

May 2012
Jane Reilly, Editor

UAB EARLY HEAD START PROGRAM EARLY EDITION

Happy Mother's and Father's
Day



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

DATES TO REMEMBER

May 3 socialization 11:00 Eleanor, Pam, Renee', Nikki; Parenting at 10:00
May 10 socialization 11:00 T, Vanessa, Cassandra, Shante'; Parenting at 10:00.
May 16 Policy Council 12:00 PIPA at 10:00
May 17 socialization 11:00 St. Clair County
May 24 socialization 11:00 Eleanor, Nikki, Pam, Renee'; parenting at 10:00
June 7 socialization 11:00 T, Cassandra, Shante', Vanessa; parenting at 10:00
June 13 Policy Council 12:00; PIPA at 10:00
June 15 Fun Day Avondale Park 10:00 a.m.
June 21 socialization 11:00 St. Clair County
June 28 socialization 11:00 Eleanor, Renee', Nikki, Pam Parenting at 10:00

I'm Happy You're My Dad
I feel safe when you are with me;
You show me fun things to do;
You make my life much better;
The best father I know is you.
I'm happy you're my Dad
And so I want to say
I love you, Dad, and wish you
A Happy Father's Day!
by, Jaonna Fuchs



Impatience

If you drive too fast, you might miss your turn. If you walk too fast, you might pass where you are going. If you speak too quickly, you demonstrate that you have missed the point. Slow down! You cannot arrive at your destination until you get there. Along the way, take in the scenery. Stop, sit a spell, and rest yourself. There's a lot going on in life and in you. If you zip around, you are bound to miss something. If and when you do, resist the urge to blame other people. Tell the truth! You know you were moving, talking wanting too much, too fast.

You're a dependable source of comfort;

You're my cushion when I fall.

You help in times of trouble;

You support me whenever I call.

I love you more than you know;

You have my total respect.

If I had my choice of mothers,

You'd be the one I'd select!

By Joanna Fuchs





MY DECLARATION OF SELF ESTEEM

I AM ME

IN ALL THE WORLD, THERE IS NO ONE ELSE EXACTLY LIKE ME. EVERYTHING THAT COMES OUT OF ME IS AUTHENTICALLY MINE. BECAUSE I ALONE CHOSE IT.

I OWN EVERYTHING ABOUT ME - MY BODY, MY FEELINGS, MY MOUTH, MY VOICE, ALL MY ACTIONS, WHETHER THEY BE TO OTHERS OR TO MYSELF. I OWN MY FANTASIES, MY DREAMS, MY HOPES, MY FEAR. I OWN ALL MY TRIUMPHS AND SUCCESSES, ALL MY FAILURES AND MISTAKES.

BECAUSE I OWN ALL OF ME, I CAN BECOME INTIMATELY ACQUAINTED WITH ME.

BY SO DOING, I CAN LOVE ME AND BE FRIENDLY WITH ME IN ALL MY PARTS.

I KNOW THERE ARE ASPECTS ABOUT ME THAT PUZZLE ME, AND OTHER ASPECTS THAT I DO NOT KNOW - BUT AS LONG AS I AM FRIENDLY AND LOVING TO MYSELF, I CAN COURAGEOUSLY AND HOPEFULLY LOOK FOR SOLUTIONS TO PUZZLES AND FOR WAYS TO FIND OUT MORE ABOUT ME. HOWEVER, I LOOK AND SOUND, WHATEVER I SAY AND DO, AND WHATEVER I THINK AND FEEL AT A GIVEN MOMENT IN TIME IS AUTHENTICALLY ME.

IF LATER, SOME PARTS OF HOW I LOOKED, SOUNDED, THOUGHT AND FELT TURN OUT TO BE UNFITTING, I CAN DISCARD THAT WHICH IS UNFITTING, KEEP THE REST, AND INVENT SOMETHING NEW FOR THAT WHICH IS DISCARDED.

I CAN SEE, HEAR, FEEL, THINK, SAY AND DO.

I HAVE THE TOOLS TO SURVIVE, TO BE CLOSE TO OTHERS, TO BE PRODUCTIVE, AND TO MAKE SENSE AND ORDER OUT OF THE WORLD OF PEOPLE AND THINGS OUTSIDE OF ME.

I OWN ME AND THEREFORE I CAN ENGINEER ME. I AM ME AND

I AM OKAY

-VIRGINIA SATIR



May June 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 May 17th and June 21st at 11:00 am.

In Walker County Parenting will be on May 23rd and June 20th, at 1:00 pm at the center.

- ♥ May topic: what we say - what they hear - why it matters. The importance of the words we use!
- ♥ June topic: Praising children effectively

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 you can use...

Take it outside adapted from <http://eclkc.ohs.acf.hhs.gov/>

Playing outside is **GREAT** for kids. They have room to run and jump and use up their energy. There are so many interesting things to look at and to do...



What do you think your children might like to do outside?

Here are some fun things to do with infants and toddlers outside:



- Take a very slow walk. Often, when we walk, we are trying to get somewhere. We don't even notice what's around us. But to young kids everything is a new experience! Take a walk with no goals and allow kids to stop and explore the world around them.

- Blow bubbles. Bubbles are a great way to enjoy being outside. They grow, float gently around, and then pop. Kids love them.



Want to make your own bubbles? Mix one part liquid dish-soap to 10 parts water and one teaspoon of corn syrup. Let the mixture sit overnight, and you have homemade bubble solution!

- Play with water. Fill a pan, plastic container, or small bucket with water. Add some sponges, plastic



spoons, plastic cups, measuring cups, funnels, or other unbreakable stuff from your kitchen. Children will make up their own games.

(ALWAYS watch your children during water play to keep them safe!)

Spending time outside is an important part of how infants and toddlers learn about their world. As you head outside to explore, remember these things:

- Everyone should wear appropriate clothing—including adults! If it's hot and the children are in shorts but you are in jeans, you will probably get too hot long before your kids are finished exploring.
- Do a safety check. Make sure that the environment is free of any dangerous garbage.
- **Have fun!** Enjoy digging in the sandbox, peeking through the fence, watching birds, and whatever else you notice through a child's eyes.

May 1-5 is Children's Mental Health Awareness week! Children's Emotional Health



It's usually pretty easy to know when your children are tired, hungry or just need a chance to get out and play. It can be harder to realize when your child's emotional needs are not being met. But emotional health is just as important as food, rest and exercise. In fact, children who have their emotional needs met have an easier time making friends, they feel better about themselves, they are more ready to learn and they have better behavior.

Here are some tips that can help you support your children's mental health:

- **Communicate.** Spend time every day listening and talking to your child about what is happening in her life. Talk about emotions and feelings with her.
- **Give children unconditional love.** Children need to know that you love them no matter what.
- **Nurture children's confidence and self-esteem.** Praise and encourage your children, and set realistic goals that test their abilities. Accept mistakes and failures as a part of life.
- **Encourage children to play.** Playtime is important to children's emotional development. Play helps children be creative, develop problem-solving skills and self-control, and learn how to get along with others.
- **Give guidance and discipline when necessary.** Be firm, but kind and have realistic expectations. The goal is not to control your child, but to help him want to learn self-control.
- **Provide a safe and secure environment.** Fear can be very real for a child. When they are scared, try to find out why. Then be loving, patient and reassuring. It may not look like much to you, but your child's fears are **REAL** to her.



Knowing when you need help:



When something is bothering your child, sometimes all it takes is a hug, kiss and a smile from you to make him feel better. However, sometimes children need more, no matter how much love and support you give them. The following signs can help you decide if your child needs help from a professional. The sooner you get help, the easier it will be to help your child. Is your child ...

- Showing a lot of aggressive behavior or "acting out"
- Throwing a lot of temper tantrums and/or rebellion
- Being worried or anxious all the time
- Being hyperactive or fidgeting
- Having lots of nightmares
- Being sad or irritable most of the time
- Doing worse in school
- Getting poor grades despite working hard
- Often refusing to go to school or to do things he normally likes to do

Almost 1 out of every 5 children has a diagnosable mental health problem. If you are worried about your child's mental health, talk to your Early Head Start Family Partner or your child's teacher. If you think there is a problem, make an appointment with your child's doctor.



For More Information:

Your family partner can help you find treatment, support groups, medication information and help paying for medications.

If you or someone you know is in crisis now, seek help immediately.

Call 1-800-273-TALK (8255) to reach a 24 hour crisis center or dial 911 for immediate assistance.

Source: Mental Health America <http://cms.nmha.org>

Creamy Mushroom and Chicken Soup



Ingredients

- 6 tablespoons butter
- 1 medium onion, chopped
- 3 tablespoons flour
- 2 teaspoons salt
- 1 teaspoon pepper
- 6 cups chicken broth
- 1 1/2 pounds mushrooms, sliced
- 3/4 cup sliced celery
- 3/4 cup chopped carrots
- 2 cups quartered baby red potatoes
- 1 cup chopped yellow squash
- 1 1/2 cups frozen corn kernels, thawed
- 2 teaspoons thyme
- 2 cups light cream
- 3/4 cup grated Parmesan, plus more for garnish if desired
- 2 cups chopped cooked chicken

Instructions

1. In a large pot, melt the butter over medium heat. Add the onion and sauté until tender, about 6 minutes. Stir in the flour, salt, and pepper and mix until smooth. Gradually add the broth, then turn the heat up to medium-high and bring the soup to a boil. Add the mushrooms, celery, carrots, potatoes, squash, corn, and thyme. Reduce the heat and simmer the soup, covered, until the vegetables are tender, about 30 minutes.
2. Add the cream, Parmesan, and chicken. Heat the soup for an additional 10 minutes, but do not let it boil.
3. To serve, ladle the soup into a bowl and sprinkle it with more Parmesan, if desired. Makes about 15 cups

Baked Cheese Ziti

Ingredients

- 1/2 pound dried ziti
- 15 or 16 ounces ricotta cheese (part skim)
- 3 cups (or 12 ounces) shredded mozzarella cheese
- 3 cups (or a 26-ounce jar) spaghetti sauce
- 1/2 cup Parmesan cheese

Instructions

1. Heat the oven to 350 degrees. Bring a large pot of salted water to boil and add the ziti. Cook until tender, about 8 minutes, drain the pasta.
2. Place the ziti in a large bowl. Mix with the ricotta and half of the mozzarella. Grease a 9 x 13-inch casserole dish. Spread half of the spaghetti sauce on the bottom of the pan. Add the ziti mixture and cover with the remaining sauce. Sprinkle with Parmesan and the remaining mozzarella.
3. Bake uncovered, for 20 to 30 minutes, until the casserole bubbles on the edges.

UAB Early Head Start Program

Presents

Event: Fun Day

Location: Avondale Rose Garden

Date: June 15, 2012

Time: 10:00 a.m. to 2:00 p.m.



Please bring a change of clothes for your children since we will have water play activities!

If you need transportation, please call LaTanya Dawson at 205-934-7853 by June 14, 2012 at 12 noon.

UAB EARLY HEAD START PROGRAM

MARK YOUR CALENDAR

TRANSITION SOCIALIZATION

FOR

ALL THREE YEAR OLDS LEAVING OUR PROGRAM

FRIDAY, JULY 20, 2012

11:00 A.M.

VULCAN PARK



Cinco de Mayo

From Wikipedia, the free encyclopedia

Cinco de Mayo (Spanish for "fifth of May") is a [celebration](#) held on **May 5**. It is celebrated nationwide in the [United States](#) and regionally in [Mexico](#), primarily in the state of [Puebla](#),^{[1][2][3][4]} where the holiday is called *El Día de la Batalla de Puebla* (English: The Day of the Battle of Puebla).^{[5][6][7]} The date is observed in the United States as a celebration of Mexican heritage and pride,^[6] and to commemorate the cause of freedom and democracy during the first years of the [American Civil War](#).^[9] In the state of Puebla, the date is observed to commemorate the [Mexican army's](#) unlikely victory over French forces at the [Battle of Puebla](#) on May 5, 1862, under the leadership of General [Ignacio Zaragoza Seguín](#).^{[2][10]} Contrary to widespread popular belief, **Cinco de Mayo** is not [Mexico's Independence Day](#)—the most important national patriotic holiday in Mexico—which is actually celebrated on [September 16](#)

