



OCTOBER 2021

HEAD START GAZETTE



Make a Beaded Sun Catcher

Materials

Jewelry wire
Pliers (with adult supervision)
Beads (crystal or transparent beads work best to catch the sun)
String

Directions

1 Using the pliers, bend the wire into a shape such as a heart or a circle.
2 Twist or knot one end of the wire so that the beads cannot fall off.
3 Thread beads onto the wire. Try making a pattern with your beads. You can make patterns of colors, shapes or sizes.
4 Twist or knot the other end of the wire after all the beads are on it. Then tie the ends together with string.
5 You are finished. Hang your beaded sun catcher in a window. <https://www.pbs.org/parents/crafts-and-experiments/make-a-beaded-suncatcher>

8 Tips for Good (Children's) Manners This Thanksgiving

Thanksgiving is coming up so it's a great time to remind your kids of some of the simple ground rules of being good dinner guests. You can practice these at home and role play at dinner time.

1. Practice patience.

Remind your children that you should always wait until everyone has received their food before they can start eating. Usually, someone will pray a blessing over the food, or the host will make an announcement or say thank you to the guests.

2. Be present.

Leave your devices, hats and other distractions at the door. Nothing is worse than a guest who has a phone or iPad or something at the table while everyone else is trying to hold a conversation.

3. Don't slouch.

Always sit up straight. This one is personal to me, but a slouchy eater just looks like they don't care to be there.

4. Ask politely.

Teach your kids to ask for something they might want or need instead of reaching across the table. "Can you please pass the salt, David?"

5. Pass politely.

Never comment on the food unless it's a

compliment. This is especially for young children who don't yet have a kindness filter. They might say something like "I hate anything with peas in it," just because they are being honest but remind them that there is a more appropriate way to handle food that they are not fond of. Like saying "No thank you," or "That looks delicious, but I'm going to pass for now."

6. Napkins are necessary.

When it comes to napkins have your kids practice placing it on their lap at the start of the meal. If they are a bit younger a napkin tucked in their shirt is still fine.

7. Food is not a toy.

Playing with your food in any way is not ok! If you are hosting have a kid table that has things like chalkboard placemats so fidgety kids can doodle while they wait to be served or after dinner!

8. Dinner isn't done until the table has been cleared.

Clean up after themselves or ask to help with any cleanup tasks. This is just going the extra mile to help relay to the host that they are thankful for the invite. It's also an act of kindness when you can offer the host help. Even if she declines the thought is much appreciated! <https://theinspiredhome.com/articles/table-manners-for-kids-just-in-time-for-the-holidays>

Here's an easy way to alleviate some of the anxiety in your life over money



The thought of creating a budget may make you stressed. Add a spouse or partner and possibly children into the mix and you may want to go running for the hills.

"Having a budget, even if it is not dollar for dollar ... can be really helpful and eliminate some stress when either money is tight or when there is maybe some additional money coming in — to know what to do with it ahead of time."

Essentially, a budget keeps track of money going out of your bank account, or expenses, and money coming in.

Here are four strategies to create and maintain a family budget.

1. See where you are

Make a list of all your expenses and your income to get a sense of where you stand.

2. Get on the same page

The coronavirus pandemic is impacting people's finances.

Have a conversation with your spouse or partner, but don't make it feel like a punishment. Instead, ensure everyone's thoughts and ideas are valued.

"Start by looking at what do you both really want to do, what do you really care about the most.

That can be a home, vacation, education or dining out, for example.

It is also important to realize that people have different histories with money, which might be impacting their underlying behavior.

"Once you understand that, it is easier to

have some empathy where the other person is coming from if you don't agree with their perspective," Henderson said.

If you have children, get on the same page about spending on them. Plan ahead for birthday and holiday budgets.

3. Get organized

Look at the balances and interest rates on your credit cards and mortgages. Also check what you have on automatic payments, like streaming subscriptions, to see what you don't use anymore.

You can also potentially save money by shopping around for car or home insurance, instead of just automatically renewing it every year.

4. Track it

It's important to stay on top of your budget and understand that it can be fluid.

"It is a living, breathing thing," Henderson said. "It is going to evolve and change."

Budgeting apps can help you track your spending by linking up with your credit cards and bank accounts.

"Once you have your system established, then you actually need to review it at least quarterly and just see if you are on track," she said.

"You want to check on it frequently enough that you can course correct, but not so frequently that you are obsessed with it."

<https://www.cnbc.com/2021/10/27/4-strategies-to-create-and-stick-with-a-family-budget.html>



Kitchen Safety



Parents must make sure that children and pets don't get close to hot food cooking in the kitchen. Safe Kids Worldwide says, "Avoid carrying or holding a child while cooking on the stove. Ask a visiting relative or family member to be the designated child wrangler and lead younger kids away from the kitchen to more fun activities." Remember, young children are curious, and they will grab at anything dangling off the kitchen counter, including sharp knives, appliance cords, and recipe books.

Keep your kitchen free of clutter, children, pets, and dangerous objects:

- Never leave children unattended when there is food cooking in the kitchen.
- Keep pot handles turned inward and out of the reach of children.
- Keep sharp utensils stored up high and out of the reach of children.
- Teach children not to go near hot ovens, especially when the oven door is open.
- Move dishes (hot and cold) away from the edge of counters, so kids or dogs don't pull them down.
- When cooking hot dishes, keep children at least 3 feet away, as hot steam or liquids could cause burns.
- Consider putting up a baby gate to keep young children and pets out of the kitchen.
- Have a fire extinguisher handy in case of a grease fire.
- Don't forget to turn off the oven and burners when you're finished cooking.

<https://www.childhoodpreparedness.org/post/thanksgiving-safety-tips-for-parents-and-children>

Announcements

Until recently, the common type of diabetes in children and teens was type 1. It was called juvenile diabetes. With Type 1 diabetes, the pancreas does not make insulin. Insulin is a hormone that helps glucose, or sugar, get into your cells to give them energy. Without insulin, too much sugar stays in the blood.

Younger people are also getting type 2 diabetes. Type 2 diabetes used to be called adult-onset diabetes. Now it is becoming more common in children and teens, due to more obesity. With Type 2 diabetes, the body does not make or use insulin well.

Children have a higher risk of type 2 diabetes if they are overweight or have obesity, have a family history of diabetes, or are not active. Children who are African American, Hispanic, Native American/Alaska Native, Asian American, or Pacific Islander also have a higher risk.

To lower the risk of type 2 diabetes in children

- Have them maintain a healthy weight
- Be sure they are physically active
- Have them eat smaller portions of healthy foods
- Limit time with the TV, computer, and video

Children and teens with type 1 diabetes may need to take insulin. Type 2 diabetes may be controlled with diet and exercise. If not, patients will need to take oral diabetes medicines or insulin. A blood test called the A1C can check on how you are managing your diabetes

Contact the Central Florida office at 2301 Maitland Center Pkwy Suite 126 Maitland FL, 32751 (407) 660-1926 or DAFL@diabetes.org for more information.

DIABETES



Cleaning up Toys

HELPI!: *My child won't clean up when I ask her to.*

What you can do:

- Make sure to give your child a warning ahead of time that they will have to cleanup soon. Set a timer and tell them when it goes off it will be time to clean up.
- Ask them what the last toy they are going to play with will be before it's time to clean up.
- Try cleaning up to music — sing a song together while you cleanup or try to finish cleaning up before a song finishes.
- If it takes too long to cleanup because there are so many toys out, consider putting out less

toys to begin with. Keep some in a box in a closet and rotate through toy choices.

□ Also, try having them cleanup toys as they finish an activity. If they are playing Legos in one room, have them clean that up before they get out crayons at the table.

□ Make cleaning up easier by using big buckets or bins that are labeled so the child has a clear idea of where toys belong.

□ Make sure to praise your child when they clean up. Use specific praise— say, "I like how you _____." Kids will repeat behaviors that get attention. (article taken from Head Start center for Inclusion)



8 Easy Ideas to Add Math Into Your Daily Routine

1. "I spy the number..." To promote number recognition, play "I Spy" at the store. As you walk down the aisle, call out a number and see if your child can find it.
2. Go on a shape hunt. As you are walking around your neighborhood, riding the bus, or driving in the car, search for different shapes and patterns.
3. Use laundry to promote matching and sorting. By matching socks, your child will be practicing shape, color and size comparison.
4. Counting opportunities are everywhere. Whether counting the number of steps in a staircase, Cheerios in a bowl or dogs in the park, help your child learn to count in whatever language you speak at home.
5. Make comparisons. "Is there more water in this cup or that cup?" or "Which book is heavier?" are all simple ways to compare two objects by weight, size and height.
6. Chart the weather for a week. Practice making a small paper calendar. Have your little one draw a picture of the daily weather.
7. Look at a map. Have your child help in navigating to the next soccer practice, post office visit, or grocery store trip. Use a computer, phone or paper map. Point out the starting point and destination.
8. At the end of the day, take a survey of how the day went for each member of the family. Before watching something together, survey members to see what they want to watch. These simple activities will get your family talking, while also promoting data collection, counting and comparison skills.

<https://www.pbs.org/parents/thrive/8-easy-ideas-to-add-math-into-your-daily-routine>





Fingerprint Thanksgiving Placemat Craft



What you'll need:

ink pad (washable)
markers
construction paper
stickers, ribbon, glitter, etc.

How to make your Thanksgiving placemat cups:

Choose a piece of construction paper or poster board in the color of your choice.

Write what you are "thankful for" in the middle of the paper.

Use the ink and your finger to make pictures of what you wrote. Color in and around the pictures with markers to show detail.

Fill in the extra space with fall or Thanksgiving stickers, ribbon, etc.

Have it laminated if you want to keep! <http://www.allkidsnetwork.com/crafts/thanksgiving/thanksgiving-placemat-craft.asp>

Health Benefits of Turkey

- Turkey is a good source of protein. Just one serving of turkey provides 65 percent of your recommended daily intake of protein.
- Turkey contains trace minerals that can help prevent cancer.
- Turkey contains selenium which plays an essential role in helping to eliminate cancer-friendly free radicals in the body.
- Turkey is a good source of vitamins B3 and B6. Vitamin B3 helps lower blood cholesterol, it is essential for healthy skin, and helps improve brain function. Vitamin B6 helps in maintaining the tone of muscles, it aids in the production of anti-bodies and red blood cells and it is essential for normal growth. A serving of turkey meat has 36 percent of the daily allowance of B3 and 27 percent of your recommended intake of B6.
- Turkey is naturally low in fat without the skin, it only contain 1 gram of fat per ounce of flesh.

Turkey Nuggets

How kids can help:

Cut out turkey rounds, dip in breading.

What you need:

Slices of turkey
1 Tbsp. Milk
2 Tbsp. Honey
Panko bread crumbs

Using a small, round cookie cutter, cut out little medallions of turkey. Mix milk and honey in a small bowl. Put bread crumbs in another bowl. Dip medallions in honey mixture, then crumbs, set on baking pan. Broil on low for a few minutes, each side, until slightly golden. Serve with honey or honey mustard sauce.

<http://www.parenting.com/article/turkey-nuggets>