



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>

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 Website 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.patientportalfi.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

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- 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/>

Drop Cloth Picnic Blanket

Kids can paint stripes, their initials, or anything that strikes their fancy on their soon-to-be favorite yard lounging blanket.

What's Needed

Drop Cloth
Fabric paint

To make: Wash and iron a desired size hardware store canvas drop cloth. Use fabric paint (or mix fabric paint fixative with acrylic paint per package directions). Tape off desired pattern with painter's tape and paint drop cloth. Allow to dry and head outside. <https://www.countryliving.com/diy-crafts/g4988/easy-crafts-for-kids/?slide=2>



How Can I Save When I'm Living Paycheck to Paycheck?



"A budget is telling your money where to go instead of wondering where it went."

— Dave Ramsey

Write out your budget

If you haven't done so already, writing out a detailed budget is the first step to saving money. Once you have budgeted for the necessities - rent, food, utilities, transportation, etc. - make a list of your discretionary spending.

If saving within your current income and budget parameters isn't working and you have extra time, you might consider taking on a side gig to make additional money, such as babysitting or driving for a rideshare service. Plan your budget so that any money you earn from odd jobs can go straight to your savings account.

Open a savings account

A designated bank account is essential as you begin to build up your savings. Look for an interest-earning savings account with limited access so that you can't easily transfer the funds to a checking account. Once you've opened a savings account, make an initial deposit and then contribute to it whenever you're able.

Many people find it helpful to set up automated payments each month to add to their savings. Even if it's just \$10 or \$20, knowing that you're adding to your savings little by little can decrease the stress of living paycheck to paycheck, and the dollars will add up over time.

Refinance

Try to pay down as much of your debt as you can before you begin building up your savings. If you're struggling with student loans, look into forbearance and deferment, as well as loan assistance and forgiveness programs. If these are not viable options for you or the type of debt you carry, consider refinancing your debt at a lower interest rate. Reducing your interest rate, even by a small percentage, can help you pay off your debt faster and start saving sooner.

Renegotiate your bills

Taking a look at your monthly bills - utili-

ties, cable, phone, insurance, credit cards, etc. - can be one of the best ways to start saving. First, browse your current plans to determine whether you may be able to cut back. Are you using all of the features on your phone plan? Do you actually watch the cable TV you pay for? Are there other providers that may have lower rates? For home utilities, like gas and electric, you likely cannot choose your provider, but you can call and try to renegotiate your rates. Alternatively, you can cut down on your usage to lower your bills, even if only slightly.

Many utility companies offer free energy audits in which they inspect your home and point out opportunities to be more energy-efficient and save money in the process. You'll also want to look at all of your insurance policies, including car, homeowners, renters and life insurance. When your policies are up for renewal, shop around and see if you can get a better rate. You may also be able to bundle your policies, as some insurance companies will offer a discount if you have two or more policies with them. For homeowners insurance, tell your agent about any improvements you've made. For auto insurance, make sure your plan aligns with how much you're actually using the car because you may be able to lower your rates if you drive less. Many policies also include discounts for multiple cars and a safe driving record, or for teenage drivers who earn good grades.

If you have credit card debt for multiple accounts, you may be able to save on your monthly payments with a balance transfer. To do this, you will need to find a credit card with lower interest rates and then transfer your debts from your other accounts onto the new card.

Be patient

Building up your savings when living paycheck to paycheck will take time and energy, but it can be done.

<https://www.equifax.com/personal/education/covid-19/how-save-money-escape-paycheck-to-paycheck/>

Preschoolers (3-5 age) Developmental Milestones



Skills such as naming colors, showing affection, and hopping on one foot are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

As children grow into early childhood, their world will begin to open up. They will become more independent and begin to focus more on adults and children outside of the family.

They will want to explore and ask about the things around them even more. Their interactions with family and those around them will help to shape their personality and their own ways of thinking and moving. During this stage, children should be able to ride a tricycle, use safety scissors, notice a difference between girls and boys, help to dress and undress themselves, play with other children, recall part of a story, and sing a song. <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html>

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.



Common Cold: Symptoms & Prevention

Common cold can affect anyone at any time, but fall is the peak time. It is a communicable illness and can last from a few days to a few weeks.

Symptoms

Low-grade fever
Runny nose

Body aches or headache

Cough
Sneezing
Congestion
Sore throat

Prevention Tips

Wash your hands frequently throughout the day, and especially, after using the

restroom and before eating. Keep your stress levels low, eat a balanced diet, and sleep well.

Cover your nose and mouth when you sneeze or cough. Avoid spending time in crowded places.

<https://www.fcmsg.com/blog/common-fall-illnesses-and-prevention-tips/>



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 con-

nection 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>





Health Benefits of Potatoes Texas Country Potato Salad

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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4 strips bacon
1 lb. small unpeeled red potatoes
1 sliced green onion
1 boiled chopped egg
1/4 cup mayonnaise
1 teaspoon Dijon mustard
to taste salt
to taste pepper

Cook bacon until crispy. Drain, reserving a few tablespoons of the grease, and crumble. Set aside. Place the potatoes in a large saucepan. Cover with cold water. Add a table-

spoon of the bacon grease and some salt and place over medium-high heat. Bring to a boil and cook until the potatoes are tender, about 15 to 20 minutes. Drain and let the potatoes cool and then cut into bite-size pieces.

In a separate bowl, mix mayonnaise, Dijon mustard, salt and pepper for dressing.

Toss potatoes, onion and egg in dressing. Add bacon. Serve chilled.

<https://www.pauladeen.com/recipe/texas-country-potato-salad/>

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/fact-sheets/wellbeing/nutrition-and-mental-health>