

UAB EARLY HEAD START PROGRAM

# EARLY EDITION

Jane Reilly, Editor

January 2011

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

## DATES TO REMEMBER:

Jan. 6, 10:00 - Parenting with  
Dalia  
11:00 - socialization - T,  
Vanessa, Cassandra, Renee

Jan. 12, 10:30 - PIPA  
12:00 - Policy Council

Jan. 13, 10:00 - Parenting with  
Dalia  
11:00 - Socialization ,  
Pam, Eleanor, Nikki, Shante

Jan. 20, 11:00 - Socialization -  
St. Clair County, Prescott  
Community Center

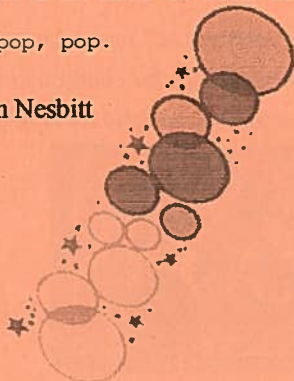
Jan. 27, 10:00 - Parenting with  
Dalia  
11:00 - Socialization -  
T, Vanessa, Cassandra, Renee

## FUN POEM

### Bubble Wrap, Bubble Wrap

Bubble wrap, bubble wrap,  
pop, pop, pop.  
Wrapped around my bottom.  
Wrapped around my top.  
I'm double-wrapped in bubble  
wrap  
It's covering my clothes.  
It's wrapped around my fingers.  
It's wrapped around my toes.  
I've wrapped myself in bubble  
wrap  
exactly as I'd planned.  
But now I'm tied so tightly,  
I can barely even stand.  
I'm having trouble walking.  
I can hardly even hop.  
I guess I'll have to roll today.  
Pop, pop, pop.

--Kenn Nesbitt



## RIDDLE

Where does Frosty keep his money?



See Jane for the answer!

You will find that if you really try to  
be a father, your child will meet you  
halfway. ~Robert Brault



# IT'S THE LITTLE THINGS: DAILY ROUTINES

Reprinted from PBS.org

Children thrive in a predictable environment, where mealtimes, nap times, separating from a parent, and toileting are dealt with consistently. Try to create a nurturing, flexible, and positive environment where your children's needs are met through their daily routines. Daily routines provide wonderful opportunities for your child to learn more about herself, the world, and other people. Daily routines offer children a sense of stability and a feeling of caring from their parents. Be sure that these routines are responsive to the individual needs of each of your children.

## Separation Anxiety

There comes a point in almost every baby's life when she feels very strongly about being left by her parent. Often referred to as "separation anxiety," your child might sob frantically and seem inconsolable when separating from you. Your handling of separation anxiety is very important for your child's emotional well-being. Be sure to assure her with calm words and affection that you will return. Establish appropriate routines and responses that help your child overcome her fears. Security objects such as blankets or stuffed animals can help her feel comfortable.

## Attachment

The way you handle daily routines is especially important for babies. Through such tasks as feeding and diapering, you communicate to your child that he can trust you and that you can be relied on to nourish and provide for him. This special bond of trust is called attachment. Be sensitive to your baby's cues and talk to him, even though he may not be speaking yet. Establish routines that are based on your baby's needs and try not to rush through daily tasks. Be sure to hold your baby during bottle feeding. Feeding is a wonderful opportunity to form warm, nurturing relationships.

## Meal time and Snack time

Children prefer plain, familiar food they can eat with their fingers. It's important that snacks vary from day to day and that snacks, drinks, and desserts are nutritious. Children eat at their own pace. Some children eat more than others do. Eating should be a shared and cooperative experience with foods served family style. Mealtimes are opportunities for your children to be independent by making choices about foods.

## Toileting

Through your handling of diaper changes, toilet-training, and self-toileting, your child will learn about her body, social customs, gender differences, and personal hygiene. It's important to convey a positive attitude to your child, being careful not to shame or humiliate her. Be sure to emphasize handwashing as a consistent part of the toilet routine.

## Nap time and Bedtime

Nap time and bedtime can either convey warmth and security, or stress and turmoil to your child. Your child decides whether or not he sleeps, but you can create a relaxed environment. Sometimes it's hard for children to relax. You can help your child by setting a daily routine that is quiet, calm, and consistent. Try to create a restful mood by reading quietly, playing soothing music, and rubbing your child's back.





## January February 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 January 20<sup>th</sup> and February 17<sup>th</sup> at 11:00 am.

**In Walker County** Parenting will be on January 19<sup>th</sup> and February 15<sup>th</sup> at 9:30 am at the center.



In January we will talk about surviving our children's temper tantrums, and about trying to prevent them



In February we will talk about different ways we like to give and receive messages of LOVE. When we can figure out our children's favorite way, we can help them improve their behavior

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)

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

## NEWS FLASH . . .

. . . especially for pregnant moms!!!

Breastfeeding your baby through the first year can **decrease** childhood obesity.

The Centers for Disease Control and Prevention have reported that "for each month of exclusive breastfeeding, up to age 9 months, the risk of obesity is decreased by 4%."

That means that if you breastfeed your child for 9 months or more there is a 30% less chance (that's 1/3 less likely) of your child being overweight as an adult.

Breastfeeding also helps **you** lose weight after your baby is born!



# COLD WEATHER COMFORT FOODS

## EASY CHICKEN POT PIE

1 package (15 ounces) refrigerated pie crust, at room temperature

1 can (10 1/2 ounces) Campbell's® Chicken Gravy

3 cups cooked cut-up vegetables (peas, sliced carrots and cubed potatoes)

1 can (12.5 ounces) Swanson® Premium White Chunk Chicken Breast in Water, drained

- Place 1 pie crust into a 9-inch pie plate.
- Stir the gravy, vegetables and chicken in a medium bowl. Spoon the chicken mixture into the pie plate. Place the remaining pie crust over the filling. Press the edges to seal. Cut several slits in the top crust.
- Bake at 400°F. for 45 minutes or until the crust is golden brown.



## Quick & Creamy Chicken Stew

### What You Need

3/4 lb. new potatoes (about 8), quartered

2 Tbsp. water

1 Tbsp. oil

1 lb. boneless skinless chicken breasts, cut into bite-size pieces

1 can (10-3/4 oz.) reduced fat condensed cream of chicken soup

1/4 cup KRAFT Light Zesty Italian Dressing

### Make It

**PLACE** potatoes in microwaveable dish. Add water; cover with lid. Microwave on HIGH 7 min. or until potatoes are tender. Meanwhile, heat oil in large saucepan on medium-high heat. Add chicken; cook 7 min. or until evenly browned, stirring occasionally.

**ADD** potatoes, soup, dressing and frozen vegetables to saucepan. Bring to boil; cover. Simmer on medium-low heat 3 min. or until chicken is done and vegetables are heated through.

**STIR** in sour cream; cook 1 min. or until heated through, stirring occasionally.

# AVOIDING COLD-WEATHER HAZARDS THIS SEASON

AMW SAFETY CENTER



This year, the East Coast has seen a series of historic winter storms that have forced closures of schools, federal government offices and transit. For kids, it can be fun to have time off of school and play around with friends in the winter wonderland, but it's not all fun and games.

In ice and snow, it's very easy for accidents to happen, so the safety of your family is very important for you to consider. If you live in an area affected by winter storms, and especially if your region is unaccustomed to this year's extremes, you need to be extra cautious in being prepared for the weather.



The folks at [Kids Health](#) have a lot of great tips that can help make sure you and your family make it through this winter as safely as possible.

- Dress appropriately. If you are going outside, it's important that everyone dress for the weather. Think about dressing in layers, adjusting accordingly depending on the temperature. A waterproof coat and pants can help keep prevent moisture from seeping into other layers, and help you stay warmer longer. Make sure to wear warm socks, boots and a hat.
- If your kids are going sledding, make sure they choose a clear hill to avoid collisions with trees, rocks or from straying into nearby roads.
- Be especially • aware of frostbite with your kids, making sure they're dressed warmly and don't stay out too long in extreme weather. If you notice signs of frostbite, such as numb, white skin, make sure to remove all wet clothing from your child, and take them to the nearest emergency room.





One of the very best ways to be a germ buster is to wash your hands often.

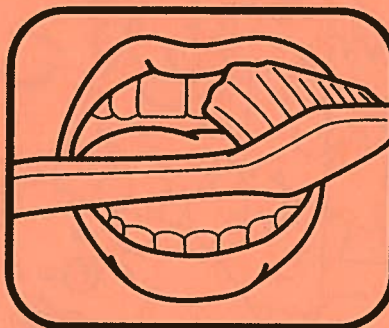
- 🧼 Use plenty of soap and warm water.
- 🧼 Scrub your fingers and hands well.
- 🧼 Rinse with warm water.
- 🧼 Dry hands with a clean towel.



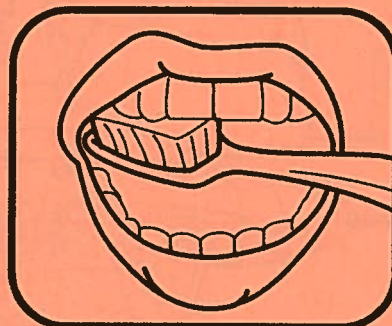
# February is National Children's Dental Health Month

## How to Brush

- Place the toothbrush at a 45-degree angle to the gums.

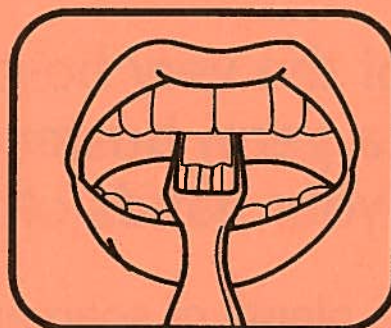


- Move the brush back and forth gently in short strokes.

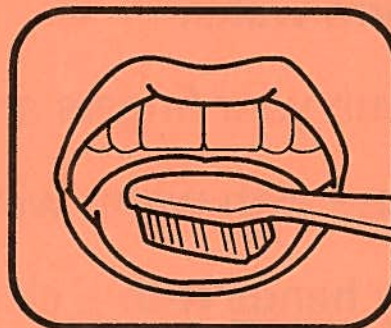


- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.

- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



- Brush your tongue to remove bacteria and keep your breath fresh.

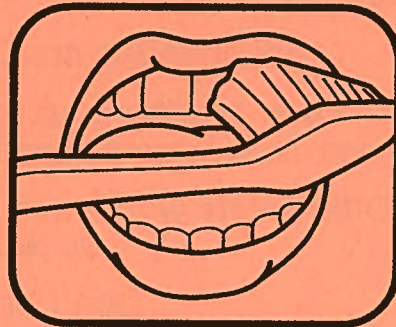




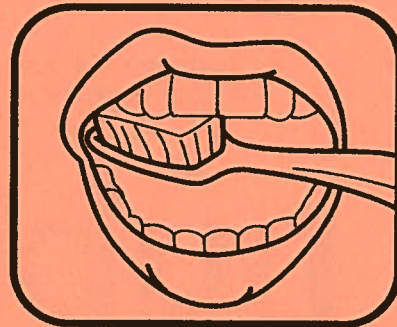
Febrero es el Mes Nacional de la Salud Dental Infantil

# Cómo Cepillarse los Dientes

- Coloca el cepillo en un ángulo de 45 grados a la encía.

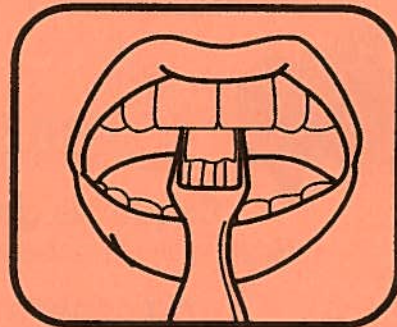


- Mueve el cepillo de atrás hacia delante con movimientos suaves y cortos.

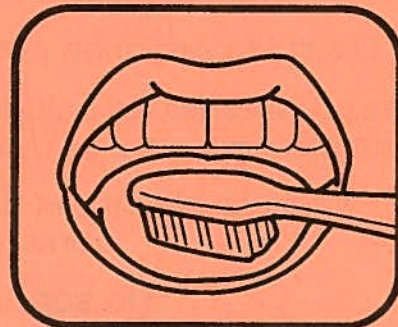


- Cepilla las superficies externas, las superficies internas y las superficies masticatorias de todos los dientes.

- Para limpiar la superficie interna de los dientes de adelante, coloca el cepillo en forma vertical y haz varios movimientos de arriba hacia abajo.



- Cepilla tu lengua para eliminar las bacterias y para mantener tu aliento fresco.





## sweet tooth?

**Keep sweets out of your house**

If your child sees soda or candy, he will want it.

**Don't eat a lot of sweets yourself.**

Your child will want to eat what he sees you and others enjoying.

**Enjoy eating small servings of sweet foods.**

**Offer healthy snacks with a natural sweet taste.**

Banana, apples, grapes and mandarin oranges make great snacks.

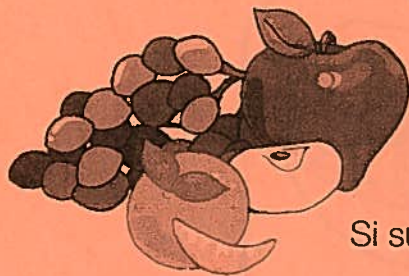
**Offer foods with a sweet taste at the end of the meal,  
as part of the meal.**

**Don't bribe with sweets.**

Bribing will only make your child want sweets more.



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## ¿el paladar dulce?

**Saque las golosinas de la casa.**

Si su niño ve gaseosa o dulces, los va a pedir.

**No coma muchas golosinas.**

Su niño querrá comer lo que usted come.

**Disfrute porciones pequeñas de alimentos dulces.**

**Ofrezca meriendas saludables con sabor dulces natural.**

Las bananas, las manzanas, las uvas y las clementinas son buenas meriendas.

**Ofrezca alimentos dulces al final de la comida,  
como parte de ella.**

**No soborne con dulces.**

Sobornar hará que su niño querrá más dulces.



# play inside

...have fun on cold or rainy days



## create a play room

Clear out an area in your home where your child can ride small bikes, push toys, pull wagons and dance. This could be a room, part of a room, garage or basement.

## collect a variety of toys

Go to thrift sales and garage sales with your child. Collect toys that let your child use his imagination. Push and pull toys are great finds - toy poppers, shopping cart, bikes and wagons.

## build a "play house"

Drape blankets on chairs, large boxes and other furniture. Put pillows and stuffed animals inside the play house.

Make a tunnel by lining up the kitchen chairs and throwing a blanket over them. Children love to crawl and tumble around.

## roll around the house

- roll in a straight line
- roll in a curvy line
- roll around the chairs or couch
- roll like a log

## create a play

Read one of your child's favorite stories.

Act out the story with your child.

It's fun to pretend.

## free play

Make time for your child to play. Your child will be able to relax and use his imagination playing with his toys.

Help your child develop **good sleeping habits** with a scheduled nap and bedtime.

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## childhood games

3 to 4 year old children like to play games with others.

- Hide and Seek
- London Bridge
- Follow the Leader
- Duck Duck Goose
- Simon Says
- Ring around the Rosie
- I Spy
- Jump the River

## ring around the rosie

Children join hands and dance around in a circle while singing. Fall down together at the end of the song.

“Ring around the rosie,  
Pocket full of posies.  
Upstairs, downstairs,  
We all fall down.”

## 'I spy'

Take turns naming an object in the house. Everyone runs to the object, touches the object and runs back.

## jump the river

Place a small towel or blanket on the carpet to create a river. Have your child practice "jumping over the river" without getting wet.

Teach your child how to swing his arms when jumping and to land softly on both feet without falling over.

How high can you jump?

How far can you jump?

How many times in a row can you jump?

## plan a family exercise time

Spend 20-30 minutes each day exercising together - your child will like to copy what you do and will be learning a healthy habit for life.



Playing with other children will help your child be active.



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

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**February is National Children's Dental Health Month!**

# **Coloring Sheet**



**A HEALTHY SMILE IS PRETTY AS A PICTURE!**