



UAB EARLY HEAD START PROGRAM THE EARLY EDITION

February 2016

DATES TO REMEMBER

Thurs. Feb 4 – 11:00 – socialization – Families of Vanessa, Tee, Cassandra, Katasha

Wed. Feb. 10 – 12:00 – Policy Council

Thurs. Feb. 11 – 11:00 – socialization – Families of Eleanor, Pam, Renee' and Shante'

Thurs. Feb. 18 – 11:00 – socialization – St. Clair County

Wed. Feb. 24 – Pre-school Readiness – 9:30 – 3:30 – McWane Center

Wed. Mar 9 – 12:00 – Policy Council

Thurs. Mar 10 – 11:00 – Egg Hunt – Families of Cassandra, Vanessa, Tee and Katasha

Thurs. Mar 17 – 11:00 – Egg Hunt – St. Clair County

Thurs. Mar 24 – 11:00 – Egg Hunt - Families of Eleanor, Shante', Pam and Renee'



Valentine's Day

If I could be the postman
For just one single time,
I'd choose to carry Valentines
So lovely and so fine.
I would not mind the heavy load,
Or mind my tired feet.
If I could scatter happiness
All up and down the street.



Groundhog Day

February 2, 2016

. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, then spring will come early; if it is sunny, the groundhog will supposedly see its shadow and retreat back into its burrow, and the winter weather will persist for six more weeks

Modern customs of the holiday involve celebrations where early morning festivals are held to watch the groundhog emerging from its burrow.



SAVE THE DATE!!!!

UAB Early Head Start Program
Life Learning Skills Pre-school Readiness Forum



At the McWane Science Center
February 24, 2016
9:30 a. m. – 3:30 p.m.

Come discover what preschool readiness means to UAB
EHSP, enjoy lunch and explore the Itty Bitty City exhibit!





UABEHS PROGRAM PIPA SCHEDULE

2015-2016

**All meeting begin at 10:30 a.m. and are held in room 127 except
where noted**

September 16, 2015	Getting to know UABEHS
October 14, 2015	Getting to know UABEHS and Parent Handbook Discussion
November 18, 2015	Personal Safety
December 09, 2015	Advocacy/Voter Registration
January 13, 2016	Winter Preparedness
February 08, 2016	Child Health & Safety
March 09, 2016	Mental Health
April 13, 2016	Planning for Fun Day
May 11, 2016	Employment
June 11, 2016	Summer Time Safety
July 08, 2016	Transition/Thanks for a great year

Imitation

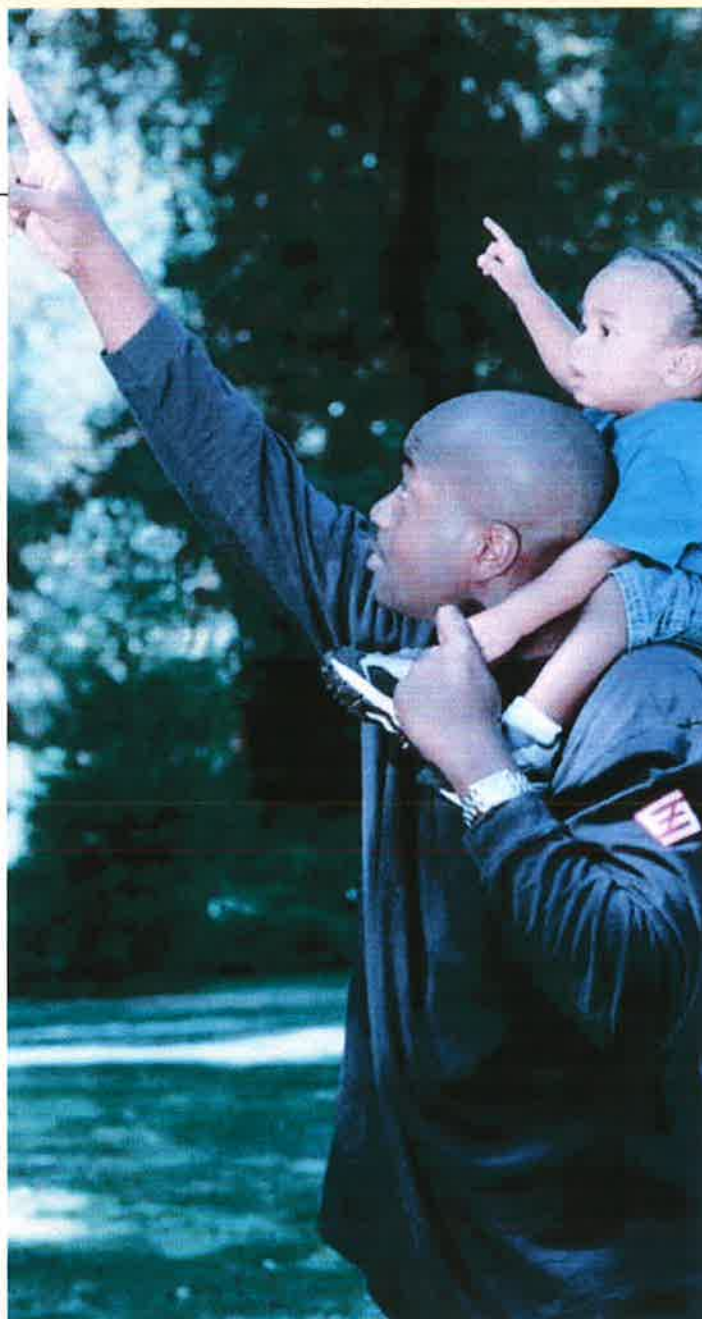
What is Imitation?

Cognitive development is the process through which the brain takes in information to “make meaning” – something our brains do naturally. The way your baby’s brain makes meaning is through experience, which is made up mostly of interaction with the important people in his life.

This means that learning is social, and for babies, involves imitating the people around them. Imitation provides children with the opportunity to practice and master new skills. Imitation also serves as a basis for the development of empathy, or the ability to experience what another person is feeling.

IMITATION IN INFANTS

- ✦ Infants in every culture show the same ability to imitate.
- ✦ Imitation is not a skill babies learn – it is an ability they are born with.
- ✦ An infant’s ability to imitate simple actions, such as sticking out her tongue, comes from the same part of the brain that allows young children to develop empathy.



IMITATION IN TODDLERS AND PRESCHOOLERS

- ✦ Children pay attention to what other children do.
- ✦ Younger children look up to older children.
- ✦ Games that involve imitation and other social interaction help children feel a social connection with other children.
- ✦ Parents may notice how much their children “pick things up” from other children.

Why Imitation Matters

Imitation matters because it helps children learn.

- Even at a very young age, children imitate their parents' behavior. Parent and caregiver behavior presents powerful lessons to a child and leaves impressions on the developing mind. Children store in their mind both positive and negative images that may be imitated or tested at a later time.

What Parents Can Do

WITH INFANTS, remember that almost every interaction involves an opportunity for imitation.

- Slow, repeated movements help infants take in new information. For example, as early as one month, if you stick out your tongue at a baby and wait, chances are, she will stick her tongue out at you.
- Make sounds with your mouth and your baby will try to copy you; it also helps if you repeat the sounds your child makes.

Use music: Sing songs with your child... a tambourine, drum or piano keys are fun for an older baby to try.

- Tap the table or clap your hands to see if you baby will copy you.

Put your arms above your head and say "Sooo big." An older baby will likely raise his arms too, though it may take a few days for him to copy you.

WITH TODDLERS, remember that they love to imitate you, to help, and to show you how much they can do.

- Children between 12-36 months learn by doing, not just watching.
- Show your child how you do simple tasks, such as putting on shoes or holding a spoon, and let her try.
- Try physical activities: jump, hop, skip, and crawl. Your child will try too.
- Engage your child in daily household tasks (setting the table, folding laundry, putting away toys). Toddlers love to imitate their parents and help.

WITH PRESCHOOLERS, remember that imitation now involves you modeling behavior and setting expectations.

- Experts say parent imitation/modeling is essential for kids to develop healthy academic skills. If you want your child to become a reader, let her see you reading often at home. If you want a child to value learning, ask questions and learn new skills yourself.
- Model the behavior you want to see in your child. Say please and thank you. Your child might not say it right away, but she will over time.
- Make your rules match your expectations and your own behavior. If you expect your child to put his dirty clothes in a hamper, you should do the same with yours.
- No parent is perfect all the time. If you do or say something you wish your child had not seen or heard, repair the interaction and explain the consequences to your child.
- Explain to your child how what works in one place might not work in another. For example, loud voices are OK at the park, but not at the library. Explain why.





Television

How to encourage good viewing habits

You & Your Child

Television is a powerful influence on a child. Young children tend to believe what they see. They cannot always tell what is real and what is make believe.

American children watch a great deal of television. By the time the average child graduates from high school, he or she has spent more time watching TV than going to school or doing anything else, except for sleeping.

It is important that you know what your child is watching. Some programs depict violence as the way to solve problems, and feature characters who use bad or nasty language, lie, cheat, steal, and practice other behaviors we don't want children to learn. Some depict characters who use violence to achieve their goals as heroes.

Those kinds of programs send the wrong message. Studies show that after watching violent programs, children tend to become more aggressive at play. Watching violence may also lead to nightmares.

Television can be good or bad for your child. It is up to you to choose what your child watches and to balance television and other activities.

On Back

Tips on encouraging healthy television viewing habits.

A publication of the University of Pittsburgh Office of Child Development made possible with help from the Frank and Theresa Caplan Fund For Early Childhood Development and Parenting Education.

For more Parenting Guides and other information, visit the University of Pittsburgh Office of Child



How to encourage good viewing habits

Be a role model

If you watch a lot of television, it will be difficult to convince your child not to. If you want TV to play only a small role in your child's life, set an example and watch less yourself.

Do not use TV as a babysitter

Good television viewing habits start when your child is young.

Do not use the television as a babysitter. Limit the number of hours young children watch TV. And choose the programs they watch carefully. Watch the programs yourself first, then decide which are appropriate for your child.

If you have very young children, consider not letting them watch TV at all. The American Academy of Pediatrics recently recommended that parents should avoid having children under the age of 2 watch television.

Substitute other activities for TV

Rather than sit your child in front of the television, take a walk or play together. Reading storybooks together is another very good activity to substitute in place of a television program. Most people who grew up 70 years ago never watched TV and they found plenty of things to do.

Leave the set off, not on

Leaving the television on when no one is watching is a bad habit found in many homes. Keep the set turned off when no one is watching. Turn it on only when you want to watch a specific program.

Keep TVs out of the bedroom

Children should not have televisions in their bedrooms. A bedroom TV encourages them to watch more, and prevents parents from monitoring what they watch.

Choose appropriate programs and videos

Watch programs yourself and pick out those that you think promote a positive, healthy message.

Watching television can help teach your child important lessons and values. But it is up to you to select the messages you want your child to receive.

Watch TV together

Choose an appropriate program and watch it with your child. Ask your child questions about it. Help your child learn the difference between fact and fiction, reality and fantasy. If something on the program is inappropriate – such as violence or bad language – tell your child that you don't approve. If a character uses violence, for example, say, "I don't like that. It was a mean thing to do. We don't do that."

Breaking the Habit

If you are concerned that your children watch too much television, or they watch inappropriate programs, take action. Here are a few steps you can try:

Unplug the TV and call a meeting

You need to have a plan. But first, you need to get the attention of your family.

Try unplugging the television for one week. Call a family meeting to discuss your concerns. Then, plan together how your family will spend the free time away from the television. Ask for suggestions and plan activities.

Set rules and stick to them

Set a schedule for watching television. Decide how much time your children will be allowed in front of the television. Decide together which program your children will watch. It is okay to let them choose, but you have the right to refuse.

Make sure the rules are clear and that all members of the family understand them.

You should decide which rules best suit your children. One you should consider is not allowing children to watch programs that run over into their bedtimes.

Treat TV as a privilege, not a right

Be sure that your children understand that watching television is not something they are entitled to do. It is a privilege.

Use the privilege of watching TV to help enforce rules. For example, if children argue over what shows to watch, or they do not follow the viewing plan, unplug the television for a day.



Tornado Prep! Safety First



The Plan

1. Go to your Safe Place before the weather gets bad (see “Where Do I Go?” below).
2. Keep a stash of basic supplies in your Safe Place if you can.
3. Get everyone secured and covered in your Safe Place.
 - Helmets on.
 - Babies and toddlers in car seats.
 - Cover up with blankets or mattresses, if available.

Where Do I Go?

STAY AWAY FROM WINDOWS!

Leave any vehicle or mobile home.

Find safety in another building or lie down flat in a ditch.

In a house or building, go to the basement.

No basement? Go to the lowest floor in a bathroom or closet.

Tornado Fashion

Heavier material is best!

- Helmet –protect your head
- Safety goggles –protect your eyes from flying debris
- Long-sleeved shirts – protect your arms
- Long pants – protect your legs
- Hard-sole shoes – protect your feet
- Layers with a waterproof top layer – keep your body warm and make it harder for debris to harm your skin

Supplies for Your Safe Place



Protect your head with a helmet



Water – bottled is best



First Aid kit –

- Personal medications (blood pressure, diabetes, etc.)
- Antibiotic ointment packets
- Antiseptic wipe packets
- Hydrocortisone packets
- Aspirin
- Absorbent compress dressings
 - Adhesive bandages
 - Adhesive cloth tape
- Instant cold compress
 - Roller bandage
 - Sterile gauze pads
 - Triangular bandages
- Breathing barrier (with one-way valve)
- Large nonlatex gloves
- Space blanket
- Scissors
- Oral thermometer (non-mercury/nonglass)
- Tweezers
- First aid instruction booklet
- Tourniquet (for profuse bleeding that won't stop)



Non-perishable foods



Whistle – to call for help



Battery powered radio – for weather updates



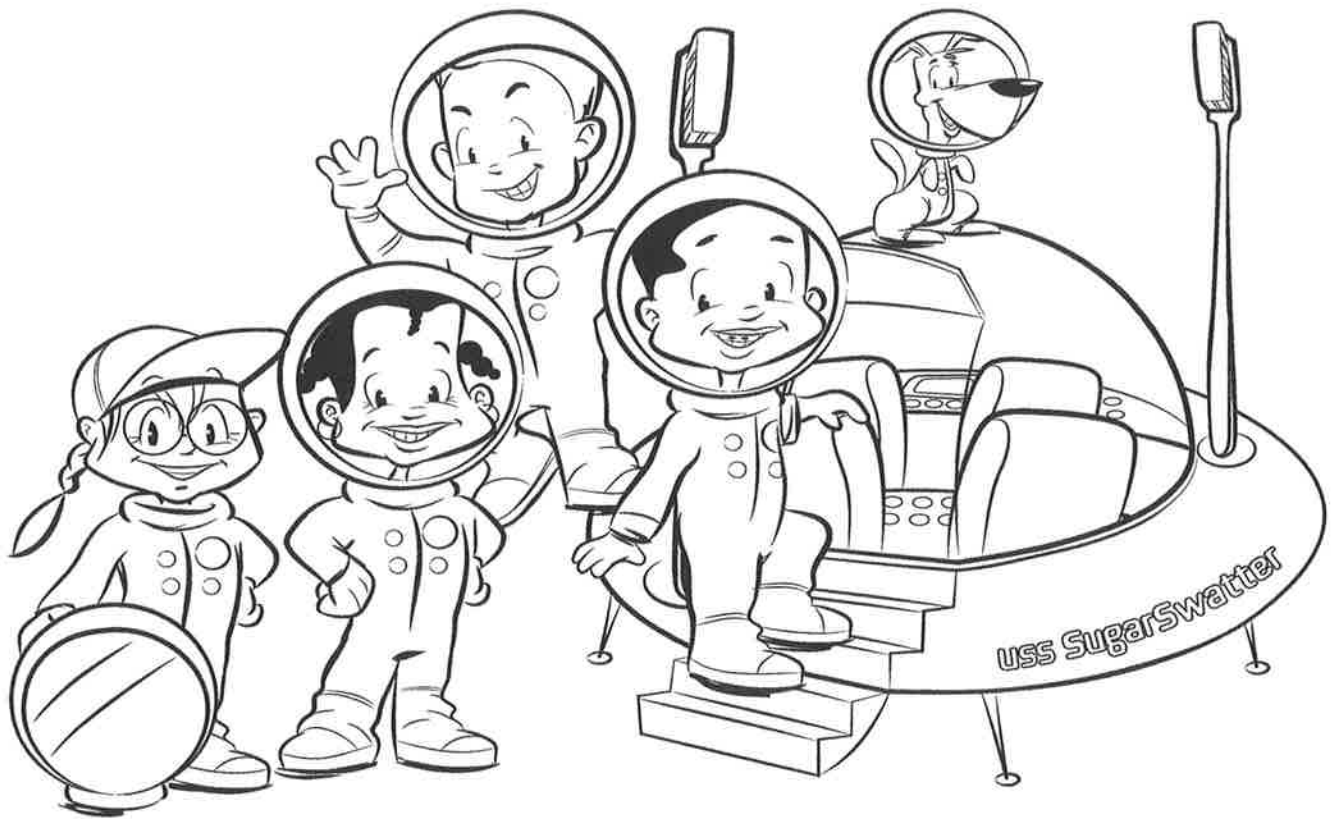
Tools (crowbar, flashlight, extra batteries) – in case you get in trouble



Spare car keys



Plastic container with copies of important documents



The Adventures of the USS SugarSwatter!

Sugars are everywhere and the crew of the USS SugarSwatter are climbing on board. Their mission? To eliminate sugars wherever they lurk!

Flossy and Buck McGrinn, Den and Gen Smiley, and their trusty pal K-9 are certainly up to the task. They know just how to fight the sugars that can cause cavities and poor oral health. First, it's important to avoid eating sugary snacks and instead make healthy food choices - like fruits, veggies, whole grains and lean proteins instead of sweet snacks like cookies, candy and cake. When our crew is thirsty, they opt for water to drink, rather than soda pop. Even so, they follow the "2min2x" rule. That's code for "brush your teeth two minutes, two times a day."

Flossy, Buck, Den, and Gen know the importance of good dental habits to keep their smiles bright. They brush their teeth when they get up in the morning and again before they go to bed at night. They also floss once each day to clean the spaces in between their teeth. Because Den wears braces, he is especially careful about keeping his teeth healthy so he has a bright smile when the braces come off.

Do you want to join the crew of the USS SugarSwatter and fight for good oral health? Join in the fun by playing the games and completing the activities to learn how to take good care of your teeth.

And remember the code "2min2x"! For a super smile and healthy mouth, brush your teeth two minutes, two times a day.

The Crew of the USS SugarSwatter are sweeping the galaxy to keep it free of hidden sugars. Can you circle these sugary sweets hidden in the picture?

LOLLIPOP 

COTTON CANDY 

CANDY BAR 

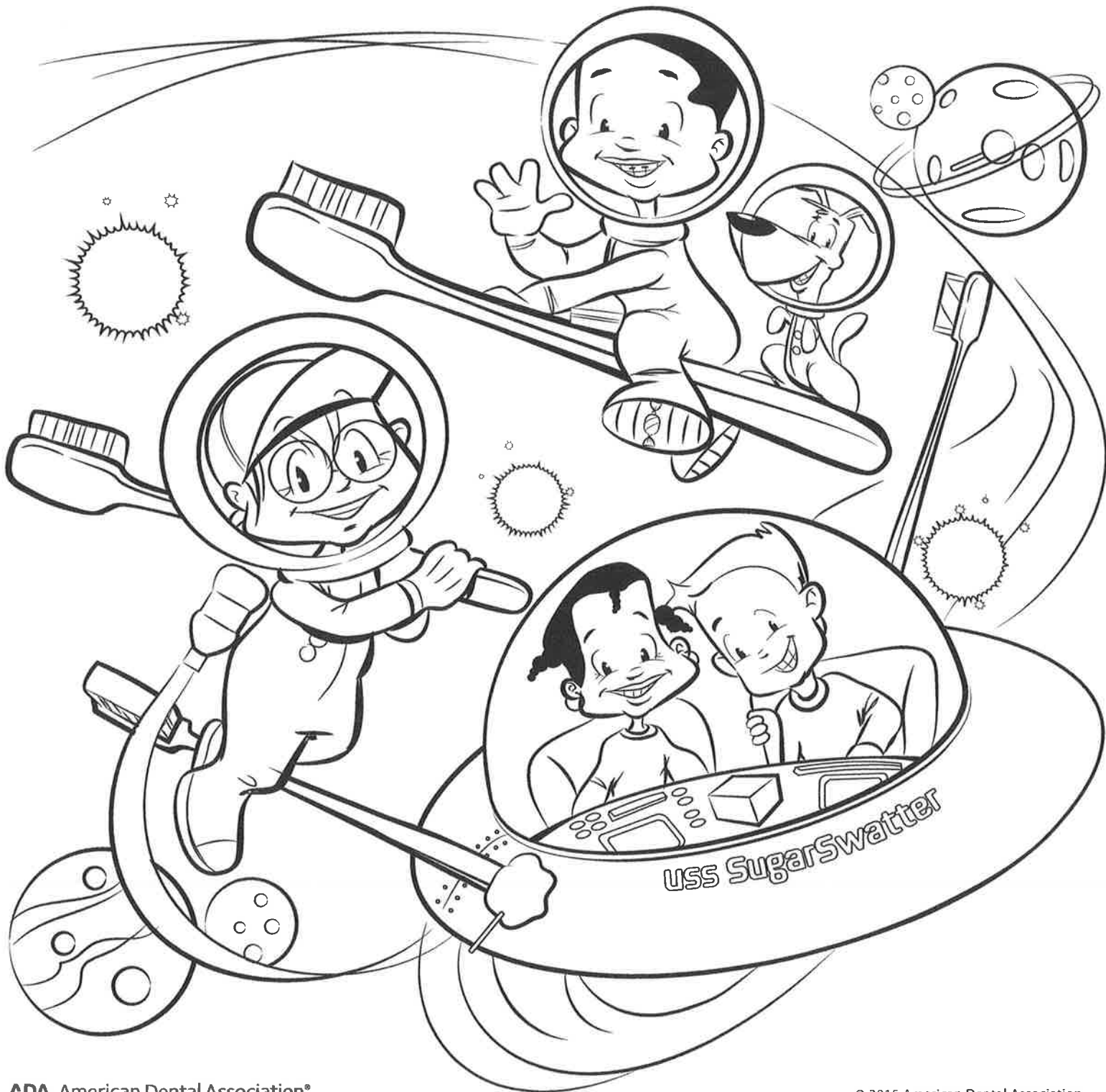
 COOKIE

TAFFY 

 CAKE

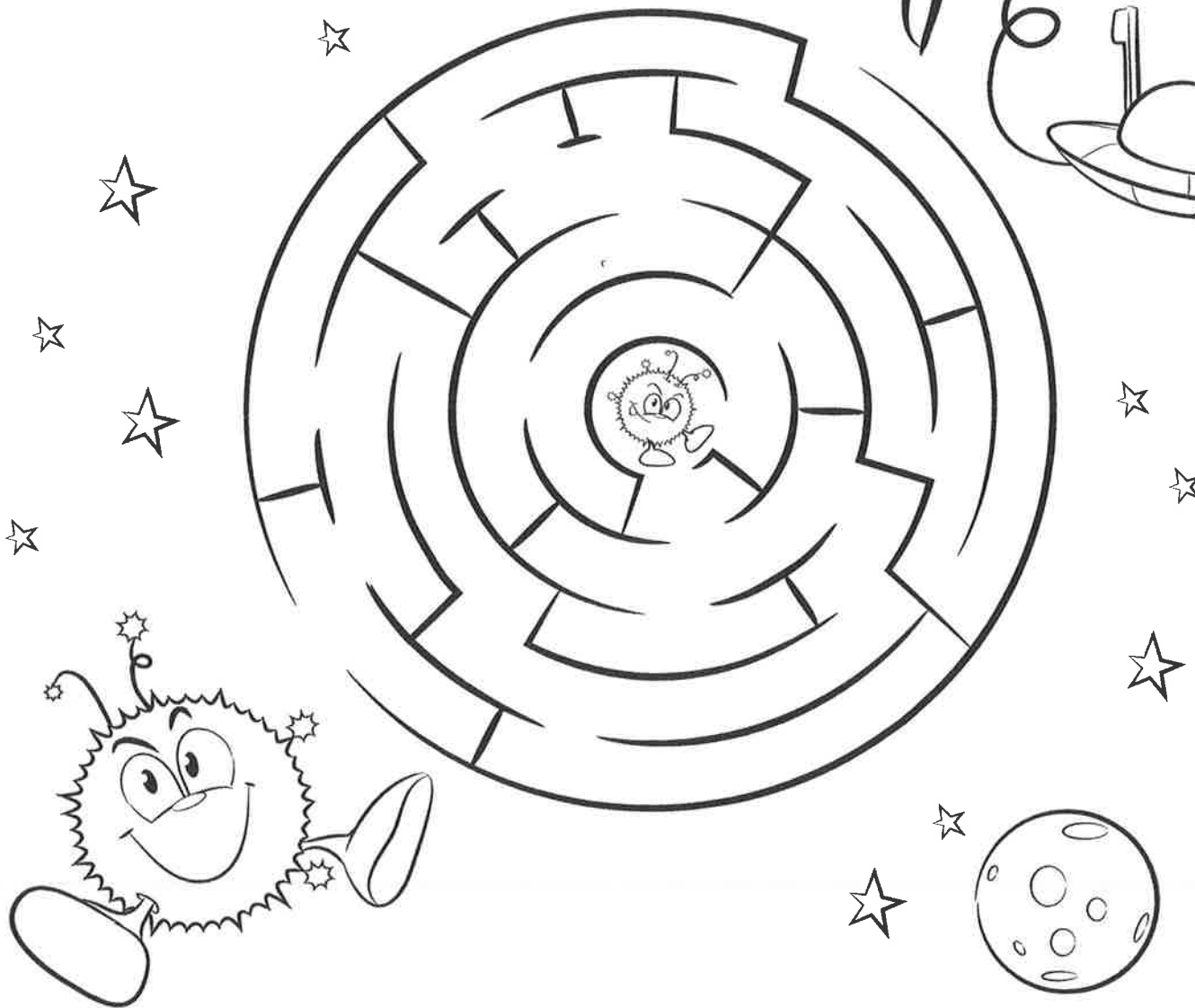
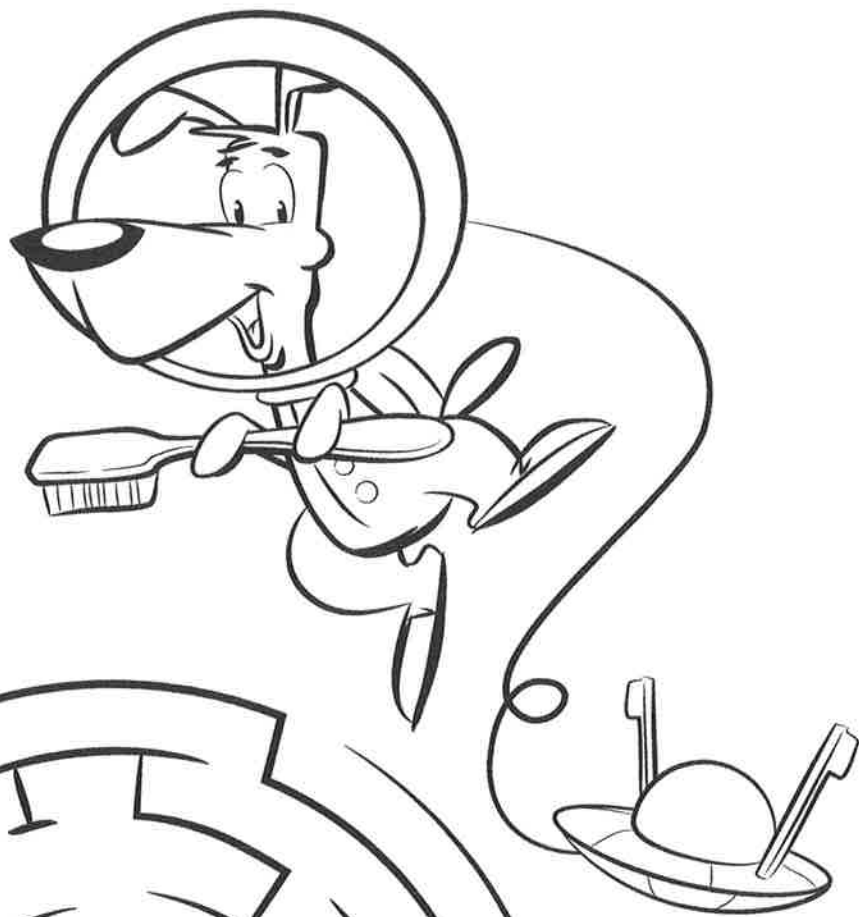
 BROWNIE

SODA 



K9 is searching the galaxy for Sugars!

Can you help him?
Find a path into the center
of the planet and then
through to the other side.



2min2x!

**Brush 2 minutes
2 times a day
AND
Eat healthy
for a
healthy smile!**

