

UAB EARLY HEAD START PROGRAM

# EARLY EDITION

Jane Reilly, Editor

November 2011

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

## DATES TO REMEMBER:

Nov. 1, 2011 - 12:00 -  
Health Advisory Co.  
Meeting, UABEHSP Office

Nov. 10, 2011 -9:30 -  
Health Fair, Birmingham  
Zoo

Nov. 16, 2011 - 12:00 -  
Policy Council - UABEHSP  
Office

Dec. 6, 2011 - Winter Meal  
of Thanks - 11:00 - St.  
Francis Xavier Parrish Hall



## FUN POEM

### I'm Thankful for Turkey

I'm thankful for turkey.

I'm thankful for yams.

I'm thankful for cranberries,  
biscuits, and hams.

I'm thankful for pumpkins.

I'm thankful for cheese.

I'm thankful for gravy,  
potatoes, and peas.

I'm thankful for stuffing;

I'm nuts for the stuff.

I'm thankful for eggnog  
and marshmallow fluff.

I'm thankful for whipped cream  
and ice cream and pies.

I'm thankful for dad's  
double-chocolate surprise.

I'm thankful, Thanksgiving,  
for good things to eat.

But mostly I'm thankful  
I still see my feet.

--Kenn Nesbitt



## RIDDLE

### Riddle

What do elves make sandwiches  
with?

See Jane for answer.

**DAD**



4 years: My Daddy can do anything!

7 years: My Dad knows a lot...a whole lot.

8 years: My father does not know quite everything.

12 years: Oh well, naturally Father does not know that  
either.

14 years: Oh, Father? He is hopelessly old-fashioned.

21 years: Oh, that man-he is out of date!

25 years: He knows a little bit about it, but not much.

30 years: I must find out what Dad thinks about it.

35 years: Before we decide, we will get Dad's idea  
first.

50 years: What would Dad have thought about that?

60 years: My Dad knew literally everything!

65 years: I wish I could talk it over with Dad once  
more.

## Following the Child's Lead

Let the child choose a book or toy.

- Infants and toddlers let you know if they want to look at a particular book or toy.
- Preschoolers often have favorites that they want read or play with over and over.

Allow a baby to chew on a book or toy if she wants.

- Talk about how it tastes and feels.

Let the child turn the pages of a book if he wants.

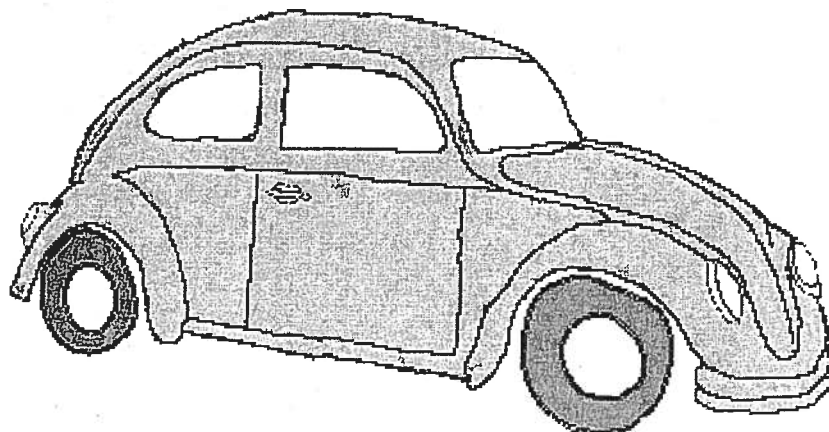
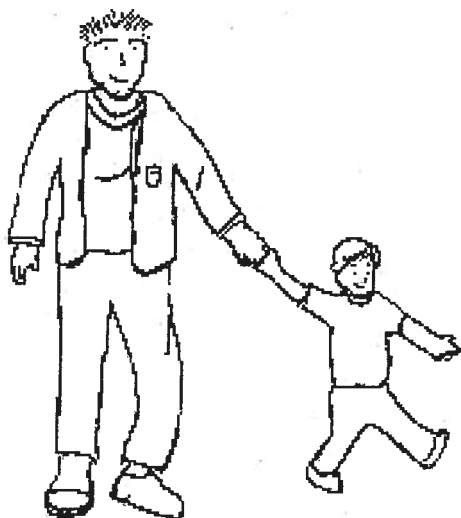
- If he turns three or four pages at a time, talk about what comes up on the pages you see.
- Preschoolers usually can turn one page at a time, but it is all right if they also turn several pages at a time. Talk about what's on the page you're looking at and occasionally ask what might be on the next page.

Let the child decide when she is finished.

- Move on when she is ready.

Build on the child's interests.

- Introduce new books or toys that he is interested in.
- If he shows particular interest in a certain picture, toy, or part of the story, spend more time talking about it.



## Following the Child's Lead When Reading with Infants, Toddlers, and Preschoolers

### Example 1

**Place one to three books in front of an infant.**

Adult: Carefully follow what the baby looks at, reaches for, or otherwise appears interested in. Choose that book and look at it and talk about it with the baby.

### Example 2

**While looking at a book, the infant wants to take the plastic-covered book from the adult's hand and mouth the book.**

Adult: Give the book to her and say, "Oh, you want to eat the book instead. Does it taste good?"

### Example 3

**An adult is reading and talking with a toddler. He sees another child with a ball. The toddler moves to get the ball.**

Adult: Say, "Are we finished reading now? Shall we stop and go play ball?"

### Example 4

**While reading to a young toddler, she wants to turn the pages backward instead of forward.**

Adult: Say, "Oh, you want to turn the pages that way. Look, there's that doggie again."

### Example 5

**An adult observes a child tracing her finger over the drawings in *Harold and the Purple Crayon* or sees a preschooler putting hats on his head.**

Adult: Say, "You're looking at the pictures Harold drew. Would you like to draw some pictures, too? What do you need?"

Adult: Say, "You look like the peddler in *Caps for Sale*. What else do we need to act out the story?"



## November December Parenting Classes



Parenting Tips and Tools, because it's  
the world's most important job.

In Walker County Parenting will be  
on November 30<sup>th</sup> at 8:30 am  
at the center

- ♥ We will talk about handling the holiday season with little ones: travel, family, gift ideas for toddlers, continuing to eat healthy...

There will be no parenting classes in **Jefferson**  
or **St. Clair Counties** during the months of  
November and December.

But we'll see you at our Health Fair at the zoo  
Nov. 10<sup>th</sup> and at our Holiday Meal on Dec. 6<sup>th</sup>

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



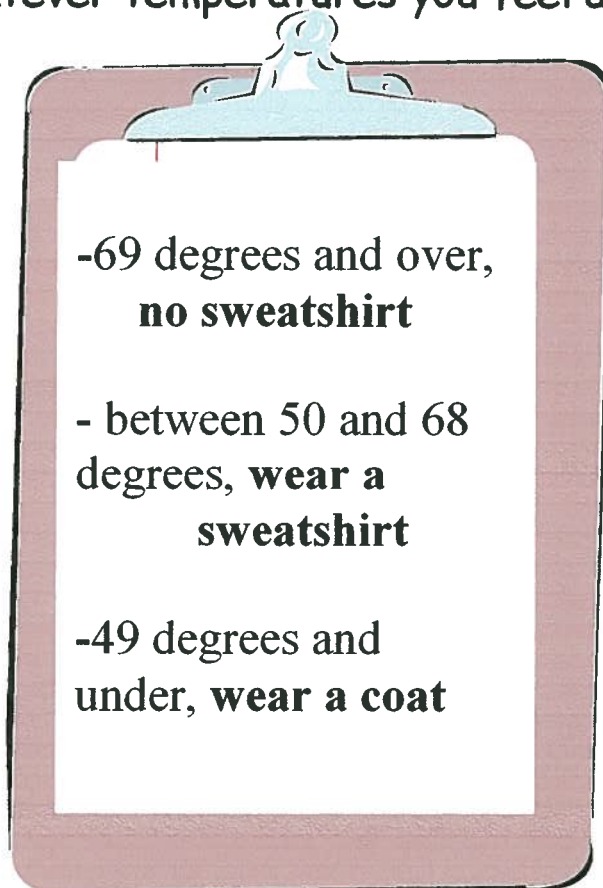


## Parenting tip for Fall

It's cold outside and you want him to wear a coat. But he hates wearing coats!

Is every day a new fight, now that fall is here?

Try making a chart with your kids, here's an example, but you can pick whatever temperatures you feel are right:



Now, have your children look at the weather channel, or a thermometer you've hung outside, or look at the weather report in the newspaper. Let the weather reporter tell your children what to wear so you don't have to.



**WINTER MEAL OF THANKS**  
**SOCIALIZATION**

This year, we are trying something new. We will have a  
**Winter Meal of Thanks in December.**

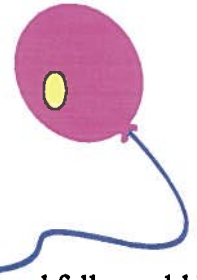
Santa Claus will be there for pictures and we will have a  
panel discussion by current and former parents in our  
program.

We look forward to seeing you there.

**Tuesday, December 6, 2011**  
**St. Francis Xavier Parrish Hall**  
**11:00 a.m.**



## THE FIVE TOP TOY HAZARDS



- **Scooters and other Riding Toys** – Riding toys, skateboards and in-line skates go fast and falls could be deadly. Helmets and safety gear should be worn at all times and be sized to fit.
- **Small Balls and other Toys with Small Parts** – For children younger than age three, avoid toys with small parts, which can cause choking.
- **Balloons** - Children under eight yrs. can choke or suffocate on un-inflated or broken balloons. Keep un-inflated balloons from children. Discard broken balloons at once.
- **Magnets** – For children under age six, avoid building or play sets with small magnets. If magnets or pieces with magnets are swallowed, serious injuries and/or death can occur.
- **Chargers and Adapters** – Charging batteries should be supervised by adults. Chargers and adapters can pose thermal burn hazards to children.

Once the gifts are open:

- **Immediately discard plastic wrappings on toys** before they become dangerous play things.
- **Keep toys appropriate for older children away from younger siblings.**
- **Pay attention to instructions and warnings on battery chargers.** Some chargers lack any device to prevent overcharging.



## HOLIDAY RECIPES

### Sweet Potato and Apple Soup

Recipe By: Mory Thomas

#### Ingredients

- 1 3/4 pound(s) sweet potatoes, peeled and cut into 1-inch dice
- 1 small parsnip, peeled and cut into 1-inch dice
- 2 garlic cloves, coarsely chopped
- 2 tablespoon(s) extra-virgin olive oil
- salt to taste
- 6 cup(s) vegetable stock or low-sodium broth
- 1 dash(es) apple cider
- 1 teaspoon(s) green Tabasco sauce
- finely diced Granny Smith apple and minced parsley, for garnish



#### Directions

Preheat the oven to 375 degrees F. On a baking sheet, toss the sweet potatoes with the parsnip, garlic, olive oil and salt. Bake for 45 minutes, or until tender.

In a blender, puree half of the vegetables with 3 cups of the stock; transfer to a large saucepan. Repeat with the remaining vegetables and stock. Add the apple cider and Tabasco and heat through. Season with salt. Serve with the diced apple and minced parsley

### Christmas Candy

1 pound (468 gms) white chocolate

1 cup small pretzels, broken into small pieces

1 cup pecans, chopped

Melt the chocolate. Stir the pretzels and pecans into chocolate and drop by teaspoon onto waxed paper. Handy edible gift suggestion.





# Winter Word Search

F S N O W M A N Y P V W R U E  
 X I U E I L I G O F I A R H T  
 U C R C T U O L D N G K L I A  
 C S E E G I A Z T S O R F B R  
 C N O N P R H E O M H Q C E G  
 H M E P B L R W C Y P K M R I  
 I P O E E K A L F W O N S N M  
 L O A G T O Q C I Z U C P A U  
 L R Z A K O C P E I J J D T Z  
 Y T H O T C H O C O L A T E J

chilly  
 fireplace  
 frost  
 hibernate  
 hot chocolate  
 migrate



penguin  
 polar bear  
 snowflake  
 snowman  
 white  
 winter

