

UAB EARLY HEAD START PROGRAM  
THE EARLY EDITION

December 1, 2015



**DATES TO REMEMBER**

**Wed. December 9 – 12:00 – Policy Council**

**Fri. December 11 – 11:00 – Lunch with Santa – 5<sup>th</sup> floor conference room**



**HAPPY NEW YEAR!!!!**

**2016**



**Chubby Snowman**

**There was a chubby snowman**

**And he had a carrot nose**

*(put fist to nose like carrot)*

**Along came a bunny**

*(2 fingers up for ears)*

**And what do you suppose**

*(hands on hips)*

**The hungry little bunny**

*(rub tummy)*

**Was looking for his lunch**

*(hand to forehead, looking)*

**He grabbed that snowman's carrot nose**

**NIBBLE! NIBBLE!**

**CRUNCH!!**

*(Pretend to eat carrot)*



**UAB EARLY HEAD START PROGRAM**

**LUNCH WITH SANTA**

**Friday, December 11, 2015  
11:00 a.m.**

**5<sup>th</sup> Floor Conference Room**

**FOOD**

**PICTURES WITH SANTA**

**FUN**



# Winter Weather – Are You Prepared?

Ice, snow, sleet, frost, and extreme cold temperatures have been a threat to Alabama during the past few years and will continue to **cause significant issues in the future**. The ice event, commonly referred to as “snowmageddon,” in January 2014 underscored the need for personal preparedness plans and supplies. Many people were stranded at work or in their cars or had to walk long distances to get to safety. Most were caught unprepared, without warm clothes and shoes, emergency supplies and medication.

It's not a matter of “if” but “when” extreme winter weather will affect Birmingham again. Forecasters at [NOAA's Climate Prediction Center](#) are forecasting increased moisture and below-average temperatures for the Southeast. Now is the time to plan and prepare. The lists below will help guide you with some suggestions on necessary supplies. **Are You Prepared?**

## In your car:

- Jumper cables
- Flashlight & extra batteries
- Water for each person and pet
- Shovel
- Ice scraper
- Blankets or sleeping bags
- Cat litter or sand for better tire traction
- AM/FM radio to listen to traffic reports and emergency information
- Food items containing protein such as nuts and energy bars
- First aid kit
- Extra prescription and nonprescription drugs
- Flares or reflective triangle
- Baby supplies, if a small child is in the household
- Warm clothes, gloves and sturdy walking shoes
- Enough fuel to get home, even accounting for traffic
- Charged cell phone and charger

## At your home:

- Water
- Food
- Flashlight & extra batteries
- Battery-powered or hand-crank radio
- First aid kit
- Wrench or pliers to turn off utilities
- Signaling whistle
- Manual can opener for food
- Emergency Financial First Aid Kit – EFFAK
- Local maps
- Cell phone with chargers or solar charger
- Cash or travelers checks
- Food and extra water for pets
- Paper and pencil
- Prescription and nonprescription drugs
- For baby: formula, powdered milk, diapers, diaper rash ointment
- Canned or boxed freeze dried food
- Matches in water-proof container

## In your office:

- Copy of all prescription drugs, including picture of label on your smart phone
- At least a 72-hour supply of prescription and non-prescription drugs
- Few cans of non-perishable foods, such as soups in your desk or locker
- Manual can opener
- Copy of your family's emergency and communication plan so you will know what everyone is supposed to do and where to be
- Flash light and extra batteries
- Sealable container to keep all of your supplies in – in case you need to grab and go due to evacuation of your workplace

## BABY SIGN LANGUAGE



SIGN BATH 2

### Sign: Done

This sign will help babies transition from one activity to the next. It also helps Mommy explain that something is all gone.



SIGN BATH 3

### Sign: Sleep

Signing to baby that it's time to sleep is a good way to start the bedtime routine. Even better: when *she* lets you know she's tired by using the sign.

# What's New and Beneficial about Winter Squash

From: [whfoods.org](http://whfoods.org)

- Although winter squash has long been recognized as an important food source of carotenoids, only recently have research studies documented just how fantastic winter squash can be when it comes to these key antioxidants. For some groups of study participants, winter squash turns out to be the primary food source of alpha-carotene and beta-carotene in the entire diet! For lutein, zeaxanthin, and beta-cryptoxanthin (three other health-supportive carotenoids) winter squash also comes out among the top three food sources in several studies.
- Seeds from winter squash make a great snack food, just like pumpkin seeds. If you scoop the pulp and seeds from inside the squash and separate out the seeds, you can place them in a single layer on a cookie sheet and lightly roast them at 160-170°F (about 75°C) in the oven for 15-20 minutes. By roasting them for a relatively short time at a low temperature you can help minimize damage to their healthy oils. Linoleic acid (the polyunsaturated omega-6 fatty acid) and oleic acid (the same monounsaturated fatty acid that is plentiful in olive oil) account for about 75% of the fat found in the seeds.
- Winter squash, members of the *Cucurbitaceae* family and relatives of both the melon and the cucumber, come in many different varieties. While each type varies in shape, color, size and flavor, they all share some common characteristics. Their shells are hard and difficult to pierce, enabling them to have long storage periods between one week and six months. Their flesh is mildly sweet in flavor and finely grained in texture. Additionally, all have seed-containing hollow inner cavities.
- We are just beginning to discover the wealth of nourishment supplied by the mildly sweet flavored and finely textured winter squash, a vegetable that was once such an important part of the diet of the Native Americans that they buried it along with the dead to provide them nourishment on their final journey. Winter squash is available from August through March; however, they are at their best from October to November when they are in season.



# Breastfeeding Overview

## From WebMD

Many medical authorities, including the American Academy of Pediatrics (AAP) and the American College of Obstetricians and Gynecologists, strongly recommend breastfeeding. But you and your baby are unique, and the decision is up to you. This overview of breastfeeding can help you decide.

### What Are the Benefits of Breastfeeding for Your Baby?

Breast milk provides the ideal nutrition for infants. It has a nearly perfect mix of vitamins, protein, and fat — everything your baby needs to grow. And it's all provided in a form more easily digested than infant formula. Breast milk contains antibodies that help your baby fight off viruses and bacteria. Breastfeeding lowers your baby's risk of having asthma or allergies. Plus, babies who are breastfed exclusively for the first 6 months, without any formula, have fewer ear infections, respiratory illnesses, and bouts of diarrhea. They also have fewer hospitalizations and trips to the doctor.

Breastfeeding has been linked to higher IQ scores in later childhood in some studies. What's more, the physical closeness, skin-to-skin touching, and eye contact all help your baby bond with you and feel secure. Breastfed infants are more likely to gain the right amount of weight as they grow rather than become overweight children. The AAP says breastfeeding also plays a role in the prevention of SIDS (sudden infant death syndrome). It's been thought to lower the risk of diabetes, obesity, and certain cancers as well, but more research is needed.

### Are There Breastfeeding Benefits for the Mother?

Breastfeeding burns extra calories, so it can help you lose pregnancy weight faster. It releases the hormone oxytocin, which helps your uterus return to its pre-pregnancy size and may reduce uterine bleeding after birth. Breastfeeding also lowers your risk of breast and ovarian cancer. It may lower your risk of osteoporosis, too.

Since you don't have to buy and measure formula, sterilize nipples, or warm bottles, it saves you time and money. It also gives you regular time to relax quietly with your newborn as you bond.

### Will I Make Enough Milk to Breastfeed?

The first few days after birth, your breasts make an ideal "first milk." It's called colostrum. Colostrum is thick, yellowish, and scant, but there's plenty to meet your baby's nutritional needs. Colostrum helps a newborn's digestive tract develop and prepare itself to digest breast milk.

Most babies lose a small amount of weight in the first 3 to 5 days after birth. This is unrelated to breastfeeding.

As your baby needs more milk and nurses more, your breasts respond by making more milk. Experts recommend breastfeeding exclusively (no formula, juice, or water) for 6 months. If you supplement with formula, your breasts might make less milk.

Even if you breastfeed less than the recommended 6 months, it's better to breastfeed for a short time than no time at all. You can add solid food at 6 months but also continue to breastfeed if you want to keep producing milk.





