doing-with-your-1-year-old/>



Finance Tips to Help You Save Money While Making Money

Being in control of your money



Automatic Deduction: It is simple to set up an account at the bank that will automatically take money out of your paycheck every week and store it away in a savings account or something similar.

401k: Many employers offer 401k benefit to their employees and many of them also match your employee contribution.

Save Money on Insurance: Saving money in this area is a great way to free up cash that can then be used in other areas, not to mention protect your most cherished belongings!

Money Back Credit Cards: Credit cards are great if you know how to take advantage of the cash back bonuses they offer and pay off the balances every month.

Avoid the Non-Essentials: You don't need those cigarettes and alcohol in your life as it is just a financial drain on your bank account, not to mention they are bad for your health.

Cancel Unused Memberships: Cancel any unused memberships in your life that you don't

use enough.

Don't Become House Poor: If you are planning to purchase a house soon, try finding a state that has a lower property tax rate or none at all. You'll be saving some serious money if you stay within your means or below them.

You Don't Really Need that New Car: There is nothing wrong with driving around in a used one that has over 100,000 miles on it. Save that money instead and let it build interest until your car can't run any longer.

Buying Generic Is Not Being Cheap: Go with generic items while shopping and your grocery bill could be cut in half.

Pay Off Your High-Interest Loans First: If you have two loans of a similar amount and one has an interest rate of 8 percent and the other one has an interest rate of 15 percent, pay off the high-interest loan first.

https://www.menwithkids.com/10-personal-finance-tips-to-help-you-save-money-while-making-money/?keyword=best%20way%20save%20money&utm_source=bing&utm_medium=cpc&utm_campaign=US%20Traffic&utm_term=best%20way%20save%20money&utm_content=finance%20tips

Water Safety: Protect your Children from Drowning

Most children are drawn to water. It's sparkly. Things float in it. It's fun to splash. But water safety is no laughing matter. Anyone can have a water-related accident — even children who know how to swim. To keep your children safe in and near the water, follow these guidelines.

General water safety

Learn cardiopulmonary resuscitation (CPR). Parents and child care providers should know CPR. Supervise. Never leave children unsupervised near a pool, hot tub or natural body of water. During gatherings, adults who know how to swim can take turns being the "designated watcher," who isn't distracted. Children under age 4 should be supervised at arm's length, even if they can swim. Don't rely on air-filled or foam toys, such as water wings, noodles or inner tubes, to keep children safe.

Teach children to swim. According to the American Academy of Pediatrics, most children age 4 and older can learn to swim. Children ages 1 to 4 might be able to learn depending on their physical and emotional development. Swimming lessons, however, don't necessarily prevent drowning and aren't a substitute for adult supervision.

Avoid alcohol. Don't drink alcohol when you are boating, swimming or supervising children who are swimming.

Natural bodies of water

Swimming conditions can be unpredictable in ponds, lakes, rivers and oceans. Water depth can change rapidly, as can water temperature, currents and the weather. Murky water might conceal hazards. Follow these water safety tips:

Wear a life jacket. Children and adults should wear personal flotation devices whenever riding in a boat or fishing. An air-filled swimming aid isn't a substitute for a life jacket.

Feet first. The first descent into any body of water should be a jump — feet first. Before the jump, check water depth and temperature and look for underwater hazards.

Stay in designated areas. At public beaches, swim only in areas set aside for swimming. Pay attention to posted warnings about unsafe swimming conditions. Don't allow children to swim in drainage ditches, abandoned surface mines or other water-filled areas not intended for swimming.

Beware of thin ice. Drowning can occur in the winter, too. Avoid walking, skating or riding on weak or thawing ice.

Toilets, bathtubs and buckets

A baby can drown in just 1 inch (2.5 centimeters) of water. A curious toddler can fall into a toilet, bucket or fish tank. Consider these precautions:

Keep the bathroom door closed. Install a safety latch or doorknob cover on the outside of the door.

Supervise bath time. Never leave a child alone in the bathtub or in the care of another child. Drain water from the tub immediately after use.

Shut toilet lids. Consider installing childproof locks on lids.

Store buckets safely. Empty buckets and other containers immediately after use. Don't leave them outside, where they might accumulate water.

<https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/child-safety/art-20044744>



Announcements

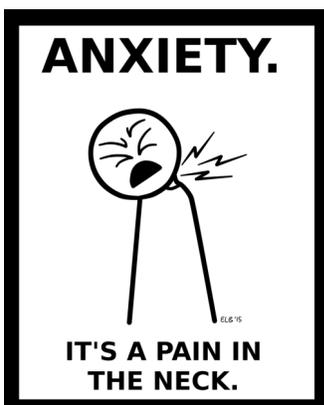
May is Mental Health Month. The COVID-19 pandemic has had a profound impact on the mental health of people of all ages. Now, more than ever, it is critical to reduce the stigma around mental health struggles, because that stigma often prevents individuals from seeking help.

Stress Physical And Mental Effects

You may feel physical stress that is the result of too much to do, not enough sleep, a poor diet or the effects of an illness. Stress can also be mental: when you worry about money, a loved one's illness, retirement, or experience an emotionally devastating event, such as the death of a spouse or being fired from work.

Tips for Reducing or Controlling Stress

- Be realistic. If you feel overwhelmed by some activities (yours and/or your family's), learn to say NO! Eliminate an activity that is not absolutely necessary.
- Shed the "superhero" urge. No one is



perfect, so do not expect perfection from yourself or others.

- Meditate. Just ten to twenty minutes of quiet reflection may bring relief from chronic stress as well as increase your tolerance to it. Use the time to listen to music, relax and try to think of pleasant things or nothing.
- Visualize. Use your imagination and picture how you can manage a stressful situation more successfully.
- Take one thing at a time. The best way to cope with this feeling of being overwhelmed is to take one task at a time.
- Exercise. Regular exercise is a popular way to relieve stress. Twenty to thirty minutes of physical activity benefits both the body and the mind.
- Hobbies. Take a break from your worries by doing something you enjoy.
- Healthy life style. Good nutrition

makes a difference. Limit intake of caffeine and alcohol (alcohol actually disturbs regular sleep patterns), get adequate rest, exercise, and balance work and play.

- Share your feelings. A conversation with a friend lets you know that you are not the only one having a bad day, caring for a sick child or working in a busy office.
- Give in occasionally. Be flexible! If you find you are meeting constant opposition in either your persona.
- I or professional life, rethink your position or strategy. Arguing only intensifies stressful feelings. If you know you are right, stand your ground, but do so calmly and rationally.
- Go easy with criticism. You may expect too much of yourself and others. Try not to feel frustrated, let down, disappointed or even "trapped" when another person does not measure up. The "other person" may be a wife, a husband, or child whom you are trying to change to suit yourself. Remember, everyone is unique, and has his or her own virtues, shortcomings, and right to develop as an individual.

5 Ways to Give Baby a Great Night Sleep

While parenting your baby is full of surprises, one thing is for sure - a well-rested baby is a happy baby. Creating nighttime routines is one of the best ways to ensure that your baby will get to bed easily and sleep comfortably for longer stretches of time. Here are five suggestions for establishing a winning bedtime plan.

Tone down the room. By dimming the lights and turning off all TVs and other screens you can start to prepare baby for a soothing transition to bedtime. Bringing the energy level down and playing soft music will help your baby relax and feel calm.

Prepare a warm bath. A gentle bath is a lovely way for baby to end their day and transition from dinner to bed. If your baby gets upset when you wash and rinse their hair, save that part of the bath for daytime. The bath shouldn't be long, but it should include baby specific bath products and soft cloths and towels for their sensitive skin.

Incorporate story time. Reading to your baby is one of the best things you can do for them. Nighttime reading not only introduces your baby to words and rhythms, but also allows for quality cuddle time before bed. Choose books that focus on going to bed, such as a tried and true classic like *Goodnight*



Moon, or books with a repetitive rhythm like *Brown Bear, Brown Bear*. Set up a reading chair in the nursery so you can easily put baby down in the crib as soon as the reading time is over.

Consistency is key. When establishing a bedtime routine it's important to keep things the same, and don't drag it out too long. Work backwards from your baby's ideal bedtime, and create a routine that can be completed in about 30-45 minutes. You baby will start to automatically recognize the cues and will look forward to winding down the day and preparing for sleep. If you will be out of town or your schedule will be out of whack be sure to pack key elements of the routine such as books, diapers, and baby bath soap, so your baby can still have a good night's sleep.

Help baby stay dry all night. Keeping baby dry overnight can help prevent nighttime waking and let baby sleep longer. To ensure your little one is comfortable all night long, swap out your regular daytime diaper for one made especially for nighttime.

Building a foundation for a good night's sleep is a gift you can give your baby. By establishing a regular bedtime ritual, making sure baby stays dry all night, and creating a calm atmosphere, you will help your baby sleep better so you can all have a good night and an even better next day. <https://www.huggies.com/en-us/tips-advice/wellness/sleep-rest/5-ways-to-give-baby-a-great-nights-sleep>

Creamy Corn & Cauliflower

One of the most nutritious corn recipes for babies, this is going to make the breakfast bowl empty. This is one of the most natural corn recipes for babies.

Ingredients:

Corn niblets- about 2 cups
One cauliflower - washed and chopped, use the florets
One cup of whole milk yogurt, and pepper

Directions:

Cook the corn using your preferred method.
Steam the cauliflower florets until tender.
Once veggies are cooked, allow cooling then transfer in portions to your blender/food processor and puree.
Add yogurt and pepper as you puree until you have a creamy consistency. <https://www.wonderparenting.com/health/corn-recipes-for-babies/>



Corn, Apple & Sweet Potato

One of the most loved sweet corn recipes for babies. This is one of the most preferred corn recipes for babies.

Ingredients:

Corn niblets- about 2 cups
One apple
One sweet potato
Directions:

Cook the corn.
Steam until tender - apple and sweet potato
Pour corn, apple, and sweet potato in an appliance for pureeing. You can also cut them to serve as finger food.
Add necessary water to achieve a thin and smooth consistency. <https://www.wonderparenting.com/health/corn-recipes-for-babies/>



Is Corn Good for You? Nutrition Facts and More

Corn is a starchy vegetable and cereal grain that has been eaten all over the world for centuries.

It is rich in fiber, vitamins and minerals.

However, the health benefits of corn are controversial — while it contains beneficial nutrients, it can also spike blood sugar levels. In addition, the crop is often genetically modified.

What Is Corn?

Corn is considered both a vegetable and a cereal grain.

Sweet corn that you eat off the cob is usually considered a vegetable in the culinary world, whereas the dry seeds that are used for popcorn are classified as whole grains.

Corn originated in Mexico over 9,000 years ago and is known by its original name "maize" in many parts of the world. Native Americans grew and harvested this crop as a main source of food

Today, it is one of the most widely consumed cereal grains worldwide.

Corn is usually white or yellow but also comes in red, purple and blue.

It has eaten as sweet corn, popcorn, tor-



tillas, polenta, chips, cornmeal, grits, oil and syrup and added to countless other foods and dishes.

What's more, it is widely used for fuel and animal feed. In fact, 40% of the corn grown in the US is used for fuel and 60-70% of corn worldwide is produced to feed animals.

Corn is a popular food that is considered both a vegetable and whole grain. It can be eaten whole as sweet corn or popcorn or processed into chips, oil and syrup. However, most corn is used for animal feed and fuel production.

Highly Nutritious

Corn is high in carbs and packed with fiber, vitamins and minerals. It is also relatively low in protein and fat.

Most of the carbs in corn come from starch — which can quickly raise your blood sugar, depending on how much you eat. However, it is also high in fiber that can help balance your blood sugar levels.

Due to its impressive nutrient profile, most people can benefit from eating whole corn and popcorn as part of a balanced diet. It is also a naturally gluten-free food and can be eaten by those who avoid gluten.

On the other hand, processed corn products may not be very nutritious, as refined oil, syrup and chips lose beneficial fiber and other nutrients during production. In addition, many processed products are high in added salt, sugar or fat.

Whole corn is loaded with fiber and contains vitamin C, B vitamins, magnesium and potassium. Processed corn products are not as nutritious. <https://www.healthline.com/nutrition/is-corn-good-for-you>