

March 2012
Jane Reilly, Editor

UAB EARLY HEAD START PROGRAM EARLY EDITION

Happy St. Patrick's Day



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

DATES TO REMEMBER

Mar 1 11:00 socialization Eleonor,
Pam, Nikki, Renee

10:00 parenting

Mar 8 11:00 socialization Tee,

Vanessa, Cassand'ra, Shante'

10:00 parenting

Mar 14 Policy Council 12:00

Mar 15 Egg Hunt St. Clair 11:00

Mar 21 PIPA/Parenting Walker Co.
1:00

Mar 22 11:00 Egg Hunt Eleanor,

Renee', Pam, Nikki

10:00 parenting

Mar 29 11:00 socialization pregnant
moms and moms with infants under 1
year

10:00 parenting

April 5 11:00 Egg Hunt Tee,

Vanessa, Shante', Cassandra

10:00 Parenting

April 11 12:00 Policy Council

April 12 11:00 socialization

Eleanor, Pam, Renee', Nikki

10:00 parenting

April 18 PIPA/Parenting Walker Co.
1:00

April 19 11:00 socialization St.

Clair 11:00

April 26 11:00 socialization Tee,

Vanessa, Shanta', Cassandra

10:00 parenting



EARTH DAY

Wikipedia

Earth Day is that day intended to inspire awareness and appreciation for the Earth's natural environment. The name and concept was allegedly pioneered by John McConnell in 1969 at a UNESCO Conference in San Francisco. The April 22, 1970, Earth Day marked the beginning of the modern environmental movement.



ADVICE FROM MY DAD

"Stick with the truth and let the chips fall where they may."

"Do your best! keep at what you believe in; and realize that there will always be days and people who will want to hold you back."



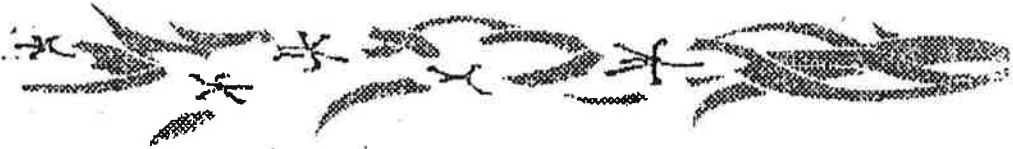
TO EVERY PARENT

There are little eyes upon you,
And they are watching night and day;
There are little ears that quickly take
In every word you say;
There are little hands all eager to do
Everything you do,
And a little child who's dreaming of
The day he'll be like you.

You're the little child's idol,
You're the wisest of the wise,
In his little mind about you,
No suspicions ever rise.
He believes in you devoutly,
Holds all you say and do;
He will say and do in your way when
He's grown up to be like you.

There's a wide eyed little child who
Believes you always right,
And his ears are always open and he
Watches day and night;
You are setting an example
Everyday in all you do
For the little child who's waiting
To grow up to be like you.

Author unknown



The Meaning of Behavior

This is taken from: **Serving Toddlers – Sharing Knowledge with Infant-Toddler Teachers and Home Visitors resource book published by the EHS National Resource Center.**

You may cry when you are sad. You may also cry when you are happy, hurt, sick, tired, or overwhelmed. One behavior can have many meanings. Your tears might not be meant as a communication, but an expression of your feelings that would come out even when you were alone.

A toddler's actions are also a form of communication, and their behavior is often a window to their thoughts and feelings.

We can almost watch toddlers thinking. They often exaggerate their actions, making their point with a strong pointing finger, a stomping foot, or words such as "mine" or "no".

Toddlers have good cause for these new frustrations. As babies, they weren't expected to share, but now they are. They were fed on demand, but now begin to eat in small groups, adjusting to adult schedules. They may still nap as needed during the day, but now they are probably expected to sleep through the night. Toddlers count on adults to help them set routines, even if they don't seem to like it.

To help understand what a toddler is trying to say through her actions, try to watch and make note of the following:



- **What was happening before the behavior (hitting, crying, or tantrum) began? Who was nearby? What was the toddler trying to do? What else was happening around him/her?**
- **See whether describing what you saw seems to catch the toddler's attention. "You were trying to build something very tall before the blocks fell. It made you so mad when they fell!"**
- **What happens after the behavior? Does the toddler hold a blanket and suck on a finger or crawl on your lap for help calming? Does she look for someone else to bop?**
- **After a tantrum, a hug from Mom or Dad can help comfort and reassure the child that they are safe and loved.**

10 tips

Nutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”



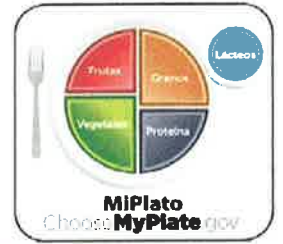
10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

10
consejos
Serie
de educación
en nutrición

elija MiPlato

10 consejos para crear un buen plato



Elegir alimentos para llevar un estilo de vida sano es muy sencillo si sigue estos 10 consejos. Use las ideas de esta lista para *balancear las calorías*, elegir los alimentos que le conviene *comer con mayor frecuencia* y reducir la cantidad de alimentos que le conviene *comer con menos frecuencia*.

1 balancee las calorías

El primer paso para controlar su peso es ver cuántas calorías USTED necesita al día. Vaya a www.ChooseMyPlate.gov para determinar la cantidad de calorías. Hacer actividades físicas también le ayuda a balancear las calorías.



2 disfrute de sus comidas, pero en cantidades más pequeñas

Tómese el tiempo necesario para disfrutar de sus comidas. El comer demasiado rápido o mientras se concentra en otras cosas puede resultar en que coma demasiadas calorías. Preste atención a las señales del hambre y de saciedad antes, durante y después de las comidas. Úselas para reconocer cuándo debe comer y cuándo ha comido suficiente.

3 evite las porciones extra grandes

Use platos, platos hondos y vasos más pequeños. Separe las porciones de alimentos antes de comer. Al salir a comer, elija las opciones de menor tamaño, comparta el platillo o llévese parte de la comida a casa.

4 alimentos que le conviene comer con más frecuencia

Coma más vegetales, frutas, granos integrales, y leche y productos lácteos sin grasa o con 1% de grasa. Esos alimentos contienen los nutrientes que necesita para la buena salud; entre ellos potasio, calcio, vitamina D y fibra. Haga de ellos la base de sus comidas y bocadillos.



5 haga que la mitad de su plato consista en frutas y vegetales

Al preparar sus comidas, elija vegetales rojos, anaranjados y verduras como tomates, camotes (batatas) y brócoli, así como otros vegetales. Agregue frutas a las comidas como parte de los platos principales o de acompañamiento, o bien como postres.

6 cambie a leche descremada o baja en grasa (1%)

Contienen la misma cantidad de calcio y otros nutrientes esenciales que la leche entera, pero sin tantas calorías y grasa saturada.



7 consuma la mitad en granos integrales

Para consumir más granos integrales, reemplace un producto de grano refinado por un producto de grano integral, como comer pan de trigo integral en lugar de pan blanco o arroz integral en lugar de arroz blanco.

8 alimentos que le conviene comer con menos frecuencia

Reduzca su consumo de alimentos con grasas sólidas, azúcar y sal adicionales. Estos incluyen pasteles (bizcochos), galletitas, helado, dulces, bebidas endulzadas, pizza y carnes grasas como costillas, chorizo, tocineta y salchichas. Use estos alimentos como antojitos ocasionales, no alimentos para todos los días.

9 compare el contenido de sodio de los alimentos

Use las etiquetas de Información Nutricional ("Nutrition Facts") para elegir sopas, panes y comidas congeladas con menos sodio. Elija alimentos enlatados marcados "bajo en sodio," "sodio reducido," o "sin sal adicional" ("low in sodium," "reduced sodium," o "without added salt").



10 beba agua en lugar de bebidas endulzadas con azúcar

Reduzca las calorías al beber agua o bebidas sin azúcar. En las dietas de los estadounidenses, las gaseosas, bebidas de energía y bebidas deportivas representan grandes cantidades adicionales de azúcar y calorías.



March April 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
March 15th and April 19th at 11:00 am

In Walker County Parenting will be on
March 21st and April 18th at 1:00 pm

♥ March topic: What are your long
term goals for your children and
how can your parenting style help?



♥ On March 29th we will talk about
helping infants and toddlers sleep



♥ April topic: dealing
with stress; yours
and your children's

📞 And if you ever have any questions or concerns,
be sure to call me: 934-1098 or 410-6586 (Dalia)

NEWS FLASH . . .

Children who attend Preschool Show Significant Gains Compared to children who stay home.

According to an exciting study conducted by the Peabody Research Institute at Vanderbilt University, children who went to state-funded preschools, like Head Start, gained an average of 82 percent more on early literacy and math skills than did their peers who did not go to preschool.

To read more about this study, visit:

http://peabody.vanderbilt.edu/Documents/pdf/PRI/Press%20release_TN%20Pre-K%20Study.pdf



**It's time to sign your child up for Head Start!!!
Talk to your Family Partner about what you need to do!**

Boys Need Extra Care Dealing with Negative Emotions

According to a study from the University of Illinois, toddlers whose parents punish them for feeling afraid or angry or who tell children such difficult emotions are no big deal, are more likely to have problem behaviors later on. Interestingly, **not enough emotional support from parents has a bigger effect on young boys than on young girls.** Researchers believe that both parents are important in helping their children learn how to express negative emotions.

To read the full press release, visit:

http://www.eurekalert.org/pub_releases/2011-03/uoic-btn030811.php





Parenting



Tips for Spring!

Mealtimes: fun or fight?

Toddlers need to eat, but feeding a toddler can be hard. They only want to eat candy and chips, they throw their food, they won't sit still...

What can a parent do?

1. Kids can't sit still for as long as we can.
If the time they spend at the table is nice time, then it doesn't matter if its short and it doesn't matter if they eat.
2. Give them only a little bit at a time. They throw less that way.
3. Kids like to eat small amounts all day long. That's OK.
4. **Our job:** offer a bunch of different kinds of HEALTHY food
Kid's job: choose what to eat and how much
5. Ice cube tray eating: put a different food in each square of the tray and put it where your toddler can reach. Let the child choose what to eat, when, and how much.

Some good choices:

Carrot sticks
Celery sticks
Raisins
Dip (kids LOVE to dip their food)
Gold fish or animal crackers
Frozen peas
Apple slices or other fruit
Pieces of cheese



Thinking About It... The Developmental Domains, 18 to 24 Months

Tantrums usually appear and reach their height in this period of development. As toddlers become more competent, they try to accomplish more complicated tasks, and they may meet with frustration. They are also becoming more aware of their own desires, likes, and dislikes—and the power adults have to meet or deny their wishes.

When they don't have the words to tell us what they mean because of their limited language skills and when their limited physical skills make completing their goals difficult, toddlers sometimes lose all control and fall to the ground in screaming, crying, rolling around tantrums. Although tantrums can make you angry, it is helpful to remember that the tantrum can be terrifying to the toddler who has lost all control to such a powerful and overwhelming emotion. The toddler needs to know that the adults in his life are not also overpowered by his tantrums.

Here are some ways to provide safety and support during a tantrum:

- 1. Make sure the toddler cannot hurt himself or others.**
- 2. Stay quietly nearby. You didn't start the tantrum and you can't stop it, but you can show the toddler that you are not frightened by it.**
- 3. When it is over, offer to cuddle and comfort the child. Ask whether there is a way you can help now.**
- 4. If the tantrum was caused by frustration because of something like a tower of blocks falling over, ask whether you can help him in building another tower. However, if it was caused by frustration because you said no to something, do not give in after the tantrum or before long, tantrums will become a tool for getting his own way.**

SPRING POEMS

Childstoryhour.com

FIVE LITTLE BUNNIES

One little bunny,
Wondering what to do,
Another bunny came along,
Then there were two.

Two little bunnies,
Hopping like me,
Another bunny came along,
Then there were three.

Three little bunnies,
Jumping by my door,
Another bunny joined them,
Then there were four.

Four little bunnies,
So fluffy and alive,
Another bunny joined them,
Then there were five.

Five little bunnies,
Ready for some fun,
Hopped away in the warm,
Spring sun.

EASTER BUNNY HUGS AND KISSES

That cute little bunny has hopped
all day, delivering baskets for the
holiday.
His paws are so tired and his nose,
How it itches,
He left you something special to
Fulfill all your wishes-
Lots of cute little Easter bunny hugs
And kisses.

EASTER EGGS

Easter eggs, Easter eggs
Hidden all around.
Come my children look about
And see where they are found.

Easter eggs, Easter eggs
They're a sight to see.
One for her and one for him
And a special one for me.



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Preparedness Fast Facts

Tornadoes



Tornado Safety Checklist

A tornado is a violently rotating column of air extending from the base of a thunderstorm down to the ground. Tornado intensities are classified on the Fujita Scale with ratings between F0 (weakest) to F5 (strongest). They are capable of completely destroying well-made structures, uprooting trees and hurling objects through the air like deadly missiles. Although severe tornadoes are more common in the Plains States, tornadoes have been reported in every state.

Know the Difference

Tornado Watch

Tornadoes are possible in and near the watch area. Review and discuss your emergency plans, and check supplies and your safe room. Be ready to act quickly if a warning is issued or you suspect a tornado is approaching. Acting early helps to save lives!

Tornado Warning

A tornado has been sighted or indicated by weather radar. Tornado warnings indicate imminent danger to life and property. Go immediately under ground to a basement, storm cellar or an interior room (closet, hallway or bathroom).



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Vegetable Fried Rice

Fried rice is something that was invented in order to use up leftovers. When you add scrambled eggs, peas, shiitake mushrooms and broccoli to long-grain brown rice, you have yourself plenty of protein.



Submitted by:

Pamela Salzman A certified holistic health counselor and Healthy Child Healthy World Parent Ambassador, Pamela shares her approach to nutrition through her natural foods cooking classes and website, a resource for her healthful, family-friendly recipes and nutrition tips.

MAKE IT

1. Heat a wok or large sauté pan over medium-high heat. Add 1 Tablespoon ghee. Scramble the eggs in the pan until cooked through. Transfer the eggs to a cutting board and set aside.
2. Add 1 Tablespoon sesame oil and 1 Tablespoon ghee to the wok. Saute the ginger, garlic and scallions until fragrant, about 1 minute.
3. Add the vegetables and sauté until softened. Add the rice and shoyu and toss everything around in the wok until heated through. Chop up the cooked eggs and stir into the rice. Taste for seasoning and add additional shoyu or sesame oil, if desired. Sprinkle with sesame seeds for fun!

CLEAN IT

Whenever possible, always go with fresh and organic vegetables and eggs.

GREEN IT

Make use of the leftover dishes of veggies and meat by dicing them up and add with the rice.

MAKE IT FUN

To make this gluten-free, substitute wheat-free tamari and you're all set. Vegans can drop the egg, use all sesame oil and still enjoy a high-protein dish.



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Servings: 4-6

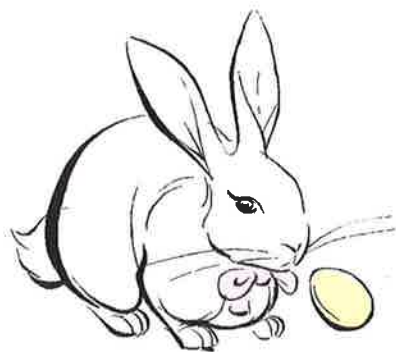
Ingredients

For Rice:

- 2 Tablespoons ghee, divided
- 2 large eggs, beaten
- 1 Tablespoon toasted sesame oil, plus more for drizzling if desired
- 1 teaspoon grated or minced peeled, fresh ginger
- 2 garlic cloves, minced
- 4 scallions, sliced thinly on the diagonal

Vegetables:

- 1 carrot, diced
- 1 onion, diced
- ½ cup frozen peas, defrosted
- Handful of shiitake mushrooms, stems removed; caps wiped clean and diced
- 1 head broccoli, cut into very small florets and stems diced, about 2 cups
- 4 cups COLD, COOKED brown rice, preferably long-grain
- 2 Tablespoons shoyu or more to taste



UAB EARLY HEAD START
SPRING EGG HUNTS

THURSDAY, MARCH 15, 2012

St. Clair County

11:00 – Prescott Community Center

THURSDAY, MARCH 22, 2012

Families of Eleanor, Renee', Pam and Nikki

11:00 – UABEHSP Conference Room

THURSDAY, April 5, 2012

Families of Tee, Vanessa, Shante' and Cassandra

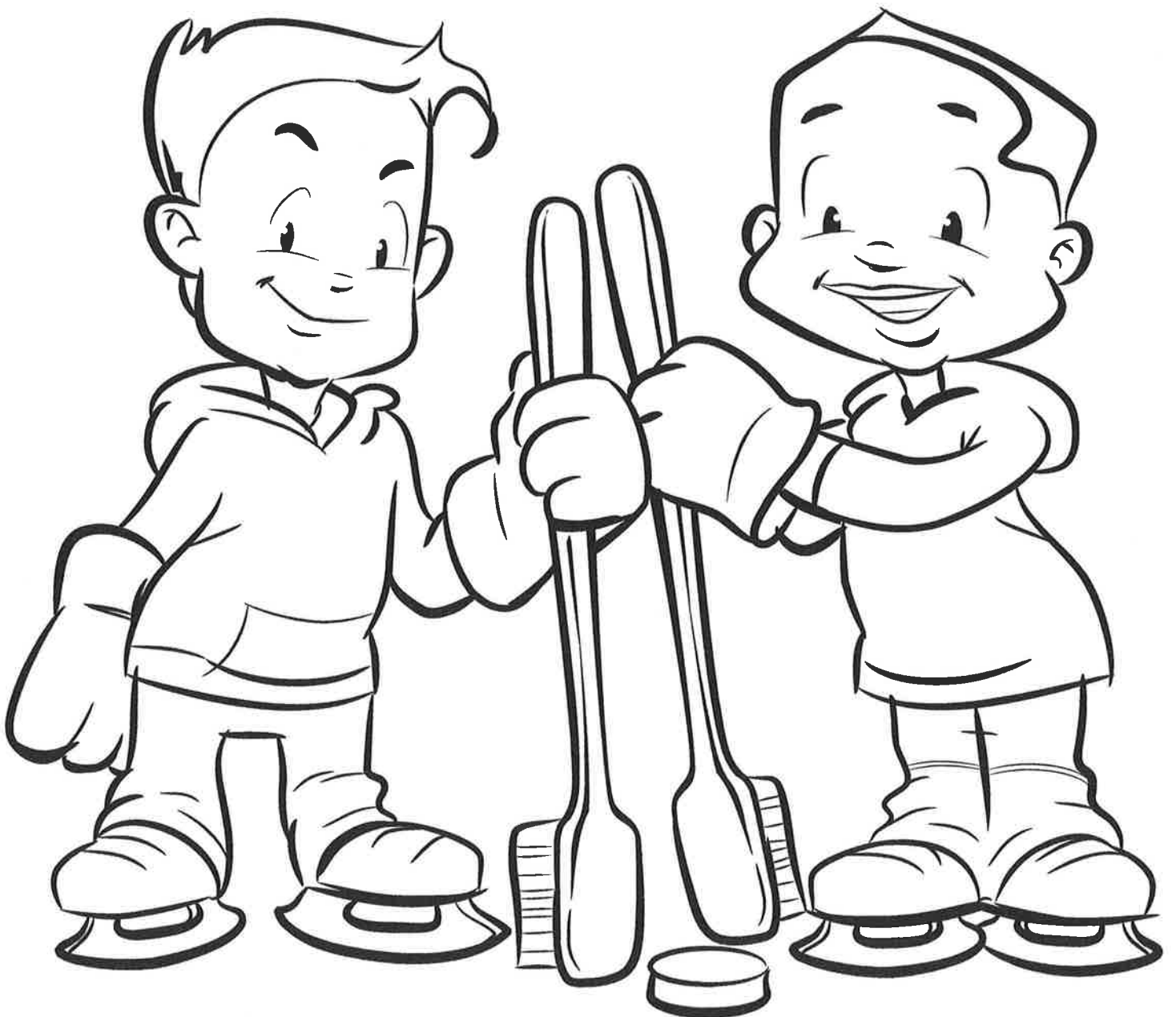
11:00 UABEHSP Conference Room



February is National Children's Dental Health Month!

Coloring Sheet

**Buck is teaching Den to play hockey.
Rule number one? Always wear a mouthguard!**



Febrero es el Mes Nacional de la Salud Dental Infantil

HOJA PARA COLOREAR

**Buck está enseñando a Den a jugar al hockey.
¿La regla número uno? ¡Siempre debes usar un
protector bucal!**

