

UAB EARLY HEAD START PROGRAM

EARLY EDITION

Jane Reilly, Editor

July 2010

DATES TO REMEMBER:

July 14 - 12:00 - Policy Council
July 29 - 11:00 - Transition Ceremony for our 3 year olds, Vulcan Park



ENJOY YOUR SUMMER

SUMMER POEM

Bed in Summer

by Robert Louis Stevenson

In winter I get up at night

And dress by yellow candle-light.

In summer quite the other way,

I have to go to bed by day.

I have to go to bed and see

The birds still hopping on the tree,

Or hear the grown-up people's feet

Still going past me in the street.

And does it not seem hard to you,

When all the sky is clear and blue,

And I should like so much to play,

To have to go to bed by day?



RIDDLE

If a rooster climbs up on the roof on a windy day and lays and egg, which side of the roof will it roll off?



See Jane for answer.

CONGRATULATIONS TO Cassandra Munoz our new Health Coordinator effective 6/7/2010



HAPPY 4TH OF JULY

June 28, 2010

To The UABEHS Program Participants:

I would like to thank the families that came out to this year's Fun Day at Bessie Estell Park. I think that the day was a success and it was that way because of you. It appears that everyone had a good time and enjoyed themselves.

I would like to thank the UABEHS staff for their assistance and support in making this day a success for the families that we serve.

If anyone has any suggestions as to what could be done to make next year's Fun Day an even bigger success, please feel free to contact me at 205-934-7853.

Again, thank you for coming and making it a great day.

Sincerely,



LaTanya L. Dawson

Family Involvement Coordinator/Family Partner

UABEHS Program

SIMPLE SUMMER SMOOTHIES

from, eatbetteramerica.com

Cool off with this fruit and yogurt blender beverage.

From *eatbetteramerica*.

Prep Time: 5 min

Start to Finish: 5 min

makes: 2 servings

1/2 cup fat-free (skim) milk

1 container (6 oz) Yoplait® Original 99%

Fat Free harvest peach yogurt

1 medium fresh peach, peeled, pitted and cut up

Ground nutmeg

1. In blender, place milk, yogurt and peach.

Cover; blend on high speed about 30 seconds or until smooth.

2. Pour into glasses. Sprinkle with nutmeg.



Soy milk, yogurt and fruit whip up into a nutritious drink for two in just five minutes. From *eatbetteramerica*.

Prep Time: 5 min

Start to Finish: 5 min

makes: 2 servings (about 1 1/2 cups each)

1 container (6 oz) Yoplait® Original 99% Fat Free French vanilla yogurt

1 1/2 cups soy milk

1 cup Cascadian Farm® frozen organic raspberries or fresh raspberries

1 medium banana, sliced (1 cup)

1. Place ingredients in blender or food processor. Cover; blend on high speed about 30 seconds or until smooth.

2. Pour into 2 glasses. Serve immediately.

High Altitude (3500-6500 ft): No change.

UAB EARLY HEAD START PROGRAM

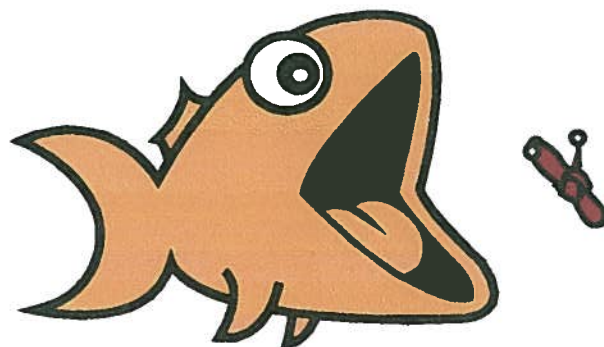
THURSDAY, JULY 29, 2010
TRANSITION SOCIALIZATION

"UNDER THE SEA"

(For our three-year-olds and their families)

VULCAN PARK

11:00 A.M.



watch less tv

limit screen time (television, computers and video games) to less than 2 hours each day

make a family tv plan...

Make a list of your family's favorite tv shows. Let your child help choose the shows he wants to watch.

There are lots of shows that are fun to watch and have good messages for your child - **choose the best and turn off the rest.**

Turn off the television when 'family shows' are not on.

Listen to your child or music instead of the tv - **do not use the television for background noise in your home.**

is it okay for my child to watch tv?

Yes, it's okay for your child to watch some tv.

However, watching too much TV can be a problem for your child...

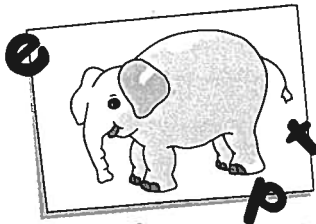
Your child is less active when sitting and watching tv. TV advertising can encourage your child to eat salty and sweet snack foods such as chips, candy, cookies and soda.

plan a "Family Night"

once a week:

Turn off the TV and play together.

play games, go for a walk, visit the zoo, visit the library, read books, color and draw pictures and have fun!



Quiet time is best before naps and bedtime - **read a book with your child.**

© Nutrition Matters, Inc.

"should we turn off the tv while we're eating?"

Yes, eat meals together in the kitchen...

- sit with your child
- it's too easy to overeat while watching tv and not realize what you ate.

Turn off the TV when eating.

"is it okay to have a tv in my child's bedroom?"

No, it's difficult to control how much tv your child watches. Create a comfortable bedroom for your child with...

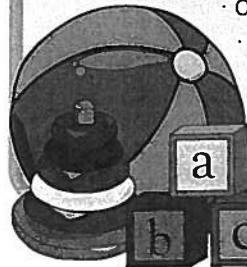
- a favorite stuffed animal
- soft blanket
- books to read at bedtime

Keep the TV out of your child's bedroom.

"what can my child do when I'm busy with housework?"

Instead of watching tv, your child could...

- color or draw pictures
- play with blocks or puzzles
- play with some favorite toys
- take a nap



Do not use the TV as a babysitter.

Your child learns to be creative by playing - **sit on the floor and play together.**



This card provides general nutrition information; medical advice should be obtained from your health care provider.

K855



beat the heat

The hot days of summer are coming!
Beat the heat with healthy drinks.

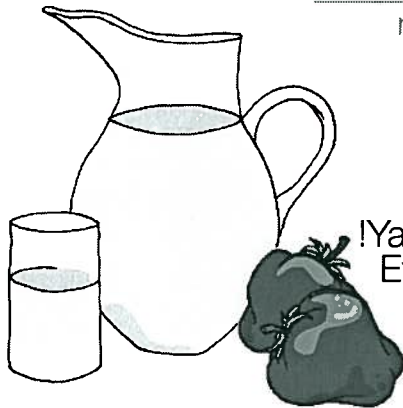
Enjoy Water

- * Enjoy cold water with ice.
- * Keep a pitcher of water in your refrigerator.
- * Try a squeeze of lemon or lime in your water.
- * Try sugar free ice drink mixes. There are a variety of flavors such as raspberry, strawberry and peach.
- * Make a pitcher of unsweetened ice tea.
- * Drink bottled water if your water is unsafe to drink.
- * Buy unsweetened flavored waters.

Limit soda and other sugary drinks.

Don't buy soda for your home.

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evite el calor

¡Ya viene los días calurosos del verano!
Evite el calor con bebidas saludables.

Disfrute el agua

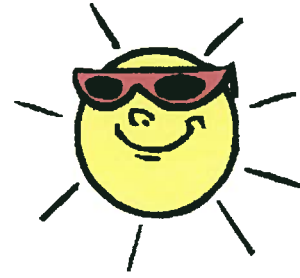
- * Disfrute agua fría con hielo.
- * Guarde una jarra de agua en la nevera.
- * Pruebe un chorrito de limón o lima en el agua.
- * Pruebe las mezclas de bebidas en polvo sin azúcar. Hay varios sabores como frambuesa, fresa y durazno.
- * Prepare una jarra de té helado no endulzado.
- * Beba agua embotellada si su agua no es potable.
- * Compre aguas con sabor sin azúcar.

Limite los refrescos y otras bebidas azucaradas.

No compre refrescos para la casa.

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Heat-Related Illness



Reprinted from UAB MEDICINE

What are heat-related illnesses?

Exposure to abnormal or prolonged amounts of heat and humidity without relief or adequate fluid intake can cause various types of heat-related illness. Children adjust more slowly than adults do to changes in environmental heat. They also produce more heat with activity than adults, and sweat less. Sweating is one of the body's normal cooling mechanisms. Children often do not think to rest when having fun and may not drink enough fluids when playing, exercising, or participating in sports.

Children with chronic health problems, or those who take certain medicines, may be more susceptible to heat-related illnesses. Children who are overweight or wear heavy clothing during exertion, such as marching band or football uniforms, are also more susceptible.

There are three types of heat-related illnesses:

- heat cramps
- heat exhaustion
- heat stroke

What are heat cramps?

Heat cramps are the mildest form of heat injury and consist of painful muscle cramps and spasms that occur during or after intense exercise and sweating in high heat.

What is heat exhaustion?

Heat exhaustion is more severe than heat cramps and results from a loss of water and salt in the body. It occurs in conditions of extreme heat and excessive sweating without adequate fluid and salt replacement. Heat exhaustion occurs when the body is unable to cool itself properly and, if left untreated, can progress to heat stroke.

What is heat stroke?

Heat stroke, the most severe form of heat illness, occurs when the body's heat-regulating system is overwhelmed by excessive heat. It is a life-threatening emergency and requires immediate medical attention.



July Parenting Classes



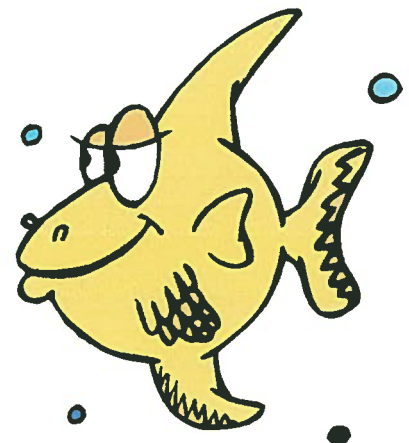
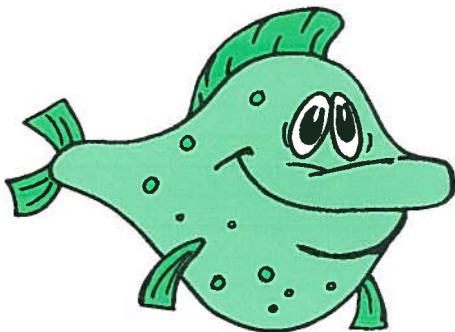
Parenting Tips and Tools, because it's
the world's most important job.

There will be no parenting meetings in
Jefferson County or in **St. Clair County** in
July and August.

Parenting classes will resume in September

In **Walker County** Parenting will be on July 21st
at 9:30 am at the center.

- ♥ Parenting topic for July: Listening to children's feelings
- And if you ever have any questions or concerns about any challenging behaviors or about sleeping, eating, potty training... whatever... be sure to call me: 934-1098 or 410-6586 (Dalia)



NEWS FLASH . . .

Researchers to Parents: Daily Routines in your house Can Help Lower the Risk of Childhood Obesity

A new national study suggests that preschool-aged children are less likely to become obese if you encourage them to regularly do one or more of the following:

Eat dinner as a family



Get enough sleep



Spend LESS time watching TV



Looking at a large group of children in the USA, the study showed that four-year-olds living in homes that do all three of these had an almost 40 percent **lower** prevalence of obesity compared to children living in homes that don't practice these routines. The study appears online and in the March issue of the journal *Pediatrics*. You can read more at:

<http://researchnews.osu.edu/archive/homeroutines.htm>

Parenting tip for July:

"LISTEN"

Author unknown



When I ask you to LISTEN to me, and
you start giving me advice, you have not
done what I asked.

When I ask that you LISTEN to me,
and you begin to tell me why I shouldn't feel that way,
you are trampling on my feelings.

When I ask you to LISTEN to me,
and you feel you have to do something to solve my
problems,

you have failed me, strange as that may seem.

LISTEN: all that I ask is that you LISTEN,
not talk or do - just hear me.

When you do something for me that I need to do for
myself

you contribute to my fear and feelings of inadequacy.
But when you accept as a simple fact that I do feel what
I feel, no matter how irrational, then I can quit trying to
convince you and go about the business of understanding
what's behind my feelings.

So, please LISTEN and just hear me, and if you want to
talk,

wait a minute for your turn - and I'll LISTEN to you.

SERENITY JOHNSON

Graduate of Library Storytime

May 18, 2010

Ms. Linda



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