

HEAD START GAZETTE

Community Coordinated Care for Children Inc. (4C)



Teaching Preschool at Home

Academic skills your preschooler should know before kindergarten.

- Name the letters of the alphabet.
- Sit and listen to a book.
- Retell events from a favorite story.
- Draw and write shapes and letters.
- Write their first name.
- Label drawings.
- Tell a story through drawing and/or writing.
- Sort objects.
- Make simple patterns.
- Name shapes.
- Identify numerals 1-10.
- Count to 20.
- Speak clearly and in complete sentences.
- Take turns talking.
- Listen to and follow instructions.
- Identify emotions and feelings.
- Engage in activities for 15 minutes or more.
- Follow rules.
- Play well with others.
- Hold pencils, crayons, and scissors properly.

You can do this - and will enrich your family so much by teaching your preschooler at home. <https://raisinglifelonglearners.com/teaching-preschool-at-home/>

Life skills

Learning to get along with others, following through on promises, obeying rules... these are important things to put in place before any kind of academics happen. If your child is struggling with heart issues, sending them to preschool may make those worse.

Routines

Have a set time to get up and start the day. Eat breakfast together and do some morning chores. Have loosely structured play and learning times, and make sure you plan for rest (or nap) times as well.

Academics

There are skills that most children will learn before they finish preschool, and they are easily taught with a few simple school supplies and books from your local library. Children - especially preschoolers - learn by doing.

Play IS their job and education at this age. It is important not to rush kids past this stage. Imaginative play is crucial to developing problem-solving and critical thinking skills.

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Wealth consists not in having great possessions, but in having few wants.
--Epictetus

How to budget and save

Creating a budget helps you to identify common pitfalls like overspending. Even better, it allows you to stay on track to meet your short and long-term financial goals.

Here are 11 simple steps to budgeting for the first time:

1. Calculate your take-home pay. Write down your total income (after tax) as a monthly amount. When you are not paid monthly, it may be easier to plan your budget over your pay period.
2. List your expenses. These include all expenses incurred every month as well as those you may pay for on a quarterly or annual basis.
3. Categorize your expenses. Split your expenses above into fixed and variable. Fixed expenses mostly stay the same, whereas variable expenses change from month to month.
4. Find a budget planner. This could be as simple as an Excel spreadsheet or a budget calculator. There are plenty of smartphone apps that will budget and track every dollar you spend as well.
5. Choose a budgeting method. A few common techniques include: the 'buckets' or 'percentage' method, the 50/30/20 method, pay yourself first and the zero-based budget. Alternatively, you can create your own.
6. Review your budget. It is important to review your budget every three to six months because your circumstances can change.
7. Create your savings plan. Once you have your budget down pat, the leftover money can be put towards your savings.
8. Lock away your savings. You can lock all those hard-earned savings away into a high-interest savings account to help it grow faster.
9. Automate your savings. Once you have chosen a savings account, set up regular deposits from your salary into that account.
10. Be disciplined. It's okay to dip into your savings every now and then when money is tight, but do not make a habit out of it.
11. Leverage micro-investments.

<https://www.savings.com.au/savings-accounts/money-saving-tips/>

Diarrhea

Diarrhea is frequent soft or loose bowel movements (poop). Most kids have diarrhea from time to time. It usually doesn't last long and often gets better on its own.

What Causes Diarrhea?

Diarrhea is usually caused by an infection in the intestines. The germs that cause the infection are:

- Viruses (most common)
- Bacteria
- Parasites

What Else Can Cause Diarrhea?

Kids can sometimes get diarrhea from:

- a high-sugar diet (for instance, from drinking lots of juice)
- food allergies
- lactose intolerance
- problems in the intestines like celiac disease and inflammatory bowel disease (Crohn's disease and ulcerative colitis)

How Can Diarrhea Be Prevented?

- Make sure kids wash their hands well and often, especially after using the toilet and before eating.
- Wash fruits and vegetables well before

eating.

- Clean kitchen counters and cooking utensils well after they've been in contact with raw meat, especially poultry.
- Refrigerate meats as soon as possible after bringing them home from the store. Cook them until they're no longer pink. Refrigerate all leftovers as soon as possible.
- Never drink from streams, springs, or lakes unless local health authorities have checked that the water is safe for drinking.
- Avoid washing pet cages or bowls in the same sink that you use to prepare food. And try to keep pet feeding areas separate from family eating areas.

When Should I Call the Doctor?

- Call your doctor if your child has diarrhea and is younger than 6 months old.
- Has diarrhea many times a day or it lasts for more than 3 days
- Repeated vomiting and can't or won't drink fluids
- Severe belly pain
- Diarrhea that has blood in it

<https://kidshealth.org/en/parents/diarrhea.html?WT.ac=ctg#catstomach>

What if My Child Is Dehydrated?

For kids who show signs of mild dehydration, doctors recommend giving oral rehydration solutions (ORS). These are available in most grocery stores and drug-stores without a prescription and replace body fluids as needed.

Kids should not be rehydrated with water alone because it doesn't contain the right mix of sodium, potassium, and other important minerals and nutrients.

In some cases, kids with severe diarrhea may need to get IV fluids.

Announcements



August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases like whooping cough, cancers caused by HPV, and pneumonia through on-time vaccination.

During NIAM, we encourage you talk to your doctor, nurse, or other healthcare professional to ensure that your family are up to date on recommended vaccines.

We also encourage you to visit CDC's Interactive Vaccine Guide, which provides information on the vaccines recommended during pregnancy and throughout your child's life.

Visit the **CDC website** at <https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html> to make sure your child is up to date on all their immunizations. The Florida Health Department offers free or low cost immunizations in the Central Florida area. To find the location nearest you, click

the links below:

Orange County Health Department

<http://orange.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/immunizations/index.html>

Osceola County Health Department

<http://osceola.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/immunization/index.html>

Seminole County Health Department

<http://seminole.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/immunizations/index.html>

As your children head back to school this fall, make sure vaccination is at the top of your checklist. August is also a key time to make sure you are up to date on all the vaccines you need to stay healthy. Use CDC's adult vaccine assessment tool to see which vaccines might be right for you.



The Hidden Dangers of Magnets

Magnets found in many toys are strong enough to attract one another or other metal objects through body parts creating unique dangers particularly if swallowed. If two or more ingested magnets, or one magnet and a magnetic piece such as a steel ball, attract in the intestines, they can pinch the intestinal walls cutting off the blood supply resulting in a perforation (hole). Twisting of the intestine and blockages can also result from swallowed magnets. Be extremely careful in purchasing toys containing magnets and vigilant in watch-

ing children while playing. Keep any small magnets away from children younger than 6 years old, particularly if the child has a tendency to put objects in his or her mouth. Children should never use magnets to emulate tongue, lip or nose piercings. Children have also been known to use their teeth to pry apart two magnets. Survey the child's play area, and if a magnet has become dislodged or if there is a magnet missing, stop using the toy immediately. <https://www.cpsc.gov/safety-education/neighborhood-safety-network/toolkits/child-safety>



Creative Art Activities for Preschoolers

- Learn about mixing colors. Perfect for a hot day. Freeze some cubes of paint (in 2 or 3 of the primary colors) and take it outside in the sun to melt as they paint. When they run together see what colors it makes!
- Copy a masterpiece. Print out a masterpiece (such as Starry Night) and set it beside them to try to draw themselves. It's quite impressive what they'll find in the piece of art as they study it themselves to draw.
- Amp up tape resist art. Instead of just chunks of tape around on a piece of paper, or you doing it, have them tear a piece of tape to create a picture! Add details to the finished tape resist art.
- Add sensory to art. We used sand, but really anything can be used in its place. Flour, salt, sugar, dirt, rice, tissue paper.
- Rainbow sponge art. Yes, toddlers can do this. But preschoolers can take the care it needs to actually make this a rainbow!
- Shave crayons and melt them! It's great for fine motor skills to make the crayon shavings. And the designs they make can be so cool (ahem, learn a little about color mixing in the process)!
- Tie dye something together! A t-shirt, a pillowcase, a sheet! They'll love a special touch to wear or use that they can say they made! Try different tie-dye effects too. It's all about the rubber-bands! <https://handsonaswegrow.com/creative-art-activities-for-preschoolers/>



Ways to Get Kids to Eat (and Love) More Vegetables

Mix veggies into favorite meals. Vegetables are so versatile. Add in zucchini noodles into the pasta mix, use cauliflower as pizza crust, rice, or as mashed "potatoes," add shredded carrots and chopped spinach to pizza and sauces, and use veggies as "fries,".

Continue to introduce (and re-introduce) vegetables. "When it comes to mealtime, it's important to maintain your parental responsibility of feeding, and let your kids maintain their responsibility of eating. It can be hard to relinquish some of the control at mealtimes, but in the end, it will help your kids to better self-regulate their food intake and grow to enjoy a variety of foods.

Changing presentation can go a long way. Oven-frying makes for some tasty, crunchy vegetables and can entice picky eaters without all the added fat from deep-frying. A little cheese here and there does not hurt either.

Appearance is important. Focus on making them look 'fun', which gets them to try more & eventually eat more vegetables

Keep trying! Try veggies warm, cold, frozen, roasted, steamed, sautéed, with dip, in different shapes, etc.!

Make it fun. Let kids have fun choosing their veggie toppings for pizza & tacos by placing them in brightly colored bowls.

Let eating veggies be more interactive. "Kids love to eat veggies when they can dip them in a flavorful dip or sauce, such as hummus, ranch dip, fruit salsa, guacamole, or nut butter.

Incorporate more vegetables into a favorite dish. Add veggies to dishes your kids already like, like tacos, pizza, or spaghetti. Filling tacos with beans and roasted vegetables can be a fun way for kids to try a new vegetable.

Be sneaky. Add veggies to kids' favorite dishes, such as Mac & Cheese and pizza.

Make vegetables more appealing. Make vegetables more appealing by engaging them in the whole experience from seed to table and have them put their "food explorer caps" on! Learning about where food comes from connects children with what they eat; empowering kids with



knowledge to pick the perfectly ripe fruit or vegetable is exciting; and arming children with tools to use their five senses and descriptive words to help them articulate what they like and don't like about foods is fun and life changing.

Combine favorite flavors with vegetables. For instance, this hummus is made with carrots and ranch to give a familiar flavor with an extra veggie punch.

Enjoy the whole experience of cooking veggies. "I've noticed the more kids are involved, the more willing they are to try their creations. It is highly recommended to work with familiar flavors. Many children are familiar with an Italian seasoning blend, so I sprinkle that on first.

<https://www.lizshealthytable.com/2018/04/02/19-ways-get-kids-eat-love-vegetables/>



Veggie Pizza

Ingredients

- 1 medium tomato, red
- 1 medium bell pepper, orange
- 1 medium bell pepper, yellow
- 1 cup broccoli, florets
- 1/2 medium onion, red
- 4 regular hoagie roll
- 1 1/2 cup pizza sauce
- 6 ounce mozzarella cheese
- Serve With
- 2 cup grapes, red

Instructions

Preheat oven to 400 degrees F.
Dice tomatoes, peppers, broccoli, and red onion; set aside.
Slice bread in half lengthwise and place on baking sheet.
Spread sauce on each half. Sprinkle with cheese and add veggies.
Bake for 10 minutes or until cheese has melted.
Serve with grapes.

<https://www.superhealthykids.com/recipes/10-minute-veggie-pizza/>