

UAB EARLY HEAD START PROGRAM

EARLY EDITION

Jane Reilly, Editor

July 2011

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

DATES TO REMEMBER:

Wednesday, July 13 -
12:00 - Policy Council -
UABEHSP Office

Wednesday, July 13 -
10:30 - PIPA - UABEHSP
Office

Friday, July 29 - 11:00 -
Transition Ceremony for
three-year-olds - Vulcan
Park

CONGRATULATIONS

To

Our Three Year Olds

Who Will be

Transitioning On

July 29, 2011

Congratulations!

FUN POEM

My Dog Fred

I have a dog.
His name is Fred.
He won't play fetch.
He won't play dead.

He won't shake hands
or sit or stay
or bark or beg
or run and play.



He won't roll over,
shake or crawl.
In fact, he won't
do tricks at all.

When folks ask why
I tell them that's
because my dog
was raised by cats.

--Kenn Nesbitt

RIDDLE

I am lighter than a feather, yet no
man can hold me for very long.
What am I?

See Jane for answers.



"Children learn to smile
from their parents."

Shinichi Suzuki



Dehydration

Dehydration can occur if a child is not drinking enough fluids. Kids can also become dehydrated when a large amount of fluid is lost through vomiting, diarrhea, or both. In cases of dehydration, it's important to replenish fluid losses as quickly as possible.



Signs and Symptoms

Mild to moderate:

- tongue becomes dry
- few or no tears when crying
- rapid heart rate
- fussiness in an infant
- no wet diapers for 6 hours in an infant
- no urination for 8 hours in children

Severe:

- very dry mouth (looks "sticky" inside)
- dry, wrinkly, or doughy skin (especially on the belly and upper arms and legs)
- inactivity or decreased alertness and excessive sleepiness
- sunken eyes
- sunken soft spot on top of an infant's head
- no urination for 8 or more hours in an infant and 10 or more hours in a child
- deep, rapid breathing
- rapid or weakened pulse



What to Do:

Mild dehydration can often be treated at home. If the child has diarrhea but no vomiting, continue feeding a normal diet.

If the child is vomiting, stop milk products and solid foods and:

- Give infants an oral electrolyte solution (a solution that restores lost fluids and minerals) – about 1 tablespoon every 15-20 minutes.
- Give children over 1 year old sips of clear fluids such as an oral electrolyte solution, ice chips, flat non-caffeinated soda, clear broth, or ice pops – 1 to 2 tablespoons every 15-20 minutes.

Seek Emergency Medical Care if the Child:

- shows **any** sign of severe dehydration
- is unable to keep clear fluids down



Think Prevention!

- Frequent hand washing is key to avoiding many of the illnesses that can lead to dehydration.
- Encourage frequent, small amounts of fluids to avoid dehydration during illnesses.
- If vomiting occurs, use only clear fluids to rehydrate.

Children should still have recess in the summer, but for shorter periods. Check out the suggestions for being safe and healthy in the sun and heat!

- If your child begins to get sick or queasy from the heat, have him / her lie down in a cool, shady spot and give fluids. If this doesn't help, seek medical assistance.
- Children need constant fluids to avoid heat stress. Water is ideal, but lemonade, fruit juices, snow cones and [Popsicles](#)" also are good choices.
- Avoid caffeinated drinks. Caffeine is a diuretic, which causes a person to urinate the water he / she should be retaining.
- The sun and heat can be deceptive. Take time out to step indoors or into the shade; let your eyes adjust; then check for sunburn, as well as signs of heat stress.
- **Staff in Alabama Child Care Centers MAY NOT apply sunscreen on children without a parent's note. Healthy Child Care Alabama taking children outside before 10 am (because of the heat) and asking parents to apply sunscreen at drop-off.**
- Liberally apply sunscreen before heading outdoors. Use a sunscreen developed specifically for children because the ingredients are less irritating. For very young children, use a sunscreen with a sun protection factor (SPF) of 30 to 45. For older children, an SPF of 30 is fine.
- Do not apply sunscreen to children under 6 months of age, unless recommended by a physician. Instead, use sun bonnets and other methods of shading the infant's face, neck and other exposed skin.

What Is Dehydration?

- Dehydration is a condition that occurs when someone loses more fluids than he or she takes in. Dehydration isn't as serious a problem for teens as it can be for babies or young children. But if you ignore your thirst, dehydration can slow you down.

Preventing Dehydration

- The easiest way to avoid dehydration is to drink lots of fluids, especially on hot, dry, windy days. Water is usually the best choice. Drinking water does not add calories to your diet and can be great for your health.
- The amount that people need to drink will depend on factors like how much water they're getting from foods and other liquids and how much they're sweating from physical exertion.
- When you're going to be outside on a warm day, dress appropriately for your activity. Wear loose-fitting clothes and a hat if you can. That will keep you cooler and cut down on sweating. If you do find yourself feeling parched or dizzy, take a break for a few minutes. Sit in the shade or someplace cool and drink water.



LIHEAP

Low Income Home Energy Assistance Program

Home Energy Health and Safety Alert Summer, 2011

About LIHEAP:

- Federally-funded block grant program for aid with:
 - ◆ home heating bills
 - ◆ home cooling bills
 - ◆ emergency assistance to avoid shut-offs
 - ◆ home weatherization
 - ◆ home energy equipment repair/replacement
- Assistance available to low-income households susceptible to health and safety effects of insufficiently heated or cooled homes, especially "vulnerable" households with at least one person who is either elderly (60 years or older), disabled, or a young child (five years or younger)
- Grantees include the 50 States, the District of Columbia, Indian Tribes, and U.S. territories
- **To apply for assistance**, call the National Energy Assistance Referral Hotline at: **1-866-674-6327**

Energy Savings in the Kitchen:

Small steps in the kitchen can help you lower your energy bills, particularly in the warm summer months:

- Use a microwave oven to cook when possible – it uses a third of the energy your stove does, and does not heat up your home;
- If the weather allows, cook outdoors on a grill.
- Use your dishwasher – it actually uses less water than washing dishes by hand. Be sure to wash only full loads and use the "air dry" setting.

For more energy saving tips, visit the California Energy Commission's website at <http://www.consumerenergycenter.org>.

Avoiding Heat Stress:

Sometimes being in the heat is unavoidable. If you're in extreme heat, follow these tips from the Centers for Disease Control and Prevention:

- Drink plenty of water, and avoid drinks containing alcohol or lots of sugar;
- If you are working or playing outside, find a shady place to rest frequently;
- Wear lightweight, light-colored clothing; and
- Try to limit physical activity to the morning and evening, when it is cooler.

For more information, visit the CDC's Preparedness website at <http://www.bt.cdc.gov>.

Summer Energy Saving Tips:

Hot summer weather can significantly increase your household's energy bills. Fortunately, there are many simple things you can do to reduce your energy use and stay cool:

- If the weather allows, shut off your air conditioning at night and open the windows (remember that the elderly, disabled and young children are more sensitive to slight temperature changes and are at higher risk of heat stroke);
- Turn the thermostat up when you leave and at night to save energy but still maintain comfort. A programmable thermostat can make this even easier;
- Use a ceiling fan in conjunction with your air conditioner – it can allow you to raise your thermostat by up to 4 degrees while still keeping your home comfortably cool;
- Turn off fans, lights, and televisions when no one is in the room;
- Keep your air conditioning system maintained;
- If you are able, let your clothes air dry after washing;
- Use a ventilation fan when taking a shower to remove heat from the bathroom;
- Install window coverings to keep direct sunlight out of your home; and
- Use energy efficient lightbulbs, and take advantage of indirect sunlight to light your home during the day.

For more tips, visit the U.S. Department of Energy's *Energy Savers* website at: <http://www.energysavers.gov>.

Recent Studies:

The Alliance to Save Energy released a report calling for more incentives for energy savings. The study surveyed homeowners to try to determine families' motivations for saving energy. The study concluded that greater financial incentives could motivate households to take steps to increase their energy efficiency. To read more, visit: <http://ase.org/efficiencynews/study-calls-more-utility-based-energy-efficiency-incentives>.

Office of Community Services/Division of Energy Assistance
370 L'Enfant Promenade, S.W., 5th Floor West, Washington, D.C. 20447
National Energy Assistance Referral (NEAR) Hotline: 1-866-674-6327



LIHEAP

Programa de ayuda con la energía para hogares de bajos ingresos

Alerta de salud y seguridad relacionada con la energía Verano de 2011

Acerca de LIHEAP:

- Un programa de subvención federal consolidada para ayudar con:
 - ♦ Las facturas de energía para calentar la vivienda
 - ♦ las facturas de energía para enfriar la vivienda
 - ♦ asistencia para evitar un corte de energía
 - ♦ protección de la vivienda contra los efectos adversos del clima
 - ♦ reparación/reemplazo de equipos energéticos domésticos
- Asistencia disponible para los hogares de bajos ingresos susceptibles de sufrir efectos a la salud y la seguridad como consecuencia de no calentar o enfriar las viviendas lo suficiente, sobre todo para aquellos hogares "vulnerables" donde vive al menos alguien que es o bien una persona mayor (60 años o más), discapacitado o un niño pequeño (cinco años o menos).
- Entre los concesionarios están los 50 estados, el Distrito de Columbia, las tribus indígenas y los territorios de Estados Unidos.
- **Para solicitar asistencia**, llame a la Línea directa de Referido a la Asistencia Nacional para la Energía, a: 1-866-674-6327

Ahorro de energía en el área de la cocina:

Tomar pequeñas medidas en la cocina puede ayudarlo a reducir las cuentas por el uso de energía, sobre todo en los cálidos meses del verano:

- Siempre que sea posible, use un horno de microondas para cocinar. El microondas utiliza un tercio de la energía que utiliza la cocina o estufa y no desprende calor;
- Si el tiempo lo permite, cocine en una parrilla afuera.
- Use la fregadora de platos. Con la fregadora usará menos agua que si friega a mano. Enciéndala solamente cuando esté llena de loza y use el ciclo de "air dry".

Si quiere obtener más consejos para ahorrar energía, visite el sitio de Internet de la Comisión de Energía de California en <http://www.consumerenergycenter.org>.

Cómo evitar el estrés térmico:

A veces no podemos evitar estar expuestos al calor.

Si en algún momento usted se encuentra expuesto a un calor intenso, siga estos consejos de los Centros para el Control y la Prevención de Enfermedades (CDC, en inglés) :

- Beba agua suficiente, y no consuma bebidas que contengan alcohol o mucha azúcar;
- Si está trabajando o jugando afuera, busque un lugar con sombra donde descansar a menudo;
- Use ropa ligera y de colores claros; y
- Trate de limitar la actividad física a las horas de la

Consejos para ahorrar energía durante el verano:

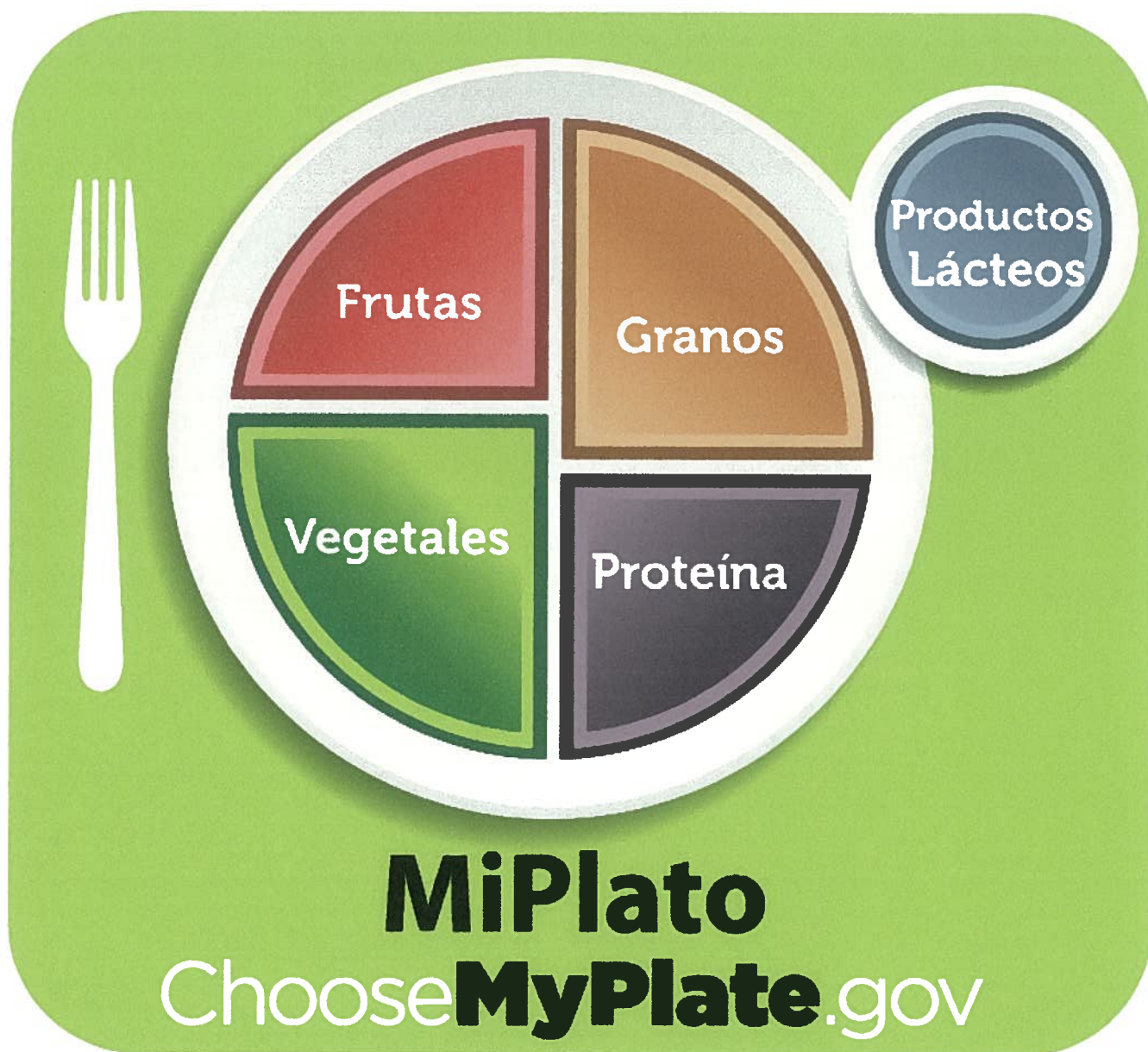
Las altas temperaturas del verano pueden hacer que sus cuentas por el uso de energía aumenten considerablemente. Afortunadamente, hay muchas cosas sencillas que puede hacer para consumir menos energía y combatir el calor:

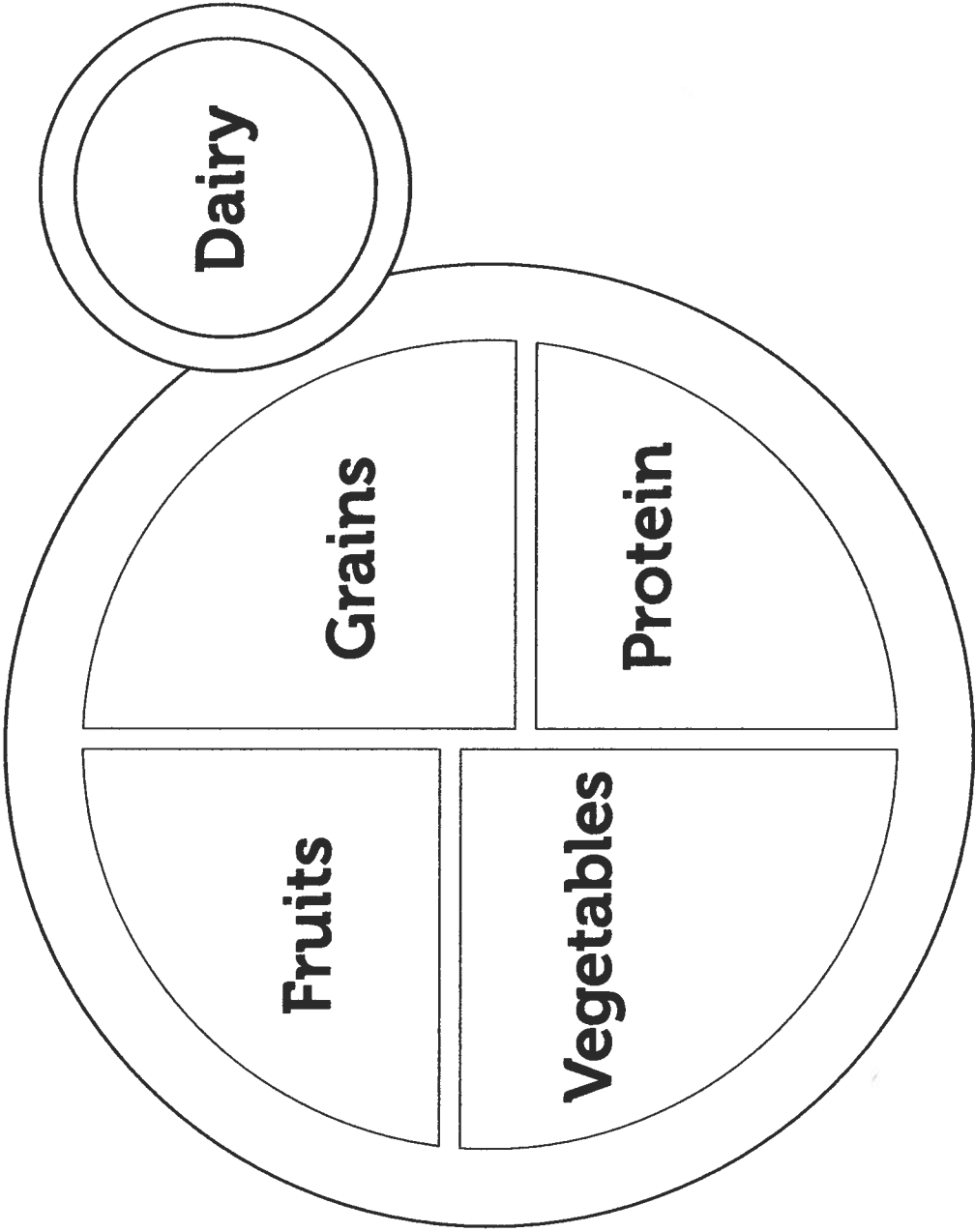
- Si el tiempo lo permite, apague el aire acondicionado de noche y abra las ventanas (recuerde que las personas mayores, los discapacitados y los niños pequeños son más sensibles a los cambios ligeros de temperatura y corren un mayor riesgo de hipertermia);
- Suba el termostato cuando no esté en la casa y durante la noche; así ahorrará energía, y todavía habrá una temperatura agradable. Un termostato programable le permitirá controlar la temperatura con más facilidad;
- Use un ventilador de techo además del aire acondicionado. Esto le permitirá subir el termostato hasta 4 grados más y aun así mantener la casa fresca;
- Apague los ventiladores, las luces y los televisores si no hay nadie en esa habitación;
- Déle mantenimiento a su sistema de aire acondicionado;
- Si es posible, seque la ropa lavada al aire libre;
- Use el extractor cuando se esté dando una ducha para que absorba el calor del baño;
- Instale persianas para que la luz directa del sol no entre en la casa; y
- Use bombillas ahorradoras, y aproveche la luz solar indirecta para alumbrar la casa durante el día.

Para ver más consejos, visite el sitio de Internet de *Ahorradores de energía*, del Departamento de Energía de los Estados Unidos en: <http://www.energysavers.gov>.

Estudios recientes:

La Alianza para Ahorrar Energía publicó un informe solicitando más incentivos para ahorrar energía. El estudio hizo una encuesta entre propietarios de viviendas para tratar de determinar las motivaciones de las familias para ahorrar energía. El estudio llegó a la conclusión de que un mayor incentivo monetario podría motivar a las familias a tomar medidas para ahorrar más energía. Si desea leer más sobre





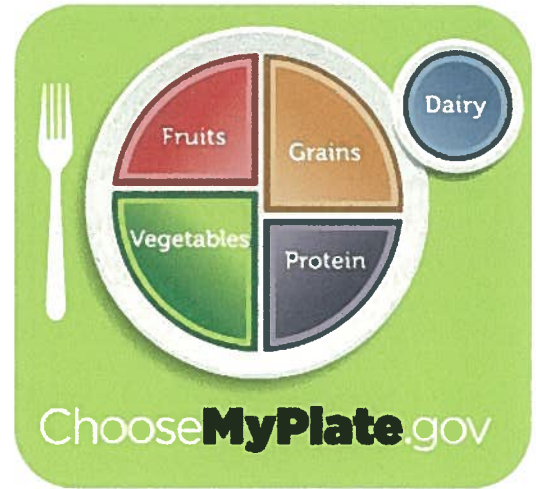
ChooseMyPlate.gov

Getting Started with MyPlate

ChooseMyPlate.gov

MyPlate Icon

- MyPlate is part of a larger communications initiative based on *2010 Dietary Guidelines for Americans* to help consumers make better food choices.
- MyPlate is designed to *remind* Americans to eat healthfully; it is not intended to change consumer behavior alone.
- MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting.



ChooseMyPlate.gov

- The website features practical information and tips to help Americans build healthier diets.
- It features selected messages to help consumer focus on key behaviors. Selected messages include:
 - Enjoy your food, but eat less.
 - Avoid oversized portions.
 - Make half your plate fruits and vegetables.
 - Switch to fat-free or low-fat (1%) milk.
 - Make at least half your grains whole grains.
 - Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
 - Drink water instead of sugary drinks.
- ChooseMyPlate.gov¹ includes much of the consumer and professional information formerly found on MyPyramid.gov.



¹ MyPyramid resources will remain available to health professionals and nutrition educators in "Tips and Resources" section of the new website. A new website will be available in Fall/Winter 2011.

10 tips

Nutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



Center for Nutrition
Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 1

June 2011

USDA is an equal opportunity
provider and employer.

Developmental Milestones of Early Literacy



MOTOR:

COGNITIVE:

WHAT PARENTS CAN DO:

6-12 months

SMILE!



- reaches for book
- book to mouth
- sits in lap, head steady
- turns pages with adult help

- looks at pictures
- vocalizes, pats pictures
- prefers pictures of faces

- hold child comfortably; face-to-face gaze
- follow baby's cues for "more" and "stop"
- point and name pictures

12-18 months



- sits without support
- may carry book
- holds book with help
- turns board pages, several at a time

- no longer mouths right away
- points at pictures with one finger
- may make same sound for particular picture (labels)
- points when asked, "where's...?"
- turns book right side up
- gives book to adult to read

- respond to child's prompting to read
- let the child control the book
- be comfortable with toddler's short attention span
- ask "where's the...?" and let child point

18-24 months

MY MOM

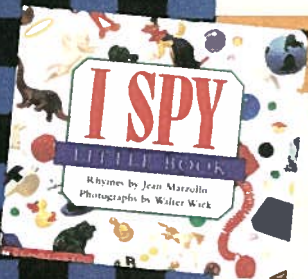


- turns board book pages easily, one at a time
- carries book around the house
- may use book as transitional object

- names familiar pictures
- fills in words in familiar stories
- "reads" to dolls or stuffed animals
- recites parts of well-known stories
- attention span highly variable

- relate books to child's experiences
- use books in routines, bedtimes
- ask "what's that?" and give child time to answer
- pause and let child complete the sentence

24-36 months

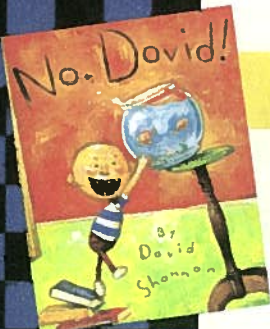


- learns to handle paper pages
- goes back and forth in books to find favorite pictures

- recites whole phrases, sometimes whole stories
- coordinates text with picture
- protests when adult gets a word wrong in a familiar story
- reads familiar books to self

- keep using books in routines
- read at bedtime
- be willing to read the same story over and over
- ask "what's that?"
- relate books to child's experiences
- provide crayons and paper

3 years and up



- competent book handling
- turns paper pages one at a time

- listens to longer stories
- can retell familiar story
- understands what text is
- moves finger along text
- "writes" name
- moves toward letter recognition

- ask "what's happening?"
- encourage writing and drawing
- let child tell the story

NEWS FLASH . . .

Children who attend preschool show significant gains compared to those who don't!

According to an exciting study conducted by the Peabody Research Institute at Vanderbilt University, students who attended state-funded preschool gained an average of 82 percent more on early literacy and math skills than did children who did not attend preschool. These findings are significant because they help state governments evaluate their commitment to preschool education, specifically in light of budget cuts.

In this study, children who went to a state funded prekindergarten were compared to children who applied for the program but didn't go because there wasn't enough room.

Researchers looked at language and math ability at the beginning and end of the year for both groups. At the end of the school year, they found that compared to the children who did not attend school, the children who DID had improved 98 percent MORE in literacy skills, 145 percent MORE in the number of words they knew, and were 109 percent BETTER at understanding what others said to them. They also had improved MORE on math skills, although the difference was smaller.

Overall, the average gain across the board was 82 percent more than for the children who did not attend state pre-K. In other words: The experience of prekindergarten helped children get ready for kindergarten. The children were ready to start school with stronger language and math skills.

Stay tuned... they will continue to follow these children and see if the differences last.

To read more about this study, visit:

http://peabody.vanderbilt.edu/Documents/pdf/PRI/Press%20release_TN%20Pre-K%20Study.pdf

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



UAB EARLY HEAD START PROGRAM

TRANSITION SOCIALIZATION

HONORING OUR THREE-YEAR-OLDS

FRIDAY, JULY 29, 2011

11:00 A.M.

VULCAN PARK



EACH THREE YEAR OLD IS ALLOWED THREE GUESTS.



