



UAB EARLY HEAD START PROGRAM THE EARLY EDITION

Jane Reilly, Editor

April/May 2014

DATES TO REMEMBER

Wed. April 9—Policy Council—
12:00

Thurs., April 10—Jefferson
County Egg Hunt—11:00—
UABEHS Office

Thurs. April 17—St. Clair County
Egg Hunt—11:00—Prescott Com-
munity Center

Thurs. May 8—Socialization—
11:00—Eleanor, Renee', Shante'
and Pam—Parenting—10:00

Wed. May 14—Policy Council—
12:00

Thurs. May 15—Socialization—
11:00—Vanessa, Tee, Cassandra,
Katasha—Parenting—10:00

Thurs. May 22—Socialization—
11:00—St. Clair County

Thurs. May 29—Socialization—
11:00—Eleanor, Renee', Shante"

SPRING POEM BY Maggie

TheTrendyTree.com

The Five Senses of Spring

Spring is Green.

Spring tastes like cupcakes.

Spring smells like fresh flowers
blooming.

Spring looks like big puffy white
clouds.

Spring makes me feel like having a
party.



APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH

This month and throughout the year, UABEHSP encourages all individuals and organizations to play a role in making our state a better place for children and families. By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help promote children's social and emotional well-being and prevent child maltreatment within families and communities.

ADMINISTRATIVE PROFESSIONALS DAY

April 23, 2014

Many thanks to our two wonderful Administrative Professionals, Kenosha Graves and Robin Burkett. You're the best!



Child Abuse Awareness Rally

Date: April 25th, 2014

Time: 11:00 AM—1:00 pm

Location:

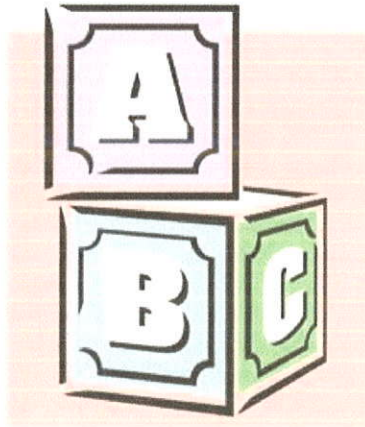
Jefferson Co. DHR Main Office

Auditorium

2001 12th Avenue North

Birmingham, AL 35234

You Need to Know



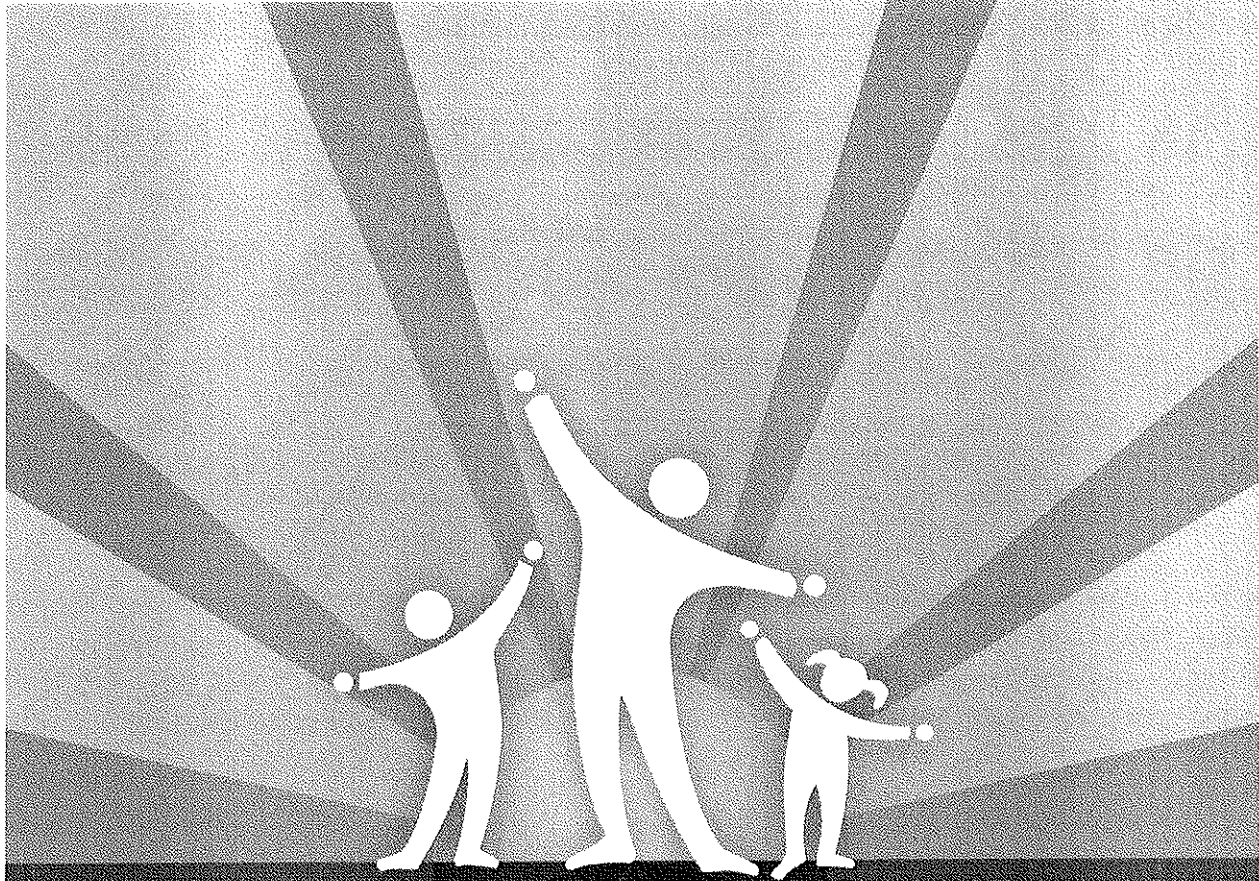
Prevention Requires

ACTION

For Registration Information

Contact:

Vangie Davis: 205-423-4933



**NATIONAL CHILDREN'S
MENTAL HEALTH AWARENESS DAY**

MAY 8, 2014

www.samhsa.gov/children



Substance Abuse and Mental Health Services Administration

SAMHSA

www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

REBOZO

What is it!!!???

A rebozo (pronounced ri-boh-soh) is a long flat scarf which can be used to wrap and carry your baby or small child.

Join us during your scheduled **Parenting Class** in May to learn how to make this nifty wrap using a twin size, flat sheet. YES, sheets can be used if you don't have a large, long scarf. Remember to bring your sheet or scarf!

Parenting is at 10:00 a.m. before your scheduled Socialization.
(See page 1 of this newsletter for the socialization schedule.)



Photos are from various sites on Google images

Dealing with Distraction



It can be hard to keep the attention of young children. If you find that children aren't paying attention, here are three areas you can check.



Plan for variety in activities.

- Do you offer only activities that are highly structured and teacher directed? Does an adult always think up the activities? If so, children may lose interest and become distracted. Build in activities that grow from the children's interests.
- Do you ask children to do the activities at the same time and in the same way? Be sure activities are appropriate for the children's ages and abilities. Allow more choices. Limit the amount of time you expect all children to do activities in a large group.
- Do children get enough time outdoors? Research suggests that spending time in nature may reduce symptoms of attention deficit disorder.



Arrange the learning environment.

- Do you have interesting materials for the children to use? Brainstorm with them about the different kinds of materials they might use to explore art, literacy, building, and pretend and active play. Have enough materials on hand so that children don't have to wait long for their turn.
- Do you rotate the most interesting items? You may want to keep some toys and books out of sight for a week or two and then bring them out again. Changing the items available for free play keeps children interested.
- Is your room well arranged? Create learning centers for writing, art, science, math, and dramatic play. Try to avoid creating distractions, such as reading stories next to where snacks are being prepared or doing an activity that requires concentration in an area (dramatic play) that encourages conversation.
- Do you prompt children to stay on task? Children will not always be able to do activities that are their first choice. A gentle reminder can help keep a child focused on the story you're reading, on waiting his turn, or on the game you're playing: "I know this book was not your first choice. I hope the next one will be. Please listen to this story now." or "It's Mahesh's turn to talk right now. Your turn will be next."



Avoid frequent and abrupt transitions.

- Does your program schedule break the day into many small blocks of time? Children can better focus on a story or on other activities when they have big blocks of time and don't feel rushed.
- Do you often ask children to shift gears and make abrupt transitions? Frequent and abrupt transitions are a distraction for all of us! Let children know what to expect ahead of time. Give them jobs to do or songs to sing during transitions. These activities give them a focus and can help make transitions smoother.

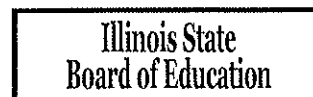


For related Web resources, see "Dealing with Distraction" at <http://illinoisearlylearning.org/tips.htm>.

Any opinions, findings, conclusions, or recommendations expressed in this tip sheet are those of the author(s) and do not necessarily reflect the views of the Illinois State Board of Education.



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SPRING RECIPE  FROM KRAFT

SPRING VEGETABLE SOUP

1
Tbsp. margarine
1
bunch leeks (about 1 lb.), cleaned, cut into 1/4-inch-thick slices
1
cup coarsely chopped carrots
1
cup coarsely chopped celery
2
cups chopped zucchini
2
cups cubed unpeeled potatoes
5
cans (14-1/2 oz. each) low-sodium chicken broth (about 2 qt.)
1
jar (15 oz.) marinara sauce
1/4
tsp. salt
1/4
tsp. ground black pepper
1/8
tsp. dried thyme leaves

make it

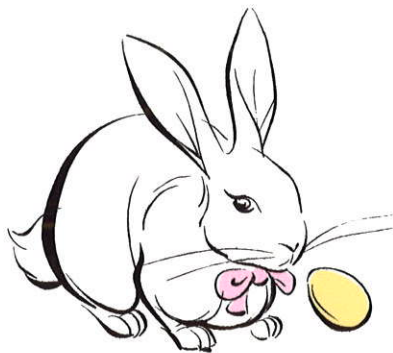
MELT margarine in large stockpot. Add leeks, carrots and celery; cook 5 min. or until crisp-tender, stirring occasionally.

ADD zucchini and potatoes; cook and stir 2 min.

ADD chicken broth, marinara sauce, salt, pepper and thyme; simmer 30 to 40 min. or until potatoes are tender, stirring occasionally.

UAB EARLY HEAD START PROGRAM

SPRING EGG HUNTS



JEFFERSON COUNTY

APRIL 10, 2014

11:00 A.M.

UABEHSP OFFICE

ST. CLAIR COUNTY

APRIL 17, 2014

11:00 A.M.

PRESCOTT COMMUNITY CENTER



All about Me

Color the person to look like you.

What color are your hair and eyes?

Is your hair curly or straight?

Your face could be smiling or making a funny face.

Color your favorite shirt and pants.

What hat, jewelry, or shoes are you wearing?

