



UAB EARLY HEAD START PROGRAM THE EARLY EDITION

Jane Reilly, Editor

June/July 2014

DATES TO REMEMBER

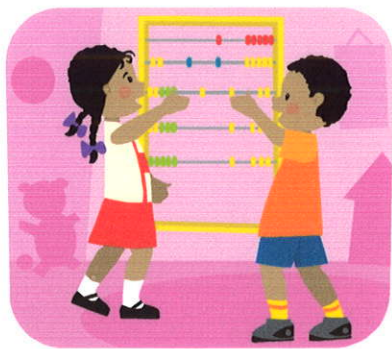
June 5—11:00—socialization—
Tee, Vanessa, Cassandra, Katasha
10:00—Parenting— UABEHSP
OFFICE

June 11—12:00—Policy Council—
UABEHSP Office

June 12—11:00—socialization—
Eleanor, Pam, Shante', Renee' -
10:00—Parenting—UABEHSP OF-
FICE

June 19—11:00—socialization—
St. Clair County—Prescott Com-
munity Center

June 26—10:00 -FUN DAY—
Crestwood Park



A Father Means ... (from Fathers.net)

A Father means so many things ...
An understanding heart,
A source of strength and of support
Right from the very start.
A constant readiness to help
In a kind and thoughtful way.
With encouragement and for-
giveness
No matter what comes your way.
A special generosity and always af-
fection, too
A Father means so many things
When he's a man like you ...

-Author Unknown

HAPPY FATHER'S DAY
June 15, 2014

UAB DANGEROUS WEAPONS POLICY

UAB prohibits the posses-
sion, transportation, and use
of firearms and other dan-
gerous weapons on campus.

"Campus" means all property
owned, leased or controlled by
the University and any affiliat-
ed foundation or health care
entity, including buildings and
outdoor premises, such as
parking lots and other outdoor
property.

*This policy includes, but is
not limited to, all activities
sponsored by UABEHSP,
including socialization, Fun
Day, Transition Ceremony,
etc.*



HAPPY 4TH OF JULY

“One guiding truth about life is that what you offer to others, you strengthen within yourself.”
Becky Bailey, Ph.D.

I Love You Rituals are fun activities for parents and children that: boost brain potential; encourage cooperation and caring; promote learning and literacy; increase attention and decrease power struggles; and build bonds of unconditional love. Rituals are not routines. There is a difference between the two. The goal of *routines* (meal-time, bath-time, bed-time routines) is *continuity*. The goal of *rituals* is **connection**. Rituals create a sacred space designated for togetherness and unity (examples include holiday meals and birthday celebrations). Rituals are the glue that holds the mosaic of love together. Here is a familiar children’s rhyme that has been turned into an *I Love You Ritual*.

Twinkle, Twinkle, Little Star

Twinkle, twinkle, little star,
What a wonderful child you are!
With bright eyes and nice
round cheeks,
Talented person from head to feet.
Twinkle, twinkle, little star,
What a wonderful child you are!

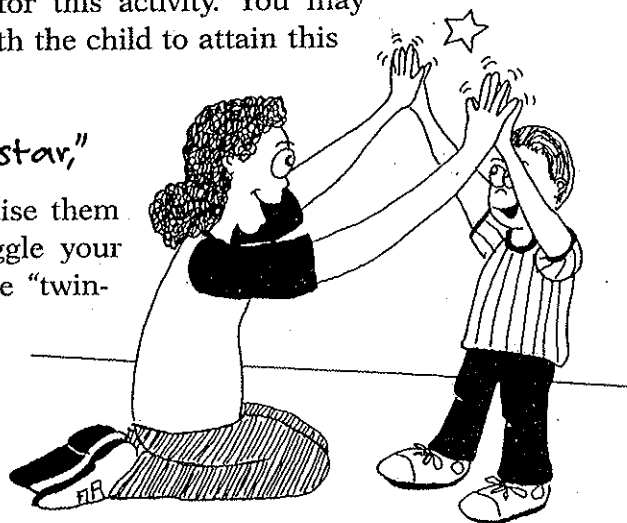
Positive
Nursery
Rhymes

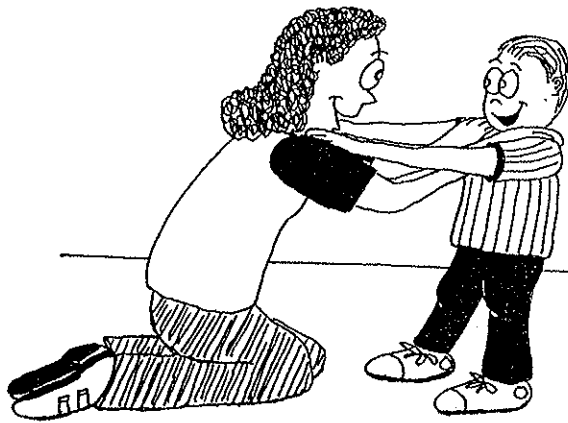


Preparation and Instructions: It is important that you be at the same height as the child for this activity. You may choose to stand, kneel, or sit with the child to attain this position.

“Twinkle, twinkle, little star,”

Hold your child’s hands and raise them slightly above your heads. Wiggle your fingers together to represent the “twinkle” of stars.





"What a wonderful child you are!"

Bring your arms down and rest your hands on your child's shoulders with the child's hands on your shoulders.

"With bright eyes and nice round cheeks,"

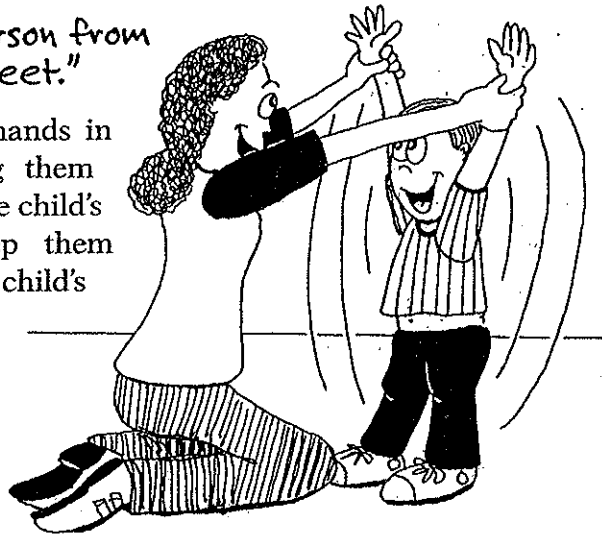
Take your hands off the child's shoulders and touch the child's face with your index fingers. First, touch the child next to his eyes. Then draw your fingers down around the child's cheeks.

I Love You
Rituals



"Talented person from head to feet."

Take the child's hands in yours and swing them up high (above the child's head) and sweep them down low (to the child's feet).

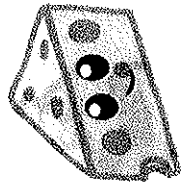


"Twinkle, twinkle, little star,"

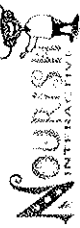
Raise the child's hands and touch fingertips as in the beginning. Wiggle your fingertips to represent the shining stars.

"What a wonderful child you are!"

End the interaction with a hug.

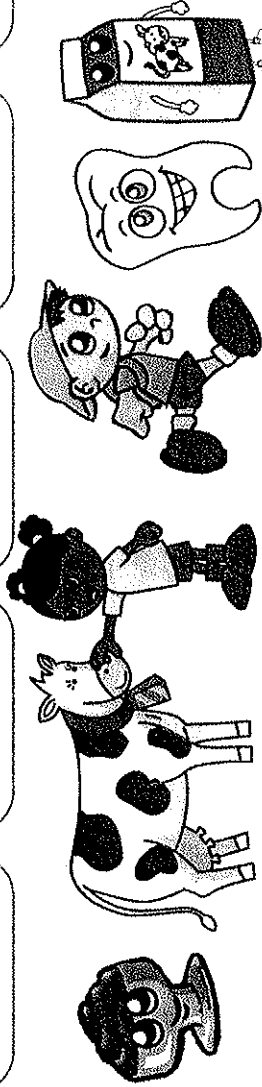


June 2014



Milk helps you have stronger bones

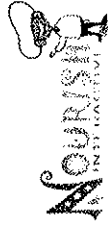
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Apply sunscreen on your child daily.	2 Snack on dried fruits such as apricots, figs or raisins.	3 Celebrate an outdoor festival. The local paper has activities for kids.	4 Before going to the festival, eat breakfast and plan your lunch.	5 Before going to the festival, eat breakfast and plan your lunch.	6 Build healthy habits from their favorite activities.	7 Plan the week's meals with the help of your kids.
8 Value meals that serve large portions with soda, can be 600 calories.	9 Praise your family on their commitment to be active.	10 Try substituting long grain, brown rice or whole-wheat pasta instead of white rice.	11 Commercials offer an opportunity to be active.	12 Basketball is a fun activity that the whole family can do.	13 Visit a local farmers market to for fruits and veggies in season.	14 Start this Monday with a family stroll around the block.
15 Plan healthy meals that can be made quickly.	16 Make sure to slice grapes for children under 4 to avoid choking hazards.	17 Keep snacks two hours before meals so kids will be hungry.	18 Look for fun recipes to serve vegetables to your family.	19 Exercise doesn't have to be boring. Grab you kids and go on a nature hike.	20 Limit the amount of ready-to-eat-snacks you buy.	21 Schedule your child's dental appointments for healthy teeth.
22 Broccoli is the superhero of vegetables with loads of vitamins.	23 Have the kids help you prepare a fruit kebab.	24 Meat quality can be affected when thawing in the microwave.	25 Involve the kids in finding a fun recipe.	26 Hiking can add excitement into your family's walking routine.	27 A trip to the beach or lake is always a fun activity.	28 Add some color to your salad with seasonal fruits.
29 Show your kids the many varieties of melons	30 Basketball is a fun activity that the whole family can do.					





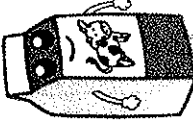


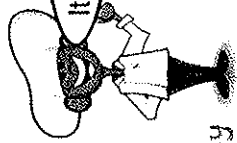


Junio 2014

La leche te ayuda a tener huesos más fuertes

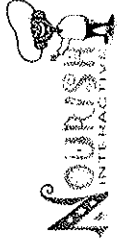


Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
1 Ponga los vegetales y frutas lavados y picados en el refrigerador en un lugar donde su niño los pueda ver.	2 Lave la fruta la noche anterior para que esté lista para la merienda de la tarde saludable.	3 Hágales a los niños un batido de melón dulce con yogurt sin grasa y hielo molido.	4 Cortes de carne magros contengan los nombres "cuarto trasero" y "lomo" en el nombre.	5 Lleve un saludable platillo de espárragos o brócoli a la parrilla con salsa a la barbacoa.	6 Durante la cena hablen de las frutas y vegetales favoritos de la familia.	7 Escoja carnes magras y saichichas sin grasa con panecillos integrales.
8 Salsas como de soja baja en sodio, vinagre de vino de arroz, wasabi, o jengibre son opciones saludables.	9 Deje las papitas fritas para merienda y sirva apio con crema de mani.	10 El arroz o pasta integral contienen más nutrientes y fibra que su contraparte blanca.	11 Levánteles el sabor a los vegetales con salsa o aderezos bajos en grasa.	12 Enseñe a su niño a hacer decisiones saludables cuando va de prisa.	13 Desanime que los niños hagan muecas con los alimentos nuevos.	14 ¡Pónganse activos - estamos en verano! Solo 30 minutos al día.
15 Los platos principales de muchos restaurantes son suficientes para dos personas comer.	16 Pruebe el hummus o puré de frijoles como salsa para los vegetales.	17 Busque la fruta envasada en su propio jugo o en jarrabe bajo en calorías.	18 Hay agua con sabores y cero calorías que es mejor que los refrescos azucarados.	19 Lavar la ropa, trabajar en el jardín, y caminar con el perro todos cuentan como estar activo.	20 Pídale a su niño que escoja un vegetal nuevo para echarle a la sopa.	21 ¡Permitales a sus niños hacer caras con la fruta antes de comerse!.
22 Busque una deshuesadora de cerezas y deje que los niños se diviertan con las cerezas.	23 ¡Lave las heridas con agua y jabón y véndelas en seguida!	24 Asegúrese de que la familia sepa lavarse las manos correctamente.	25 Las ensaladas son una buena manera de presentarle nuevos alimentos a su niño.	26 Piense en las meriendas como mini comidas en vez de tiempo para "comidas chatarra."	27 Use platos más pequeños para los niños menores para ayudarles con el control de raciones.	28 Saiga con un amigo y rétese a caminar un poco más lejos.
29 Un vaso de leche con sabores es una buena fuente de proteína y calcio.	30 Lave el melón antes de cortarlo para evitar la contaminación de bacteria.					



It's fun to be active everyday!

July 2014



Sunday

Monday

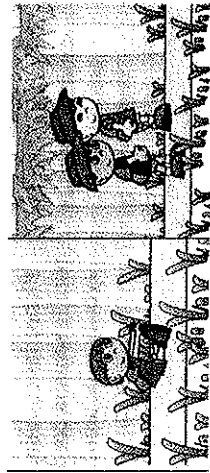
Tuesday

Wednesday

Thursday

Friday

Saturday



6 Sauces such as low sodium soy sauce, rice wine vinegar, wasabi, or ginger are healthy choices.

7 Skip the chips at snack time and serve celery with peanut butter.

8 Brown rice or whole-wheat pasta has more nutrients and fiber than their white counterparts.

9 Jazz up the taste of vegetables with low-fat dressings or dips.

10 Show your child how to make healthy choices when you are on the run.

11 Discourage older children from making yucky faces about unfamiliar foods.

12 Get active -- it's summer! Just 30 minutes a day

13 Most restaurant entrees are enough for two people to eat.

14 Try hummus or bean spread as a dip for veggies.

15 Look for fruit packed in its own juices or light syrup.

16 There are flavored water with zero calories that are better than sugar drinks.

17 Doing laundry, gardening, walking with the dog all count as being active.

18 Let your child choose a new vegetable to add to soup.

19 Let your kids make faces with the fruit before eating!

20 Get a cherry pit remover and let the kids have fun with the cherries.

21 Wash cuts with soap and water and place bandages on them right away.

22 Make sure the family knows how to properly wash their hands.

23 Salads are a good way to introduce new foods to your child.

24 Think of snack time as mini meals rather than "junk food" time.

25 For younger kids, use smaller bowls and plates to help with portion control.

26 Grab a friend and challenge each other to walk a little farther

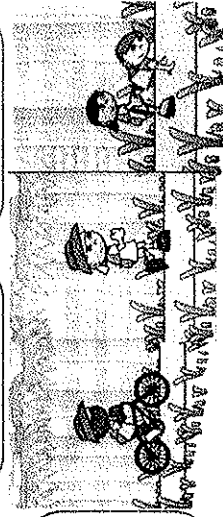
27 One cup of flavored milk is a good source of protein and calcium.

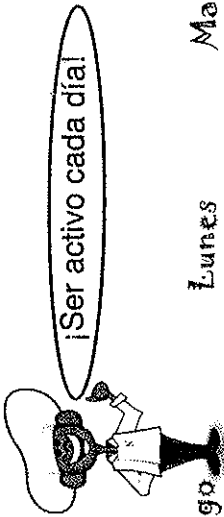
28 Scrub the cantaloupe before slicing into it to prevent bacteria contamination.

29 High fiber diets are great to help maintain or lose weight for the whole family.

30 Put rinsed and cut fruits and vegetables on a shelf in your refrigerator where your child can see them.

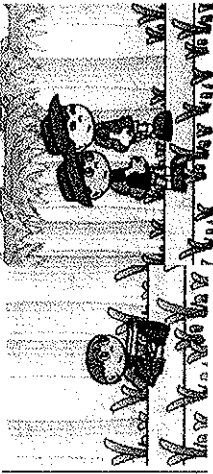
31 Wash fruit the night before so they'll be ready for a healthy afternoon snacks.





Julio 2014



Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
 <p>6 Los menús económicos con raciones grandes pueden contener 600 calorías.</p>	<p>7 Elogie a su familia por comprometerse a ser activa.</p>	<p>1 Celebre un festival al aire libre. Su periódico local tiene actividades para niños.</p>	<p>2 Antes de ir al festival, desayune y planee su almuerzo.</p>	<p>3 Antes de ir al festival, desayune y planee su almuerzo.</p>	<p>4 Desarrolle hábitos saludables de sus actividades favoritas.</p>	<p>5 Planee las comidas para la semana con la ayuda de los niños.</p>
<p>13 Planee comidas saludables que se puedan preparar en poco tiempo.</p>	<p>14 Asegúrese de cortar las uvas a los menores de 4 años para que no se ahoguen.</p>	<p>8 Sustituya arroz integral de grano largo o pasta integral en vez de arroz usar blanco.</p>	<p>9 Los comerciales ofrecen una oportunidad para estar activo.</p>	<p>10 El baloncesto es una actividad divertida que la familia entera puede hacer.</p>	<p>11 Visite un mercado de granja local para sus frutas y vegetales en temporada.</p>	<p>12 Empiece este lunes con una caminata familiar por el vecindario.</p>
<p>20 El brócoli es el superhéroe de los vegetales, repletos de vitaminas.</p>	<p>21 Pida que los niños le ayuden a preparar brochetas de frutas.</p>	<p>15 No permita a los niños merendar por dos horas antes de comer para que tengan hambre.</p>	<p>16 Busque divertidas recetas para servirle vegetales a su familia.</p>	<p>17 El ejercicio no tiene que ser aburrido. Llévese a los niños a una caminata de la naturaleza.</p>	<p>18 Limite la cantidad de meriendas listas para comer que compra.</p>	<p>19 Programe las citas de sus niños para el dentista para dientes sanos.</p>
<p>27 Demuéstreles a sus niños las muchas variedades de melones.</p>	<p>28 Los comerciales ofrecen una oportunidad para estar activo.</p>	<p>22 Descongele la carne en el microondas para que la calidad puede afectar la calidad.</p>	<p>23 Pida que los niños le ayuden a encontrar recetas divertidas.</p>	<p>24 Las caminatas pueden ser divertidas para su familia entera.</p>	<p>25 Un viaje a la playa o al lago es siempre una actividad divertida.</p>	<p>26 Agréguele color a sus ensaladas con frutas en temporada.</p>
		<p>29 Aplíquelo protector solar a su niño diario.</p>	<p>30 Coma frutas secas como albaricoques, higos o pasas para merendar.</p>	<p>31 Las dietas altas en fibra son muy buenas para la familia entera mantener o perder peso.</p>		

Pool User Information: Protect Yourself from Recreational Water Illnesses by Remembering to Swim Your LAAPS!

Look... at the pool and surroundings. What should you notice?

- Clean and clear pool water; you should be able to clearly see any painted stripes and the bottom of the pool.
- Smooth pool sides; tiles should not be sticky or slippery.
- No odor; a well-chlorinated pool has little odor. A strong chemical smell indicates a maintenance problem.
- Pool equipment working; pool pumps and filtration systems make noise and you should hear them running.

Ask... questions of the pool staff.

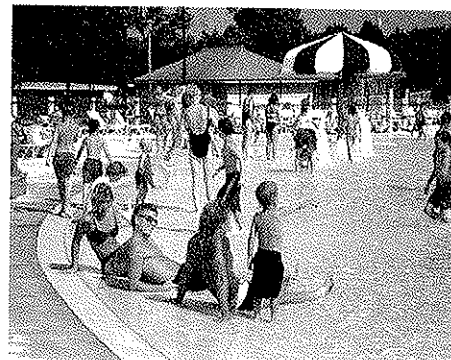
- What specialized training did the staff take to prepare for working at or operating the pool?
- Are chlorine and pH levels checked at least twice per day?
- Are these levels checked during times when the pool is most heavily used?
- Are trained operation staff available during the weekends when the pool is most heavily used?
- What was the health inspector's grade for the pool after its last inspection?

Act... by being proactive and educating others.

- Learn about recreational water illnesses and educate other users and your pool operator.
- Urge your pool management to spread the word about RWIs to pool staff and pool users.
- Let your pool operator know that the health and well being of all swimmers is a priority for you.
- Check the pool water yourself for adequate free chlorine (1-3 parts per million) and pH (7.2-7.8) levels. Pool and spa chlorine test strips are available at local home improvement stores, discount retailers and pool supply stores. If you want to practice using them at home, visit:
<http://www.cdc.gov/healthywater/swimming/protection/pool-user-tips-factsheet.html>

Practice... healthy swimming behaviors.

- Refrain from swimming when you have diarrhea.
- Avoid swallowing pool water or even getting it in your mouth.
- Shower before swimming and wash your hands after using the toilet or changing diapers.
- Take children on bathroom breaks or check diapers often.
- Change diapers in a bathroom and not at poolside and thoroughly clean the diaper changing area.



Safety... is always important.

- Keep an eye on children at all times, kids can drown in seconds and in silence.
- Don't use air-filled swimming aids (such as "water wings") with children in place of life jackets or life preservers.
- Protect against sunburn by using a sunscreen with at least SPF 15 and both UVA and UVB protection, and be sure to re-apply it after swimming.