

UAB Early Head Start Program

933 19th Street South, Birmingham, AL 35294

<https://www.uab.edu/civitanosparks/uab-early-head-start-program>

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Upcoming Events

November 1

1, 2, 3 Play with Me @ the Birmingham Public Library at 11:00 a.m.

November 8

-Parenting at 10:00 a.m.

-1, 2, 3 Play with Me @ the Birmingham Public Library at 11:00 a.m.

-Health Services Advisory Committee Meeting at 12:00 p.m.

November 14

Policy Council Meeting at 12:00 p.m.

November 15

Meal of Thanks at 11:00 a.m.

November 22 and 23

Closed for Thanksgiving

December 12

PIPA at 10:30 a.m. and Policy Council Meeting at 12:00 p.m.

December 13

Breakfast with Santa

December 24 and 25

Closed for Christmas

December 31

Closed for New Year's Eve

Greetings UAB Early Head Start Program families!

We are off to a great start in the new program year! Look at the pictures of the fun we had while visiting the Helena Hollow Pumpkin Patch and learning about Fire Prevention Safety with firefighters from Station 3!

Also in this issue of the UAB Early Head Start Program's Newsletter, is information on safety and health, some nutrition tips and pumpkin pancakes recipe, and tips on helping your child cope with stress. Make sure to check out the holiday safety tips as the holidays are quickly upon us.

Be sure to note the upcoming events for the months of November and December. Activities include parenting, story time at the public library, Health Services Advisory Committee meeting, PIPA, Policy Council meeting, Meal of Thanks and our Breakfast with Santa socializations. Remember to mark your calendars!

Mission Statement:

The mission of the UAB Early Head Start Program is to form partnerships with families to support child development and family goals. Through continuous staff development and in collaboration with the community, we strive to enhance opportunities for families.

We had fun learning about fire prevention safety and at our visit to Helena Hollow's Pumpkin Patch!



Thanksgiving Safety

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.



- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Did you know?



Have activities that keep **kids out of the kitchen** during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done **outside** the kitchen.



NATIONAL FIRE PROTECTION ASSOCIATION
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Your Logo

Winter Holiday Safety

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

HOLIDAY DECORATING

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.

HOLIDAY ENTERTAINING

- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



Before Heading Out or to Bed

Blow out lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

FACTS

- ! **More than a third** of home decoration fires are started by candles.
- ! **Forty-two percent** of decoration fires happen because decorations are placed too close to a heat source.



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Holiday Health and Safety Tips

1 Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.



2 Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing. Check on children, the elderly and pets.



3 Manage stress.

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.



4 Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Get vaccinations if traveling out of the country.



The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.



5 Be smoke-free.

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW, or talk to your health care provider for help.



inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test and change the batteries regularly.

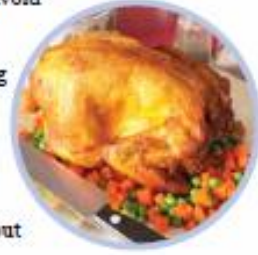
6 Get check-ups and vaccinations.

Exams and screenings can help find problems early or before they start. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.



9 Handle and prepare food safely.

As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.



7 Watch the kids.

Children are at high risk for injuries. Keep a watchful eye on your kids. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Develop and reinforce rules about acceptable and safe behaviors for all electronic media.



10 Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose more vegetables and fruit. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.



8 Prevent injuries.

Injuries from falls and fireworks often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals.



Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices

To learn more, including the holiday song *The 12 Ways to Health*, visit www.cdc.gov/family/holiday



Centers for Disease Control and Prevention
Office of Women's Health

C522081-4

parent tips

Get Started! Eating Healthy and Moving More

Try one of these tips each week to eat healthy and move more!



Eat Healthy (ENERGY IN)

- Put berries or bananas on whole-grain cereal or oatmeal.
- Order a green salad instead of fries. Ask for fat-free or low-fat dressing “on the side” – and use only half of it.
- Drink water, fat-free or low-fat milk instead of regular soda or other sweetened drinks.
- Add flavor with herbs and spices, instead of salt.
- Use fat-free or low-fat mayo, sour cream, and salad dressings.
- Choose fruit for a snack or dessert.
- Grill, steam, or bake food.
- Don't eat late at night.
- Use lean meats such as white meat chicken, lean ground turkey, or fish in place of beef or pork.
- When you eat out, choose an appetizer for your meal or share a main course.

Move More (ENERGY OUT)

- Take your dog on longer walks.
- Ride bikes after dinner.
- Park farther away from the store and walk.
- Use the stairs instead of the escalator.
- Dance with your children.
- Walk your kids to school or walk to work.
- Ask your kids to help with active chores around the house, like vacuuming or raking leaves.
- Sign your kids up for community sports or lessons.
- Walk along the sidelines at your kids' sports events.
- Play ball at the park.
- Choose video games that get your kids moving, like dancing or fitness games.



We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WE CAN.

We Can! Ways to Enhance Children's Activity & Nutrition, *We Can!*, and the *We Can!* logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).

Pumpkin Pancakes

A yummy breakfast treat!



- | | |
|---------------------------------|--|
| 1 cup flour | 1 cup milk |
| 1 tablespoon sugar | 1 egg |
| 2 teaspoons baking powder | $\frac{3}{4}$ cup canned pumpkin |
| $\frac{1}{2}$ teaspoon cinnamon | $\frac{1}{2}$ cup low fat vanilla yogurt |

1. Combine the milk, egg, pumpkin and yogurt together in a large bowl.
2. Add the flour, sugar, baking powder and cinnamon to the bowl. Stir the batter until it is just moist. Add a little more milk if you want a thinner batter.
3. Heat a non stick skillet over medium heat. Spoon batter onto hot skillet to form pancakes. Cook pancakes until brown on both sides.



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Panqueques de calabaza

Un desayuno delicioso!



- | | |
|-------------------------------------|---|
| 1 taza de harina | 1 taza de leche |
| 1 cucharada de azúcar | 1 huevo |
| 2 cucharaditas de polvo de hornear | $\frac{3}{4}$ tazas de calabaza enlatada |
| $\frac{1}{2}$ cucharadita de canela | $\frac{1}{2}$ taza de yogurt de vainilla bajas calorías |

1. Mezcle la leche, el huevo, la calabaza y el yogurt en un bol grande.
2. Agregue la harina, el azúcar, el polvo para hornear y la canela. Revuelva la mezcla hasta que esté bien húmeda. Agregue un poco más de leche si la desea más liviana.
3. Caliente una sartén antiadherente a calor mediano. Con una cuchara vierta la mezcla en la sartén caliente para formar panqueques. Cocine los panqueques hasta que estén dorados de ambos lados.



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Small Child, Big Stress?



Do you sometimes experience stress? So does your child. Stress may be a part of life for everyone, but prolonged stress can be harmful. You can help your child learn to recognize and cope with the feelings of frustration, sadness, worry, and anger that can lead to stress or be signs of stress.



Notice behavior that seems unusual for your child.

Three-year-old Micah usually chatters and laughs with his parents and friends, but his mom notices he's spending more time hugging and rocking his teddy bear. His classmate Maddie usually plays happily with her toys and books, but suddenly she is clinging to her teacher more often and is easily upset. Both may be showing signs of stress.



Help your children identify their feelings.

Tell children what you see and help them label their feelings. "Micah, your face looks sad." "Maddie, you look worried. Can I help?" Try reading books together about feelings. Ask your children's librarian for suggestions. Two to consider: *Glad Monster, Sad Monster* by Ed Emberley and *Feelings* by Aiki.



Teach ways to cope.

Model what to do with negative feelings. "I feel sad. Let's hug and then go for a walk." "I'm frustrated no one answers my call. Let's have lunch and I'll try later." "Would you like to pack a bag with a few favorite things to carry with us when we move?" Encourage your child to share her feelings by listening and not dismissing them.



Limit stress.

Try to anticipate events that might cause stress and prepare your child. Let her know Grandma is sick, so she will be in bed when you visit, or that she will have a new teacher at school. Reassure her that a change may feel strange at first, but that will pass. Keep daily routines as normal as possible during stressful times. If possible, avoid making additional stressful changes when your child is already adjusting to a current change.



Be there.

Make time to talk with your child every day. Spend time together even if he doesn't seem to feel like talking. Reassure him often he is loved and will be cared for. Just having fun together can strengthen your child's coping skills.



Talk to her child care or health care provider.

Share your concern if your child displays severe or prolonged signs of stress. A child who shows little interest in daily activities, doesn't sleep or eat normally, or continues to seem withdrawn or easily upset may need additional help.



For related Web resources, see "Small Child, Big Stress?" at <http://illinoisearlylearning.org/tips.htm>.

Any opinions, findings, conclusions, or recommendations expressed in this tip sheet are those of the author(s) and do not necessarily reflect the views of the Illinois State Board of Education.



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For more tip sheets on other topics, please go to <http://illinoisearlylearning.org>

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Happy
Holidays



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