

July 2021

Early Head Start Gazette

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



HOW TO PLAY WITH YOUR KIDS

4TH OF JULY INDEPENDENCE DAY



The day commemorates the adoption of the Declaration of Independence, signed by all 13 colonies, and which marks the beginning of American Independence. It is a federal holiday, and as such businesses, schools and federal offices are closed. If the 4th falls on a weekend, it is observed on the previous Friday or the following Monday.

1. Use Music. Studies have always shown a link between music & cognitive development in babies. The greatest growth is from when they are still in the womb to two years of age, the time when listening-based learning is at its peak.
2. Interact with your child. Sing with your baby. Dance with your baby.
3. TEACHING: You can start showing your baby more books and flashcards. An example would be to teach him/her about the dog. Show your baby a picture of a dog and say "Look at the doggie! Ruff-Ruff!"
4. Teach your baby new words. "Ma-Ma". Say it to your baby and they will try to repeat the word (or at least babble back to you).
5. A fun activity is to take their favorite small toy (rattle, doll) and let them WATCH YOU hide it under a little blanket. You might even want to leave a little peeking out. Your child will learn to find it now!
6. Read to your baby!* Babies love

hearing the same book read repeatedly.

7. Do new things - we have taken each of our kids on my parents' boat, even when they were young (they have to wear a life jacket, so be ready for a little fussing) but they have all enjoyed the boat once it gets moving.

8. Play the old favorites: This Little Piggy (see the words here), Pat a cake and peek-a-boo are all GREAT little songs to sing to your kids.

Remember that each child does things at their own time, but you can help your baby by spending "floor time" with him/her. Play with your child, talk to your child, read to your child...

9. SPEND TIME WITH YOUR CHILD

The most precious thing that we can give them is our time & attention.

<https://www.yourmodernfamily.com/how-to-play-with-your-kids/>

Budgeting Tips to Help You Beat Inflation

You have probably heard the term inflation. However, do you know how it affects your finances?

In short, inflation is when the cost of things goes up. (Alternately, deflation is when costs go down.) Inflation can affect items that you buy on a regular basis, such as food and gas, but it can affect nearly every purchase that you make.

There are both long and short-term effects of inflation. While inflation can have an adverse effect on your financial future, it can also make it difficult to meet your financial obligations right now. That is why it is important to have steps in place to deal with inflation so you do not end up busting your budget or worse, relying on credit cards and accumulating debt.

Follow these five steps to deal with inflation and keep your budget intact.

Get on a Budget

One of the best ways to beat inflation is to follow a budget or spending plan. This will ensure that you are watching what you spend, and are only spending what you make, regardless of how inflation affects the cost of something, like gas. Be sure to have set budget line items for things inflation might affect, such as clothing, food, gas, and housing. Allocate your money at the beginning of the month, and then stick to the spending limits you have set.

You can be flexible by adjusting the spending amounts between budget categories but resist the urge to dip into your emergency fund or retirement sav-

ings. Your budget will help you determine your spending priorities, which can help you decide what items are the most important for you to spend money on - and which to skip.

Look for Cheaper Alternatives or Try New Stores

You can try less expensive or store brand foods, cleaning products, and hair products. You may discover that there is not a huge difference in the quality or taste.

You can also try using coupons or shopping at bulk stores to help your money stretch a little bit farther each month. You may also want to switch to a less expensive grocery store, or cutting eating out altogether to help save some cash. You may also use an option like shopping at a food co-op or doing container gardening so you can reduce your food bill.

Cut Unnecessary Expenses

If inflation seems to be overwhelming your budget, consider cutting out unnecessary expenses. You can work out at the gym of your apartment complex and cancel your gym membership. You may be able to stretch the length of time between hair appointments by a week or two. Alternatively, save on gas by taking advantage of public transportation a few times a week. You can carpool, as well. Other small sacrifices can help you deal with inflation, as well. Try cutting back on your daily coffee habit, or make your own at home and bring it to work in a travel mug. Do not buy extra treats at the grocery store, or skip the second glass of wine when out with friends.

Look for free Alternatives

You can save money and beat inflation



while still having fun by exploring free and cheap things to do in your area. You can take advantage of any museums that offer free admission or free concerts in your area.

Your friends may also be trying to save money, so you may choose to stay in and rent a movie instead of going out to one. Instead of eating out, you may have a night where you cook for each other or host a potluck dinner.

Remember Your Priorities

When dealing with the rising cost of living brought on by inflation, it is important to keep your financial priorities in mind. Do not live on credit cards, accumulating debt that you will have to deal with later.

Continue to save and invest your money, especially for retirement. You do not have control over economic conditions, but you do have control over your spending and saving habits. The same advice will help you during times of deflation.

<https://www.thebalance.com/budgeting-tips-to-help-you-beat-inflation-2385675>

What Can I Do to Protect My Child's Sight?

- Eat right both during pregnancy and after. Your baby will be healthier and you will set a good example.
- Provide nutritious meals with fruits, vegetables, nuts, and up to 12 ounces a week of fish. These foods contain key antioxidants and nutrients such as vitamin C, vitamin E, zinc, omega-3 fatty acids, and lutein, which are linked to eye health. (Buy fish such as salmon, shrimp, canned light tuna, catfish, or Pollock. Young children should avoid shark, swordfish, mackerel, or tilefish because they contain high levels of mercury.)
- Provide your child with age-appropriate toys that are free from sharp edges.



ing the proper protective athletic gear when playing sports.

• Have your child's eyes examined regularly, particularly during infancy and childhood. <https://www.webmd.com/eye-health/protecting-child-eye-sight>

- Give your child toys that encourage visual development.
- Watch your baby for signs that the eyes are crossed or turned out.
- Look at your baby for any haziness or clouding in the pupil.
- Provide sun protection when outdoors by means of shelter or UV coated lenses, especially if your child's eyes are light in color.

- Be an example to your child by wear-

Announcements

Dear Parents,

July is UV protection month. Wonderful Sunny warm days are here. It is good for children and adults to spend time outdoors exercising and playing but it is also just as important to do it safely.

Here are some simple rules to protect your loved ones from sunburns.

- Limit time in the sun. Stay in the shade, or have fun indoors, especially between the hours of 10 a.m. and 4 p.m., when the sun's rays are most intense.
- Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, an umbrella, or the stroller canopy
- Wear sunglasses with at least 99% UV protection. Look for youth-sized sunglasses
- es with UV protection for your child.
- Use sunscreen.
- Select clothes made with a tight weave; they protect better than clothes with a looser weave. If you are not sure how tight a fabric's weave is, hold it up to see how much light shines through. The less light, the better. Alternatively, you can look for protective clothing labeled with an Ultraviolet Protection Factor (UPF).
- Wear a hat with an all-around 3-inch brim to shield the face, ears, and back of the neck.
- Reapply sunscreen often! At least every two hours, and more often if your child is swimming or sweating.

Set a good example. Practice sun protection yourself, and teach all members of your family how to protect themselves from the sun's rays.



Help Your Child Develop Handwashing Skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the five easy steps for handwashing—wet, lather, scrub, rinse and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

Give frequent reminders

Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. When handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

Lead by example by washing your hands

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.

What if soap and water aren't available?

Washing hands with soap and water is the best way to get rid of germs. If soap and water are not available, use an alcohol-based hand sanitizer that has at least 60% alcohol, and wash your hands with soap and water as soon as you can.

Baby Wipes

Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.

Remember to make handwashing a healthy habit at home, school, and at play.

<https://www.cdc.gov/handwashing/handwashing-family.html#:~:text=Help%20your%20child%20develop%20handwashing%20skills&text=Teach%20kids%20the%20five%20easy,turning%20it%20into%20a%20game>



Leaf Prints

Looking for a fall or summer craft for toddlers?

Make leaf-print collages, which teach about nature while improving motor skills.

Take a walk outside to collect fallen leaves in different shapes and sizes. Bring the leaves home, paint one side of them, and press them onto a blank canvas (paper, T-shirt, tote bag, cardboard, etc.). The painted leaves double as makeshift stamps. <https://www.parents.com/fun/arts-crafts/9-easy-educational-crafts-for-toddlers-to-do-at-home/>



THE WONDERS OF WATERMELON

Watermelon — the disease fighter

Did you know watermelon has more lycopene than any other fresh fruit or vegetable? Lycopene is an antioxidant linked to decreased risk of cancer, heart disease and age-related eye disorders.

Watermelon is nutritious

Watermelon is the perfect sweet treat that is nutritious and tasty.

Vitamin A is important for skin and eye health. Vitamin B6 helps your body break down the protein you eat, and is important for the immune system and nerve function. Vitamin C helps strengthen the immune system and aids in the absorption of iron. Potassium is helpful in lowering blood pressure and is important for nerve function as well.

Watermelon hydrates

As its name states, 92 percent of watermelon consists of water. No wonder it's the most common melon eaten in America and is perfect for staying refreshed and hydrated on a hot summer day.

Many ways to eat watermelon

In addition to eating watermelon as is, you can also try: Lightly grilling (around two minutes on each side)

Throwing in a blender for a refreshing beverage or smoothie

Adding to a salad or stir-fry

Pickling the rind

Searching for the perfect watermelon

When choosing a watermelon, look for one that is firm, symmetrical and heavy for its size. There should be a yellow spot on the underside as the result of sitting on the ground and ripening in the sun. If the spot is very pale or white, it may have been picked too soon and will not be ripe. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-wonders-of-watermelon>

WATERMELON-CRANBERRY AGUA FRESCA

Ingredients

2 1/2 pounds seedless watermelon, rind removed and diced (about 7 cups)

1-cup fruit-sweetened cranberry juice (sometimes called cranberry nectar)

1/4 cup fresh lime juice

1 lime, cut into 6 slices

Directions

Place the melon in a blender or food processor. Process until smooth. Pass the puree through a fine-mesh sieve placed over a bowl to eliminate the pulp and clarify the juice. Pour the juice into a large pitcher. Add the cranberry and lime juices and stir to combine.

Refrigerate until very cold. Pour into tall chilled glasses and garnish each with a slice of lime. https://www.mayoclinic.org/healthy-lifestyle/recipes/watermeloncranberry-agua-fresca/rfp-200496287_ga=2.43958245.1118125105.1623096478-369771327.1623096478

