

UAB EARLY HEAD START PROGRAM

EARLY EDITION

Jane Reilly, Editor

September 2010

DATES TO REMEMBER:

Sept 8 - Policy Council -
12:00

Sept 9 - socialization - 11:00
Pam, T, Cassandra, Nikki

Sept 16 - socialization -
11:00 - Vanessa, Renee,
Shantee, Eleanor

Sept 23 - socialization - St.
Clair County - Prescott
Community Center - 11:00

Sept. 24 - Fun Day - George
Ward Park - 11:00 - 2:00

Sept 30 - socialization -
11:00 - Pam, T, Cassandra,
Nikki-



FUN POEM

I'm Not Afraid of the Dark

Oh, I'm not afraid of the
darkness.
I don't mind an absence of
light.
I can't say I'm scared of the
sunset
or things that go "bump" in the
night.
I've never been frightened of
monsters
or tentacles under my bed.
Not skeletons, witches or
goblins
or creatures come back from the
dead.
I'm not at all worried of
werewolves,
or even a vampire's bite.
I'm simply not scared of the
darkness,
except when you turn off the
light.

--Kenn Nesbitt

RIDDLE

What did one shrub say to another
shrub?

See Jane for answer!



WELCOME

Please help us welcome our new
family partners, Shantee Hamm
and Nikki Wilkins.

My father used to play with my
brother and me in the yard.
Mother would come out and say,
"You're tearing up the grass."
"We're not raising grass," Dad
would reply. "We're raising
boys." ~Harmon Killebrew





September October 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
September 23rd at 11:00 am.

In **Walker County** Parenting will be on
September 22nd at 9:30 am at the center.

- ♥ In September we will talk about car seat safety
- ♥ In October we will talk about ways to help children do what you ask them to do.

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,
be sure to call me: 934-1098 or 410-6586 (Dalia)



FOOD



UAB EARLY HEAD START PROGRAM

FALL FUN DAY

September 24, 2010

11:00 a.m. - 2:00 p.m.

George Ward Park



FUN

NEWS FLASH . . .

Safety Tips from KidsAndCars.org



- ✓ Never leave children alone in or around cars; not even for a minute.
- ✓ Get in the habit of always opening the back door of your car every time you reach your destination to make sure no child has been left behind. This will soon become a habit. We call this the **“Look Before You Lock”** campaign.
- ✓ Keep cars locked at all times and always set your parking brake.
- ✓ Keys and/or remote openers should never be left within reach of children.
- ✓ Make sure all child passengers have left the vehicle after it is parked.
- ✓ When a child is missing, check vehicles and car trunks immediately.
- ✓ If you see a child alone in a vehicle, get involved. If they are hot or seem sick, get them out as quickly as possible. Call 911 or your local emergency number immediately.
- ✓ Be especially careful about keeping children safe in and around cars during busy times, schedule changes and periods of crisis or holidays.

For additional information about ways to keep children safe in and around vehicles, visit our website at www.KidsAndCars.org



<http://www.circ.uab.edu/uabearlyheadstart>

Car Seat and Booster Seat Safety for Little Kids On The Way - Safekids.org

Little kids are always safest when they ride in a back seat. Children over 1 year old and 20 or more pounds can be in forward-facing child safety seats, or in rear-facing convertible seats if the child has not reached the maximum rear-facing weight.

Top Tips

Top Tips on properly installing and using forward-facing car seats:

- Use a forward-facing car seat correctly and until the harness no longer fits (convertible or combo seat) in a back seat every time your toddler rides in a car. Many harnesses today serve kids to 50, 60, 80 or even 100 pounds.
- Use the car seat with a harness that's right for your toddler's weight and height. Toddlers are weighed and measured at every doctor's visit, so be sure to keep track.
- Put harnesses through the slots so they are even with or above the child's shoulders. Some seats require use of the top slots when the seat is forward-facing, so check instructions.
- Be sure the buckled harness is tight, so you cannot pinch extra webbing at the shoulder.
- Adjust the chest clip to armpit level.
- Use the car's safety belt or LATCH system to lock the car seat into the car. Do not use both at the same time. Your car seat should not move more than one inch side to side or front to back. Grab the car seat at the safety belt path or LATCH path to test it.
- Use a top tether if both your vehicle and car seat are equipped. Tethers limit the forward motion of your child's head in a crash.
- Have your car seat checked by a currently certified child passenger safety technician to make sure it's properly installed.
- Do not allow children to play with seat belts. Treat them as you would any rope or cord.
- Be sure all occupants wear seat belts correctly every time. Children learn from adult role models.
- Restrain all children in age- and weight-appropriate child restraints when in a car with the motor running. That will limit access to power windows. Never leave children unattended.
- If you have a heavier or taller child, find a car seat with a harness that fits larger children. Some seats hold children up to 80 or even 100 pounds.





Children Are ...

Poet: Meiji Stewart

Amazing, ACKNOWLEDGE THEM.
Believable, TRUST THEM.
Childlike, ALLOW THEM.
Divine, HONOR THEM.
Energetic, NOURISH THEM.
Fallible, EMBRACE THEM.
Gifts, TREASURE THEM.
Here Now, BE WITH THEM.
Innocent, DELIGHT WITH THEM.
Joyful, APPRECIATE THEM.
Kindhearted, LEARN FROM THEM.
Lovable, CHERISH THEM.
Magical, FLY WITH THEM.
Noble, ESTEEM THEM.
Open minded, RESPECT THEM.
Precious, VALUE THEM.
Questioners, ENCOURAGE THEM.
Resourceful, SUPPORT THEM.
Spontaneous, ENJOY THEM.
Talented, BELIEVE IN THEM.
Unique, AFFIRM THEM.
Vulnerable, PROTECT THEM.
Whole, RECOGNIZE THEM.
Xtraspecial, CELEBRATE THEM.
Yearning, NOTICE THEM.
Zany, LAUGH WITH THEM.





wrap up lunch

Barbecue Chicken Wrap

Mix cooked chicken with barbecue sauce.
Layer chicken on a tortilla.

Top with coleslaw or shredded cabbage. Roll up and eat.

Tuna Wrap

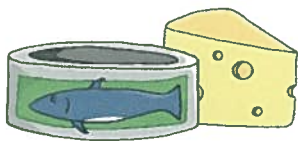
Mix canned tuna with low fat mayonnaise,
finely chopped radishes and cucumbers.
Spread on a tortilla. Roll up and eat.

Ham and Cheese Wrap

Layer sliced deli ham and American cheese.
Heat in microwave until the cheese melts.
Roll up and eat.

Wrap up
your favorite
sandwich
for a great
one hand meal.

Nutrition Matters, Inc. - www.numatters.com
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enrolle la comida

Rollo de pollo barbacoa

Mezcle pollo cocido con salsa de barbacoa.
Ponga una capa de pollo sobre una tortilla.
Cúbralo con ensalada de col, cebolla y mayonesa
o con repollo picado. Enróllelo y a comer.

Rollo de atún

Mezcle atún enlatado con mayonesa de bajo
contenido graso, rábanos y pepinos picados.
Espárzalo todo sobre una tortilla. Enróllelo y a comer.

Rollo de jamón y queso

Coloque una capa de jamón y queso americano.
Caliente en el microondas hasta que el queso se derrita.
Enróllelo y a comer.


Enrolle su
sándwich
favorito para
una gran
comida
de mano.

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Teaching Children to Avoid “Stranger Danger”



As our preschoolers grow more independent, we still need to supervise them closely, but most of us also want to teach our children about dealing with strangers. Alerting children to “stranger danger” can both help them to be safe and reduce parents’ anxiety. How can we teach children to be wary of strangers but not to be overly fearful?

 **Tell her more than just “Don’t talk to strangers.”** She may not understand that strangers look like the people she sees every day. She may also wonder why it’s all right to talk to a new teacher or neighbor—people who are strangers at first—and not to others.

 **Explain simple rules for staying safe.** Try practicing or role-playing situations involving the use of these rules with your child.

- “It’s okay to talk to someone if I’m with you or when I tell you it’s all right.”
- “Grown-ups who need help should ask other grown-ups, *not children*, for help. This includes carrying a package or finding a place or a lost puppy.”
- “Stay near me or the grown-up with you in public places, such as stores or parks.”
- “If you’re not close to us, stay an arm’s length or more from someone you don’t know. Back up or run for help if an unfamiliar grown-up gets too close. Scream and kick if a stranger grabs you.”
- “If you get lost, find a police officer, security person, or store clerk. If separated from me or the grown-up you’re with in a public place, such as at a store or shopping mall, stay in that spot until someone finds you.”
- “Don’t go *anywhere* with someone you don’t know.”
- “Never take anything from a stranger.”
- “Listen to your feelings. If you’re scared, get away and look for someone to help you.”

 **Read books on strangers with your children and talk about what you’ve read.** Your librarian can suggest titles, or you may want to consider these children’s books:

A Stranger in the Park by Stuart Fitts and Donna Day Asay (1999).

Never Talk to Strangers by Irma Joyce and S. D. Schindler (2000).

The Berenstain Bears Learn about Strangers by Stan and Jan Berenstain (1985).

 **Read more on keeping your children safe.** *Personal Safety for Children: A Guide for Parents* is available online, or print copies may be ordered.

Education Publication Center (Ed Pubs)

P.O. Box 1398, Jessup, MD 20794-1398

Telephone (Toll-free): 877-433-7827

Email: edpubs@inet.ed.gov

Internet: <http://www.ed.gov/parents/academic/involve/safety/index.html>

 **For related Web resources, see “Teaching Children to Avoid ‘Stranger Danger’” at <http://illinoisearlylearning.org/tips.htm>.**



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Toll-free: 877-275-3227 (Voice/TTY)
Email: iel@uiuc.edu
Internet: <http://illinoisearlylearning.org>

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For more tip sheets on other topics, please go to <http://illinoisearlylearning.org>

Cómo enseñar a los niños a evitar el “peligro de los desconocidos”



Aunque nuestros niños preescolares se vayan independizando, todavía necesitamos supervisarlos de cerca, pero también queremos enseñar a nuestros hijos acerca de tratar con la gente desconocida. Un aviso a los niños sobre el “peligro de los desconocidos” puede ayudarlos tanto a estar a salvo como a disminuir la ansiedad de los padres. ¿Cómo podemos enseñar a los niños a ser cautelosos con los desconocidos pero no demasiado miedosos?

★ **Dígale más que sólo “no habla con los desconocidos.”** Su niña quizá no entienda que los desconocidos se ven similares a la gente que ella ve todos los días. Tal vez se pregunte también por qué está bien hablar con un maestro o vecino nuevo— personas que son desconocidas al principio—y no a otros.

★ **Explique unas reglas sencillas para mantenerse segura.** Trate de practicar o hacer papeles de situaciones que implican el uso de estas reglas con su hijo.

- “Está bien hablar con alguien si estoy contigo o cuando te digo que está bien.”
- “Los adultos que necesitan ayuda deben pedirla a otros adultos, *no a niños*. Esto incluye llevar un paquete o encontrar un lugar o un perrito perdido.”
- “Quédate cerca de mí o del adulto con que andas en lugares públicos, como tiendas o parques.”
- “Si no estás cerca de nosotros, queda a la distancia de un brazo o más lejos de alguien a quien no conoces. Aléjate o corre por ayuda si un adulto desconocido se acerca demasiado. Grita y pateas si un desconocido te agarra.”
- “Si te pierdes, busca a un policía, un guarda de seguridad o un tendero. Si estás separado de mí o del adulto con que andas en un lugar público, como una tienda o un centro comercial, quédate allí mismo hasta que alguien te halle.”
- “No vayas a *ningún* lugar con alguien que no conoces.”
- “Nunca acepta nada de un desconocido.”
- “Haz caso de tus sentimientos. Si estás asustado, aléjate de allí y busca a quien te ayude.”

★ **Lea libros acerca de los desconocidos con su hijo y platique sobre lo que han leído.** Su bibliotecario puede recomendar unos títulos, o tal vez quisiera considerar estos libros infantiles: (en inglés)

A Stranger in the Park por Stuart Fitts y Donna Day Asay (1999).

Never Talk to Strangers por Irma Joyce y S. D. Schindler (2000).

The Berenstain Bears Learn about Strangers por Stan y Jan Berenstain (1985).

★ **Lea más acerca de cómo mantenerles seguros a sus hijos.** *Personal Safety for Children: A Guide for Parents* (La seguridad personal para niños: Guía para padres) se puede obtener en línea, o copias impresas pueden pedirse.

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English Title: Teaching Children to Avoid “Stranger Danger”



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ON THE GO FITNESS

Parenting.com

Bent-Knee Pushup

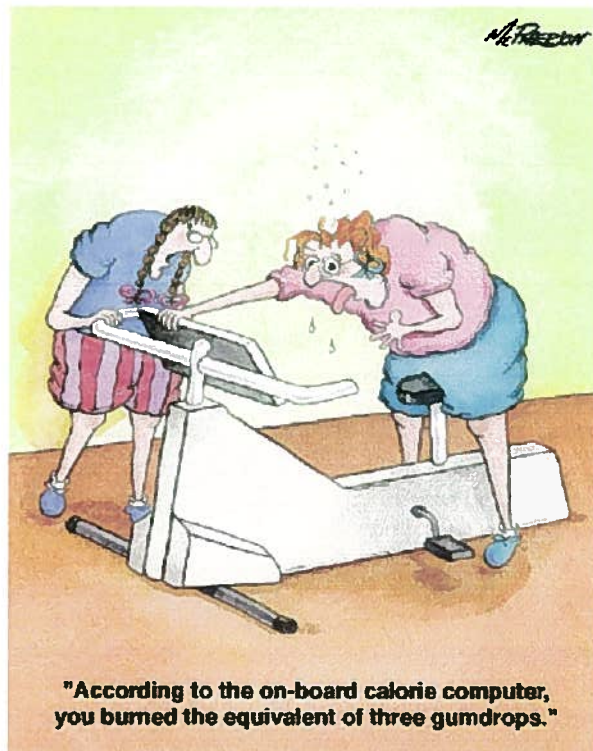
Benefits: Tones chest and triceps.

Ready: Get on hands and knees, with ankles crossed and palms on floor slightly wider than shoulders.

Go: Contract abs, and without overarching your lower back, bend your arms and lower yourself until your chest is in line with your elbows. Lower in 3 counts, hold for 2 counts, and push up for 3 counts.

Challenge: Have your toddler straddle your hips, horsie-style, and hold on to your shirt collar. Work up to 2 sets of 10 reps each; when you can do that with ease, switch to straight-leg pushups.

Tip: To really work your triceps, when lowering your body, your elbows should rub against your rib cage as if scratching an itch.



BACK TO SCHOOL SHORTCUTS

BACK-TO-SCHOOL MUFFIN PIZZAS *Nova.com*

- 1 multi-grain English muffin, split
- 1 small tomato, diced
- 1 teaspoon olive oil
- 2 tablespoons precooked diced bacon
- 12 (2-inch) strips chipotle cheddar cheese
- Thinly sliced green onions for garnish



Preheat oven to 450 degrees. Place muffin halves on baking sheet, split-side up. Top with equal portions of diced tomato and drizzle with oil. Sprinkle with bacon and arrange 6 strips of cheese on top of

each half; dot with onion slices. Bake for 6-8 minutes until cheese is melted and muffin edges are crispy. Serves 1.

FEED YOUR KIDS BACK TO SCHOOL COMFORT FOOD

Chicken Pesto Pasta with Broccoli *Feedyourkids.com*

(that title makes it sound like the pesto is made of pureed chicken – ewwww.....)

about 1/2 lb of your favorite pasta, cooked according to package directions, drained and rinsed

(farfalle, penne, rotini or even spaghetti are all great

2 chicken breasts

(sprinkled with [Baby Bam seasoning](#), grilled and sliced into bite-sized pieces)

2 or 3 cups of fresh-steamed broccoli, cut into bite-sized pieces

1/4 cup or so (maybe more – just “eyeball” it) basil pesto

(I like the version that they sell at Costco, but it’s easy to make your own)

Fold broccoli, pasta and chicken together in a large bowl (or just prepare it in the pot you boiled the pasta in). Gently fold in the pesto, a tablespoon or two at a time, until all of the pasta is lightly coated in the pesto.

Serve and enjoy. This is great cold for leftovers, too, or for packed lunches to take to school.

Sprinkle with a little freshly grated parmesan cheese, if desired. A sprinkle of toasted pine nuts would be good, too, if your family is game.

BACK TO SCHOOL TIPS

By, Patrice McCarthy

Two weeks prior to the beginning of school, start to ease back into a routine. Each day, have your child go to bed and wake up ten minutes earlier than the previous day. The weekend before school starts, have your child set aside each day's outfit for the upcoming week. Get into the habit of placing shoes and backpacks by the door each evening. By the first day of school, last-minute scrambling will be a thing of the past!

Let your child be involved in the back-to-school shopping experience. Check your school's website for specific items before you shop, as many teachers suggest specific brands. Check the list carefully, and have your child be the item "spotter" in the store.

Celebrate the new school year! By letting your child see you are excited about his or her accomplishments in moving to a new grade level, you show you value education. Have a special dinner the evening before school and discuss what wonderful days are ahead.



