

UAB Early Head Start Program

933 19th Street South, Birmingham, AL 35294

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

T: 205-934-5736

Greetings new and returning families!

We hope that you and your family had a wonderful summer. We are so excited to begin this new program year with you and look forward to the relationships that we will build together.

In this issue of the UAB Early Head Start Program's Newsletter, you can get to know our program coordinators a little more. There is also an update from the Jefferson County Department of Health, a note from the Desk of the Mental Health Coordinator, information on the "1-2-3 Play with Me" story time at the Birmingham Public Library, and some fall safety tips and a recipe.

Be sure to note the upcoming events for the months of September and October- we will be doing a lot of fun activities including story time at the public library, a visit from the fire fighters along with their fire truck, and a field trip to the pumpkin patch (more details are to come). Remember to mark your calendars!

Lastly, now is great time to get involved with PIPA and/or Policy Council! Your input is what helps keep our program running and continually improving to meet the changing needs of our families!

Mission Statement:

The mission of the UAB Early Head Start Program is to form partnerships with families to support child development and family goals. Through continuous staff development and in collaboration with the community, we strive to enhance opportunities for families.



Upcoming Events

Health Screening Days:

September 7 Pam

September 14 April & Shanté

September 21 Gabrielle & Eleanor

September 28 Fred

September 12

PIPA and Policy Council

September 27

Parenting & Socialization:

Eleanor, Gabrielle, Renee, & Shanté

October 4

Parenting & Socialization:

April, Pam, & Fred

October 10

PIPA and Policy Council

October 11, 18, & 25

1, 2, 3 Play with Me @ the Birmingham Public Library

October 16

Fire Prevention Safety Socialization

October 17

PIPA and Parenting in Walker County

October 23

Field Trip to Helena Hallow (TBA)

Meet the Coordinators



Kristi Guest

Disability Services Coordinator

Hello! My name is Kristi Guest and my passion is to serve children with disabilities and their families, to form partnerships with families and children to enhance developmental outcomes for children, and to promote the well-being of families. As the Disability Services Coordinator for the UAB EHS Program, I oversee and manage all of the services our program provides to children with disabilities. To this end, I partner with families to increase awareness of early intervention and special education services available throughout the community. To monitor children's development, I conduct, score, summarize, and provide feedback to families and program staff on initial and annual (at a minimum) developmental screenings for every infant and toddler in our program. Further, through weekly family reviews with the home visitors and regular communication with our teachers, I monitor children's abilities in all areas of development for potential concerns. If developmental screenings, family reviews, and/or classroom observations indicate concerns, I discuss with families, home visitors, and teachers; pending caregiver permission, I refer children to Alabama's Child Find to initiate the process for evaluation for early intervention or school-based services. Thus, I act as a liaison between program families and local early intervention and school systems. Ultimately I strive to improve developmental outcomes for children; to increase family knowledge about child development, diagnoses, and recommendations for services for children with disabilities; and to enhance the quality of life of children and families. On a personal note, I love spending time with my husband Shane and our children Carter (17), Faith (14), and Shana (12). They keep us busy watching the sports of baseball, softball, and volleyball. I also love singing in our praise band and teaching a Sunday school class at our church.

LaTanya Dawson

Parent Engagement & Mental Health Coordinator

Happy Day UAB Early Head Start Parents:

For those of you who do not know me, my name is LaTanya Dawson and I am the Parent Engagement/Mental Health Coordinator for the program. I have worked here for 18 years as a family partner, parent engagement coordinator and now mental health coordinator. I love working with our families and I am glad that I will have the opportunity to serve you in this new way.

In every newsletter, I will have a blog ("From the Desk of the Mental Health Coordinator") about something pertaining to mental health so that I can make this topic less scary for our parents. If you have something that you would like for me to address about mental health, please let your family partner now and I will address it.



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

Socialization Coordinator & Family Partner

Greetings UAB Early Head Start Program families! I am Shanté Hamm, and I am a Family Partner as well as the Socialization Coordinator. 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 employment, and more. As the Socialization Coordinator, I meet with parents for our Parenting group, as well as plan our group socialization events with families. I really enjoy working with all of our wonderful families, and have been blessed to do so for eight years! I am looking forward to a wonderful program year!



Clay Coppage

Health Coordinator

Hello Early Head Start Families! My name is Clay Coppage. I have been working as your Health Coordinator since December of last year. My role is comprised of ensuring that all program children and pregnant mother's current medical health status meets the requirements set out by federal guidelines. I'm in charge of health screening days, our health fair and hosting our community health partners during the health services advisory committee meetings. I regularly speak with pediatricians, dentists and other health provider offices that you visit. Most of my work is done at my desk making phone calls or sending letters, but I love opportunities to get to talk with you or play with our program children! I'm looking forward to a great 2018-2019 year and hope that you are too!





Cassandra Munoz

Education/ERSEA Coordinator

I am the Education / ERSEA Coordinator for UAB's Early Head Start Program, and I have been with the program since July 2004, first as a bilingual Family Partner and most recently as Health Coordinator for seven+ years. In my current roles, the most fulfilling aspect is being involved from the ERSEA process all the way to Transition, which in many cases means watching our Program children grow and develop from birth to three+ years. ☺

As Education Coordinator, I track each child's development using the data and information provided from the Act Early, CDC developmental checklist series along with the observations and reflections gained during weekly home visits. This assessment process is a joint effort between parents as the child's first teacher, the child's Family Partner, and me.

Outside of UAB EHS, I enjoy spending time with my husband and any/all of our four adult 'children', even though two have relocated to Atlanta and Orlando. I have a cat named Tallulah; enjoy reading crime fiction and playing Words with Friends.

I look forward to our new Program year and a great parent partnership!



From the Desk of the Mental Health Coordinator

Hello UAB Early Head Start Parents:

For September/October 2018, I want to talk to discuss positive mental health.

According to the mentalhealth.gov website, here are some benefits of having a positive mental health approach:

Positive mental health allows people to:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

As always if you need anything in regards to mental health, please feel free to contact me through your family partner.

LaTanya L. Dawson
Mental Health Coordinator



The menu options for the Jefferson County Department of Health telephone line for **Western Health Center** have changed. When calling 7:45am – 4:30pm, press the following prompts as follows:

Press 1 for an appointment

Press 2 to speak with a nurse for a health issue

Press 3 for prescription refill, physical form or to leave a general message for the nurse

Press 4 for WIC appointment (or call 205-558-2144)

Press 5 to hear information about the Immigration Act

Press 6 for all other calls

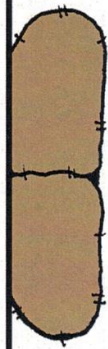
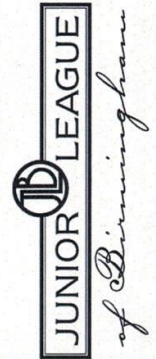
Press 8 to hear the message again



FAMILY PLACE PARTNERS



BIRMINGHAM PUBLIC LIBRARY



1-2-3 PLAY WITH ME SCHEDULE

Southside Branch Library

1814 11th Avenue S

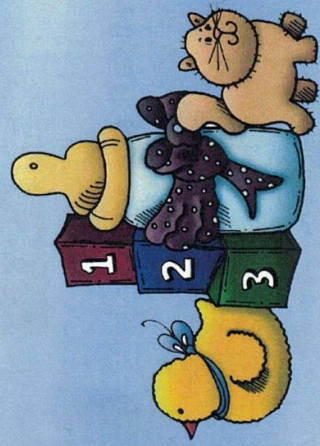
Birmingham, Alabama 35205

205-933-7776

Every Thursday

11:00 a.m.

October 11 - November 8, 2018



Birmingham Public Library
Family Place Library
presents



1-2-3 PLAY WITH ME

at the
**Southside
Branch Library**

Where Parents and Children
Play and Learn Together!

FAMILY PLACE LIBRARY

Developed in 1979 at a public library in Centereach, New York, a Family Place Library is a public library designed to help foster community. It offers a healthy place for the whole family to learn, grow, and play. The Family Place Library seeks to create strong families, which it believes are the basic building blocks of healthy communities.

1-2-3 PLAY WITH ME

Playing with your baby is not only important for bonding but is also an educational experience for your child. We are providing a special time and place for you to come to the public library and spend one-on-one time playing with your child. The five week program is for children birth through age 3 and their parents/caregivers. We will have toys, books, and art activities just for you and your child. Also, we have invited special guests from the community to join us each week to answer your questions about parenting.



- What should I feed my son?
- Should my daughter be learning her ABC's?
- How can I teach my toddler to share?

Remember – you are your child's first teacher.
1-2-3 PLAY WITH ME is an opportunity for you and your child to play and learn TOGETHER.

Locations, Dates and Times Listed on Back
Limited Space – Registration Required



1-2-3 PLAY WITH ME

Registration Form

Please complete and return to any location of the Birmingham Public Library

Please Print

Child's Name _____

Child's Date of Birth _____

Phone _____

Parent/Guardian's Name _____

Mailing Address _____

Email Address _____

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.

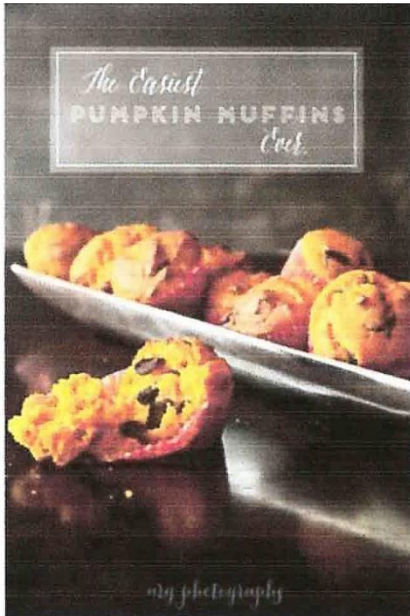
W Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

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.

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 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

