



# UAB EARLY HEAD START PROGRAM THE EARLY EDITION

**Jane Reilly, Editor**

**February 2013**

## DATES TO REMEMBER

Feb. 7—11:00—  
socialization—Eleanor,  
Renee;, Nikki, Pam—  
Parenting 10:00

Feb. 13—12:00—Policy Co.

Feb. 14—11:00—  
socialization—Vanessa, T,  
Shante', Cassandra—  
Parenting—10:00

Feb. 21—11:00—  
socialization—St. Clair  
Co.

Feb. 28—11:00—  
socialization—Eleanor,  
Renee; Nikki, Pam—  
Parenting—10:00

Mar. 7—11:00—  
socialization—Vanessa, T,  
Shante', Cassandra—  
Parenting- 10":00

Mar. 13—12:00-Policy Co.

Mar. 14—11:00—  
socialization—Eleanor,  
Renee', Pam, Nikki—  
Parenting—10:00

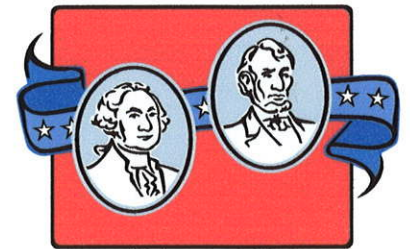
Mar 21—11:00—  
socialization—St. Clair Co.

Mar. 28—11:00—  
socialization—Vanessa, T,  
Shante', Cassandra—  
Parenting—10:00



## I'm A Little Valentine

I'm a little valentine  
Red and White  
With ribbons and lace  
I'm a beautiful sight  
I can say, "I Love You"  
On Valentine's Day  
Just put me in an envelope  
And give me away



Presidents' Day is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. Traditionally celebrated on February 22—Washington's actual day of birth—the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.



## February-March 2013 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  
February 21<sup>st</sup> at 11:00 am.

**In Walker County** Parenting will be on  
February 20<sup>th</sup> at 1:00 pm at the center.

- ♥ Topic for February:  
Love languages for children and others
- ♥ Topic for March:  
Encouraging children to do things on their own

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)



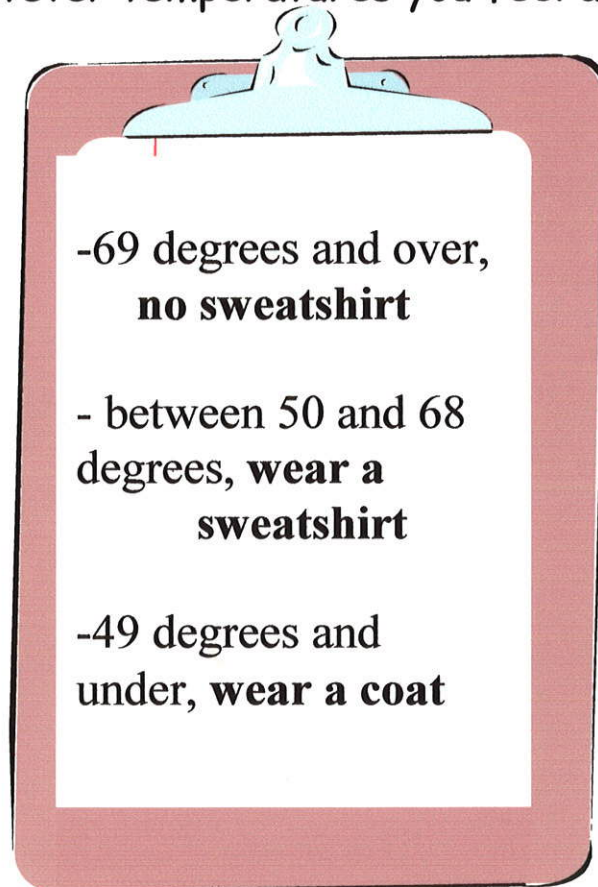


## Parenting tip for Fall

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 or on TV. Let the weather reporter tell your children what to wear so you don't have to.

# Frostbite by, Lucile Packard Children's Hospital at Stanford



## What is frostbite?

Frostbite is damage to the skin from freezing and is due to prolonged exposure to cold temperatures, usually below 32° F. It occurs when ice crystals form in the skin or deeper tissue. The most common sites for frostbite are the fingers, hands, toes, feet, ears, nose, and cheeks. The severity depends on several factors including temperature, length of exposure, wind-chill factor, dampness, and type of clothing worn. Children are more prone to frostbite than adults because they lose heat from their skin faster and do not want to come inside when having fun playing outdoors.

## What is frostnip?

Frostnip is less severe and affects the tips of the cheeks, ears, nose, fingers, and toes. It can usually be treated at home. The skin may be reddened and feel numb or tingly. If this occurs, bring your child inside and warm the skin by using warm compresses or immersing the area in warm water (100° F to 105° F) until sensation returns. Do not rub or massage the skin. If symptoms of frostbite occur or warming the skin does not help, call your child's physician immediately.

## What are the symptoms of frostbite?

The following are some of the most common symptoms of frostbite. However, each child may experience symptoms differently. Symptoms may include:

- skin is reddened and then becomes white, hard, and swollen
- skin burns, tingles or becomes numb

Severe frostbite can result in blisters or ulcers forming and may involve deeper tissues. As frostbite progresses, tissue death and gangrene may occur. The symptoms of frostbite may resemble other conditions and medical problems. Always consult your child's physician for a diagnosis.

## First-aid for frostbite:

Specific treatment for frostbite will be determined by your child's physician based on the extent and severity of the injury. In general:

- Remain calm and reassure your child that you can help. If feet are affected, carry your child; do not allow him/her to walk.
- Move your child inside to a warm area and put him/her in dry clothes. Call your child's physician or take your child to the emergency room immediately. Frostbite can cause serious injury and needs immediate medical attention.
- While waiting for medical assistance:

- Give your child something warm to drink and wrap a blanket around him/her.
- Warm the skin by using warm compresses or immersing the area in warm water (100° F to 105° F) until sensation returns.
- Do not rub or massage the skin.
- Do not use direct heat such as heating pads or fires.
- Do not place the frostbitten skin in snow to "warm" it.
- Apply clean cotton or gauze between fingers and toes if they are affected.
- Do not disturb any blisters.
- Wrap warmed areas of the skin to prevent further damage.

Further treatment will depend on the extent and severity of injury and may include treatment of skin damage with debridement or surgery.

### **Prevention of frostbite:**

To help prevent frostbite, consider the following:

- Dress your child warmly in layers. Make sure ears, fingers, and toes are well covered.
- Change clothing if it becomes wet, especially socks and mittens.
- Bring your child indoors often to warm up and provide a warm snack, soup, or drink.
- Be alert for early signs of frostnip and frostbite and teach your child what signs to watch for.

## HEALTHY VALENTINE'S DAY

### Spicy Sausage and Peppers Over Rice

1 cup brown rice

2 cups water

2 turkey sausage links, cut into 1-inch pieces

1 tablespoon minced garlic, or to taste

3/4 red onion, diced

1 green bell pepper, sliced

3/4 cup vegetable or chicken broth

1 cup grape tomatoes

2 tablespoons diced pimento

crushed red pepper flakes to taste

Cajun seasoning to taste

black pepper to taste

#### Directions

Pour brown rice and water into a small saucepan. Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover, and simmer until rice is tender, about 40 minutes.

Preheat a skillet over medium-high heat. Add turkey sausage, and cook until well browned on the outside, and no longer pink on the inside. Remove cooked sausage, then stir in garlic and onion. Cook for a few minutes until the onion softens and begins to turn translucent. Add green pepper and cook for 2 minutes.

Pour in half of the vegetable stock along with the tomatoes and pimiento. Season to taste with red pepper flakes, Cajun seasoning, and pepper. Cook until the liquid has almost completely evaporated. Stir in sausage with remaining vegetable broth, and simmer until all is hot. Serve sausage mixture over brown rice.

### Fresh Grapefruit Juice Smoothie

1 1/3 cups fresh red grapefruit juice

8 large strawberries

2 medium bananas, sliced

1 (8 ounce) container strawberry-banana yogurt

2 tablespoons honey

1 cup crushed ice

#### Directions

Place the grapefruit juice, strawberries, bananas, yogurt, honey, and ice into a blender. Cover, and blend until smooth.

# Groundhog Day



In 1723, the Delaware Indians settled Punxsutawney, Pennsylvania as a campsite halfway between the Allegheny and the Susquehanna Rivers. The town is 90 miles northeast of Pittsburgh, at the intersection of Route 36 and Route 119. The Delawares considered groundhogs honorable ancestors. According to the original creation beliefs of the Delaware Indians, their forebears began life as animals in "Mother Earth" and emerged centuries later to hunt and live as men.

The name **Punxsutawney** comes from the Indian name for the location "ponksad-uteney" which means "the town of the sandflies."

The name **woodchuck** comes from the Indian legend of "Wojak, the groundhog" considered by them to be their ancestral grandfather.



When German settlers arrived in the 1700s, they brought a tradition known as *Candlemas Day*, which has an early origin in the pagan celebration of Imbolc. It came at the mid-point between the Winter Solstice and the Spring Equinox. Superstition held that if the weather was fair, the second half of Winter would be stormy and cold. For the early Christians in Europe, it was the custom on Candlemas Day for clergy to bless candles and distribute them to the people in the dark of Winter. A lighted candle was placed in each window of the home. The day's weather continued to be important. If the sun came out February 2, halfway between Winter and Spring, it meant six more weeks of wintry weather.

The earliest American reference to Groundhog Day can be found at the Pennsylvania Dutch Folklore Center at Franklin and Marshall College:

*February 4, 1841 - from Morgantown, Berks County (Pennsylvania) storekeeper James Morris' diary..."Last Tuesday, the 2nd, was Candlemas day, the day on which, according to the Germans, the Groundhog peeps out of his winter quarters and if he sees his shadow he pops back for another six weeks nap, but if the day be cloudy he remains out, as the weather is to be moderate."*

## Avoid Baby Digestive Problems and Pinpoint Problem Foods

The four day rule is a simple strategy to help spot baby digestive problems or potential [allergies](#) and easily identify problem foods.

### The rule is easy to follow...

Each time you introduce a new food to your baby, you need to continue feeding your baby that same food for four days. You can continue to feed your baby other foods you have safely introduced.



### But don't introduce two new foods at the same time.

It's an effective strategy ...

Allergic reactions usually appear quickly - sometimes within 1/2 an hour of your baby eating the food responsible. But it can take up to 3 or 4 days for a reaction to occur. Baby digestive problems, too, tend to take a few days to appear.

By sticking to one new food for 4 days, you will immediately be able to tell which food is causing the reaction or digestive problem. You can then eliminate this food from your baby's diet, although it may be possible to re-introduce it later on. Identifying the problem quickly means you won't need to "experiment" to find its cause ... and you won't risk provoking the same reaction again.

### A useful tip is to try introducing new foods in the morning or at lunch time.

If your baby suffers a severe allergic reaction, it will be easier to get medical help then, rather than later in the day.

*If the food causes your baby digestive problems, he may experience diarrhea, gas (wind) or some other discomfort. If you've given him the food late in the day, then he - and you - will probably be in for a sleepless night!*

If you are [introducing solids to your baby before he is 6 months old](#), you might want to increase the "four day rule" to seven days. Some medical experts believe that, in a younger baby, digestive problems and allergic reactions are more likely to occur.



DATE: \_\_\_\_\_

	Breakfast	Lunch	Dinner	Snacks	Milk feeds/other drinks	Any reaction / digestive issue	Other comm
Mon							
Tue							
Wed							
Thur							
Fri							
Sat							
Sun							

# *UAB Early Head Start Program*

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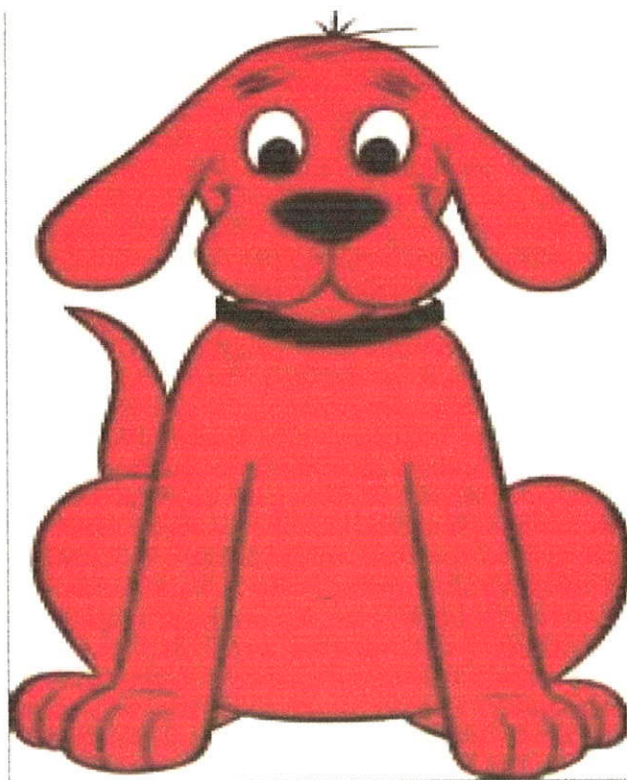
## **Presents**

Event: Adventures with Clifford The Big Red Dog

Location: McWane Science Center

Date: February 15, 2013

Time: 10:00 a.m.



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If you need transportation, please call LaTanya Dawson at 205-934-7853 by February 14, 2013 at 1:30 p.m. Look forward to seeing you at the McWane Science Center. **THIS EVENT IS ONLY FOR PARENTS AND CHILDREN ENROLLED IN THE PROGRAM!** If you have any questions, please call me.