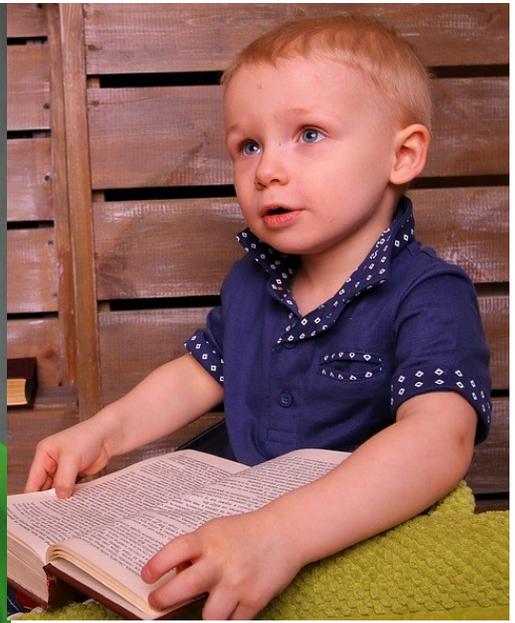


July 2021

HEAD START GAZETTE

COMMUNITY COORDINATED CARE FOR CHILDREN INC., (4C)



HOW TO SUPPORT YOUR YOUNG CHILD WITH HOME LEARNING

The Early Years curriculum is entirely **PLAY-BASED**. This IS how young children learn. It is not an addition to "learning time, it is learning time.

The ideal scenario is plenty of access to a good range of open-ended toys and materials eg Duplo, blocks, magnetic tiles, doll house figures, will animal toys, vehicles, creative materials and of course **BOOKS**.

If your child is not used to independent play or you are not really, sure what that looks like exactly then a little play structure can really help to begin with.

INVITATIONS TO PLAY:

An example of one I set up for my 5 year old last week is this frog pond small world sensory table. He loved this play set up and by the third time he played, he started to look through the books and ask many questions. Following his interest, sparked first through play, he then drew a frog life cycle and labelled it. He was able to tell his sisters how frogs

developed and understood the language of each stage of development. This is learning through play!

Literacy Play

Story Baskets: These are a great idea to create, maybe one per week, based on a current favorite story. This Goldilocks version is a great example of using a traditional tale to rehearse and retell a well-loved story. They are easy to do and lead on to dramatic play and dressing up, possibly even to story writing and book making too.

Writing:

Let them see YOU reading and writing **OFTEN**. Talk to them about it and give them the tools so that they too can write lists, letters and notes. Set up a busy basket with stationery, mark-making materials, envelopes, old stamps, inkpads, notepaper, diaries etc. Encourage use of these in a playful way eg "make invitations to teddy's birthday party" and writing will happen naturally.

Sensory Writing

When you come to practice specific pre-writing skills, name learning, phonics and then sight words, use a sensory writing tray as your tool. Write in shaving cream, paint, salt or flour. Kinesthetic learning is the fundamental key to learning and remembering new skills more effectively. You can theme these and even add scents too!

NUMERACY

In exactly the same manner, all early math concepts can be introduced and practiced through play. Involve them in baking and ask them to read the measurements, check the scales and find the temperature needed for the oven. Can they then set the timer and count down the minutes? Once the cookies are ready, they need to be shared out, how many would everyone get if shared equally.

<https://theimaginationtree.com/how-to-support-your-young-child-with-home-learning/>

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 savings. 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>

Insect bites and stings: First aid

For mild reactions

To take care of an insect bite or sting that causes a mild reaction:

Move to a safe area to avoid more bites or stings.

If needed, remove the stinger.

Wash the area with soap and water.

Apply a cool compress. Use a cloth dampened with cold water or filled with ice. This helps reduce pain and swelling.

If the injury is on an arm or leg, elevate it.

Apply 0.5 or 1 percent hydrocortisone cream, calamine lotion or a baking soda paste to the bite or sting several times daily until your symptoms go away.

Take an antihistamine (Benadryl, others) to reduce itching.



Usually, the signs and symptoms of a bite or sting disappear in a day or two. If you are concerned - even if your reaction is minor - call your doctor.

When to seek emergency care

Call 911 or your local emergency number if the injured person experiences:

Difficulty breathing

Swelling of the lips, eyelids or throat

Dizziness, faintness or confusion

Rapid heartbeat

Hives

Nausea, cramps or vomiting

A scorpion sting and is a child

<https://www.mayoclinic.org/first-aid/first-aid-insect-bites/basics/art-20056593>

Announcement

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 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.



Teach Children to Wash Hands after:

- Sneezing, coughing or blowing noses, before touching food, after going to the toilet, after being in public places, and after being around sick people.
 - A regular and consistent hand-washing routine can help young children remember to wash. Singing a song can help children wash for 20 seconds. It also makes hand-washing fun!
 - Be a good hand washing and hygiene role
- model. Children and teenagers are more likely to have good hand hygiene if they see you leading by example.
 - Rinse hands with running water. Dry hands with a paper towel or let hands air dry.
 - If there is no soap and water, use hand sanitizer instead. Rub all over hands for 20 seconds. Rinse and dry hands thoroughly.



3 Ingredient Play Dough to Make in Minutes:

Ingredients:

1/2 cup cornstarch

1-cup baking soda

3/4 cup water

Optional: 2-3 drops of essential oils are fun to add in

Optional: 4-5 drops of food coloring

Method:

1. In a saucepan with NO heat, add the cornstarch, baking soda, water and stir.
2. Place your saucepan on the stovetop and turn your heat to medium.
3. Continue stirring the mix constantly. It will start to bubble slightly and that is when it happens fast. It will begin to turn solid. Once a ball starts to form, (4-5 minutes) take your pan off the heat.
4. Place your dough onto a piece of parchment

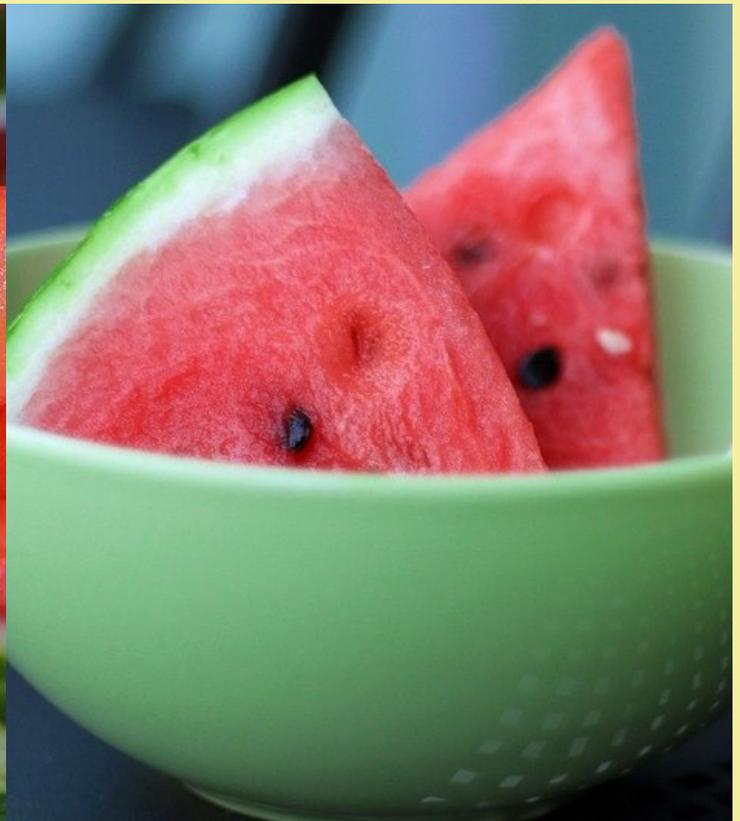
paper or a silicone mat. Let it cool, it will be very hot. To speed the cooling process, flip it over and knead it a bit as it is cooling down. Be careful, it is HOT.

5. Once your dough is cool you have the option of adding in a food coloring or a scent. Option: add 2-3 drops of essential oil, we used lemon, and knead it into the dough. Option: add drops of food coloring to your desired colored; even 1 drop will give it some color.

That is it, super easy! Now it is time to play. Get out the cookie cutters, lollipop sticks, and plastic utensils and have some fun creating! Your kids are going to love this.

<https://www.makeandtakes.com/3-ingredient-play-dough>





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 wa-

WATERMELON PIZZA

Watermelon
Fruits (your choice)
Cheese

Directions:
Start with the pizza base (a slice of watermelon) and cut it

ter. 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>

into pizza wedges.

Add the pizza topping (fruit of your choice) to the top of each slice.

Finish with the cheese (a sprinkle of shredded coconut.)

Finally, enjoy but just remember to leave some for the kids!