

UAB Early Head Start

933 19th Street South, Birmingham, AL 35294

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

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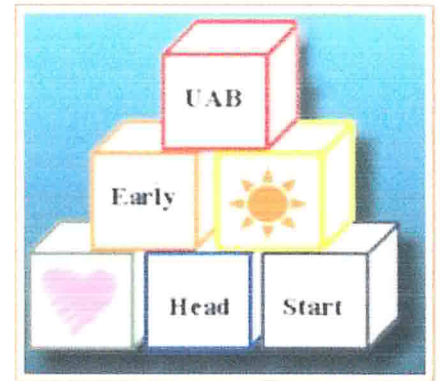
Dear New and Returning Families,

We are so excited to begin this new program year with you and look forward to the relationships that will be built between us all throughout the remainder of the year. We have started off the 2016-2017 program year with two successful events, Conscious Discipline Training and the Health Fair at the Birmingham Zoo, and are thankful to everyone who was able to join us. We hope you enjoyed these events together as much as we did!

In this issue of the UAB Early Head Start Newsletter you can get to know a little more about our program coordinators (both professionally and personally). There are also some applicable materials that include Halloween safety tips, fall treats for the kids, and a coloring page.

Be sure to note the socialization dates for the months of October and November – we will be doing a lot of fun activities including making owls, making turkeys (craft-style, not cooking-style), and decorating pumpkins! The last socialization for the month of November (November 17) will be our Meal of Thanks. Mark your calendar and be on the look-out for more information about this event later in the month!

Lastly, now is great time to get involved with PIPA and/or Policy Council if you haven't already! Your input is what helps keep our program running and continually improving to meet the changing needs of our families!



Upcoming Events

October 6, October 20, & November 3

Parenting & Socialization:
Katasha, Eleanor, Shanté,
and Renee's Families

October 12, November 9

PIPA and Policy Council

October 13, October 27, & November 10

Parenting & Socialization:
Pam, Vanessa, and
LaTanya's Families

October 19, November 16

PIPA and Policy Council in
Walker County

November 17

Meal of Thanks (All Families)

Meet the Coordinators



Kimberly Sharkins

Education Coordinator

In our program my duties have included data management, program management and early childhood education. We were a Comprehensive Child Development Program before becoming an Early Head Start Program and between the two programs I have been working with children families for almost 24 years. The favorite thing about my job is spending time and interacting with our children. Everything is new in their eyes, and watching them grow, develop, and learn new skills is exciting! In the lives of young children early childhood education and child development are intertwined.

In my role as Education Coordinator I help to track each child's development. The Family Partners use this information as they work with parents and caregivers to effectively plan this information as they work with parents and caregivers to effectively plan appropriate early childhood education experiences for each child. In addition to a mountain of paperwork and reports, I also coordinate annual events such as our Life Learning Skills and Preschool Readiness Forum held most recently at the McWane Science Center. When I am not at work my favorite things to do include: spending quality time with my son; being outside; gardening; playing with my dogs and cats; and doing creative "projects."

Danielle Vincent

Mental Health & Socialization Coordinator

For the past year, I have been the Mental Health Coordinator for UAB's Early Head Start Program. In this role, I am responsible for the prevention, identification, and referral of mental health concerns for our families (including both children and caregivers). Each year, I perform annual depression screenings on all primary caregivers in our program, as well as depression screenings for all pregnant mothers during each trimester of pregnancy and after birth. If any concerns are found, I work to connect our families with quality and affordable therapy options. Additionally, I conduct screenings on children ages 4 months and older to check for any social, emotional, or behavioral concerns. Often times if there are concerns, they can be addressed with a home visit to provide parent education. Other times, children might be referred for Play Therapy or parents might be referred for parenting education classes to help them manage these difficult behaviors. Overall, it is my goal to provide caregivers with the resources to make parenting, and life in general, as stress-free as possible. Over the past month, I have recently become the new socialization coordinator, as well (we were all very sad to have Ms. Jane leave us). In taking on this role, I hope to provide a fun environment where all our families can interact with their children and one another to strengthen existing relationships and build new ones! Since I don't have any kids of my own yet, my absolute favorite part of my job is getting to enjoy time interacting with all the children in our program. At home, I have 3 fur-babies and a husband that I enjoy spending as much time outdoors as possible with ☺



Vikki Forte

Family and Community Services Coordinator

My area is recruitment, enrollment and support for our families and staff in multiple areas. I have been with the program for 20 + years, and the most fulfilling thing about working here is giving back, working with families just like me. In my spare time I like to enjoy LIFE to the fullest.



Shanté Hamm

Parenting Education Coordinator & Family Partner

As a Family Partner, I work with families in their home where we have fun doing early childhood education (ECE) activities with their children. I also try my best to help families with their goals such as going back to school, locating a job, and more. As the Parenting Education Coordinator, I meet with parents for our Parenting group and provide support for our pregnant moms during their pregnancy and once they have their baby. I really enjoy working with all of our wonderful families in the UAB

Early Head Start Program, and have been blessed to do so for six years! I look forward to meeting you and working with you this new program year! See you soon!

Kristi Guest

Disability Services Coordinator

I work with all children in the EHS program doing developmental screenings at enrollment and annual screenings too. I explore children's language, motor, problem solving, and social development. Another service I provide is to help children with disabilities receive any services that they may need. Common services we help to facilitate when needed include occupational therapy, speech language services, and physical therapy. Further, I go with families to disability related meetings and participate on their Individualized Family Services Plan (IFSP) or Individualized Education Program (IEP) teams I have been with UAB EHS for 17 years! I enjoy my job because I absolutely LOVE working with children. Children are my heart and my passion. I especially enjoy and find it fulfilling to work with children who have disabilities and their families. An awesome experience for me is when I can identify and help facilitate services to a child who needs them. Time flies and I am thankful that the memories last forever! I am married to Shane, my high school sweetheart, and we have been married for 21 years. We have 3 beautiful children—Carter is 15, Faith is 12, and Shana is 10. I love spending time with them and watching them play their favorite sports of baseball, softball, and basketball. They keep us very busy at home! In addition, I enjoy singing backup vocals with a praise and worship band and I am on the praise team at my church.



I am thankful to get to serve all of our Early Head Start families! If you are new to the program, then I welcome you and can't wait to meet you (if I haven't already). If you are a returning family, then I look forward to seeing you again soon! Watch for monthly handouts from me too with some great developmental information!



LaTanya Dawson

Parent Engagement Coordinator & Family Partner

The importance of my area is to get families engaged in the program. I have been working with the program for 15 years, and my favorite part of the job is working with families. In my spare time, my favorite hobby is reading. To all families - welcome back/to the program.

Cassandra Muñoz

Health Coordinator

I've been with the program since July 2004. In my spare time, I enjoy being with my family, and on the rare occasions that I'm alone, I enjoy reading and playing Words with Friends.

"Children learn best when they are healthy and safe and when their parents are fully engaged in helping [them] achieve optimal health."

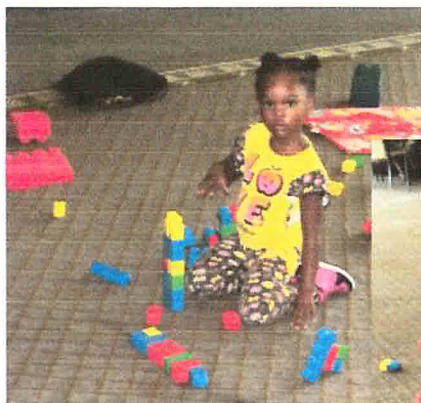
- Physically Healthy and Ready to Learn; National Head Start Training and Technical Assistance Resource Center; Technical Assistance Paper No. 1



Through one facet of comprehensive health services, the UAB Early Head Start Program promotes preventative health care which includes regular well child visits, current immunizations, and regular dental checkups. As Health Coordinator I periodically monitor each child's preventative health status; provide families with a list of pediatric medical and dental homes when needed; send monthly handouts to all families regarding age-appropriate nutrition and health & safety topics; monitor facility maintenance in Walker County biannually; and I'm available for individualized health & safety support in general for our families and our staff.

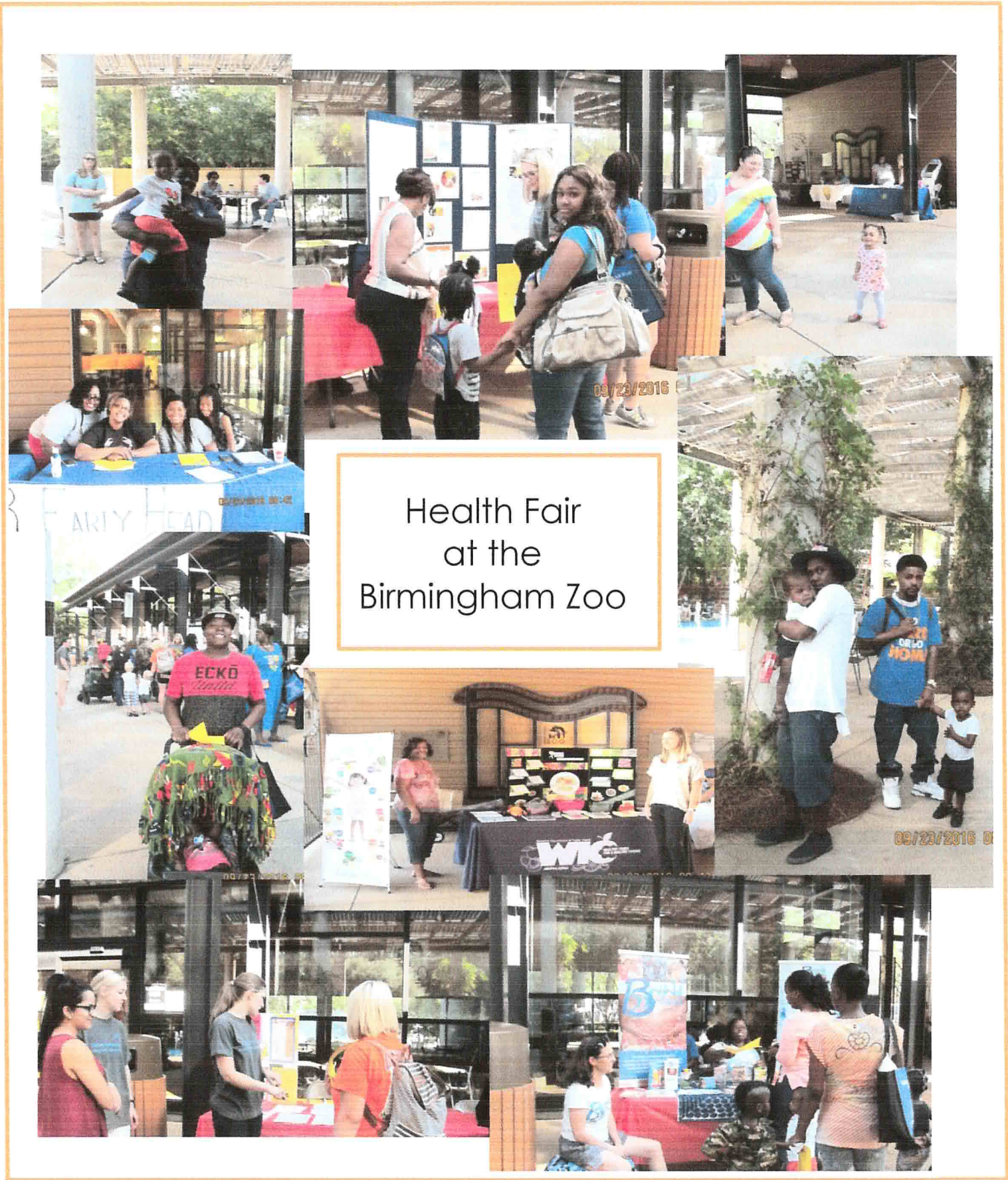
Another facet of comprehensive health services is nutrition. Annually at enrollment, as Health Coordinator, I have each family complete age-appropriate nutrition assessments based on their child's appetite and eating habits. These assessments are reviewed by a registered dietician and feedback is given to the parents/primary caregivers in the form of handouts. If specific concerns are noted on the assessment, the dietician is available for individual consultation, as well. For the menus at our center in Walker County and/or the socialization menus, any special dietary concerns or requirements can be accommodated, with written notification from the parent or primary caregiver and the child's pediatrician, if applicable.

Personally, the most fulfilling aspect of my job as Health Coordinator is providing health-relative information in a fun way, such as our annual Health Fair at the Birmingham Zoo and oral health presentations during socializations. I look forward to our new Program year and a great parent partnership ☺



Conscious
Discipline
with Donna Porter
& DJ Batiste





Health Fair
at the
Birmingham Zoo

Halloween Health and Safety Tips

S

Swords, knives, and similar costume accessories should be short, soft, and flexible.

A

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

F

Fasten reflective tape to costumes and bags to help drivers see you.

E

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

H

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

A

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

L

Look both ways before crossing the street. Use established crosswalks wherever possible.

L

Lower your risk for serious eye injury by not wearing decorative contact lenses.

O

Only walk on sidewalks whenever possible or on the far edge of the road facing traffic to stay safe.

W

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

E

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses.

N

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

For more information about these tips, visit:
www.cdc.gov/family/halloween

Pumpkin Muffin Recipe



Fall is a favorite time of the year for baking and cooking – and really, what's not to love? Warm your whole kitchen and get a delicious treat out of the deal too. It's perfect. Even more so when you can **involve your children in the process.**

There's nothing like a yummy pumpkin muffin to scream **FALL!** And **muffins are so much fun for kids to cook – they absolutely adore helping to scoop the batter into the cups.**

A Dozen Kid-Friendly Fall Recipe Ideas by Angela England

<http://www.everydayfamily.com/blog/a-dozen-kid-friendly-fall-recipe-ideas/>

Ingredients:

2 eggs

1/4 c vegetable oil

1 c sugar

1 1/2 c cake flour

1/4 tsp salt (or a good pinch)

1 tsp cinnamon

1 c pumpkin puree

1. Preheat the oven to 350 and line a muffin tin with liners. This recipe yields 12 regular muffins.
2. In a bowl large enough to mix everything, whisk the eggs until thoroughly combined and, well, whisked.
3. Dump in (just keepin' it real) the oil and sugar and mix with the whisk until combined really well. It usually takes me 50 to 100 strokes to get it homogenized.
4. Measure and add in the flour, salt and cinnamon. Use a big spoon for the rest of the mixing. Mix the dry ingredients into the wet really well. It will start to feel like a thin cookie dough.
5. Fold in the pumpkin and then the chocolate chips. It turns into a brownie-like batter. Sometimes I add the pumpkin into the wet and THEN add the dry. Either way. They both work out.
6. Bake at 350 for about 30 minutes. In my oven, they go from not done to perfect right around the 28 minute mark. Cool a little and then remove from the tin to finish cooling. Or remove and eat. There's no judging here.

SO, these are also awesome because of **all the other things you can put in them.** I've tried adding in: **dried cranberries and walnuts**; replacing some of the oil with a splash orange juice and zest; **using dark chocolate chips with walnuts**; dried cherries and orange zest; **replaced the pumpkin puree with pumpkin pie puree**; added in vanilla, nutmeg, etc.

Coloring Page for Kids

