

September 2021

HEAD START GAZETTE

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



Here's what a preschooler should know before Kindergarten:

1. Recite/sing the alphabet
2. Identify uppercase letters
3. Identify lowercase letters
4. Match uppercase letters to lowercase letters
5. Identify the sounds each letter makes
6. Traces letters
7. Write some alphabet letters



Things That You Can Teach Your 3 Year Old

New Vocabulary

Your 3-year-old will probably be speaking in full sentences or at least long 4-5 word phrases by now. Three year olds should have at least 250-500 words in their vocabulary as well.

Although there are way too many words to give you a full list, here are some of the common words, phrases, and concepts that your three year old should be able to say and understand:

Body parts, Animal sounds and names, Friends/Family Names (and their own first, middle, last), Vehicles, Household objects (food, utensils, furniture, clothing, etc)

Colors and Shapes

Direction words (below, above, next to, on top, underneath, etc.)

Days of the week, Months of the year, Seasons, Weather (sunny, rainy, cloudy, windy, snowy, hot, cold, etc.)

If your 3-year-old isn't talking much at this point or is not trying to speak in full sentences, mention it to your pediatrician. Here are more tips to get your child to talk here.

Conversational Speech

Your 3 year old should be able to ask and answer simple questions and tell simple stories or anecdotes. They'll probably be asking a lot of WHY questions as they are curious to learn all about the world around them.

Be sure to answer them with the correct responses and not just ignore their requests for information. Every question is an opportunity to teach your child and you don't want them to miss out on those experiences.

It's also important to make corrections in their grammar.

When they were 2, some of the things that they said wrong sounded pretty cute. However, now that they're 3, you don't want them to get into bad habits of the way they speak.

Whether they're pronouncing a word wrong, using the wrong tense, pronoun, or grammar, the only way they will learn the right way is if you correct them. So let them know the right way to say the word or sentence and have them repeat it back to make sure that they understand.

In order to get your child to initiate conversation or answer your questions, you can:

Ask them about their favorite characters/shows/books/toys.

What easier way to get a kid to talk than to get them talking about their favorite tv show or super hero?

Ask them about their day, ie. what did you eat for lunch?

What did you play with in the bath tub?

Ask them for their opinions

Tell them to ask you about the above mentioned things [https://](https://www.teachinglittles.com/teach-your-3-year-old/)

www.teachinglittles.com/teach-your-3-year-old/



"It's not how much money you make, but how much money you keep, how hard it works for you, and how many generations you keep it for."

- Robert Kiyosaki

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

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.

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.

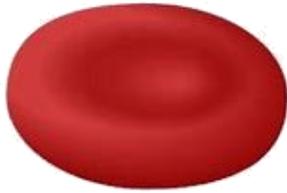
Get your child to draw a picture of family members wearing facemasks or make a collage using pictures of facemasks.

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>





Normal Red Blood Cell



Sickle Cell

Announcements

September is National Sickle Cell Awareness Month. The theme for this year is "Shine the light on Sickle Cell". 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 biconcave 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.

Covid-19 - Delta Variant

The Delta variant causes more infections and spreads faster than early forms of SARS-CoV-2

The Delta variant is more contagious than previous strains--it may cause more than two times as many infections. Vaccines protect you.

Some data suggest the Delta variant might cause more severe illness than previous strains in unvaccinated persons. In two different studies from Canada and Scotland, patients infected with the Delta variant were more likely to be hospitalized than patients infected with Alpha or the original virus strains. Unvaccinated people remain the greatest concern: Although breakthrough infections happen much less often than infections in unvaccinated people, individuals infected with the Delta variant, including fully vaccinated people with symptomatic breakthrough infections, can transmit it to others. CDC is continuing to assess data on whether fully vaccinated people with asymptomatic breakthrough infections can transmit. However, the greatest risk of transmission is among unvaccinated people who are much more likely to contract, and therefore transmit the virus.

Fully vaccinated people with Delta variant breakthrough infections can spread the virus to others. However, vaccinated people appear to be infectious for a shorter period: The Delta variant seems to produce the same high amount of virus in both unvaccinated and fully vaccinated people. However, like other variants, the amount of virus produced by Delta

breakthrough infections in fully vaccinated people also goes down faster than infections in unvaccinated people. This means fully vaccinated people are likely infectious for less time than unvaccinated people.

Vaccines

Vaccines in the US are highly effective, including against the Delta variant. The COVID-19 vaccines authorized in the United States are highly effective at preventing severe disease and death, including against the Delta variant. However, they are not 100% effective and some fully vaccinated people will become infected (called a breakthrough infection) and experience illness. For such people, the vaccine still provides them strong protection against serious illness and death.

Masks

Given what we know about the Delta variant, vaccine effectiveness, and current vaccine coverage, layered prevention strategies, such as wearing masks, are needed to reduce the transmission of this variant.

At this time, as we build the level of vaccination nationwide, we must also use all the prevention strategies available, including masking indoors in public places, to stop transmission and stop the epidemic.

<https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html>





Teaching Kids Healthy Eating Habits

If you were to offer your child either a candy bar or an apple, which do you think he or she would choose? What if you changed the choice to either crackers and cheese or an apple?

The lesson: If you keep food choices healthy, your child is more likely to eat healthy. It is that simple.

The first step toward encouraging and teaching healthy eating habits is to fill your kitchen with a variety of nutritious foods. As you plan meals and snacks, remember:

Use the Food Guide Pyramid as a guide. When trying to determine how many servings your child needs, ask your doctor or dietitian. In general, younger and smaller children need fewer servings than older and larger children do.

- Eat a variety of grains, especially whole grains.
- Encourage a variety of fruits and vegetables.
- Watch fat intake, especially saturated fat, for everyone in your family older than age 2.
- Save sweets and soft drinks for special treats. <https://www.kelsey-seybold.com/health-information/teaching-kids-healthy-eating-habits>



Kids Chopped Salad

Ingredients:
Shredded Romaine lettuce
Sweet corn
Diced cherry tomatoes
Diced cucumber (peel for younger toddlers as the skin can be tough)
Diced avocado
Crumbled bacon
Diced fully cooked chicken

Mix all the ingredients.
Add dressing.

TIP: Try with a Buttermilk Ranch or a lemon vinaigrette.