

UAB EARLY HEAD START PROGRAM

# EARLY EDITION

Jane Reilly, Editor

March 2011

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

## DATES TO REMEMBER:

March 3 - 11:00 - socialization,  
Vanessa, Renee, Cassandra, T,  
10:00 - parenting

March 9 - 10:30 - PIPA  
12:00 - Policy Council

March 10 - 11:00 - socialization  
Pam, Eleanor, Shante' and Nikki  
10:00 - parenting

March 17 - 11:00 - socialization  
St. Clair County - Prescott  
Community Center

March 24 - 11:00 - socialization  
Vanessa, Renee, Cassandra, T  
10:00 - parenting



## FUN POEM

### Under the Bed

by Penny Trzynka

There's a terrible green monster

Who lives beneath my bed.

I hear his long white teeth click.

He's waiting to be fed.

I shiver underneath my sheets

And squeeze my eyes up tight.

Maybe if I lie real still

He won't eat me up tonight...

He taps me on the shoulder.

I don't know what to do.

He looks at me and says, "I'm scared!

Can I get in with you?"



## RIDDLE

### Which Side of a Cat



Scientists have proven that cats have more hair on one side than their other side. Some people believe that this is because when cats lay on their side they need insulation from the cold on the floor or ground. Which side of a cat has more hair?

See Jane for answer!

"Every father should remember that one day his son will follow his example instead of his advice"



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# In a Kitchen

**I**n the kitchen, you and your children can do many things together: put away groceries, prepare meals and snacks, set the table. Every family member can have a job to do! Your children will feel good about their successes as they use their large and small muscles and look for shapes and colors. Be sure the kitchen is a safe place. Keep sharp objects out of reach. Remind your children about family rules in the kitchen.

- Ask them to talk about changes in foods as you cook them (“How did it look when it was raw?... when we started to cook it?... how does it look now?”). Help your children to compare the before and after.
- Talk with your children about any foods that have special meaning to your family.

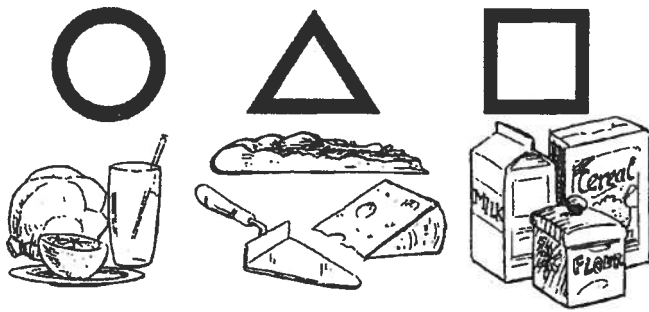


**Help your children become aware of differences in foods.**

- Talk with your children about the size, taste texture, and color of foods. Help them to recognize the differences between rough and smooth surfaces, salty or sweet tastes, and the odors of certain foods.

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# Together-Time Activities

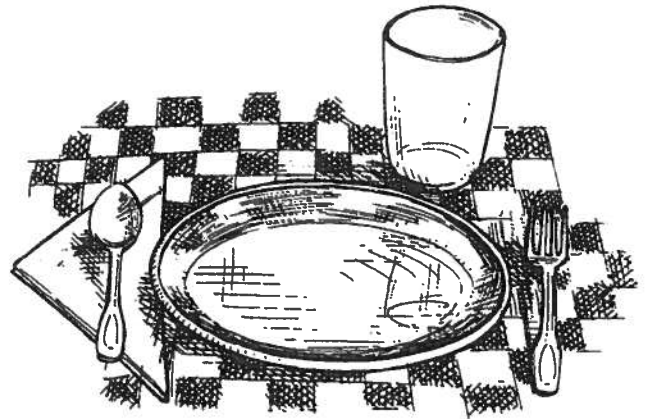


Look for shapes or colors around the kitchen in and on the cabinets, refrigerator and stove.

- Ask your children to find circles, triangles, or squares.
- Play the game, *"I see something you don't see and the color (or the shape) IS \_\_\_."* Your children can name the items or foods that are in the kitchen and that fit the description until they get to the item you have in mind.

Set the table with your children.

- Ask your children to make sure there is one plate, one glass, and so on, for each person.
- Talk about how to handle the dishes and silverware, so they stay clean and unbroken.





## March April Parenting Classes



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

In **Jefferson County**: Parenting classes are always on Thursday at 10:00 am before your regular socialization  
See page 1 of this newsletter for the socialization schedule.

In **St. Clair County** Parenting will be on March 17<sup>th</sup> at 11:00 am. On April 21<sup>st</sup> there will be an Egg Hunt.

In **Walker County** Parenting will be on March 23<sup>rd</sup> and April 20<sup>th</sup> at 9:30 am at the center.

- ♥ The topic for March will be Handling Stress
- ♥ In April we will talk about helping kids care for others

And at every meeting, there will be time for your questions and for talking about the usual: sleeping, eating, potty training... you name it!

■ And if you ever have any questions or concerns, feel free to call me: 934-1098 or 410-6586 (Dalia)



## How To Be An Effective Advocate for Your Child At School

By Marsena Cook

The importance of education for our children cannot be underestimated, especially for children with special needs (e.g. developmental delays due to premature birth, autism, physical disabilities, learning disabilities, etc.). As parents, it is crucial to get all the information possible in regards to our children's needs and challenges so that we can be effective advocates for the academic and developmental needs of our children.

As a parent of a child with special needs (our son Mark was recently diagnosed with autism), I can relate to those who are concerned about how to effectively communicate and work with the school system for my child's well-being. My husband and I want Mark to have the best possible learning environment, and also do our part at home to ensure his progress in school. We are learning each day about our son's needs, and we strive to be open and available to discuss them with his teachers.

Based on my current experience, here are some tips I'd like to share with you to help in being an effective advocate for your child's educational experience:

1. **Be informed** – take all the things you are currently learning about how to better help your child's growth and development (ex. – the handouts given in your socializations and from your family partners in this program). Also, if your child has already been diagnosed with a developmental disability, research all the information you can about that child's challenges.
2. **Keep records** – have separate files for all medical records and evaluations done on your child. The school will need copies of this for future reference, and it will inform the teachers of your child's specific learning challenges.
3. **Read the student handbook and code of conduct** from your child's school. If there are circumstances that may hinder you/your child from adhering to certain policies, you need to discuss them with the principal, guidance counselor, and teacher so that accommodations can be made, if possible. Also, write down all important phone numbers for teachers, bus services, family workers, etc.
4. **Find out what is expected of you as a parent in regards to the school's policies.** Know the school's policies regarding early pick-up from school, absences from school, obtaining doctor's notes when your child returns to school from an illness, etc.
5. **Make the effort to be present at all parent-teacher conferences.** This is your best opportunity to find out about your child's progress, explain what challenges the child is facing at home that may affect their performance in school, and discuss what can be done by both teacher and parent for the child's benefit.
6. **Dress and behave appropriately.** Remember, you are representing not only yourself, but your child as well. Be clean and neat, and PLEASE refrain from dressing in a provocative manner. The school is considered a place of business, and our school system in particular has found it necessary to be specific in informing parents about what is considered appropriate attire (ex. –

no house slippers, halter tops, short-shorts, nightgowns and robes, etc.). Also, while certain situations justify a parent being upset, it NEVER justifies cursing people out or yelling at them (even over the telephone). It serves no purpose other than to convince the school that your poor child has a crazy person for a parent. The school employees will either hang up on you, or ask you to leave the premises.

- 7. Follow the chain of command when dealing with negative situations regarding your child at school.** Speak in a calm yet assertive manner. Keep records of all conferences and conversations with school officials. Find out **who** to talk to in the school district if talks with the teacher and principal fall through. Learn the art of writing letters to the responsible parties.

In conclusion, parents are very important advocates for their children. Let's learn all we can for their benefit!!!



## NEWS FLASH . . .

**HELP YOUR CHILDREN DO WELL IN MATH BY TALKING TO THEM ABOUT NUMBERS!**

**5**

### **Research shows: Parent-Child Talks about Numbers help kids with Mathematics Achievement**

A report from Susan Levine at the University of Chicago has found that an important time for increasing math knowledge is before preschool. Researchers found that children whose parents talk more about numbers are more likely to show mathematical knowledge when they start preschool.



**So, talking to your children about numbers could improve your children's success in school.**

Watch a video of Susan Levine describing her report's findings here:

<http://www.eurekaalert.org/multimedia/pub/27115.php?from=172748>

To read a news release on the report, visit:

[http://www.eurekaalert.org/pub\\_releases/2010-11/uoc-pst110910.php](http://www.eurekaalert.org/pub_releases/2010-11/uoc-pst110910.php)





# FREE Dental Care

for children ages 5 - 16  
who do not have dental insurance

**February 18th, 2011**  
**7:30am - 3:00pm**  
**Eastern Dental Clinic**  
(Roebuck)  
601 West Boulevard  
Birmingham, AL 35212

**February 25th, 2011**  
**7:30am - 3:00pm**  
**Bessemer Dental Clinic**  
(Bessemer)  
2201 Arlington Avenue  
Bessemer, AL 35202

**March 25th, 2011**  
**7:30am - 3:00pm**  
**Central Dental Clinic**  
(Downtown/Southside)  
1400 6th Avenue South  
Birmingham, AL 35233

To make an appointment, call 930-1016 soon.  
Para hacer una cita llame al (205) 942-5505.

## Appointments are limited!







# Servicios Dentales Gratis

Para Niños De 5 a 16 Años De Edad  
Que No Tienen Seguro Médico  
("aseguranza").

**18 de febrero de 2011**  
**7:30 de la mañana a 3:00**  
**de la tarde**  
**Eastern Dental Clinic**  
(Roebuck)  
601 West Boulevard  
Birmingham, AL 35212

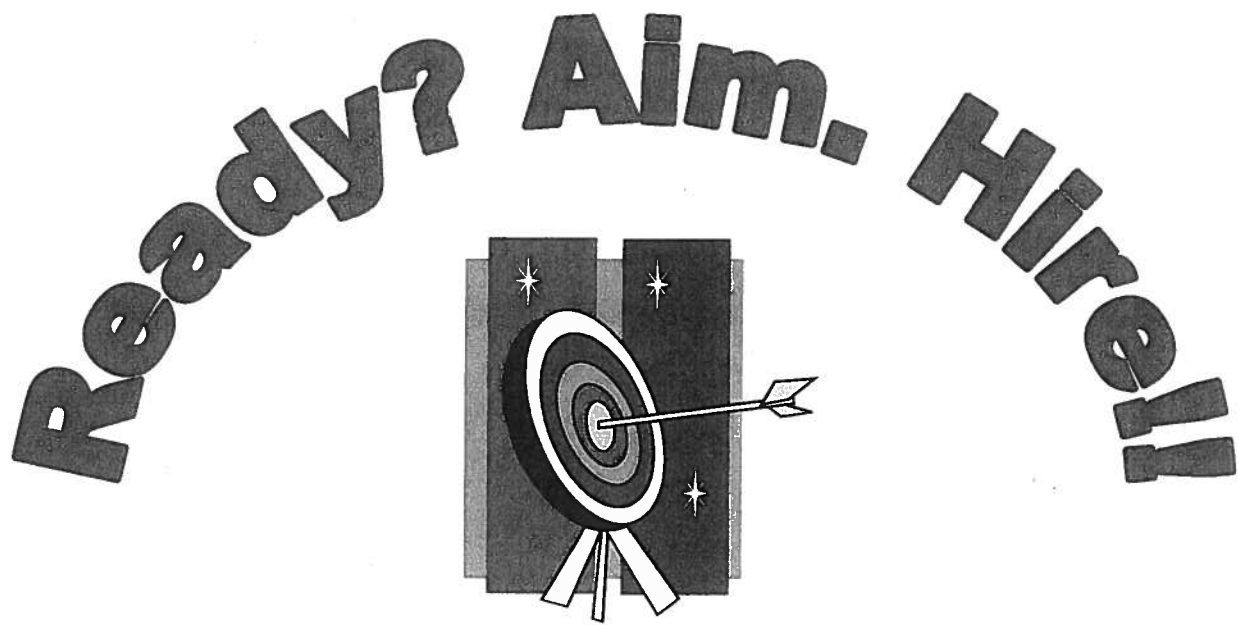
**25 de febrero de 2011**  
**7:30 de la mañana a 3:00**  
**de la tarde**  
**Bessemer Dental Clinic**  
(Bessemer)  
2201 Arlington Avenue  
Bessemer, AL 35202

**25 de marzo de 2011**  
**7:30 de la mañana a 3:00**  
**de la tarde**  
**Central Dental Clinic**  
(Downtown/Southside)  
1400 6th Avenue South  
Birmingham, AL 35233

**Para hacer una cita llame al (205) 942-5505**

**SE ATIENDE CON CITA PREVIA UNICAMENTE**  
**ESPACIOS LIMITADOS**





**You are invited to the  
Birmingham JOBS Program  
Hiring Event**

**June 14, 2011  
9:00 AM to 1:30 PM  
6th floor training rooms  
Many local employers will be represented!**

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**Please come dressed to impress. You may be interviewed on the spot!  
Bring copies of your current resume.**

**Door Prizes will be given away**

**\*\*No children will be allowed in the room during the event\*\***

**Contact your JOBS Case Manager if you need help getting interview  
clothing.**





## Sidewalk Journey

### GET READY:

- **Space:** Outdoors on a sidewalk
- **Stuff:** Sidewalk chalk
- **Time:** Waiting for the bus, walking home from school, playtime



### GET SET:

- Using sidewalk chalk, draw a variety of pathways on the ground, such as:
  - Curvy 
  - Straight 
  - Zig zag 
  - Curly 

### GO:

- Children walk along each pathway drawn on the ground. Add challenge by changing from walking to running, galloping, jumping, and hopping on the pathways.
- Remind children of the type of movement they are using (walking, galloping, etc) and of the pathway on which they are traveling (curvy, straight, etc).

### DID YOU KNOW?

Writing with sidewalk chalk helps children to increase their fine motor skills—how well they use their fingers. They produce scribbles, lines, and circles which are the beginning stages of drawing and writing. Encourage your child’s writing development by providing time, opportunity and a variety of materials to write and draw. Comment on their efforts, regardless of what they produce so they keep trying.

# HEALTHY HOMES

## I AM MOVING, I AM LEARNING NUTRITION NUGGET

Encourage healthy eating by practicing **Do See Do**. Family members can be powerful role models by choosing and eating healthy foods. Children do what they see and say what they hear. If your child sees you enjoying eating healthy foods, they are more likely to enjoy those foods as well. If your child hears you talking positively about healthy food, they will too.

Practice **Do See Do** by including more whole grain foods into your diet. Whole grains offer vitamins, minerals, and other healthy plant based nutrients. Studies have shown that eating more whole grains may reduce risks related to heart disease, cancer and diabetes. Whole grains may also improve insulin control and help in weight management.

Try new types of whole grain foods with your child. Here are a few ideas from *The Whole Grains Council*:

1. Try different types of whole grain bread, see which one you and your child likes best.
2. Substitute regular pasta with whole grain pasta for dinner.
3. Serve brown rice instead of white rice or potatoes.



### Healthy Recipe: Funny Face Pizza Snack

#### Ingredients:

4 English muffins, split or 4 slices of pita bread  
1/2 cup of low-fat pasta sauce  
3/4 cup shredded mozzarella cheese  
Vegetables and ham or pepperoni

#### Directions:

1. Preheat oven – 350 degree
2. Place on a baking sheet and spread each muffin or slice of bread with sauce and top with cheese.
3. Cut vegetables and meat into shapes as suggested below.
4. Bake for 12 to 15 minutes or until cheese melts.

Suggestions for faces:

Eyes: mushrooms or carrot strips

Nose: cherry tomato half, pepperoni or ham

Mouth: bell pepper slices or carrot strips

Hair: strips of ham, cauliflower or broccoli florets cut in small pieces

<http://www.wheatfoods.org/Funny-Face-Pizza-Snacks.90.1.htm>





# HOGARES SALUDABLES

## Viaje por la Acera

### EN SUS MARCAS:

- Espacio: Fuera en una acera
- Cosas: Tiza para la acera
- Hora: Esperando por el bus, caminando hacia casa de la escuela, hora de juego

### LISTOS:

- Usando tiza para la acera, dibuja una variedad de caminos en el suelo, como:
  - Curveado 
  - Recto 
  - Zig zag 
  - Ondulado 

### FUERA:

- Niños caminan por el camino dibujado en el suelo. Aumente el nivel de dificultad cambiando la manera de movimiento de caminar a correr, galopar, saltar, y saltar de un pie en los caminos.
- Recuérdeles a los niños del tipo de movimiento que están utilizando (a pie, galope, etc.) y de la vía en la que están de viaje (curvas, rectas, etc.)

### ¿SABIA USTED?

Escribiendo con tiza ayuda a que niños aumenten sus habilidades de motricidad fina- que bien usan sus dedos. Producen garabatos, líneas y círculos cuales son las primeras etapas del dibujo y escritura. Estimule el desarrollo de escritura de su niño proveyendo tiempo, oportunidad y una variedad de materiales para escribir y dibujar. Comente sobre sus esfuerzos a pesar de lo que produzcan para que así siga tratando.

# HOGARES SALUDABLES

## ESTOY EN MOVIMIENTO, ESTOY APRENDIENDO

### BOCADITO DE NUTRICION

Promueva la alimentación sana mediante la práctica de **Hazlo Mira Hazlo**. Miembros de la familia pueden ser modelos muy poderosos al elegir y comer alimentos saludables. Los niños hacen lo que ven y dicen lo que oyen. Si su hijo ve que usted disfruta comiendo alimentos sanos, son más propensos a disfrutar de esos alimentos también. Si su niño le oye hablar positivamente acerca de los alimentos saludables, ellos también lo harán.

Practique **Hazlo Mira Hazlo** mediante la inclusión de alimentos integrales en su dieta. Los granos enteros ofrecen vitaminas, minerales y otros nutrientes basados de vegetales saludables. Los estudios han demostrado que comiendo más granos enteros se pueden reducir los riesgos relacionados con la enfermedad cardíaca, cáncer y diabetes. Los granos enteros también pueden mejorar el control de la insulina y ayudar en el control de peso.

Pruebe nuevos tipos de granos enteros con su niño. Aquí tiene algunas ideas de "The Whole Grains Council":

1. Pruebe diferentes tipos de pan integral, vea cual les gusta más a usted y a su niño.
2. Substituya fideo regular con fideo integral para la cena.
3. Sirva arroz integral en vez de arroz blanco o papas.



**Receta Saludable:** Merienda de Pizza con una cara chistosa

#### Ingredientes:

4 Panecillos Ingleses (English muffins), cortados por la mitad o 4 piezas de pan de pita

1/2 taza de salsa de pasta de baja grasa

3/4 de taza de queso mozzarella rallado

Vegetales y jamón o pepperoni

#### Instrucciones:

1. Calentar el horno— 350 grados
2. Colocar en una bandeja de hornear y untar la salsa en cada panecillo o rebanada de pan, esparcir el queso encima.
3. Cortar las verduras y la carne en las formas como se sugiere a continuación.
4. Hornear durante 12 a 15 minutos o hasta que el queso se derrita.

Sugerencias para las caras:

Ojos: hongos o rodajas de zanahoria

Nariz: mitad de tomate cherry, pepperoni o jamón

Boca: rodajas de pimiento morrón o zanahoria



# Dealing With Temper Tantrums

## What's Happening

Two- and three-year-olds have many skills, but controlling their tempers is not one of them. Tantrums are common at this age because toddlers are becoming independent and developing their own wants, needs, and ideas. However, they are not yet able to express their wants and feelings with words. Take comfort in the fact that most children outgrow tantrums by age 4.



## What You Might Be Seeing

Normal toddlers:

- Love to say “no!” “mine!” and “do it myself!”
- Test rules over and over to see how parents will react
- Are not yet ready to share
- Need lots of fun activities, play times, and opportunities to explore the world
- Respond well to a routine for sleeping and eating (a regular schedule)
- Like to imitate grownups and to “help” mom and dad

## What You Can Do

**It is often easier to prevent tantrums than to deal with them once they get going. Try these tips:**

- Direct your child’s attention to something else. (“Wow, look at that fire engine!”)
- Give your child a choice in small matters. (“Do you want to eat peas or carrots?”)
- Stick to a daily routine that balances fun activities with enough rest and healthy food.
- Anticipate when your child will be disappointed. (“We are going to buy groceries for dinner. We won’t be buying cookies, but you can help me pick out some fruit for later.”)
- Praise your child when he or she shows self-control and expresses feelings with words.

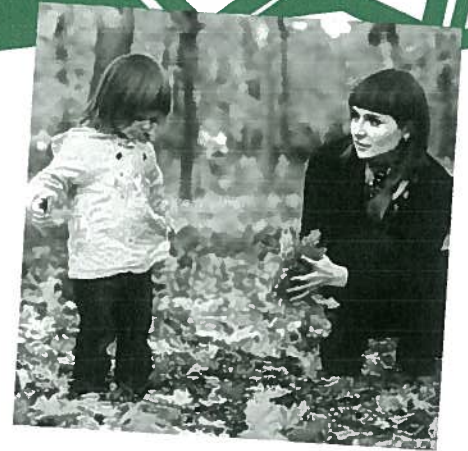
**If you cannot prevent the tantrum, here are some tips for dealing with it:**

- Say what you expect from your child and have confidence that your child will behave.
- Remain calm. You are a role model for your child.
- Holding your child during a tantrum may help a younger child feel more secure and calm down more quickly.
- Take your child to a quiet place where he or she can calm down safely. Speak softly or play soft music.
- Some children throw tantrums to seek attention. Try ignoring the tantrum, but pay attention to your child after he or she calms down.
- Resist overreacting to tantrums, and try to keep your sense of humor.

**When your child is having a floor-thumping tantrum, the most important thing you can do is remain calm and wait it out. Do not let your child’s behavior cause you to lose control, too.**

*This tip sheet was created with input from experts in national organizations that work to protect children and strengthen families. To download this tip sheet or for more parenting tips, go to [www.childwelfare.gov/preventing/promoting/parenting](http://www.childwelfare.gov/preventing/promoting/parenting) or call 800.394.3366.*

# Los berrinches



Es común que los niños pequeños hagan berrinches. Entre los 2 y 4 años los niños van desarrollando sus propias ideas, necesidades y deseos. Pero todavía no los pueden expresar en palabras. Esto puede ser frustrante para su hijo... ¡y para usted!

## Los niños pequeños:

- Les encanta decir: ¡No!... ¡Mío!... y ¡Yo solo!
- Ponen a prueba las reglas una y otra vez para ver cómo reacciona usted
- Necesitan mucho tiempo para jugar, hacer cosas divertidas y explorar el mundo
- No saben compartir todavía
- Se comportan mejor cuando tienen horarios fijos para comer y dormir
- Les gusta imitar a los “grandes” y “ayudar” a mami y a papi

## A veces los padres pueden prevenir los berrinches.

Estas son algunas cosas que usted puede hacer:

- Siga una rutina diaria de actividades divertidas, con suficiente descanso y comida sana.
- o Anticipe lo que puede desilusionar a su hijo. (“Vamos a comprar comida para la cena. Esta vez no vamos a comprar galletitas pero, ¿me ayudas a elegir fruta para el postre?”)
- Ayude a su hijo a concentrarse en otra cosa. (*¡Mira ese camión de bomberos!*)
- Deje que su hijo tome decisiones sobre cosas pequeñas. (*¿Quieres comer chícharos o zanahorias?*)
- Felicite a su hijo cuando se controle a sí mismo y exprese sus sentimientos en palabras.

## Pero a veces los berrinches ocurren de todos modos.

Si no puede prevenir un berrinche, pruebe estas sugerencias:

- Aunque un berrinche en un lugar público puede ser penoso, no pierda la calma.
- Algunos niños se calman más rápido si los ayuda a sentirse seguros y protegidos.
- Lleve a su hijo a un lugar tranquilo para que se calme. Háblele en voz baja o ponga música suave.
- Si su hijo está tratando de comunicarse con usted, trate de entender lo que quiere. Si sólo quiere llamar la atención, no haga caso a su berrinche. Préstele atención *después* de que se haya calmado.
- Trate de no perder el sentido del humor. ¡No haga berrinche usted!

**Lo mejor que puede hacer es guardar la calma, incluso cuando el niño hace un berrinche en pleno piso. No pierda la paciencia, trate de entender lo que el niño le quiere decir. Recuerde que la mayoría de los niños dejan de hacer berrinches alrededor de los 4 años de edad.**

Esta hoja informativa para los padres fue desarrollada con la colaboración de profesionales vinculados a diversas organizaciones nacionales que protegen a la juventud y promueven familias sanas. Para descargar esta publicación o para obtener más consejos para los padres (en inglés), vea: [www.childwelfare.gov/preventing/promoting/parenting](http://www.childwelfare.gov/preventing/promoting/parenting) o llame al 1.800.394.3366.





## **INFANT MOVEMENT**

Reprinted from *Head Start News*, March 2006

**Movement is calming to an infant and important to toddlers and preschoolers. Taking a crying infant for a ride in a car, gently bouncing a toddler on a knee, and dancing with a preschooler are all movements that children find calming. Studies have even shown that premature infants gain weight faster, and are less fussy, when gently rocked or carried in a front-pack. Infants often move themselves by rocking or swaying.**

**A system in the inner ear (called the vestibular system) senses balance and motion. This system is completely developed in the fetus five months after conception. The vestibular system reaches its peak of sensitivity when an infant is between six and twelve months old.**

**Movement should not be overdone, however. Sometimes adults play too rough with a child. Babies and toddlers should not be bounced too hard, thrown in the air, pulled up by their arms, or swung around. Shoulders and elbows can be dislocated, or head/neck injuries, or even death can occur.**

## PLAY - A CHILD'S WORK

Reprinted from *Head Start News* - April 2006

Children learn and grow through play. Play for children is serious-it's their work. Children "play" when they build blocks, do puzzles, paint, color, swing, or ride a bike. Even when children take a bath, they are playing.

Many children have forgotten how to play - they don't know what to do when they aren't being entertained by electronic products - such as TV, video games, and electronic toys. When children use electronic products, their mind is totally focused on the screen. Nothing else is important, TV, video games, and electronic toys can take away from a child's play time.

Parents need to limit the time a child spends using electronic products, and provide toys that allow children to play - such as Play-Doh, blocks, crayons, paints, dress-up clothes, trains, cars and dolls.



