



UAB EARLY HEAD START PROGRAM THE EARLY EDITION

Jane Reilly, Editor

April/May 2013

DATES TO REMEMBER

April 4—socialization—11:00—
Eleanor, Renee', Pam, Shante',
10:00—parenting

April 10—Policy Council—12:00

April 11—socialization—11:00 -
Vanessa, T, Nikki, Cassandra—
10:00—parenting

April 18—socialization—11:00—
St. Clair County

April 25—socialization—11:00—
Eleanor, Renee, Pam, Shante', -
10:00—parenting

May 8—12:00—Policy Council

May 9—socialization—11:00—
Vanessa, T, Cassandra, Nikki—
10:00—parenting

May 16—socialization—11:00—
Eleanor, Renee', Pam, Shante',
10:00—parenting

May 23—socialization—11:00—St.
Clair County

May 30—socialization—11:00—
Vanessa, T, Cassandra, Nikki—
10:00—parenting

Springtime

(to the tune of "The Muffin
Man")

Springtime is garden time,
Garden time, garden time,
Get your spades and come out-
doors,
Springtime is here!

Springtime is planting time,
Planting time, planting time,
Get your seeds and come out-
doors,
Springtime is here!

Springtime is jumping time,
Jumping time, jumping time,
Get your ropes and come out-
doors,
Springtime is here!

Springtime is singing time,
Singing time, singing time,
Children sing a happy song,

MEMORIAL DAY

Memorial Day is a [United states federal holi-day](#) which occurs every year on the final Monday of May. Memorial Day is a day of remembering the men and women who died while serving in the [United States Armed Forces](#).^[2] Formerly known as **Decoration Day**, it originated after the [American Civil War](#) to commemorate the Union and Confederate soldiers who died in the Civil War. By the 20th century Memorial Day had been extended to honor all Americans who have died in all wars. It typically marks the start of the summer vacation season, while [Labor Day](#) marks its end



Adult Support for Infant and Toddler Development of Pattern Concepts



Look for and listen to Pattern experiences and interactions in Early Head Start Programs



Infant/Toddler Center-Based Classrooms and Family Child Care Homes	Home-Based Option Families	Settings
<p>The patterns of daily routines are important for babies. Baby Mary's routine is to be fed by Teacher in the rocking chair and then go to sleep almost immediately after drinking her bottle.</p>	<p>The home visitor reads <i>More, More, More</i> by Vera B. Williams with the four-year-old Mario catches on to the repeating phrases and says them with the home visitor. Toddler Isabel points to pictures. Baby Gita bobs her head as the home visitor uses her voice to emphasize the rhythm.</p>	<p><i>More Said the Mamma!</i> by Ann Tompkins. Toddler Charise and her twin sister are sitting on the rug. Teacher comments, "Atiyah and Misty are stringing beads!" As they look up, she continues, "Atiyah, you picked out all the blue beads. Misty, what colors are you using?"</p>
<p>Teacher and her four primary care children are sitting on a rug. She begins to sing "Mary had a Little Lamb". One child sings along, two watch, and the fourth bounces his body to the rhythm.</p>	<p>The home visitor, parent, and Mimi are singing songs at the beginning of each visit. Mimi anticipates this and sits herself down on her mother's lap ready to sing her new favorite, "Williby Wallaby Woo".</p>	<p>Teacher and her four primary care children are sitting on a rug. She begins to sing "Mary had a Little Lamb". One child sings along, two watch, and the fourth bounces his body to the rhythm.</p>
<p>Billy and Mary laugh as they copy Teacher's made-up verbal pattern, "Mai Me, mei Mo, mo, moi" and then, "Bai Be, bei Bo, bo, boi" Later they stomp the pattern. <i>Stomp! Stomp, stomp! Stomp, stomp, stomp!</i></p>	<p>The home visitor, parent, and twins Charise and Shawnte find and collect fallen leaves as they go for a walk down the block. When they get home they take out all the green leaves from the pile.</p>	<p>Billy and Mary laugh as they copy Teacher's made-up verbal pattern, "Mai Me, mei Mo, mo, moi" and then, "Bai Be, bei Bo, bo, boi" Later they stomp the pattern. <i>Stomp! Stomp, stomp! Stomp, stomp, stomp!</i></p>



Adult Support for Infant and Toddler Development of Pattern Concepts



Materials, Environments, Experiences, and Language

For infants and toddlers, so much learning occurs during daily routines carried out in their everyday environments. When adults are aware of opportunities to help children learn about patterns they are better prepared to mathematize everyday moments, plan activities, and provide appropriate materials to engage young children.

For example, adults can:

- ◆ Keep regular routines and schedules so infants and toddlers feel secure and learn what to expect
- ◆ Describe daily events using language like, “After lunch we brush our teeth, change diapers, then take a nap”
- ◆ Highlight and talk about patterns in clothing, pictures, buildings, and nature
- ◆ Describe objects by their characteristics, during play and book reading
- ◆ Sing songs and read stories that use simple, rhythmic patterns, such as *Brown Bear, Brown Bear* by Bill Martin, Jr. or songs like “Five Little Ducks” or “Los Elefantes”
- ◆ Provide materials that can be sorted and differ on only one or two attributes, such as color, size, texture, or shape; soft blocks, large lids, stacking toys, nesting cups, shape sorters, and plastic containers are all appropriate



The Home-Based Program Option

Teach home visitors to help each family notice, emphasize, and create patterns in their daily routines. For example, they might tell their children, “You get dressed the same way every day, don’t you? We put on two socks and then two shoes—two socks, two shoes, two socks, two shoes—it repeats!”

If appropriate, home visitors can help parents and children consider other routines as well, such as bedtime, story time, meals, and pick-up-toys time. This will help parents understand how important regular, predictable routine are to children’s development and learning.



“Mathematics is the science and language of pattern. Thinking about patterns helps children make sense of mathematics.”
- Copley, 2001, p83



April-May 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 April 18th and May 23rd at 11:00 am.

In Walker County Parenting will be after lunch on April 17th and May 22nd at the center (tentative schedule).

- ♥ In April we will talk about two BIG toddler challenges: potty training and sleep
- ♥ In May we will talk about helping children to share and take turns

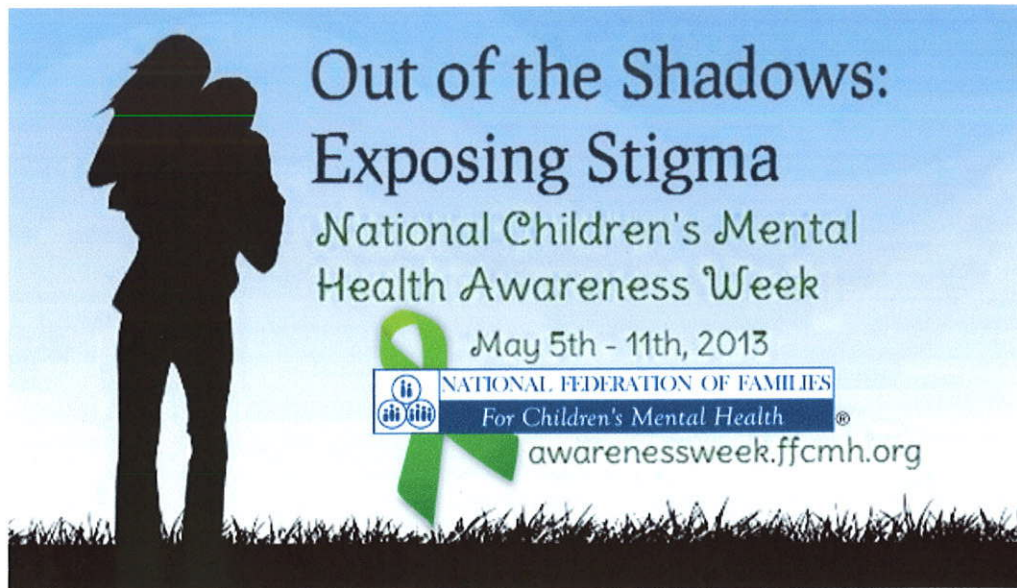
And at every meeting, there will be time for your questions and for talking about the usual: sleeping, eating, potty training... you name it!

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



NEWS FLASH . . .

May 5-11 is National Children's Mental Health Awareness Week!



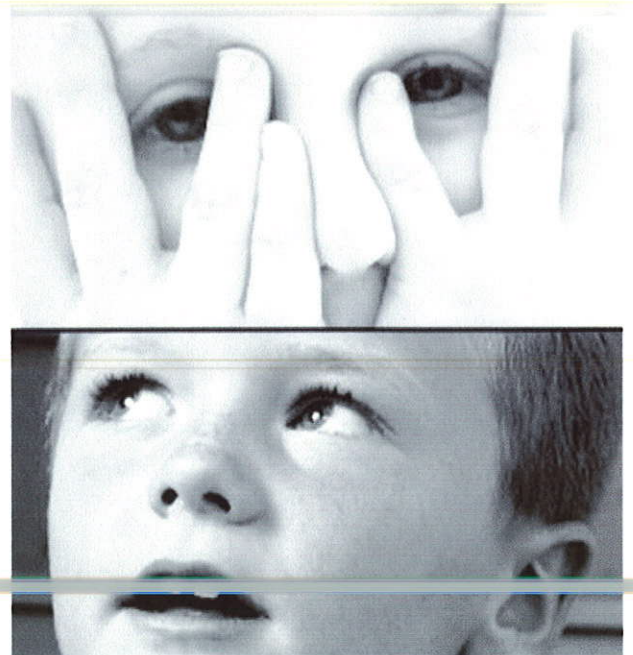
LEARN THE FACTS

One of the best ways you can help someone with mental illness is by understanding what it is — and what it isn't. After all, **myths** about mental illnesses contribute to **stigma**, which in turn prevents those who are living with one from **seeking help**.

The fact is, a mental illness is a disorder of the brain — your body's most important organ — and **1 in 6 adults** lives with a brain-related illness including depression, bipolar disorder, PTSD and schizophrenia.

Like most diseases of the body, mental illness has **many causes** — from **genetics** to other **biological, environmental** and **social/cultural factors**. And just as with most diseases, mental illnesses are **no one's fault**. **The unusual behaviors associated with some illnesses are symptoms of the disease** — not the cause.

But most importantly, mental illnesses are **treatable** through medication and psychosocial therapies — allowing those who live with them the opportunity to **lead full and productive lives**.
<http://www.bringchange2mind.org/pages/learn-the-facts>



Be Red Cross Ready

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, check supplies and your safe room. Be ready to act quickly if a warning is issued or you suspect a tornado 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 underground to a basement, storm cellar or an interior room (closet, hallway or bathroom).

What should I do to prepare for a tornado?



- During any storm, listen to local news or a NOAA Weather Radio to stay informed about watches and warnings.
- Know your community's warning system. Communities have different ways of warning residents about tornadoes, with many having sirens intended for outdoor warning purposes.
- Pick a "safe room" in your home where household members and pets may gather during a tornado. This should be a basement, storm cellar or an interior room on the lowest floor with no windows.
- Practice periodic tornado drills so that everyone knows what to do if a tornado is approaching.
- Consider having your "safe room" reinforced. Plans for reinforcing an interior room to provide better protection can be found on the FEMA website at www.fema.gov/mit/saferoom.
- Prepare for high winds by removing diseased and damaged limbs from trees.
- Move or secure lawn furniture, outdoor decorations or ornaments, trash cans, hanging plants or anything else that can be picked up by the wind and become a projectile.
- Watch for tornado danger signs:
 - Dark, often greenish clouds – a phenomenon caused by hail
 - Wall cloud – an isolated lowering of the base of a thunderstorm
 - Cloud of debris
 - Large hail
 - Funnel cloud – a visible rotating extension of the cloud base
 - Roaring noise

What should I do if a tornado is threatening?



- The safest place to be is an underground shelter, basement, or safe room.
- If no underground shelter or safe room is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative.
 - Mobile homes are not safe during tornadoes or other severe winds!
 - Do not seek shelter in a hallway or bathroom of a mobile home.
 - Abandon mobile homes immediately.
 - Do not wait until you see the tornado.
 - Go to the nearest sturdy building or shelter immediately, using your seat belt if driving.
- If you are caught outdoors, seek shelter in a basement, shelter, or sturdy building. If you cannot get to shelter, a recent study* suggests doing the following:
 - Get into a vehicle, buckle your seat belt, and try to drive at right angles to the storm movement and out of the path.
 - If strong winds and flying debris occur while you are driving, pull over and park, keeping seat belts on and the engine running. Put your head down below the windows, covering with your hands and a blanket if possible.
- If you are unable to get to a building or vehicle, as a last resort, lie in a ditch or depression and cover your head with your hands.

* Schmidlin T., et al. 2002: Unsafe at any (wind) speed? *American Meteorological Society*, 1821-30.

What do I do after a tornado?



- Continue listening to local news or a NOAA Weather Radio for updated information and instructions.
- If you are away from home, return only when authorities say it is safe to do so.
- Wear long pants, a long-sleeved shirt and sturdy shoes when examining your walls, doors, staircases and windows for damage.
- Watch out for fallen power lines or broken gas lines and report them to the utility company immediately.
- Stay out of damaged buildings.
- Use battery-powered flashlights when examining buildings – do NOT use candles.
- If you smell gas or hear a blowing or hissing noise, open a window and get everyone out of the building quickly and call the gas company or fire department.
- Take pictures of damage, both of the building and its contents, for insurance claims.
- Use the telephone only for emergency calls.
- Keep all of your animals under your direct control.
- Clean up spilled medications, bleaches, gasoline or other flammable liquids that could become a fire hazard.
- Check for injuries. If you are trained, provide first aid to persons in need until emergency responders arrive.

Let Your Family Know You're Safe

If your community experiences a tornado, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have internet access, call 1-866-GET INFO to register yourself and your family.



For more information on tornado safety and emergency preparedness, visit RedCross.org.

Allergy relief tips for *Parents*

Allergies can be frustrating for both kids and parents. Here are some allergy relief tips to help your family keep symptoms in check.

Start with teachers

Discuss your child's condition with the school nurse, teachers, coaches, and anyone else with whom your child has regular contact.

Declutter

Toys, knick-knacks and other types of clutter can be traps for dust and other allergens.

Open up

Kids with allergies often have a hard time expressing what they are feeling. Talk honestly with your child about his or her allergy management routine and encourage open dialogue with others.

What to watch for

Children's allergy symptoms include runny nose, sneezing, itchy eyes, allergic shiners and mouth breathing.

Put clothes away

Store all your child's clothes in drawers and closets. Try not to leave them lying about the room.

Sleep smart

Allergies can affect sleep, cause daytime fatigue and impact school performance. Make sure your child is getting the rest they need to help them be at their best. Then, do the same for yourself!



FIVE FUN WAYS TO GET MORE EXERCISE THIS SPRING(CITRUS WORLD, INC)

Has winter turned your family into lethargic couch potatoes? Spring's the perfect time to get the whole family out of the house, exercising, and having fun.

Issue: [April 2008](#)



When spring rolls around, most of us start thinking of getting ready for summer activities like biking, boating, hiking, swimming, and going to the beach. Sometimes, there can be a moment of panic upon realizing that last year's bathing suit doesn't fit quite right or a ten-minute bike ride leaves you out of breath.

Want to avoid any moments of panic? Try adding healthy, heart-pumping activities to your routine right now. And get your kids involved, too, since being physically active as a kid builds a great foundation for a long and healthy life.

Getting more exercise during spring doesn't have to be hard or painful, since you can choose spring activities that are fun for both children and adults. Here are five easy ways for you and your kids to get more exercise and have fun.

1. Go Bird Watching. Whether you live in a large city, a small town or a rural setting, your family can get outside during the spring and discover the myriad of big and small birds living near you. Challenge your kids to listen for different bird songs as you walk, and to count how many different songs they hear. If you don't know anything about birds, buy a bird identification guide and a pair of inexpensive binoculars and see if you can identify one new species on each bird walk you go on.

2. Spring Clean Your Yard. Moderate yard work such as raking, trimming, and gardening can burn around 225 calories in an hour. That's a lot of calories! To maximize the benefits of your spring yard work, break it down into 20- or 30-minute segments, and get your whole family to work on your yard regularly. Not only will you get great exercise- your yard will be the best-looking one on the block.

3. Spring Clean Your Community. Often, communities have several different cleanup days in the spring. Sometimes it's helping to clean up a nearby river or creek area; sometimes it's to repair damage done in the winter to local hiking trails; or sometimes cleanup days will be held in neighborhood parks. It's a great way to get some exercise, and, by participating as a family, you'll allow your children to experience how fun it can be to do a little hard work, get a little dirty, and help make a difference in your community.

4. Go Fly a Kite. It's the quintessential outdoor spring activity for families, and it's great exercise. You can fly kites in the summer and fall, but the weather conditions are optimal in the spring. There's the good wind speeds that make it easy to get your kite up high. There's the always changing wind direction that makes it tougher (and more fun) to keep your kite in the air for a long time. Need a few kite flying hints? Here are two: Keep a kite in your car so that when the perfect kite flying opportunity presents itself, you and your kids will be ready; and, for a little more visual fun, let your kids add "line laundry" such as streamers or ribbon tails to the kite line.

5. Bring Spring to You. If your big-city setting makes it difficult to get outdoor exercise, you can bring fun spring indoors. Try a variety of activities like dancing, dusting, jumping jacks, doing dishes, or playing hacky sack in the living room. Designate a space where kids can roll, climb, jump, dance and tumble. If your kids like playing video games, then get some games that incorporate movement into them (dance games are a good bet) and join in on the fun, too