



# Early Head Start Gazette

Community Coordinated Care for Children Inc. (4C) / September 2021

## How children see TV, YouTube, games and movies

In general, babies and toddlers:

- Are attracted to light, movement and activity on TVs, tablets and phones, but their ability to understand what is going on is limited
- Might recognize familiar characters or voices after seeing and hearing them lots of times
- Might copy what they see in TV shows or YouTube videos but are more likely to do it with you - for example, they'll copy clapping more if you clap with them
- Can't understand simple plots
- Have limited ability to tell the difference between what they see on a screen and what they experience in real life until they are about 18 months old
- Have limited ability to apply what they see on a screen to real-life situations until they are about 2½ years old.
- It takes babies a lot of effort to watch screens. Watching screens can make them very tired. If they are not yet old enough to turn their heads away for a rest, some babies might even get distressed.

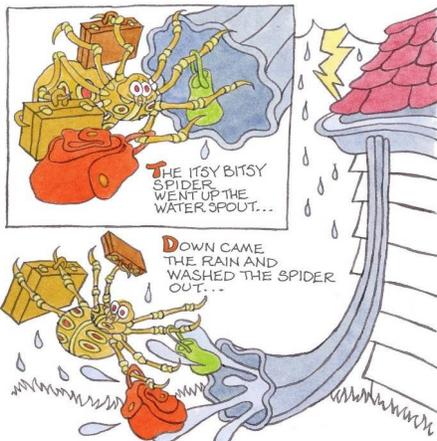
Toddlers also get tired from the effort of watching a screen. However, they can walk away when they want to, and many will!

Very young children have no understanding of advertising. However, they can be attracted to the bright colors and happy jingles. They can also learn to recognize simple and colorful logos - this could be the start of 'brand loyalty'. <https://raisingchildren.net.au/babies/play-learning/media-technology/how-children-see-tv>



### THE ITSY BITSY SPIDER

GAHAN WILSON



## Parents' Guide to Stages of Peek-a-Boo

Did you know baby's age affects how they play peek-a-boo?

- 0-3 Months - Baby just watches and may smile or coo
- 3-6 Months - Helps baby visually track if you "peek" from different spots
- 6-9 Months - Baby becomes curious and might laugh because they enjoy the game
- 9-12 Months - Baby imitates you and may use early language by saying "boo"
- 12+ Months - Baby might initiate the game by covering their eyes

Who knew one game could be so different for baby?

<https://pathways.org/watch/parents-guide-to-stages-of-peek-a-boo/>

## Five 'financial defenses' you can put in place to build wealth



**4 SIMPLE WAYS TO PLAN A FAMILY BUDGET**

**1**

**THE "50/30/20" METHOD**

Who this is for  
Those with a stable income but who aren't managing to set money aside.

**WAGES**

- 50%** On basic monthly expenses (utility bills, food).
- 30%** On less important but necessary things (digital TV, internet, clothes).
- 20%** For the future (savings, unforeseen expenses, presents, etc).

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When asked what their best defense was against future economic uncertainty, the two main answers from respondents were having an emergency fund or savings (30%), and having a financial plan (27%). Even so, only 14% of those in financial recovery mode are looking more than five years out, compared to 24% planning month to month.

### 1. Prioritize saving

Having an emergency savings account is a crucial part of your financial health

Your cash reserve is not designed to make you rich, especially since interest rates are so low but you need to have money readily available for any unexpected expenses.

Personal savings increased by 10%, according to Northwestern Mutual's report, with the average respondent holding \$73,100. Financial experts such as Suze Orman recommend saving six months or even a year's worth of expenses in case of an emergency. The right number for you depends on your personal situation. Maybe it is not six months [worth of expenses], but two months.

### 2. Pay down debt

Even while you are saving, make efforts to reduce your debt, especially high-interest credit

card debt. You have a lot more freedom when you do not have those payments.

To come up with a payment plan, experts recommend starting by making a list of all your debts, including balances and rates. If you used a 0% interest credit card to put off expenses during the pandemic. The average APR on a credit card is currently around 15%, according to the Federal Reserve's most recent data.

Then settle on a repayment strategy. Two popular options are the "snowball" method, which targets the debt with the smallest balance first, and the "avalanche" method, which has you pay off the debt with the highest APR first.

Your cash reserve is not designed to make you rich, especially since interest rates are so low. However, you need to have money readily available for any unexpected expenses.

### 3. Get your credit score up

Your credit score "is really the most important number in your financial life, because it determines whether or not you get approved for loans and lines of credit, and if you do, at what interest rate.

Having a "good" or "very good" credit score (which FICO says

span 670-739 and 740-799, respectively) — or, even better, a "great" one (of 800 or higher) — can help you save thousands of dollars in the years ahead with lower rates on auto loans, mortgages, and even credit cards.

Some of the ways you can improve your credit score include paying your bills on time each month, lowering your credit card utilization rate, and monitoring your score for errors.

### 4. Save for retirement

### 5. Get insured

One of the most important — and often, most ignored — part of financial planning is insurance. Having an insurance plan can act as a safety net and help you avoid surprise expenses that can put you in debt.

"When people think about financial planning, traditionally they think primarily about investment assets, their 401(k) or IRA. You need to think about longevity risk, the risk of being disabled, long-term care events, and other types of insurance because we see more often than not that those are the things that really derail people in a meaningful, life-changing way."

<https://worldnewshere.net/2021/07/11/5-financial-defenses-you-can-put-in-place-to-build-wealth-according-to-experts/>

## Using play to get children familiar with facemasks and reduce anxiety



Children learn through play. Therefore, play can be a great way to help children feel more comfortable with seeing people in facemasks. Play can also help children express and explore feelings about facemasks.

If you want to introduce facemasks into your child's play, you need to take some simple precautions. Always supervise your child to avoid strangulation and suffocation risks from masks and mask straps. Make sure you are playing with clean masks. Moreover, if you are wearing a mask, discourage your child from touching it.

Here are ideas for play with masks, which you can adapt for your child's age or developmental stage:

Make up silly songs or rhymes about facemasks. Use plenty of actions.

Make up stories about masked characters who are superheroes. Play a game of peekaboo with your mask. Make funny faces each time you take your mask off.

Give your child a facemask to touch and play with during everyday activities like bath time. For example, your child might like pretending to wash a mask during water play.

Dress up your child's favorite soft toys in a facemask. You could use the toys to put on a puppet play.

Get your child to draw a picture of family members wearing facemasks or make a collage using pictures of facemasks.

Turn a facemask into an art and craft project. For example, stick streamers to your facemask to turn it into a jellyfish or let your child decorate a facemask for you to wear.

Your child might find it easier to express feelings if they feel in charge. It is always a good idea to follow your child's lead with play.

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/face-masks-coronavirus-children>

## Announcements

September is National Sickle Cell Awareness Month. The theme for this year is "Shine the light on Sickle Cell". World Sickle Cell day is observed on June 19, globally, to enlighten the public with the knowledge on Sickle Cell Disease (SCD). September was designated by Congress to help focus attention on the need for research and treatment of sickle cell disease.

Sickle cell disease is the most common genetic blood disorder in the United States, affecting an estimated 100,000 Americans.

The disease is estimated to occur in 1 in 500 African Americans and 1 in 1,000 to 1,400 Hispanic Americans. According to the Center for Disease Control, about 1 in 13 Black or African-American babies is born with sickle cell trait.

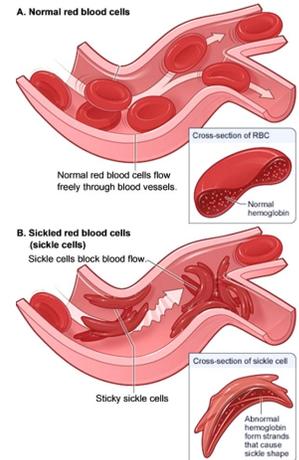
Sickle Cell Disease occurs due to a genetic condition. The human red blood cells appear as circular bioncave disks. They contain a red pigment called hemoglobin that serves as a carrier of oxygen to the body tissues.

People get sickle cell disease by a mutation in genes related to the hemoglobin. The blood cells

in their body contain a different type of hemoglobin called hemoglobin S. When this molecule is exposed to low oxygen concentrations, it crystallizes inside the RBCs. This makes the cells elongate and appear as a sickle.

The Sickle Cell Disease Association of America, Inc. (SCDAA) has been awarded \$2.9 million annually for the next four years from the Health Resources & Services Administration (HRSA) for the Sickle Cell Disease Newborn Screening Follow-up Program. With these funds, SCDAA will continue its efforts to establish the national infrastructure to ensure that individuals diagnosed with sickle cell disease (SCD) receive appropriate follow-up services including counseling, education materials and access to a medical home.

For tri county support, including testing and treatment locations please visit <https://www.onescdvoice.com/> for additional resources.



## Early Detection + Early Intervention = A Life Full of Possibilities

### What Does This Really Mean?

Baby is constantly learning. Moreover, there is a great opportunity to teach them new things and help set their development on the right path. So if you notice baby is having difficulty with a certain skill or that something "isn't quite right," then now is the time to talk with your healthcare provider.

### How to Help Identify Early Delays

- Keep a notebook about your child's development. Write down if you notice any concerning or unusual habits. Bring this when you go in for your well-baby checkup and talk it over with your baby's healthcare provider.
- Do not be afraid to be persistent if you think something is wrong. You know your baby best, so trust your instincts. If you have concerns, talk to your healthcare provider and seek out a second opinion or find a therapy clinic to get a free screening.

The goal of early detection is to have babies learn proper movement at its appropriate time of development. Research suggests it takes between 300-350 repetitions to build a new motor or movement pattern; however, it can take 3000-5000 repetition to "re-train" the proper movement. This means that it is much easier to learn

to do something right the first time then try to correct something after it has already been learned.

### So I Am Concerned...What Now?

The answer is early intervention. There are many activities, programs, and procedures that can benefit children who may need some extra help with their development. Some need to be provided by a healthcare professional but others are as simple as home activities and games you can do with your baby.

Additionally, state funded Early Intervention is a great service for children with developmental delays that allows them to receive therapy services in their home so they can reach their full-est potential.

### Payment & Who Qualifies

Every state is different when it comes to which children and developmental concerns qualify. Some states offer free services, while other states have a sliding scale based on insurance. To find out more about your state's requirements, go to the Center for Disease Control's website. <https://pathways.org/quick-links/early-detection-early-intervention/>



## 15 Ways to Help Your Baby Love Food as Much as You Do

### 1. **Modify your mind-set.**

Research has shown that babies will eat more of a particular fruit or vegetable after they have tasted it at least eight or nine times.

### 2. **Offer everything.**

Serve as many different foods and flavors as you can in these first two years. Most children become less agreeable and begin refusing new foods (even well liked ones) sometime around age 2.

### 3. **Vary textures.**

Research shows, babies who were given a variety of different-textured foods liked a greater range of foods than babies who were fed mostly the same texture food.

### 4. **Prioritize a calm table.**

When you interfere less with his eating and focus on appreciating your own meal, you are modeling healthy enjoyment of food and creating a safe, accepting, and happy eating environment for your child.

### 5. **Change what you serve when.**

Hummus and steamed carrots for breakfast? Soup for snack time? Sure. "Young kids don't yet have set ideas about what's eaten when so take advantage.

### 6. **Let them make a mess.**

Kids need to experience food with all of their senses. Squishing and smearing their meals teaches important lessons about texture and builds a child's familiarity with different foods.

### 7. **Serve a fruit or vegetable at every meal and snack.**

Your child will also grow up knowing that we eat veggies at all times of the day, not just at dinner

### 8. **Downplay dessert.**

Consider ending most meals with a piece of fruit. It is fine to have a traditional dessert like cookies and cake occasionally.

### 9. **Communicate positive messages early.**

When you serve a snack say, "Let's sit down to eat so we can really enjoy it. Talk about hunger and fullness. Your child may not understand the meaning of everything you say, but you are making the conversation about food, eat-

ing, and appetite a normal part of everyday life.

### 10. **Don't fall into a rut.**

Mix up the brands, varieties, sizes, shapes, and flavors of the foods you serve. Your child may come to prefer one kind or another, but they probably will be agreeable to eating other types too.

### 11. **Ignore the yucks.**

If your baby wrinkles her nose when they eat pureed broccoli, do not assume they hate it. You will sometimes see babies grimacing while still happily eating. Toddlers who say "I don't like it," which is often code for "I don't know it," If your child absolutely refuses a certain food, just take it away without commenting and try again in a few days or weeks.

### 12. **Serve vegetables first.**

Kids are typically more receptive when they are hungry. Offer the snack in the hour before dinner—either the veggie you are serving with dinner or another from the fridge. That way, even if your child does not eat the vegetables you serve with the main meal, you know they will already have had a serving or two.

### 13. **Focus on tasting, not eating.**

The more your child tastes a food, the more likely she is to accept and enjoy it. However, tasting simply means the food touches the taste buds—she does not have to actually swallow it. If you remove the pressure to chew, swallow, and allow your child to spit things out, you will encourage her to try more foods.

### 14. **Avoid the kids' menu.**

Instead of ordering from the kids' menu ask for a small plate for your child and serve them bites from your own meal.

### 15. **Unpack your own baggage.**

If you have food hang-ups or weight worries, these may come through when feeding your child. That can interfere with their forming a healthy relationship with food. View your child as a clean slate, an opportunity to do things differently than when you were young. <https://www.parents.com/recipes/tips/ways-to-make-your-baby-love-food-as-much-as-you-do/>



### Pan Roasted Vegetables

Veggie of choice (broccoli, carrots, cauliflower, zucchini, squash, sweet potatoes, potatoes, peppers, and Brussels sprouts, experiment with anything your kids love)  
Olive oil (or other neutral cooking oil like avocado oil)  
Salt

Preheat the oven.

Prep your veggies.

Toss with oil and salt and arrange on a baking sheet.

Roast until tender.

Cut vegetables into small pieces. This will make it much easier for babies to eat the vegetable. If a vegetable is not soft enough, turn the heat down 25-50 degrees and cook a little longer so they don't burn.

