

October 2021

EARLY HEAD START GAZETTE

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



Your COVID-19 Vaccine

According to the CDC the COVID-19 vaccines are safe, effective, and free! After you've been fully vaccinated, you can participate in many of the activities that you did prior to the pandemic. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

Everyone 12 years of age and older is now eligible to get a free COVID-19 vaccination.

Search vaccines.gov, text your zip code to 438829, or call 1-800-232-0233 to find COVID-19 vaccine locations near you.

Monoclonal Antibody Therapy Treatments Available Now

According to the Florida Department of Health [Monoclonal antibody treatments \(MAB\)](#) can prevent hospitalization or death in high-risk patients with COVID-19 and are widely available in Florida.

If you are 12 years and older and are at high risk for severe illness due to COVID-19, you are eligible for this treatment. Treatment is free and vaccination status does not matter.

To Find State-Supported MAB Locations in Florida, go to - <https://floridahealthcovid19.gov/treatment>

To Make an Appointment at a State of Florida, site - https://www.patientportalfl.com/s/?language=en_US

To Find Other Monoclonal Antibody sites at <https://covid.infusioncenter.org/>

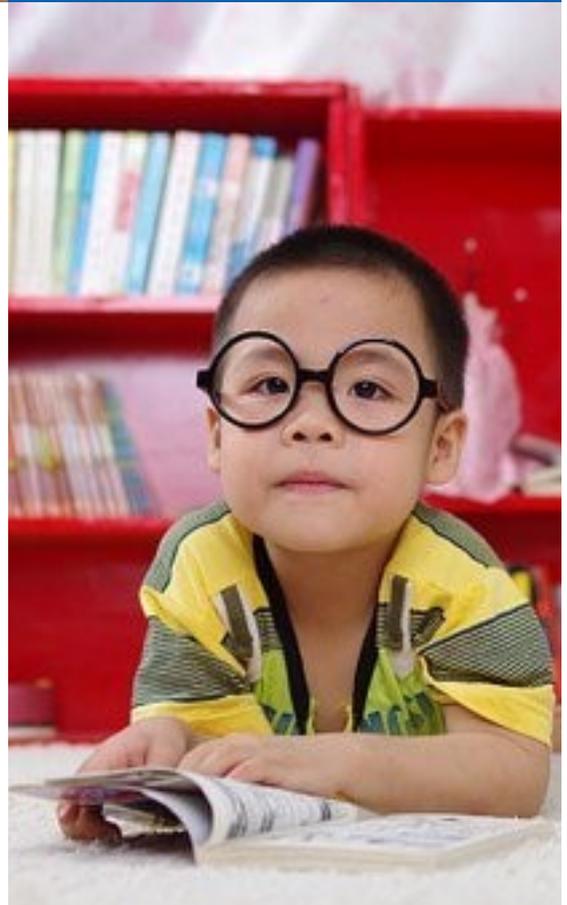
If you are sick with COVID-19 or think, you might have COVID-19; follow the steps below to care for yourself and to help protect other people in your home and community.

Monoclonal Antibody Therapy for COVID-19

Monoclonal antibody treatments can prevent hospitalization or death in high-risk patients with COVID-19 and are widely available in Florida.

- Treatment is free and vaccination status does not matter. If you are 12 years and older and are at high risk for severe illness due to COVID-19, you are eligible for this treatment.
- In clinical trials, monoclonal antibody treatment showed a 70% reduction in hospitalization and death.
- For high-risk patients who have been exposed to someone with COVID 19, Regeneron can give you temporary immunity to decrease your odds of catching the infection by over 80%.

<https://floridahealthcovid19.gov/monoclonal-antibody-therapy/>



Ways to Save Money When You Have a Baby



A newborn baby has only three demands.
They are warmth in the arms of its
mother, food from her breasts, and security
in the knowledge of her presence.
Breastfeeding satisfies all three.

~Grantly Dick-Read

collistasramblings.com

Hospital How-Tos

- **Say no to add-ons.** Pass up a private room if there's a charge.
- **Ask for coupons and samples.** Manufacturers often lavish maternity wards with freebies, but the hospital staff is sometimes too busy to remember to dole them out.
- **Take the toiletries.** You can often keep some goodies from your hospital stay—namely the baby-care items stored in the cabinet beneath your little one's rolling bassinet (ask permission).

Budget Breastfeeding

- **Nurse if you possibly can.** Not only is it healthy, but you'll also save at least \$1,400 in your child's first year.
- **Borrow a breast pump.** An electric pump can be expensive (about \$150 to \$800), and it's just the plastic attachments that shouldn't be shared. You can buy a starter kit of those for less than \$45.
- **Find out in advance where you can get free breastfeeding advice.**
- **Don't rush to buy a breastfeeding wardrobe.**

Cost-Conscious Clothes

- **Don't buy baby clothes far in advance.** Newborns can have sudden growth spurts.
- **Scrimp on all-in-ones.** You'll mostly layer them under other clothes.
- **Lose the shoes.** You can spend about \$30 on leather footwear for your infant. But babies will learn to walk faster if they're barefoot when they're indoors.
- **Buy secondhand special-occasion clothes.** Visit your local consignment shop, and pick up a princess dress or a

tiny suit for a fraction of its retail cost.

Gear Up for Less

- **Look for furniture and accessories that do double duty.** Many cribs can be transformed into toddler beds later, etc
- **Return unwanted gifts promptly.**
- **Don't buy crib pillows.** They're cute but useless, and you've got to remove them whenever your child is in the crib, since they can be a SIDS (sudden infant death syndrome) hazard.
- **Buy just one or two bottles before your baby is born.** I got a dozen of a certain brand because everyone raved about them, only to find that my daughter wouldn't take them. She liked a different (less expensive!) kind.
- **When it comes to diapers, think big.** Lugging home one of those 228-count cartons from the wholesale club is worth it—you'll save about \$170 a year.
- **Test-drive a stroller before you buy it.**
- **Turn to your local library for classes and games.**
- **Keep a baby-care bag in your car.**

Rx for Healthcare Savings

- **Ask your pediatrician for free product samples.**
- **Call your pediatrician to talk over a problem before setting up an appointment.**
- **Don't buy an ear thermometer.** Most doctors recommend digital oral or rectal ones, which cost only about a third as much, for accuracy. <https://www.parents.com/parenting/money/family-finances/32-ways-to-save-money-when-you-have-a-baby/>

Safety: Toys Swings and Pets



- **Don't leave your baby alone in a room with a dog, cat, or any pet.** Even if your pet seems gentle, it could think your baby is a threat, and could harm him.
- **Marbles, plastic bags, balloons, magnets and toys with small loose parts or buttons, are all things that can hurt your baby if they are swallowed.** Crib toys should not have parts that can be chewed off or swallowed. Don't tie toys to the crib. The baby's neck, fingers, and toes can get tangled in the string. Any toy that can fit through a cardboard toilet tissue roll is too small to be within the reach of children under 3 years of age.
- **Infant Swing:** A fussy baby who cries a lot may be calmed by an infant swing. The swinging movement often soothes the baby. Always use a 5 point harness to secure the baby in the swing and never leave a baby alone in a swing. If the baby falls asleep in the swing, he should be gently removed from the swing and placed in his crib, on his back.

Announcements

October is Sudden Infant Death Syndrome (SIDS) Awareness Month!

Although the rates of SIDS and other sleep-related infant deaths have decreased over the years, we still have work to do. More than 1 out of 3 of sudden unexpected infant deaths that occur in the United States each year are from SIDS. Recent research also shows that unsafe bedding, such as soft or loose blankets in baby's sleep area, remains a leading cause of infant death.

Can SIDS be prevented?

Because researchers at Children's and elsewhere are still researching the possible causes of SIDS, there is currently no way to "prevent" the syndrome from occurring. But you can vastly reduce your baby's risk of SIDS by:

- putting your baby to sleep on his back
- using a firm sleep surface and keeping fluffy blankets and stuffed animals out of his crib
- not overheating your baby or his room when he sleeps
- not smoking when you are pregnant and not allowing anyone to smoke around your baby
- Breastfeeding

Who's at risk

- babies who sleep on their stomachs
- premature or low birth weight babies
- babies who become overheated during sleep
- babies who sleep on too soft a surface, or who cribs have soft blankets and bumper pads
- babies who have a sibling who died of SIDS, or whose family history includes failure to thrive

Prevention

- place your baby on his back to sleep
- keep fluffy blankets and stuffed animals out of his crib
- don't overheat the baby or his room when he sleeps
- don't allow anyone to smoke around your baby
- breastfeed your baby

The Head Start/Early Head Start programs, 4C also offers education and support for expectant mothers with our Pregnant Mom's program a partnership with Children Homes Society. For more information please call 407-522-2252.



Numeracy, literacy, handwriting and music

You help your child build early numeracy skills with everyday counting - for example, 'How many bears are on the bed?' or 'Can you put all the red pegs into this basket?' Or you can sing nursery rhymes with your child that include counting.

And your child develops early literacy through reading and storytelling with you, playing simple sound and letter games like listening for words that begin with the same sound, and looking at pictures, letters and words in the environment - for example, on signs and in catalogues.

Your child's handwriting skills develop when you encourage him to draw, scribble and write. For example, if you're writing a card or a shopping list, you could give your child some paper and a pencil so he can join in. 'Writing' also helps your child understand the connection between letters and spoken sounds.

Singing with your child, putting on music for her to dance to, giving her musical instruments to play (homemade is just fine), and finding dress-up clothes for her to use are all great ways to get her started on learning about **music, drama and dance**. <https://raisingchildren.net.au/babies/play-learning/learning-ideas/learning-baby-to-preschool>



Baby Craft Ideas

Playing With Rice - This Sensory Rice Play creates a cool sensory experience for your baby from Fun At Home With Kids. Score major mommy points if you hide additional toys for babies to dig and discover.

Spaghetti Sensory Play - Take Baby's love of dinnertime spaghetti to a whole new level with Spaghetti Sensory Play. She can wriggle and smash her rainbow-colored pasta to her heart's content.



How are nutrition and mental health linked?

Healthy eating helps children and young people cope more effectively with stress, better manage their emotions and get a good sleep - all of which assist learning.

Most research about nutrition and mental health has focused on adults. We know that good nutrition is associated with better mental health outcomes, whereas a poor diet is associated with a greater risk of depression and anxiety. However, emerging research that focuses on children and young people has also found a relationship between unhealthy diets and poorer mental health outcomes.

Poor nutrition has been associated with:

Externalizing behavior (such as hyperactivity, aggression, disobedience)
Symptoms of attention deficit hyperactivity

disorder

Poor concentration and tiredness, which interfere with learning

Immune system function, which is also linked to mental health

Delayed brain development - high fat, high-sugar diets can affect proteins in the body that are important for brain development

Iron deficiency, which has been linked to cognitive function impairments associated with learning and memory

nutrient deficiencies, which have been associated with mental health conditions including depression and anxiety (we know that fruits and vegetables, grains, fish, lean red meats and olive oils are rich in important nutrients such as folate, magnesium, vitamins and zinc which all impact on body and brain functions, including mood regulation). <https://beyou.edu.au/factsheets/wellbeing/nutrition-and-mental-health>

Broccoli Mashed Potatoes



3 large russet potato
2 cup broccoli, florets
1/4 cup butter, unsalted
1/2 cup milk
2 ounce Parmesan cheese
1/4 teaspoon black pepper, ground
1/4 teaspoon salt

Instructions

Peel potatoes and cut into small cubes.
Add an inch of water to the bottom of a 4-quart pot, and place a steamer basket in the

bottom. Add the potatoes and bring the water to a boil; cover and steam for 10 minutes. Add the broccoli florets and steam 5 more minutes, or until the potatoes are quite tender, and the broccoli is tender enough to pierce easily with a fork.

Transfer the vegetables to a large mixing bowl. Add butter, milk, cheese, pepper and salt. Using a hand mixer, blend until smooth. Serve warm. <https://www.superhealthykids.com/recipes/broccoli-mashed-potatoes/>

Health Benefits of Potatoes

Potatoes are a good source of fiber, which can help you lose weight by keeping you full longer.



The resistant starch in potatoes acts as a prebiotic - food for good bacteria in the large intestine that improves gut health. Like insoluble fiber, it can prevent or treat constipation and irritable bowel syndrome.



Potatoes are packed with antioxidants — compounds that fight free radicals from causing damage to your cells. A diet high in antioxidant-rich fruits and vegetables lowers your risk of heart disease and cancer.



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