

UAB EARLY HEAD START PROGRAM THE EARLY EDITION

June 1, 2015



DATES TO REMEMBER

June 4 – 11:00 – socialization – Families of Eleanor, Renee', Pam, Shante'.

Parenting at 10:00

June 10 – 12:00 – Policy Council

June 11 – Fun Day – 10:00 – Crestwood Park

June 18 – 11:00 – socialization – St. Clair

June 25 – 11:00 – socialization – T, Vanessa, Cassandra, Katasha – Parenting – 10:00

July 31 – 11:00 – Transition Ceremony – Vulcan Park



Bed in Summer

By, Robert Louis Stevenson

In winter I get up at night
And dress by yellow candle-light.
In summer quite the other way,
I have to go to bed by day.

I have to go to bed and see
The birds still hopping on the tree,
Or hear the grown-up people's feet
Still going past me in the street.

And does it not seem hard to you,
When all the sky is clear and blue,
And I should like so much to play,
To have to go to bed by day?

Fun ways to spend an active day with Dad

Build a fort together. Either head outside to the backyard and forage for scraps and materials or if the weather isn't cooperating make the mother of all pillow forts.

Be an active artist. Break out the sidewalk chalk and play hopscotch and then beautify your driveway or put your stamp on the sidewalk.

Have a ball. Grab a soccer ball and head over to the park for some throwing, catching, or kicking.

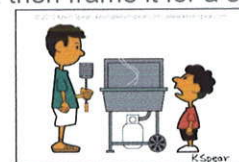
Dig it. If you have young children nothing is as sure fire a hit as sand, sand, and more sand local sandbox.

Cook together. Choose mom or dad's favorite recipe and make it together.

Pick wild flowers. Nothing says "I was thinking of you" like a handful of forget-me-nots from a toddler.

Create an obstacle course. Let the kids lead this one by helping them pull out items to bike, scooter, or run around.

Be a tourist. Take the kids on a tour of your own childhood.. Take a picture of the kids in that spot and then frame it for a special gift.



"How 's the grilling? Should I call in pizza yet?"

UAB Early Head Start Program

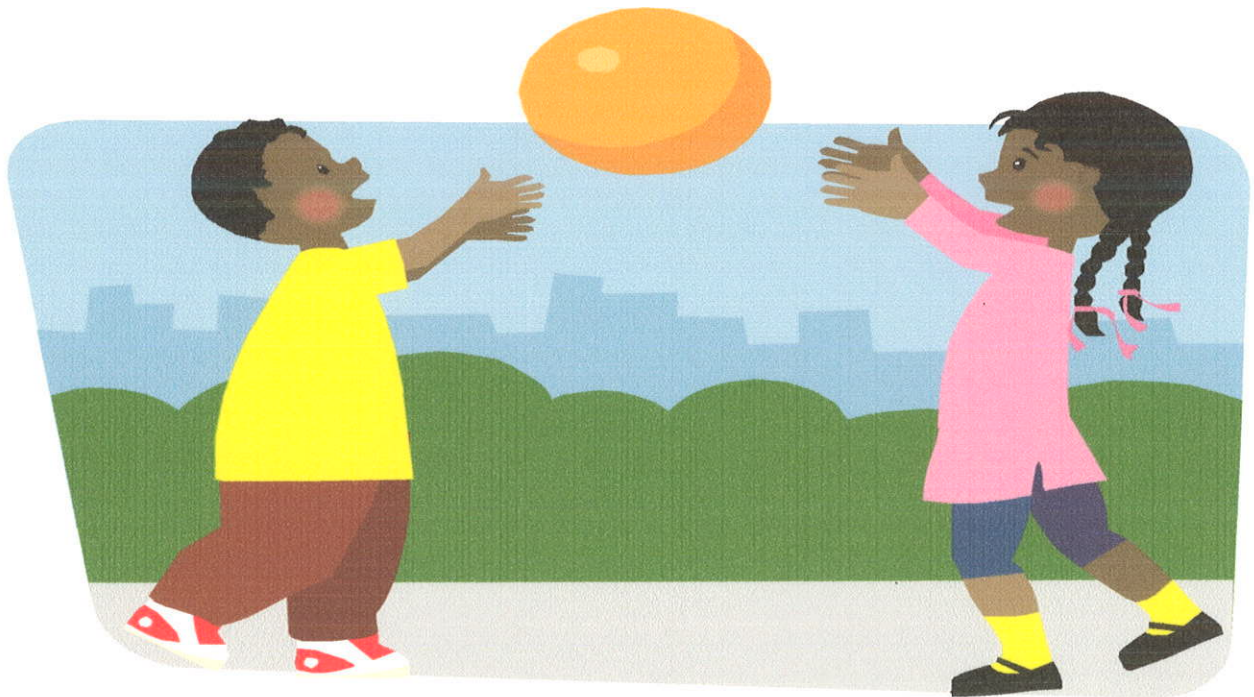
Presents

Event: Fun Day

Location: Crestwood Park

Date: June 11, 2015

Time: 10:00 a.m. to 1:00 p.m.



If you need transportation, please call LaTanya Dawson at 205-934-7853 by June 10, 2015 at 12 noon.

Water Games and Summer Activities for Kids by, “Parenting”

Ball blast

Use ropes to create a circle or square on your lawn. Place balls of varying sizes and weights inside. Give your [child](#) a hose and challenge her to push the balls out with the water in less than a minute.

Backyard bath

Take advantage of a warm summer evening by bathing your baby (and older siblings if they're game!) outdoors. Fill a kiddie pool with water, bath toys, and bubbles and turn a chore into a delight.

Jump water

Run a strong stream from a garden hose back and forth like a snake under [your child's](#) feet, allowing him to jump over it. [With more kids](#), turn it into a competition: Whoever's feet don't get drenched wins!

Drink up

Encourage your child to try water flavored with different ingredients. Include slices of cucumber, lemon, lime, orange and various berries (raspberry, strawberry, blueberry)—and see which one she likes best.



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The Veggie Hater

by Sarah Henry

The dilemma: Vegetables end up on the floor, in the dog's belly, or anywhere but your child's mouth. Carrots can induce tantrums, beets bring on tears, and broccoli inspires a deafening chorus of "NO!"s. A classic problem that often lingers...even into adulthood.

nutritional concern: Vegetables are full of [vitamins](#) and minerals important for a child's growth and development. They contain chemicals that promote healthy cells and heal wounds; protect eyes, skin, and bones; and help ward off disease and infection. Veggies also contain fiber, which keeps digestion running smoothly and helps stabilize blood sugar.

Ellyn Satter: Studies show it can take 15 to 20 exposures before a child will try something new. Repeated neutral exposure is key. No encouraging, forcing, or coercing.

Missy Chase Lapine: I find that vegetable purees disguised in dishes I know my children will eat does the trick. The key is that these purees should create no discernible change in taste, color, or texture. You can sneak healthy foods — such as spinach, sweet potato, and cauliflower — into foods your kids already love to eat, like pizza sauce, macaroni and cheese, even brownies. Just make sure there are no lumps, chunks, specks, or flecks, and they won't know the difference. When you puree, unlike with juicing, you don't lose the pulp, so you keep the fiber. In fact, pureeing produces a concentrated version of the vegetable, which makes it even more nutrient dense. So a little goes a long way.

Ann Cooper: We get kids involved in growing food, and preparing and cooking meals. If they feel an investment in the process, they'll eat foods from the garden.

Vicki Lansky: Raw vegetables often meet with less resistance than those that are cooked. Some kids love nibbling on frozen green peas straight from the bag. Add condiments like ketchup, [ranch dressing](#), or yogurt dip — you can make simple, healthy versions of your own at home — and watch your toddler attack the hors d'oeuvres. Offer a variety of veggies: Carrot and celery sticks, cucumber spears, sugar snap peas, and red, yellow, or orange pepper strips are popular with kids. **Vicki Lansky:** Raw vegetables often meet with less resistance than those that are cooked. Some kids love nibbling on frozen green peas straight from the bag. Add condiments like ketchup, [ranch dressing](#), or yogurt dip — you can make simple, healthy versions of your own at home — and watch your toddler attack the hors d'oeuvres. Offer a variety of veggies: Carrot and celery sticks, cucumber spears, sugar snap peas, and red, yellow, or orange pepper strips are popular with kids.



SUMMER INSECT BITES

Most insect bites are harmless, though they sometimes cause discomfort. Bee, wasp, and hornet stings and fire ant bites usually hurt. Mosquito, flea, and mite bites usually itch. Insects can also spread diseases. In the United States, some mosquitoes spread [West Nile virus](#). Travelers outside the United States may be at risk for [malaria](#) and other infections.

To prevent insect bites and their complications

- Don't bother insects
- Use insect repellent
- Wear protective clothing
- Be careful when you eat outside because food attracts insects
- If you know you have severe allergic reactions to insect bites, carry an emergency epinephrine kit



UAB EARLY HEAD START PROGRAM

TRANSITION SOCIALIZATION

For our three year olds and their families.

Friday, July 31, 2015

11:00 – 1:00

Vulcan Park

SHOOT FOR THE STARS

