

UAB EARLY HEAD START PROGRAM
THE EARLY EDITION

October 1, 2014



DATES TO REMEMBER

Oct. 2 – 11:00 – socialization – Eleanor, Renee, Pam, Shante'. 5:30 – Parenting – 5th floor conference room.

Oct. 8 – 10:30 – PIPA – 12:00 Policy Council

Oct. 9 – 11:30 – socialization – T, Vanessa, Katasha, Cassandra – 5:30 – parenting – 5th floor conference room

Oct. 16 – 11:00 – socialization – Eleanor, Renee', Pam, Shante'

Oct. 23 – 11:00 – socialization – St. Clair

Nov. 6 – 11:00 – socialization – T, Vanessa, Cassandra, Katasha – 5:30 – parenting – 5th floor

Nov. 12- 10:30 – PIPA – 12:00 Policy Council

Nov. 13 – 11:00 – socialization – Eleanor, Pam, Renee', Shante'

Nov. 20 – 11:00 – socialization – St. Clair – 5:30 – parenting – 5th floor



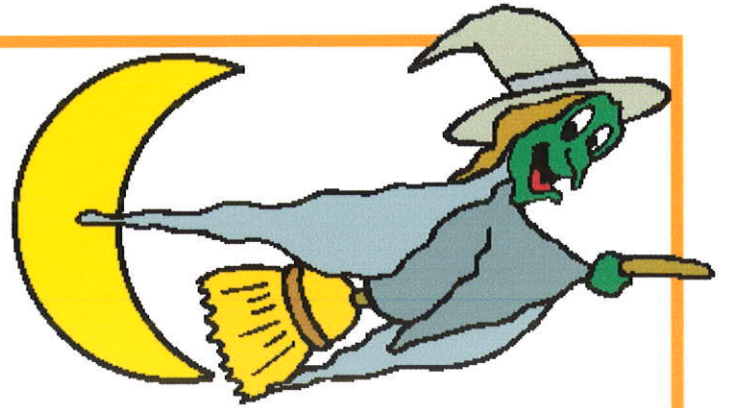
A THANKSGIVING FABLE

By, Oliver Herford

Thanksgiving Mouse It was a hungry pussy cat,
upon Thanksgiving morn,
And she watched a thankful little mouse,
that ate an ear of corn.
"If I ate that thankful little mouse,
how thankful he should be,
When he has made a meal himself,
to make a meal for me!

"Then with his thanks for having fed,
and his thanks for feeding me,
With all his thankfulness inside,
how thankful I shall be!"
Thus mused the hungry pussy cat,
upon Thanksgiving Day;
But the little mouse had overheard
and declined (with thanks) to stay.





Five Little Pumpkins

Five little pumpkins sitting on a gate.
The first one said, "Oh, my it's getting late!"
The second one said, "There are witches in the air."
The third one said, "But we don't care."
The fourth one said, "Let's run, let's run!"
The fifth one said, "Isn't Halloween fun?"

Then Woooooo went the wind
And OUT went the lights.

And five little pumpkins rolled out of sight.



Halloween Rings: Cut designs of pumpkins, ghosts, witches, princesses, etc. about 1". Glue on a twist tie (plastic bag tie) and custom fit to special fingers.



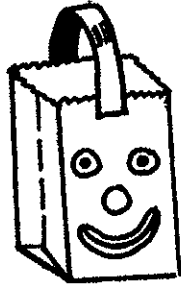
Other ideas for treats might be erasers, pencils, paper tablets, plastic whistles, chalk for sidewalk painting, popcorn or pretzels. Homemade finger puppets are another treat idea:



Finger puppets: Cut a paper bag about 2" by 2" and tape sides together. Decorate with a face, hair, etc.

Trick or treat bag:

Materials: small paper bag
construction paper
scissors
glue
crayons
stapler



Directions: Cut out pieces for face using construction paper and paste on paper bag. Decorate paper bag with crayons. Cut handle using construction paper and staple on decorated bag.

For Halloween, BANANAS Gets Into Pumpkins

Your Halloween pumpkin can provide an interesting week of simple activities:

- Make a jack-o-lantern and save the pulp and seeds. Cook the pulp into pumpkin pudding made with eggs, milk and spices (or try pumpkin cookies, pie or bread).
- Use the jack-o-lantern cut-outs to print a pumpkin face on paper.
- Soak the seeds in salt water (1Tb. in 1-½ cups water), drain and spread on a cookie sheet. Bake at 350 degrees, stirring to help them dry. Show children how to split and eat the seeds.
- Plant some fresh (uncooked) seeds in a pot for growing.
- After Halloween, cut three large pieces of pumpkin for the "Moldy Pumpkin Experiment." Put two pieces on separate plates. Cover one with a clear, glass bowl. Leave the second piece open to the air. Put the third piece in a bowl of water. Watch the changes begin and show the children each day. Keep the experiment going as long as you can stand it! Good for discussing mold, decay, insects and dehydration.

Have a safe and fun-filled Halloween!

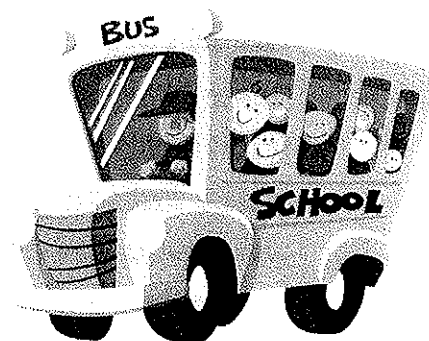




BACK TO SCHOOL TIPS FOR PARENTS

<http://cms.nmha.org>

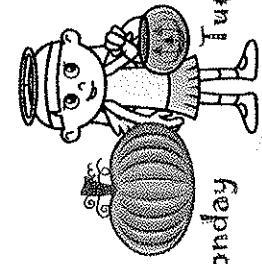
Going back to school after summer break can be a stressful time for children. Starting school for the first time, or going to a new school can be especially overwhelming. Children have to meet new teachers and make new friends as well as learn new routines.



As a parent there are some things you can do to make this time easier.

- Be interested and enthusiastic about the start of the school year. If you are confident and excited, your child will be too.
- Visit the school before the first day of class. Take a walk around the school with your child show him the classrooms, lunchroom, playground and restrooms. A familiar place is less scary!
- Take time to **listen** to your child. Find out what he or she is worried about. Let your child know that it's normal to feel nervous about the start of school. Try to come up with some ideas together to address specific concerns.
- Once school starts: Spend time each day talking to your child about what happened in school.
- Attend school functions and be involved at the school. Children whose parents are more involved do better in school and are less likely to drop out.
- Make a point to learn about how your child is developing in all ways: physically, socially and emotionally. Your Family Partner or your child's teacher can help you learn what is normal behavior for your child's age. Then you will be able to tell when things may not be right.





Sunday

Monday

Tuesday

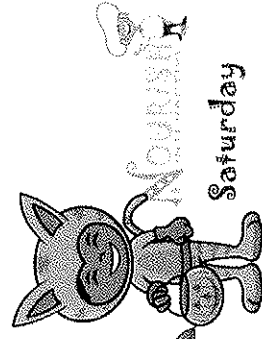
Wednesday

Thursday

Friday

Saturday

October 2014



Nourish

5
Today is National Walk to School Day.

12
Pack mini carrots for your child's snack today.

19
Cut sandwiches into fun shapes with cookie cutters.

26
After a big meal, take a family walk and burn extra calories. It will also help you digest.

6
Try riding your bike to school.

13
Nuts are a great source of protein and healthy oils.

20
While shopping for food, check out the sell by dates to make sure they are current.

27
Popcorn without butter is a smart choice.

7
Try adding some fresh fruit to your dessert.

14
Teach your kids portion sizes by using your hand.

21
Sodas and sport drinks can have as much as 13 teaspoons of added sugar.

28
Plan a healthy Halloween party using fresh fruits and veggies.

1
National Pizza Month. Make a whole wheat pizza with low fat cheese!

8
Happy Apple month! Cut one up and enjoy!

15
Teach your kids to walk for a healthy, daily activity.

22
When making your child a sandwich, use 100% wholewheat bread.

29
Have fun and play!

2
Decorate your pizza like a rainbow with lots of colorful veggies!

9
Take the kids on a nature walk and see how many different colored leaves you can find.

16
Ask for dressing on the side when eating out.

23
Try wearing a pedometer when you trick or treat.

30
Instead of candy, try non-sugared Halloween treats this year.

3
Pick an physical activity that you love and enjoy being active!

10
Whole grains give you energy. Look for 100% whole grains.

17
Today is the beginning of National Nutrition Education Week.

24
Keep it fun. Exercise for children should be more of a game and less of a chore.

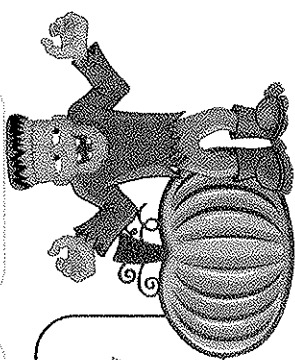
31
Have a Happy Halloween!

4
Teach kids to brush their teeth for 2 minutes.

11
Switch from regular mayonnaise to low fat or fat-free.

18
Stir fried, steamed, roasted or broiled dishes are healthier choices.

25
Cut up your fruit ahead of time and leave it on the table for a quick bite.





Halloween Safety Tips

Everything you need to know to keep your kids safe on Halloween

Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury.

Walk Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.



Trick or Treat With an Adult

- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.

Keep Costumes Both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.

Drive Extra Safely on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.

On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.

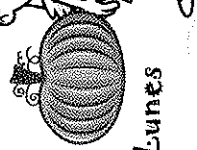




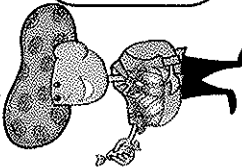
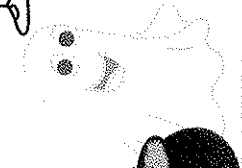
Domingo



Lunes



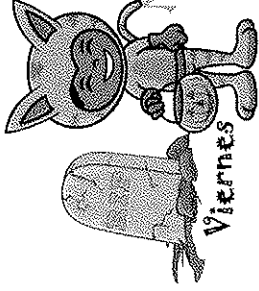
Martes



Miércoles

Jueves

Sábado



2014

Octubre



5
Hoy es el Día Nacional de Caminar a la Escuela.

12
Sustituya la mayonesa regular con una baja en grasa o sin grasa.

19
Los platos salteados, al vapor, asados, u horneados son opciones más saludables.

26
Haga pinchos. Póngale cubitos de queso bajo en grasa a paitos de pretzels

6
Sustituya el arroz, pan y pasta blancos con arroz y productos integrales.

13
Póngale mini zanahorias para la merienda de su niño hoy.

20
Corte el pan en formas divertidas con un cortador de galletas.

27
Prepárese para un saludable Halloween discutiendo algunas pautas para dulces.

7
Mantenga el corazón saludable con bastantes frutas, vegetales y granos integrales.

14
Las nueces son una gran fuente de proteína y aceites saludables.

21
Cuando vaya de compras fíjese en la fecha de caducidad para asegurarse que estén corrientes.

28
Opte por alimentos en su estado natural como naranjas en vez de jugo de naranja.

1
Cuando esté en el consultorio del pediatra háblele del índice de masa corporal. IMC.

8
Recomienda que los niños del K a 5 grado necesitan comer 645 calorías para almuerzo diario.

15
Enséñeles a sus niños los tamaños de las raciones usando la mano.

22
Las sodas y los refrescos deportivos pueden contener hasta 13 cucharaditas de azúcar agregada.

29
Planee una saludable fiesta de Halloween usando frutas dulces.

2
Enséñeles a sus niños a colorear su plato como un arco iris de vegetales.

9
Lleve a los niños a una caminata para ver cuantos diferentes colores de hojas pueden ver.

16
Enséñele a su niño a leer las etiquetas con una búsqueda del tesoro en la despensa.

23
Cuando le haga un sándwich a su niño, use pan 100% integral.

30
En vez de dulces, regale deliciosos sin azúcar este año para Halloween.

3
El ejercicio para los niños debe ser más como juego y menos como trabajo.

10
Los padres tiene la mayor influencia en el ejercicio de los niños.

17
Hoy comienza la Semana Nacional de la Educación de Nutrición

24
Enséñeles a sus niños a lavarse las manos por 20 segundos para luchar contra la flu.

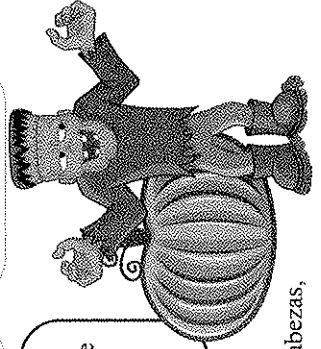
31
¡Feliz y saludable Día de Halloween!

4
Use platos más pequeños para ayudarles a los niños a controlar las raciones.

11
Enséñeles a sus niños a caminar para una actividad saludable diaria.

18
Hoy organice su refrigerador y tire todo lo que no valga.

25
Hagan arte en la acera con tiza o jueguen a la rayuela





Consejos de Seguridad para Halloween

Todo lo que necesita saber para la seguridad de sus hijos en Halloween.

A todo el mundo le encanta un buen susto en Halloween, pero no cuando se trata de la seguridad de sus hijos. Hay varios comportamientos sencillos y eficaces que los padres pueden compartir con los hijos para ayudar a reducir el riesgo de lesiones.

Caminar con precaución

- Cruce la calle en las esquinas, usando las señales de tráfico y los pasos peatonales.
- Mire a la izquierda, derecha e izquierda de nuevo antes de cruzar y siga mirando al cruzar.
- Pon dispositivos electrónicos hacia abajo y mantenga la cabeza arriba y camine, no corra, cruzando la calle.
- Enseñe a los niños a hacer contacto visual con los conductores antes de cruzar delante de ellos.
- Camine siempre por las aceras o sendas. Si no hay aceras, camine de cara al tráfico, lo más pegado a la izquierda que sea posible. Los niños deben caminar por las rutas más directas y con menos cruces.
- Esté atento a los coches que están girando o haciendo marcha atrás. Enseñe a los niños a no salir disparados hacia la calle y a no cruzar entre los autos aparcados.



Pedir caramelos con un adulto

- Los niños menores de 12 años no deben andar solos por la noche sin la supervisión de un adulto. Si los niños son lo suficientemente maduros como para estar sin supervisión, deben permanecer en áreas conocidas que estén bien iluminadas y pedir caramelos en grupos.

Los disfraces deben ser tan seguros como creativos

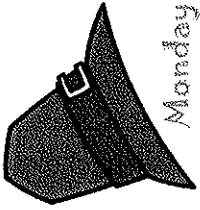
- Decore los disfraces y las bolsas con cinta adhesiva o pegatinas reflectantes y, si es posible, elija colores claros.
- Siempre que sea posible, utilice pintura y maquillaje facial en lugar de máscaras que puedan obstruir el campo de visión de los niños.
- Procure que sus hijos lleven barras luminosas o linternas para ayudarles a ver y a ser visibles para los conductores.
- Al elegir un disfraz, asegúrese de que sea de la talla correcta para evitar tropezones y caídas.

Conduzca con extrema precaución en Halloween

- Reduzca la velocidad y esté especialmente alerta en las zonas residenciales. Los niños se excitan en Halloween y pueden moverse en formas impredecibles.
- Emplee más tiempo del habitual buscando la presencia de niños en los cruces, medianeras y bordillos.
- Entre y salga de los caminos de entrada y de los callejones lentamente y con cuidado.
- Elimine las distracciones dentro de su coche para poder concentrarse en la carretera y sus alrededores.
- Conduzca despacio, espere la presencia de muchos peatones y encienda pronto las luces del auto para detectar a los niños a mayor distancia.
- Durante las horas de 5:30-9:30 se estará celebrando el trick-or-treat, por favor tengan cuidado y estén atentos a los niños.

De media, los niños tienen el doble de probabilidades de morir atropellados en Halloween que en cualquier otro día del año.





November 2014



Sunday

Monday

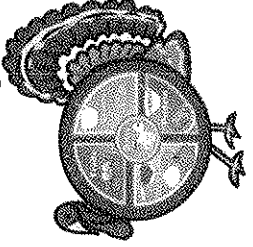
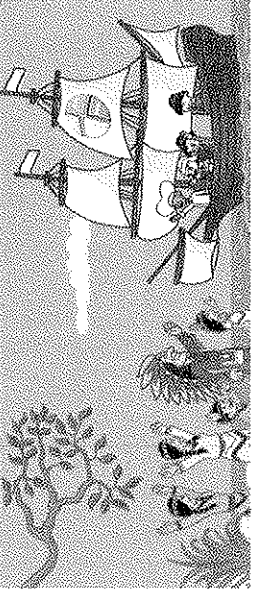
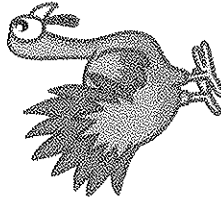
Tuesday

Wednesday

Thursday

Friday

Saturday



2
For chocolate lovers, eat antioxidant-rich, heart-healthy, organic dark chocolate

3
Try some figs! Find a great recipe and have the kids help.

4
Select your cold foods last so they'll stay cold until you get home and prevent food illness

5
Parsnips are sweet and are a good source of fiber.

6
Read food packages carefully. Don't be fooled by marketing claims.

7
Prevent choking accidents, do not allow children to play or run while eating

8
Arrange food in a fun way on the plate.

9
Kids' need Vitamin D to keep bones strong and fight disease.

10
A pomegranate is high in vitamin C and potassium.

11
Enriched grain and dark green, leafy vegetables are high in iron

12
An average of only 1 in 6 people washes their hands after using the restroom.

13
It is important to look at the serving size on the nutrition label.

14
Praise children when they are active.

15
Make a funny face out of fruits and vegetables for a cute snack.

16
Keep a physical activity chart on your refrigerator.

17
Let the kids enjoy pomegranates this fall.

18
1/4 cup of dried cranberries counts as a serving of fruit.

19
Make gravy with broth this year.

20
Try substituting nonfat plain greek yogurt for sour cream.

21
Add a few extra fruits and vegetables to those holiday recipes.

22
Have the kids help pick the fruits and veggies for Thanksgiving.

23/30
Teach kids to eat slowly and enjoy their food.

24
Take your children to the grocery store to help you shop for food.

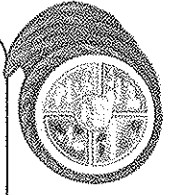
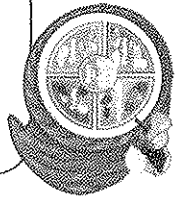
25
Make half your plate fruits and vegetables.

26
Go for a brisk family walk.

27
Happy Thanksgiving Day! Start off your holiday with some exercise.

28
Children like things that are familiar. Repeat favorite activities often.

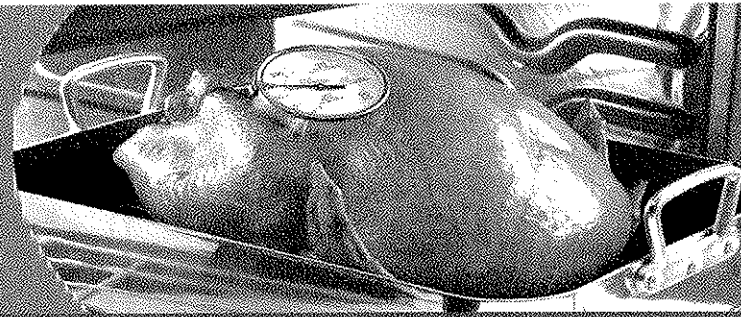
29
Serve pancakes using cookie cutters and decorate them with fruit.





United States Department of Agriculture
Food Safety and Inspection Service
www.fsis.usda.gov

Food Safety Information



Turkey Basics: Safe Cooking

A food thermometer should be used to ensure a safe minimum internal temperature of 165 °F has been reached to destroy bacteria and prevent foodborne illness.

Many variables can affect the roasting time of a whole turkey:

- A partially frozen turkey requires longer cooking.
- A stuffed turkey takes longer to cook.
- The oven may heat food unevenly.
- Temperature of the oven may be inaccurate.
- Dark roasting pans cook faster than shiny metals.
- The depth and size of the pan can reduce heat circulation to all areas of the turkey.
- The use of a foil tent for the entire time can slow cooking.
- Use of the roasting pan's lid speeds cooking.
- An oven cooking bag can accelerate cooking time.
- The rack position can have an affect on even cooking and heat circulation.
- A turkey or its pan may be too large for the oven, thus blocking heat circulation.

ROASTING INSTRUCTIONS

1. Set the oven temperature no lower than 325 °F. Preheating is not necessary.

2. Be sure the turkey is completely thawed. Times are based on fresh or thawed birds at a refrigerator temperature of 40 °F or below.

3. Place turkey breast-side up on a flat wire rack in a shallow roasting pan 2 to 2 1/2 inches deep.

Optional steps:

- Tuck wing tips back under shoulders of bird (called "akimbo").
- Add one-half cup water to the bottom of the pan.
- In the beginning, a tent of aluminum foil may be placed loosely over the breast of the turkey for the first 1 to 1 1/2 hours, then removed for browning. Or, a tent of foil may be placed over the turkey after the turkey has reached the desired golden brown color.

4. For optimum safety, cook stuffing in a casserole. If stuffing your turkey, mix ingredients just before stuffing it; stuff loosely. Additional time is required for the turkey and stuffing to reach a safe minimum internal temperature (see chart).

5. For safety and doneness, the internal temperature should be checked with a food thermometer.

The temperature of the turkey and the center of the stuffing must reach a safe minimum internal temperature of 165 °F. Check the temperature in the innermost part of the thigh and wing and the thickest part of the breast.

6. Let the bird stand 20 minutes before removing stuffing and carving.

APPROXIMATE COOKING TIMES (325 °F oven temperature)

UNSTUFFED (time in hours)

4 to 6 lb breast.....	1 1/2 to 2 1/4
6 to 8 lb breast.....	2 1/4 to 3 1/4
8 to 12 lbs.....	2 3/4 to 3
12 to 14 lbs.....	3 to 3 3/4
14 to 18 lbs.....	3 3/4 to 4 1/4
18 to 20 lbs.....	4 1/4 to 4 1/2
20 to 24 lbs.....	4 1/2 to 5

STUFFED (time in hours)

8 to 12 lbs.....	3 to 3 1/2
12 to 14 lbs.....	3 1/2 to 4
14 to 18 lbs.....	4 to 4 1/4
18 to 20 lbs.....	4 1/4 to 4 3/4
20 to 24 lbs.....	4 3/4 to 5 1/4

More Ways to Cook a Turkey

For other cooking methods, read the publication "Turkey: Alternate Routes to the Table" at www.fsis.usda.gov/Fact_Sheets/Turkey_Alt_Routes/index.asp.



Call the USDA Meat & Poultry Hotline 1-888-MPHotline (1-888-674-6854)

Year-round Monday through Friday from 10 a.m. to 4 p.m. ET (English or Spanish). Recorded food safety messages are available 24 hours a day.

Send E-mail questions to MPHotline.fsis@usda.gov.

AskKaren.gov

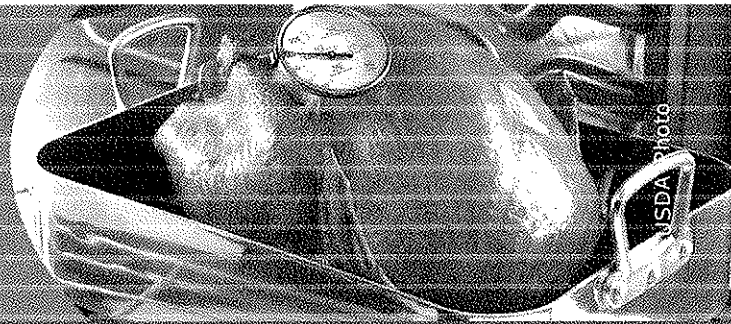
For automated responses via the Internet 24 hours a day and a live chat during Hotline hours.





Servicio de Inocuidad e Inspección de los Alimentos
Departamento de Agricultura de los Estados Unidos

Información sobre Inocuidad de Alimentos



Principios Básicos de la Preparación del Pavo: Para una Cocción Adecuada

Instrucciones para Asar:

Gradúe la temperatura del horno a 325 °F (190.55 °C) como mínimo.

Coloque el pavo en la fuente de asar sobre una rejilla dentro de un molde para hornear poco hondo.

Si va a rellenar el pavo, mezcle los ingredientes del relleno justo antes de colocarlo dentro del pavo. Cueza el pavo inmediatamente. Use un termómetro para alimentos para verificar que la temperatura interna del centro del relleno haya alcanzado 165 °F (73.88 °C). Un pavo entero resulta inocuo cuando se cuece hasta alcanzar una temperatura interna mínima adecuada de 165 °F (73.88 °C) en toda el ave. Verifique la temperatura interna en la parte más profunda del muslo y del ala y en la parte más gruesa de la pechuga. El relleno también debe alcanzar una temperatura interna mínima de 165 °F (73.88 °C). Si el relleno no ha alcanzado los 165 °F (73.88 °C), continúe asando el pavo hasta que ambos alcancen dicha temperatura.

Si el pavo viene con un indicador de temperatura eyector, se recomienda que también use un termómetro para alimentos para verificar la temperatura interna del ave entera en la parte más profunda del muslo y del ala, y en la parte más gruesa de la pechuga. La temperatura interna mínima debe ser 165 °F (73.88 °C).

Muchos factores pueden afectar el tiempo de cocción de un pavo entero:

- Un pavo total o parcialmente congelado necesita más tiempo de cocción que un pavo completamente descongelado.
- El pavo se cuece más rápido en una fuente de asar de color oscuro.
- Del tamaño y la profundidad de la fuente depende que el calor circule por toda la superficie del pavo.

- El usar una cubierta de papel de aluminio durante todo el tiempo de cocción hace que ésta demore más.
- El mantener cubierta la fuente de hornear con una tapa, acelera la cocción.
- El uso de bolsas de hornear acorta el tiempo de cocción.
- Un pavo relleno toma más tiempo para cocinarse que un pavo sin relleno.
- Los hornos pueden calentar en forma desigual.
- La posición de la rejilla del horno puede afectar el cocimiento uniforme y la circulación del calor.

Pasos Opcionales:

- Coloque las puntas de las alas debajo de los hombros.
- Ponga una media taza de agua en el fondo de la fuente.
- Se puede colocar una cubierta de papel de aluminio, de manera floja, sobre el pavo durante la primera hora u hora y media de cocción, y luego debe quitarla para permitir que el pavo se dore. O, la cubierta de papel de aluminio se puede poner después que el pavo se haya dorado.
- Para lograr una mejor calidad, puede dejar reposar el pavo por unos 20 minutos antes de sacar el relleno de la cavidad y empezar a cortar.

El Servicio de Inocuidad e Inspección de los Alimentos es la agencia de salud pública dentro del Departamento de Agricultura de los EE.UU. responsable por asegurar que el suministro comercial de carnes, aves y productos de huevo de la nación sean inocuos, de buena calidad, y se etiqueten y empaquen de manera correcta.

Línea de Información sobre
Carnes y Aves
1-888-MPHotline
(1-888-674-6854)