

UAB Early Head Start Program

933 19th Street South, Birmingham, AL 35294

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

T: 205-934-5736



Upcoming Events

January 9th

PIPA 10:30

Policy Council at 12:00

January 10th

Parenting 10:00

Socialization 11:00

Eleanor, Gabrielle, Renee, and Shanté

January 17th

Yoga Socialization 10:30

January 24th

Parenting 10:00

Socialization 11:00

April, Fred, and Pam

January 31st

Parenting 10:00

Dental Socialization 11:00

Eleanor, Gabrielle, Renee, and Shanté

February 7th

Parenting 10:00

Dental Socialization 11:00

April, Fred, and Pam

February 13th

PIPA 10:30

Policy Council at 12:00

February 14th

Valentine's Day Socialization 11:00

February 21st

African Drums Socialization 11:00

February 28th

Parenting 10:00

Socialization 11:00

Eleanor, Gabrielle, Renee, and Shanté

Happy New Year UAB Early Head Start Program families!

We are so excited about the wonderful things to come in the 2019 year! Do you make resolutions for the new year? Do you have goals that you would like to achieve? If not, this could be the year to begin.

In this edition, you will find a worksheet to help with budgeting goals. Hopefully, it will help you see how you spend money and if changes need to be made. We all need to start somewhere, right? Why not now!?

Also in this issue of the UAB Early Head Start Program's Newsletter, is information on oral health (February is National Children's Dental Health Month), a recipe to try, and pictures from our Breakfast with Santa Socialization!

Remember to mark your calendar for the upcoming events for the months of January and February. We have a few special socializations planned. We look forward to having a wonderful year with our awesome families!

Mission Statement:

The mission of the UAB Early Head Start Program is to form partnerships with families to support child development and family goals. Through continuous staff development and in collaboration with the community, we strive to enhance opportunities for families.

We had fun at our Breakfast with Santa Socialization!





Brushing Your Child's Teeth

Brushing is one of the main ways you can keep your child's teeth healthy. You should brush your child's teeth with fluoride toothpaste twice each day to help prevent tooth decay (cavities). Begin brushing as soon as your child's first tooth begins to show.



School readiness begins with health!



Tips for brushing your child's teeth:

- Brush your child's teeth after breakfast and before bed.
- Use a child-sized toothbrush with soft bristles and fluoride toothpaste.
 - For children under age 3, use a small smear of fluoride toothpaste.
 - For children ages 3 to 6, use fluoride toothpaste the size of a pea.
- Young children like to do things by themselves. It's good to let children brush their teeth while an adult watches. But children under age 7 or 8 cannot brush their teeth well yet. An adult needs to brush the child's teeth too.
- Find a position where your child is comfortable and you can see your child's

teeth while you brush. For example, sit on the floor with your baby's or young child's head in your lap. Or stand behind your child in front of the mirror.

- Gently brush your child's teeth using small circles. Brush all surfaces of the teeth, including the insides and outsides.
- After brushing, have your child spit out the remaining toothpaste but not rinse. The small amount of toothpaste that stays in your child's mouth is good for the teeth.
- If you are having trouble brushing your child's teeth, use a timer, a counting game, or a song while brushing. You can also ask the staff at your child's dental clinic for help.



Use a smear for children under age 3.



Use a pea-size amount for children ages 3 to 6.

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This handout was prepared by the National Center on Early Childhood Health and Wellness under cooperative agreement #9OHC0013 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start.

National Center on Early Childhood Health and Wellness. 2016. *Healthy Habits for Happy Smiles: Brushing Your Child's Teeth*. Elk Grove Village, IL: National Center on Early Childhood Health and Wellness.

Photo requiring credit: <http://www.wikihow.com/Clean-Toddler's-Teeth> (front page, top)



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NATIONAL CENTER ON
Early Childhood
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Early Childhood Health and Wellness

Hábitos sanos para sonrisas felices



Cómo cepillar los dientes de su niño

El cepillado es una de las formas principales de mantener sus dientes saludables. Cepille los dientes de su niño usando pasta de dientes con fluoruro dos veces al día para ayudar a prevenir las caries. Empiece a cepillar tan pronto como a su niño le salga su primer diente.



¡La preparación para la escuela comienza con la salud!



Sugerencias para cepillarle los dientes a su niño:

- Cepíllele los dientes después del desayuno y antes de que se vaya a dormir.
- Use un cepillo de dientes de cerdas suaves para niños y pasta con fluoruro.
 - Para niños menores de 3 años, use solo un poquitito de pasta con fluoruro.
 - Para niños entre 3 y 6 años, use una cantidad de pasta con fluoruro del tamaño de un chícharo.
- A los niños pequeños les gusta hacer las cosas por sí mismos. Es bueno dejar que los niños se cepillen solos los dientes bajo la supervisión de un adulto. Pero los niños menores de 7 u 8 años no saben cepillarse bien los dientes. Es necesario que un adulto también les cepille los dientes.
- Busque una posición en que su niño se sienta a gusto y que usted pueda ver

sus dientes al cepillárselos. Por ejemplo, siéntese en el piso y ponga la cabeza de su bebé o de su niño en su regazo. O párese detrás de su niño cuando esté frente al espejo.

- Cepille los dientes de su niño suavemente haciendo círculos pequeños. Cepille todas las superficies de los dientes, incluyendo el interior y el exterior.
- Después del cepillado, asegúrese de que su niño escupa la pasta restante, pero que no se enjuague la boca. La pequeña cantidad de pasta que se queda en su boca es buena para los dientes.
- Si le está costando cepillarle los dientes a su niño, use un temporizador, cante una canción o jueguen a contar durante el cepillado. También le puede pedir ayuda al personal de la clínica dental de su niño.



Use solo un poquitito de pasta con niños menores de 3 años.



Use una cantidad del tamaño de un chícharo con niños de 3 a 6 años.

Este folleto fue preparado por el National Center on Early Childhood Health and Wellness (Centro Nacional de Salud y Bienestar en la Primera Infancia) bajo el acuerdo de cooperación #9OHC0013 para el Departamento de Salud y Servicios Humanos de EE. UU., Administración para Niños y Familias, Oficina Nacional de Head Start.

National Center on Early Childhood Health and Wellness. 2016. *Hábitos sanos para sonrisas felices: cómo cepillar los dientes de su niño*. Elk Grove Village, IL: National Center on Early Childhood Health and Wellness.

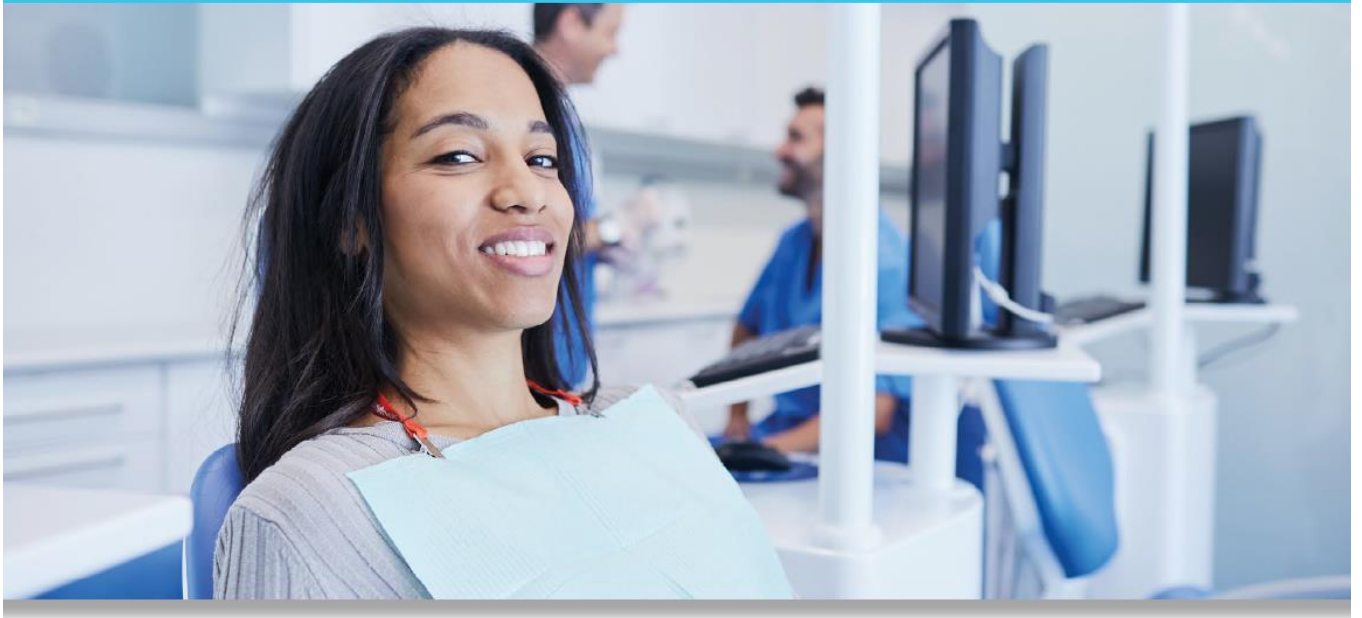


ADMINISTRACIÓN PARA
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Healthy Habits for Happy Smiles



Getting Oral Health Care While You Are Pregnant

Taking care of your mouth while you are pregnant is important for you and your baby. Getting oral health care, including cleanings, X-rays, fillings, and pain medication, is safe when you are pregnant.

Also, brushing twice a day with fluoride toothpaste, drinking water throughout the day, and eating nutritious foods will help keep you and your baby healthy.



School readiness begins with health!



Tips for getting oral health care:

- Ask your Head Start program staff to help you find oral health insurance if you do not have insurance or cannot pay for oral health care.
- If your last dental visit was more than 6 months ago or if you have an oral health problem or concern, make an appointment as soon as possible.
- Getting oral health care during the second trimester is best. During the first trimester, you might have morning sickness. And during the third trimester it can be uncomfortable to lie on your back in the dental chair.
- Tell the dental clinic staff that you are pregnant and your due date. This information will help them provide the best care and keep you comfortable.
- Tell the staff about any changes in your teeth or gums. Also tell them about all medications, including vitamin and mineral supplements, that you are taking.
- Talk with the staff about any concerns or worries you have about getting oral health care.
- Talk to your doctor or your Head Start program staff if you need help getting oral health care or making an appointment.

Resources

Find Dental Insurance

<https://www.healthcare.gov>

Find Low-Cost Oral Health Care

Contact local health center:

<https://findahealthcenter.hrsa.gov>

Contact a local dental school and dental hygiene program



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National Center on Early Childhood Health and Wellness. 2017. *Healthy Habits for Happy Smiles: Getting Oral Health Care While You Are Pregnant*. Elk Grove Village, IL: National Center on Early Childhood Health and Wellness.

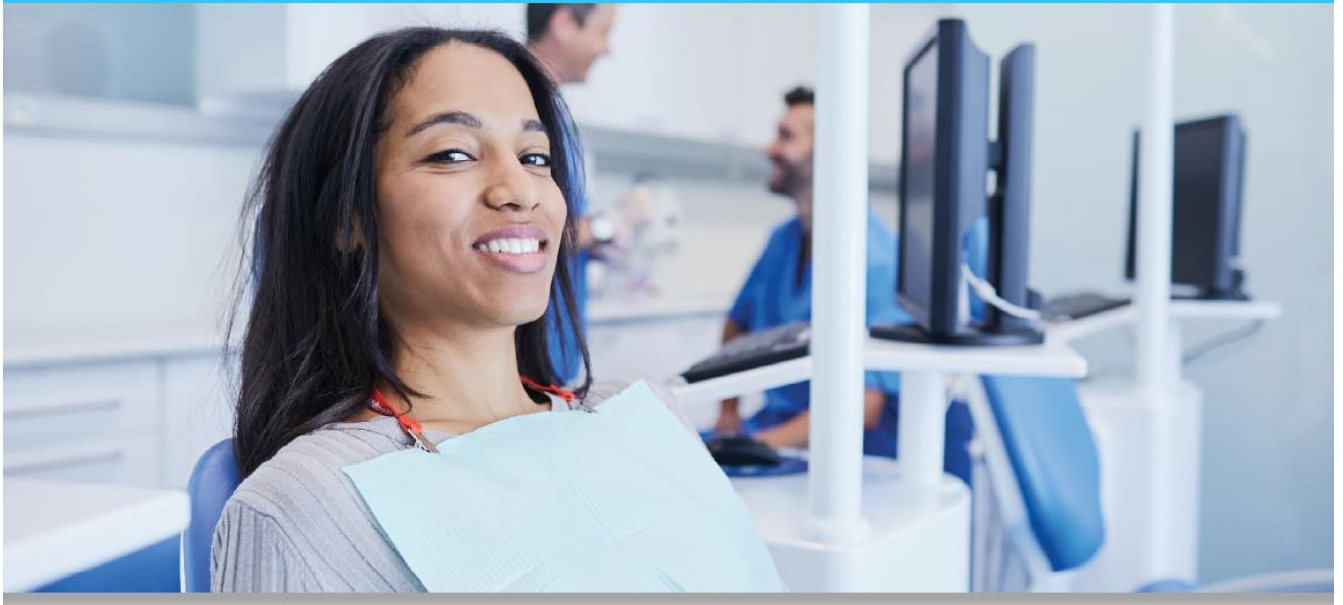


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Hábitos sanos para sonrisas felices



Obtener atención de salud oral durante el embarazo

Es importante tanto para usted como para su bebé que cuide su salud oral mientras está embarazada. Obtener atención de salud oral, que incluye limpieza, radiografías, empastes y medicamentos para el dolor, no es peligroso para el embarazo. Además, cepillarse dos veces al día con pasta dental que contenga flúor, beber agua a lo largo del día y consumir alimentos nutritivos ayudarán a que usted y su bebé se mantengan saludables.



¡La preparación para la escuela comienza con la salud!



Consejos para obtener atención de salud oral:

- Pídale ayuda al personal del programa de Head Start para encontrar un seguro de salud oral si todavía no cuenta con uno o no puede pagarlo.
- Si su última visita al dentista fue hace más de seis meses o si tiene algún problema o una inquietud relacionada con la salud oral, programe una consulta lo antes posible.
- Se recomienda obtener atención de salud oral durante el segundo trimestre. Durante el primer trimestre, es posible que experimente náuseas. Y durante el tercer trimestre, podría resultarle incómodo acostarse boca arriba en la silla odontológica.
- En el consultorio dental, dígales que está embarazada y cuál es su fecha de parto. Esta información los ayudará a brindarle la mejor atención y a mantenerla cómoda.

- Describa cualquier cambio que haya notado en sus dientes o encías. También infórmeles sobre todos los medicamentos, incluso suplementos vitamínicos y minerales, que esté tomando.
- Cuénteles sobre cualquier inquietud o preocupación que tenga sobre cómo obtener atención de salud oral.
- Hable con su médico o el personal de su programa de Head Start si necesita ayuda para obtener atención de salud oral o para programar una consulta.

Recursos

Encuentre seguro dental

<https://www.cuidadodesalud.gov/es/>

Encuentre atención de salud oral de bajo costo

Comuníquese con un centro de salud local:

<https://findahealthcenter.hrsa.gov>

Póngase en contacto con una universidad odontológica y un programa de higiene dental locales.



Este folleto fue preparado por el Centro Nacional de Salud y Bienestar en la Primera Infancia bajo el acuerdo de cooperación #90HC0013 para el Departamento de Salud y Servicios Humanos de EE. UU., la Administración para Niños y Familias, la Oficina Nacional de Head Start y la Oficina de Cuidado Infantil.

Centro Nacional de Salud y Bienestar en la Primera Infancia. 2017. *Hábitos sanos para sonrisas felices: Obtener atención de salud oral durante el embarazo*. Elk Grove Village, IL: Centro Nacional de Salud y Bienestar en la Primera Infancia.



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chicken burrito



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|---|--|
| 3 raw chicken breasts,
cut into strips | 1 (15 ounce) can black or
pinto beans, rinsed |
| 1 tablespoon vegetable oil | 6 (8 inch) whole wheat tortillas |
| ½ teaspoon Cajun seasoning | 1 cup salsa |
| 2 cups cooked rice | ¾ cup shredded cheddar cheese |
| | 1 cup shredded lettuce |

Step 1 Heat the oil in a large skillet. Add the chicken breast strips and season with Cajun seasoning. Cook over medium-high heat until meat is brown and no longer pink.

Step 2 Drain and rinse beans. Heat beans in skillet.

Step 3 Divide the cooked chicken on the 4 tortillas. top with rice, beans, salsa, cheese and lettuce. Roll up tightly and serve.



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burrito de pollo



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|--|---|
| 3 pechugas de pollo crudas,
cortadas en tiras | 1 lata (15 onzas) de frijoles
negros o pinto, enjuagados |
| 1 cucharada de aceite vegetal | 6 tortillas integrales (8 pulgadas) |
| ½ cucharadita de aderezo
tipo Cajun | 1 taza de salsa |
| 2 tazas de arroz cocido | ¾ taza de queso cheddar rallado |
| | 1 taza de lechuga en tiras |

Paso 1 Caliente el aceite en una sartén grande. Agregue las tiras de pechuga y condimente con aderezo tipo Cajún. Cocine a calor mediano-alto hasta que la carne esté marrón y no rosada.

Paso 2 Escurra y enjuague los frijoles. Caliéntelos en una sartén.

Paso 3 Divida el pollo cocido entre las 4 tortillas. Cubra con arroz, frijoles, salsa, queso y lechuga. Enrolle bien y sirva.



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Make a Budget

Use this worksheet to see how much money you spend this month. Then, use this month's information to help you plan next month's budget.

Some bills are monthly and some come less often. If you have an expense that does not occur every month, put it in the "Other expenses this month" category.

MONTH _____ YEAR _____

My income this month

Income	Monthly total
Paychecks (salary after taxes, benefits, and check cashing fees)	\$
Other income (after taxes) for example: child support	\$
Total monthly income	\$ 0.00

Income

My expenses this month

	Expenses	Monthly total
HOUSING	Rent or mortgage	\$
	Renter's insurance or homeowner's insurance	\$
	Utilities (like electricity and gas)	\$
	Internet, cable, and phones	\$
	Other housing expenses (like property taxes)	\$
FOOD	Groceries and household supplies	\$
	Meals out	\$
	Other food expenses	\$
TRANSPORTATION	Public transportation and taxis	\$
	Gas for car	\$
	Parking and tolls	\$
	Car maintenance (like oil changes)	\$
	Car insurance	\$
	Car loan	\$
	Other transportation expenses	\$



Make a Budget

	Expenses	Monthly total
HEALTH	Medicine	\$
	Health insurance	\$
	Other health expenses (like doctors' appointments and eyeglasses)	\$
PERSONAL AND FAMILY	Child care	\$
	Child support	\$
	Money given or sent to family	\$
	Clothing and shoes	\$
	Laundry	\$
	Donations	\$
	Entertainment (like movies and amusement parks)	\$
	Other personal or family expenses (like beauty care)	\$
FINANCE	Fees for cashier's checks and money transfers	\$
	Prepaid cards and phone cards	\$
	Bank or credit card fees	\$
	Other fees	\$
OTHER	School costs (like supplies, tuition, student loans)	\$
	Other payments (like credit cards and savings)	\$
	Other expenses this month	\$
Total monthly expenses		\$ 0.00

Expenses

$$\begin{array}{rcccl}
 \boxed{\$ \quad 0.00} & - & \boxed{\$ \quad 0.00} & = & \boxed{\$ \quad 0.00} \\
 \text{Income} & & \text{Expenses} & &
 \end{array}$$

Maybe your income is more than your expenses. You have money left to save or spend.

Maybe your expenses are more than your income. Look at your budget to find expenses to cut.

Print Form

