

July 2012
Jane Reilly, Editor

UAB EARLY HEAD START PROGRAM EARLY EDITION

Happy 4th of July



<http://www.uab.edu/civitausparks/uab-early-head-start-program>

DATES TO REMEMBER

JULY 18 12:00 Policy Council

JULY 20 11:00 Transition
Socialization for three year olds and
their families Vulcan Park

LETTER TO MYSELF

Dear Self,
In the right moment, in the perfect way;
I will be shown what to do.
I will be told what to say.
Until then, I will love myself,
I will honor myself,
and I will be still.



PATRIOTISM

You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.

Erma Bombeck

Congratulations to our three-year-olds and their families who will be transitioning out of our program this summer. We will celebrate your achievements on July 20, 2012 at Vulcan Park with our annual Transition Socialization. This year's theme is *Under The Big Top* so come prepared to join the circus.





July August



Parenting Tips and Tools, because it
the world's most important job.

There will be no Parenting classes during July and August

But you can always call me, or let your family
partner know what issues you want information
about and I'll get it to you!

☎ And if you ever have any questions or concerns,
be sure to call me: 934-1098 or 410-6586 (Dalia)

Parenting classes will start again in
September



NEWS FLASH . . .

Secondhand Smoke and Children: Lung Disease in the future!



Young children exposed to secondhand smoke could get firsthand experience with lung disease years later, according to new research. A report published in the journal *Respirology* reveals that children exposed to secondhand smoke face nearly twice the risk of developing chronic obstructive pulmonary disease (COPD, or lung disease) than children who aren't exposed. The study also reveals that secondhand smoke has a much bigger effect on children than it does on adults.

Read the entire article here:

<http://healthfinder.gov/news/newsstory.aspx?docID=662816>

Ever feel like your time and energy is going into tasks you don't really want to do? If so, find a way to make those chores into habits so you don't have to think much about doing them anymore. Planning to do something takes lots of energy and thinking; tasks that are a habit get done more quickly and with less effort.

For me, planning weeknight meals is a dreaded chore. Here's a schedule one mother set up to make planning easy:

Make the answer to "What's for dinner?" always be the same, depending on the day of the week. Here's how it works:

Sunday Sit-downs: My kids and I cook in large quantities so that we'll have left-overs for another meal. (We always sit down when we eat, but on Sundays, we go large.)



http://www.uab.edu/civitaneparks/uab_early_head_start_program

Monday Makeover: We turn Sunday's meal into something new. (This week, chili became burrito filling.)

Tuesday Takeout: We go out or get take out.

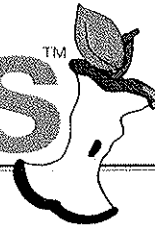


Wacky Wednesdays: Usually breakfast for dinner (with raw veggies as a pre-meal snack).

Thursday Thaw: We pull something out of the freezer from a previous "Sunday Sit-down".

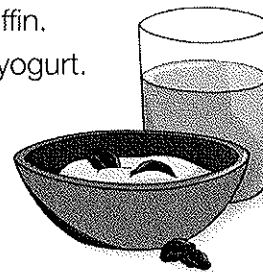
Friday Favorites: We have one of four super-easy dinners on Fridays (spaghetti and meatballs, tacos, pot-stickers with rice and stir fried veggies, or pizza).

It might seem crazy, but this system has made dinnertime loads easier for me. Other things our family has on autopilot: we fold laundry while watching "Bewitched" on Friday nights; we hang up back packs and put shoes away the instant we walk through the door; we empty the dishwasher and set the table for dinner at the same time in the evening.



7 easy breakfast ideas

- Whole grain breakfast cereal with fresh fruit and low fat milk.
- Scrambled eggs and a piece of whole wheat toast or English muffin.
- Smoothie made with fruit and low fat yogurt.
- Bowl of oatmeal and glass of juice.
- Pancakes or waffles with fruit.
- Slice of ham or turkey served on toast or rolled up in a tortilla.
- Peanut butter on whole wheat tortilla, topped with sliced bananas and rolled up.

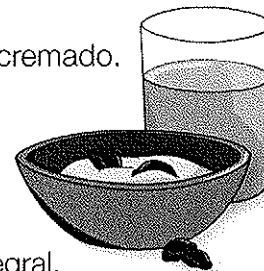


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7 ideas fáciles para desayunar

- Cereales para desayunar integrales con frutas frescas y leche descremada.
- Huevos revueltos y una rodaja de pan integral o un muffin inglés.
- Una batido hecho con frutas y yogur descremado.
- Avena y un vaso de jugo.
- Panquecas o waffles con fruta.
- Rodaja de jamón o pavo sobre una tostada o en una tortilla enrollada.
- Mantequilla de maní sobre una tortilla integral, acompañada con rodajas de banana y enrollada.



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summer pasta salad

2 cups cooked rotini noodles
2 tomatoes, cut into wedges
1 cucumber, chopped
1 cup broccoli, chopped
½ cup low fat Italian salad dressing
Grated Parmesan cheese

Combine noodles, tomatoes, cucumbers and broccoli in a bowl. Sprinkle with salad dressing and Parmesan cheese. Toss to coat. Cover and chill in the refrigerator for at least 30 minutes.



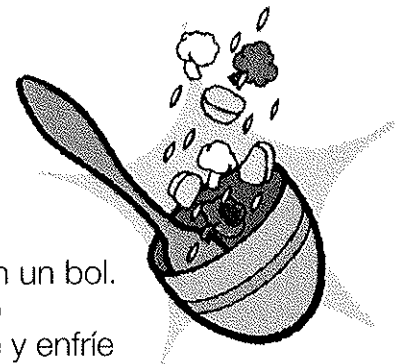
Make half your plate fruits and vegetables!

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ensalada de verano con pasta

2 tazas de fideos rotini cocidos
2 tomates cortados en gajos
1 pepino, cotados
1 taza de brócoli cortado
½ taza de aderezo de ensalada
tipo italiano bajas calorías
Queso parmesano rallado

Mezcle fideos, tomates, pepinos y brócoli en un bol. Rocíe con aderezo para ensalada y queso parmesano. Mezcle para cubrir bien. Tape y enfríe en el refrigerador durante al menos 30 minutos.



**Haga que la mitad de su plato
¡sean frutas y verduras!**

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How Can You Check Baby's Teeth?

Check your baby's teeth each day when you clean their teeth and gums:

- Lay baby's head on your lap
- Gently push back the lips
- Look at the front and back of all upper teeth, then all lower teeth
- If you see chalky white, brown or black spots on the teeth, take baby to the dentist



What Should You Do?

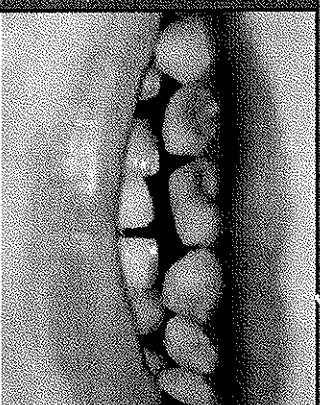
Take your child to a dentist by age 1.
If you don't have a dentist:



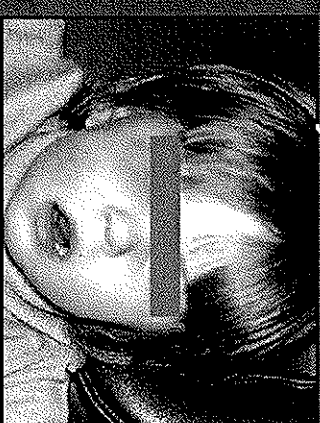
- Ask your child's doctor for a referral
- Ask a friend, relative, or coworker
- If you have Medi-Cal, call Denti-Cal at **1-800-322-6384**
- Call the California Dental Association at **1-800-CDA-SMILE (1-800-232-7645)**
- Call your local Child Health and Disability Prevention (CHDP) Program at the county health department

Prevent Tooth Decay in Babies and Toddlers

Do you want this?

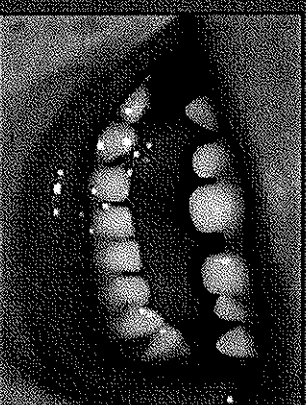


Unhealthy child-Tooth infection



or
Do you want this?

Healthy teeth and gums



Healthy child - Healthy teeth



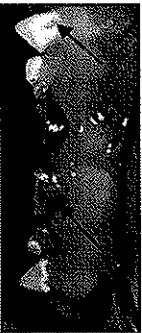
Baby Teeth Are Important

- To Chew
- To Talk
- To Smile
- To Feel Good
- To Be Healthy
- To Save Room For Permanent Teeth

What Is Tooth Decay (Cavities)?

It is a disease that:

- Can destroy teeth
- Is caused by germs in the mouth
- Leads to pain and infection
- Can start as soon as the first tooth comes in (white line near gums)



How Does Tooth Decay Happen?



Germs eat sugar, which makes acid that causes tooth decay.

| GERMS | SUGAR |
|--|---|
| <p>Tooth decay germs can be passed from your mouth to your child's mouth.</p> <p>Do not share:</p> <ul style="list-style-type: none"> • Cups • Straws • Spoons/Forks • Toothbrushes <p>Do not "clean" pacifier with your mouth.</p> | <p>When sugar stays on teeth, tooth decay can happen, especially if your child:</p> <ul style="list-style-type: none"> • Falls asleep with the bottle • Sips from a bottle or cup all day <p>Sugar hides in:</p> <ul style="list-style-type: none"> • Milk/Formula • Juice • Sweet drinks • Cookies, Crackers, Chips • Cereal • Soda • Medicine |

What Can You Do To Protect Baby Teeth?

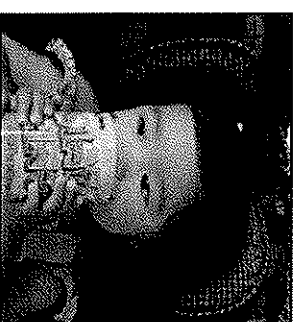
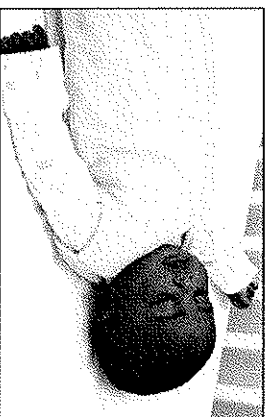
Take care of your own teeth:

- Brush with fluoride toothpaste and floss daily
- Visit your dentist at least once a year
- Limit sweet sticky foods and drinks
- Chew sugarless gum with "xytitor" after meals/snacks



Take care of baby's teeth:

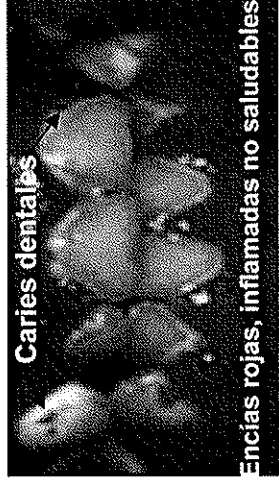
- Put only breast milk or formula in bottle
- Hold baby while feeding
- Put baby to bed without a bottle
- Brush teeth twice a day with a dot of fluoride toothpaste
- At 6 months, help baby drink from a cup
- Stop bottle feeding around 1st birthday
- Take baby to dentist by age one, then every 6-12 months
- Ask dentist or doctor about fluoride



¿Cómo Puede Revisar Los Dientes Del Bebé?

Revise los dientes de su bebé cada día cuando usted le limpie sus dientes y encía:

- Repose la cabeza de su bebé en sus piernas
- Suavemente levante los labios
- Mire enfrente y atrás de los dientes de arriba, y después todos los dientes de abajo
- Si usted ve manchas blancas, cafés o negras en los dientes, lleve al bebé al dentista



Caries dentales

Encías rojas, inflamadas no saludables

¿Qué Debe Hacer?

Lleve al niño al dentista a la edad de 1 año.
Si usted no tiene un dentista:

- Pida al doctor de su niño una referencia
- Pregunte a un amigo, familiar o compañero de trabajo
- Si usted tiene Medi-Cal, llame a Denti-Cal al **1-800-322-6384**
- Llame a la Asociación Dental de California al 1-800-CDA-SMILE (1-800-232-7645)
- Llame a su Programa local de Salud Infantil y Prevención de la Discapacidad (CHDP) al departamento de salud del condado

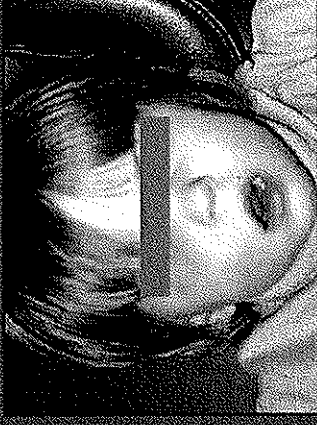
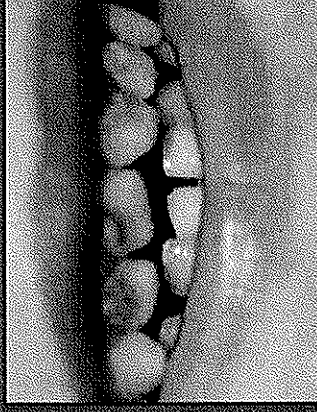


Prevenir Caries Dentales en Bebés y Niños Pequeños

¿Usted desea esto?

Infección de una carie en un niño no saludable

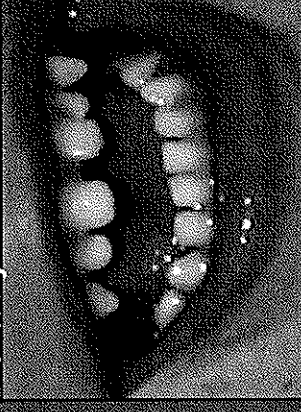
Caries dentales



¿Usted desea esto?

Niño saludable – Dientes saludables

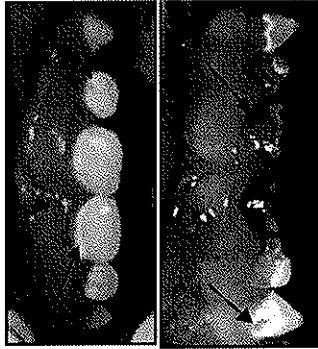
Dientes y encías saludables



Los Dientes de Leche son Importantes Para

- Masticar
- Hablar
- Sonreír
- Sentirse Bien
- Estar Saludable
- Guardar Espacio para los Dientes Permanentes

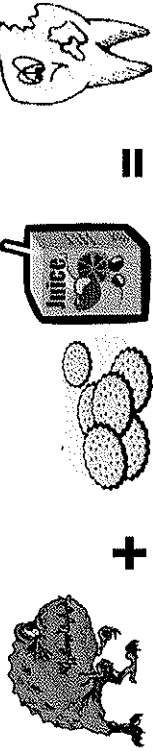
¿Qué es Carie Dental (Caries)?



Es una enfermedad que:

- Puede destruir los dientes
- Es causada por los microbios en la boca
- Conduce a dolor e infección
- Puede comenzar tan pronto aparezca el primer diente (línea blanca cerca de las encías)

¿Cómo Empieza la Carie Dental?



Microbios

Azúcar

Carie Dental

Los microbios comen azúcar, lo cual crea el ácido que causa caries dentales.

MICROBIOS

Los microbios de caries dentales se pueden pasar de su boca a la de su niño.

No comparta:

- Tazas
- Popote/Pajilla
- Cucharas/Tenedores
- Cepillo Dental

No "limpie" el chupón con la boca.

AZUCAR

Cuando el azúcar se queda en los dientes, puede ocasionar caries dentales, especialmente si su niño:

- Se duerme con el biberón
- Toma sorbos del biberón o taza todo el día.

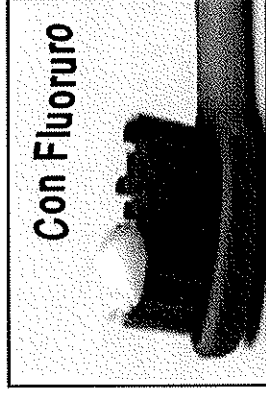
El azúcar se esconde en:

- Leche/Fórmula
- Cereal
- Jugo
- Refresco
- Bebidas dulces
- Medicina
- Galletas, Galletas saladas, Papitas

¿Qué Puede Hacer Para Proteger los Dientes del Bebé?

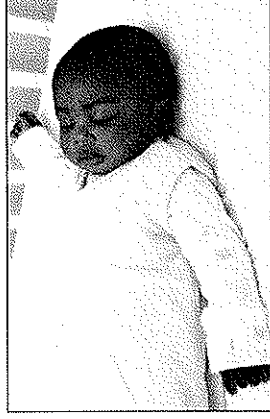
Cuide sus propios dientes:

- Cepille con pasta dental con fluoruro y use el hilo dental diariamente
- Visite a su dentista por lo menos una vez al año
- Limite alimentos pegajosos y bebidas azucaradas
- Mastique chicle sin azúcar y que contenga "xyliol" después de los alimentos o meriendas



Cuide los dientes de su bebé:

- Solo ponga leche de pecho o fórmula en el biberón
- Cargue al bebé mientras lo alimenta
- Acueste al bebé sin el biberón
- Cepille los dientes dos veces al día con una pizca de pasta dental con fluoruro
- A los 6 meses de edad, ayude al bebé a tomar de una taza
- Deje de darle biberón alrededor del primer cumpleaños
- Lleve al bebé al dentista cuando cumpla un año y después cada 6-12 meses
- Pregunte al dentista o médico sobre fluoruro



NHSA Family Connections

May 2012

What is School Readiness?

According to the Office of Head Start, school readiness is when children have the “skills, knowledge, and attitudes that are necessary for success in school and for later learning throughout life.” *The Head Start Approach to School Readiness* guides us to think of school readiness as more than just children knowing certain sets of skills. Children need families to be ready to support their learning from birth, and every school must be ready to help every child who comes to learn.

We expect children who are ready to know more than colors and shapes, how to count to 10, and to recognize some letters of the alphabet. Readiness also means they know when, where, and how to use the skills. They use what they already know to learn more—and enjoy doing so! Your Head Start program will identify a set of school readiness goals and skills to share with families.



Head Start looks at readiness in five major areas:

- **Approaches to Learning:**
How a child sticks to a task and completes it; stays focused and shifts attention as asked; is able to remember and use information, set and achieve goals, problem solve, reason, and plan.
- **Cognition & General Knowledge:**
A child’s ability to remember, learn, and do things; to observe and compare things; to represent ideas and concepts; and what he or she knows about the world in which we live and how things work.
- **Language & Literacy Development:**
How a child listens, understands, and expresses thoughts and ideas; what the child knows about how books and printed words work; and the basic concept of the alphabet and that letters represent sounds.
- **Physical well-being and Motor Development:**
A child’s overall health, nutrition, and hygiene; control over large muscle movements and balance, and control over small muscles including hand-eye coordination to use utensils and tools.
- **Social and emotional Development:**
A child’s ability to use self control, express his/her feelings, cooperate and maintain secure & healthy relationships.

Created By **PreschoolFirst**


Children at Every Age & Stage

The foundation of school readiness begins the day your child is born. In Early Head Start programs, families and staff work together to guide and foster each child’s development. Children learn what they need to be ready for school over many years from a team of caring adults. Together we help young children learn the skills, information, and ways of thinking and behaving that will help them succeed in school and life. Be your child’s first teacher. Try these tips at home to help your child get ready right from the start.

| | Babies: Birth to 12 months old | Toddlers: 12 to 36 months old |
|---|--|---|
| Physical well-being and Motor Development | <ul style="list-style-type: none"> Keep a baby well fed, cuddled, clean and dry See the doctor for well-baby visits, keep vaccines up to date Allow time for babies to lie in different positions and to move about freely Play ‘Pattie-cake’ and other physical games | <ul style="list-style-type: none"> Prepare healthy fresh food and let toddlers feed themselves See the doctor regularly, keep vaccines up to date Give toddlers safe places to walk, run and climb and move about freely Play with stacking toys, finger paint and jumbo crayons, and dress up clothes |
| Cognition & General Knowledge | <ul style="list-style-type: none"> Watch your baby’s sleeping and eating habits and develop a responsive, predictable routine Organize the baby’s room and toys Play simple ‘hide & find’ games, stack toys Let your baby experiment with toys and safe household objects Talk, talk, talk– explain what you do and why | <ul style="list-style-type: none"> Continue following a predictable daily routine Organize the toddler’s room and toys so they can be easily used and put away Play with “cause & effect” toys, match colors & shapes, explore nature, do sand & water play Encourage your toddler to pretend to cook, drive, and imitate events that happen at home Talk, talk, talk– explain what you do and why |
| Language & Literacy Development | <ul style="list-style-type: none"> Sing, say rhymes and read board books together Think out loud as you play, feed, cuddle, change, and a care for a baby Respond when your baby babbles and coos Name colors, objects, people and places Talk, talk, talk– explain what you do and why | <ul style="list-style-type: none"> Sing songs & rhymes, read board books Name objects in books, let toddlers turn pages Think out loud as you play, work, and problem solve through out the day Listen when your toddler talks, repeat back what is said in complete sentences and converse! Name new colors, objects, people and places Talk, talk, talk– explain what you do and why |
| Social and Emotional Development | <ul style="list-style-type: none"> Respond to your baby’s cries, soothe the baby and keep favorite blankets & cuddle toys near Cuddle a baby often, gaze into his or her eyes Smile, introduce new people and say Hi & Bye Play peek-a-boo games, play with safe mirrors Talk, talk, talk – explain what you do and why | <ul style="list-style-type: none"> Arrange playtimes with other children—expect them to imitate each other and play side-by-side Name your feelings & help your toddler learn to name his or her feelings Be a calm coach during conflicts, help find peaceful solutions (take turns, wait for turn, etc.) Talk, talk, talk – explain what you do and why |
| Approaches to Learning | <ul style="list-style-type: none"> Place safe, interesting objects just within reach Allow time for baby to safely explore new textures, sights, sounds, tastes and smells Encourage babies to try doing new things Cheer when your baby does something new Talk, talk, talk | <ul style="list-style-type: none"> Offer safe, challenging activities so your child can feel successful Let your toddler be as independent as possible Encourage toddlers to explore and try different solutions to problems Give toddlers time to repeat favorite activities again |



Head Start Children Know More Than the ABC's

Children develop essential readiness skills in the five major areas of development by exploring, talking about their life, and investigating their world. When it comes to school readiness, families are the most important people in a child's life. That's because children who attend a Head Start Program or school only spend about 30% or less of their waking hours in a classroom. Children with families that are involved with their education simply do better in school! These children have higher early reading and writing development, are more motivated to stick to learning activities and complete tasks, play well with other children, and have fewer behavior problems.

Preschoolers: 36 months old to Kindergarten

Physical well-being and Motor Development

- Let your child help prepare healthy fresh food and learn how to make good food choices
- See the doctor for regular visits, keep vaccines up to date
- Visit parks and playgrounds often so your child can run, jump, balance, and climb
- Let your child dress him/herself and use zippers, buttons, glue and scissors
- Teach your child to use a tissue, how to blow his/ her nose and to cover his/ her mouth when coughing.
- Teach your child how to carefully wash his or her hands and why
- Offer fun ways to practice tracing & writing with play dough, wet paint brushes on the sidewalk, shaving cream in the bath but don't make this a "phonics drill"

Cognition & General Knowledge

- Use your family's daily routine and help children learn what happens on different days of the week
- Ask your child what he/she thinks will come next when reading stories or watching TV shows
- Read traffic signs, labels, and anything with print in stores and restaurants
- Play games that match colors, organize shapes that are alike, and count numbers of objects
- Help your child recognize numbers in books, on street signs, in stores, on clocks, on money
- Encourage your child to start collections of leaves, shells, or stones
- Sort things by shape and color and line things up in patterns
- Let your child stir, measure, and pour ingredients when you cook
- Talk, talk, talk – explain what you think, wonder, do and why

Language & Literacy Development

- Read a bedtime story every night, make library visits a part of your family routine.
- Answer your child's many questions--if you don't know an answer learn it together
- Ask your child to describe any projects or artwork he/she creates
- Sing songs, recite rhymes, point out words that end with the same sounds, make up new silly rhymes
- Make up a story and ask your child to join in, then ask him/her to draw a picture to go with the story
- Set up a place where your child can use crayons, pencils and even paint to draw and scribble
- Ask your child to draw pictures and make greeting cards for family members, print your child's message inside and read it together

Social and Emotional Development

- Ask your child to help with simple chores (set the table, pick up toys, feed pets) and praise his/her efforts but resist fixing the results when he/she is watching
- Talk about how characters in stories and movies might feel
- Encourage your child to ask other people questions, help them learn to do it politely
- Talk about the members of your family and share stories about your culture and family history
- Teach your child simple games to develop self-control such as Simon Says and freeze dancing

Approaches to Learning

- Play the "What if . . ." game. "What if it rained jellybeans?"
- Let your child make his/her own choices whenever possible about what to wear or books to read
- Value your child's curiosity and help him/her learn about things he/she is interested in
- When your child runs into a problem, encourage him/her to think of ways to solve it
- Compliment your child when he/she works through a challenge and completes tasks
- Talk, talk, talk – explain what you're thinking as you organize and complete tasks