

UAB EARLY HEAD START PROGRAM



EARLY EDITION

Jane Reilly, Editor

November 2010

DATES TO REMEMBER:

Nov. 3 - 12:00 - Health Advisory Committee Meeting - UABEHSP Office
Nov. 5 - 9:30 a.m. - Health Fair - Birmingham Zoo
Nov. 8 - 11:00 - Meal of Thanks - Walker County - Ryan's
Nov. 9 - 11:00 - Meal of Thanks - Jefferson County - Golden Corral - Lorna Road
Nov. 10 - 10:00 a.m. - PIPA/Winter Carnival Planning Meeting UABEHSP Office
Nov. 10 - 12:00 - Policy Council
Nov. 12 - 10:30 a.m. - Meal of Thanks - St. Clair County - Aunt Aggie's Restaurant
Dec. 9 - 11:00 - Winter Carnival - St. Francis Xavier Church
Dec. 15 - 12:00 - Policy Council
Dec. 16 - 11:00 - PIPA - Jefferson County



FUN POEM

FIVE LITTLE SNOWFLAKES

From, DLTK



One little snowflake with nothing to do.



Along came another and

Then there were two.

Two little snowflakes laughing with me.

Along came another, and



Then there were three.

Three little snowflakes looking for some more.

Along came another, and

Then there were four.



Four little snowflakes dancing a jive.

Along came another and

Then there were five.

Five little snowflakes having so much fun.

Out came the sun, and then there were none.

RIDDLE

CAR RIDDLE

A man walks out of a store and spots his black car at 100 yards away without the use of any artificial light (no flashlights or street lamps). How is it possible?



See Jane for the Answer.

TIP OF THE DAY

A mouse trap placed on **top** of your alarm clock will prevent you from rolling over and going back to sleep.



You will find that if you really try to be a father, your child will meet you halfway. ~Robert Brault



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CAB POLICY

EFFECTIVE: October 19, 2009

Updated: October 08, 2010

Beginning October 19, 2009, if a client informs Ms. Dawson or their family partner that they would like a cab for socialization, PIPA, Policy Council, Meal of Thanks, Winter Carnival or any other function that might be sponsored by UABEHS and refuses the cab once it gets to your home **three** times in a program year, then that family will not be allowed to have a cab to functions for **three months**.

The reason for this new policy is that when we order a cab for you and it comes to your home, we are still responsible for paying for it. If you call your family partner or Ms. Dawson to cancel a cab, you must speak with them or leave a message that you are cancelling. **No client should ever call Yellow Cab for any reason.**

If you have any questions, please feel free to call me at 205-934-7853 or 205-612-3055. Thank you for your attention to this matter.

Sincerely

LaTanya L. Dawson

Parent Involvement Coordinator/Family Partner

UABEHS Program



Birthday Announcements

September 2010

- Cashis S. 09/06
- Daniel W. 09/07
- Jose B. 09/15
- JaQuavius R. 09/17
- Tomasso J. 09/20
- Harmoni L. 09/23
- Jehla P. 09/27
- Adrienne S. 09/29

October 2010

- Parker T. 10/01
- Braxton T. 10/06
- Phoenix T. 10/06
- Navaeh G. 10/11
- Jacob B. 10/12
- Levi C. 10/15
- Micah P. 10/15
- MaKayla M. 10/16
- Jaden S. 10/29
- Cameron P. 10/31

November 2010

- Caleb J. 11/03
- Kendarius B. 11/08
- Tristian K. 11/08
- Royon S. 11/27
-

PERTUSSIS (WHOOPING COUGH)

IS SPREADING IN YOUR COMMUNITY

To protect yourself
and your baby,
get vaccinated against
pertussis.

Pertussis (whooping cough) is a serious disease for babies. Adults and older children can spread pertussis to babies.

Pertussis is very contagious. It can cause serious illness and even death. Most infants who get the disease must be hospitalized.

Find out about the booster shot (Tdap) that's recommended for yourself, older children, and other adults, including grandparents and babysitters.

<http://www.cdc.gov/features/pertussis>



National Center for Immunization & Respiratory Diseases
Office of the Director

CS214870



You can download this flyer from: http://www.cdc.gov/vaccines/vpd-vac/pertussis/downloads/f_pertussis_print-508.pdf and print additional copies on your color printer.

TOS FERINA (PERTUSSIS)

LA TOS FERINA SE ESTÁ PROPAGANDO EN SU COMUNIDAD

Para su protección y la de su bebé, vacúnese contra la tos ferina

La tos ferina (pertussis) es una enfermedad grave para los bebés. Los adultos y los niños mayores pueden contagiarla a los bebés.

La tos ferina es muy contagiosa. Puede causar una enfermedad muy grave e incluso la muerte. La mayoría de los bebés que contraen la enfermedad deben ser hospitalizados.

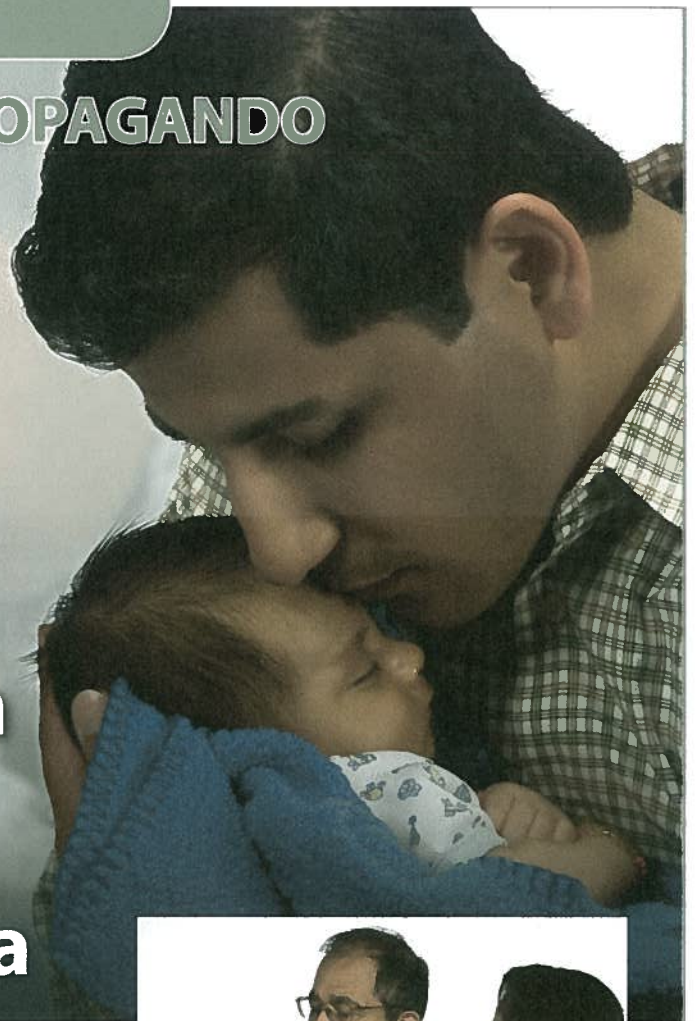
Pregunte sobre la vacuna de refuerzo (Tdap) recomendada para usted, los niños mayores y otros adultos, incluidos los abuelos y las personas que cuidan de los bebés.

<http://www.cdc.gov/spanish/especialesCDC/TosFerina>

Centro Nacional de Inmunización y Enfermedades Respiratorias
Oficina del Director

CS214870

http://www.cdc.gov/vaccines/vpd/vac/pertussis/downloads/f_pertussis_print_sp-508.pdf





toasted pumpkin seeds

1. Remove all the fibers and spread the seeds on a baking pan.
2. Spray lightly with vegetable oil spray and toss the seeds to coat.
3. Bake the pumpkin seeds in a 350° oven for 15 to 20 minutes, stirring occasionally.
4. Season the seeds with salt, parmesan cheese, taco seasoning, garlic powder or your favorite seasonings.



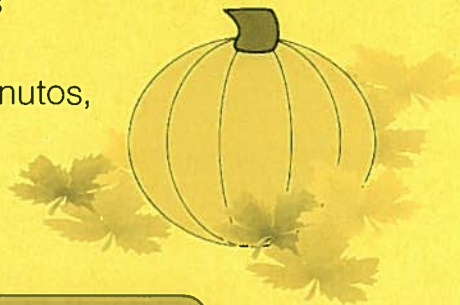
**Carve and decorate your pumpkin.
Save the seeds
for a fun autumn snack!**

Nutrition Matters, Inc. - www.numatters.com
This tipsheet can be reproduced for educational purposes.



semillas de calabaza tostadas

1. Quite las fibras adheridas y coloque las semillas en una bandeja de horno.
2. Rocíe con spray vegetal y revuelva las semillas hasta recubrirlas bien.
3. Hornee las semillas a 350° durante 15 a 20 minutos, revolviendo a menudo.
4. Condimente con sal, queso parmesano, sazón de tacos, ajo en polvo, o sus condimentos favoritos.



**Talle y decore su calabaza.
¡Separe las semillas
para una delicia otoñal!**

101 WAYS TO PRAISE A CHILD

• Wow • Way To Go • Super • You're Special • Outstanding • Excellent • Great • Good • Neat • Well Done • Remarkable • I Knew You Could Do It • I'm Proud Of You • Fantastic • Superstar • Nice Work • Looking Good • You're On Top Of It • Beautiful • Now You're Flying • You're Catching On • Now You've Got It • You're Incredible • Bravo • You're Fantastic • Hurray For You • You're On Target • You're On Your Way • How Nice • How Smart • Good Job • That's Incredible • Hot Dog • Dynamite • You're Beautiful • You're Unique • Nothing Can Stop You Now • Good For You • I Like You • You're Darling • You're A Winner • Remarkable Job • Beautiful Work • Spectacular • You're Spectacular • You're Precious • Great Discovery • You've Discovered The Secret • You Figured It Out • Fantastic Job • Hip, Hip Hurray • Bingo • Magnificent • Marvelous • Terrific • You're Important • Phenomenal • You're Sensational • Super Work • Creative Job • Super Job • Fantastic Job • Exceptional Performance • You're A Real Trooper • You Are Responsible • You Are Exciting • You Learned It Right • What An Imagination • What A Good Listener • You Are Fun • You're Growing Up • You Tried Hard • You Care • Beautiful Sharing • Outstanding Performance • You're A Good Friend • I Trust You • You're Important • You Mean A Lot To Me • You Make Me Happy • You Belong • You've Got A Friend • You Make Me Laugh • You Brighten My Day • I Respect You • You Mean The World To Me • That's Correct • You're A Joy • You're A Treasure • You're Wonderful • You're Perfect • Awesome • A+ Job • You're A-OK-My Buddy • You Made My Day • That's The Best • A Big Hug • A Big Kiss • Say I Love You! • Remember, A Smile Is Worth 1000 Words!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!



November-December Parenting Classes



**Parenting Tips and Tools, because it's
the world's most important job.**

There will be no parenting meetings in
Jefferson County or in **St. Clair County** in
November and December ☹️
Parenting classes will resume in January 😊

In **Walker County** Parenting will be on
December 8th at 9:30 am at the center.

- 📞 But if you ever have any questions or concerns about any challenging behaviors or about sleeping, eating, potty training... whatever...be sure to call me:
934-1098 or 410-6586 (Dalia)



Parenting tip for November and December:

Starting to think about gifts for your children? How about BOOKS???
Here are some ideas for choosing books for your children

Some books help children build confidence as they join in with a repeated rhyme. Others jump-start the imagination with stories about talking animals or a grandmother who flies. Books about familiar objects, people, and events are reassuring to young children, while books with unfamiliar topics can excite them about new ideas and places.

Listed below are some examples of the kinds of books available for young children.

Type of Book: ABC and counting books

Features: Fun and colorful illustrations of the alphabet and numbers

Example Title: *Chicka Chicka Boom Boom* by Bill Martin Jr. and John Archambault, illustrated by Lois Ehlert

Type of Book: Wordless picture books

Features: A story told through pictures and few or no words

Example Title: *Good Dog, Carl* by Alexandra Day

Type of Book: Concept books

Features: Pictures of familiar objects or ideas such as colors, shapes, opposites, or sizes

Example Title: *Color Dance* by Ann Jonas

Type of Book: Pattern books

Features: Repeating text and predictable plots that let children join in

Example Title: *Brown Bear, Brown Bear, What Do You See?* by Bill Martin Jr., illustrated by Eric Carle

Type of Book: Information books

Features: Realistic pictures or photographs that introduce facts about a specific topic

Example Title: *Bugs* by Nancy Winslow Parker and Joan Richards Wright

Type of Book: Traditional rhymes and stories

Features: Nursery rhymes, fairy tales, fables, and folktales from various cultures

Example Title: *The Little Red Hen* by Byron Barton

Type of Book: Picture books

Features: Words and pictures that tell a story about realistic or imaginary characters and events

Example Title: *Abuela* by Arthur Dorros, illustrated by Elisa Kleven

Type of Book: Poetry

Features: One or several illustrated poems for young children

Example Title: *Honey, I Love* by Eloise Greenfield, illustrated by Jan Spivey Gilchrist

Source: *Read with Me*, a RIF Parent-Teacher Partnership

NEWS FLASH . . .

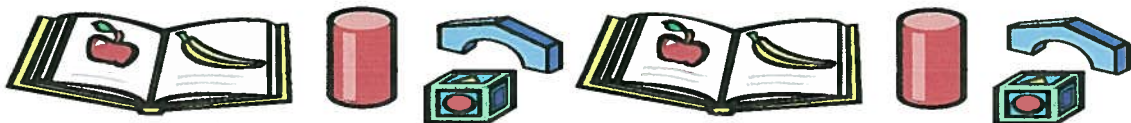
Telling **STORIES** helps kids get ready to **READ**

1. When kids tell stories, they are like an author.
They get to explain what an event was like to someone else. They have to remember the important things that happened, and in what order. They have to share enough detail so everyone can imagine what happened.
2. Telling stories helps children practice using words in many ways.
3. Hearing and creating stories helps kids understand stories when they learn to read.

What can you do?

1. Ask your kids about what they did today. Even if you already know.
2. Ask your kids to tell other people about things that happened. They can tell the same story over and over to different people.
3. **LISTEN** to the stories they tell.
4. **TELL** your own stories to your kids.

Kids love to hear stories about themselves,
or about when you were little like them.



COLD WEATHER RECIPES KIDS LOVE

From, KidsFit

Kid-Approved Recipe: Stir-Fry Shrimp With Ramen Noodles

Ramen noodles are quick, easy, yummy and a sure favorite among kids. But they are not exactly packed with nutrients. Here is a recipe that keeps the yummy ramen-flavor and adds a healthy dose of protein and fiber.

Ingredients:

- 2 pkg. (3 oz. each) chicken-flavored ramen noodle soup
- 1/4 cup teriyaki sauce
- 1 tbs. vegetable oil
- 2 tsp. grated fresh ginger
- 1 bag (1 lb.) frozen stir-fry vegetables, thawed
- 1 tbs. cornstarch
- 1 lb. peeled cooked shrimp, tails removed
- 2 green onions, sliced (optional)



Directions:

Cook ramen noodles according to package directions, but do not add seasoning packets to pan. Drain noodles, and place in serving bowl. Dissolve 1 packet of ramen flavoring in 1 3/4 cups water, then discard remaining packet. Add teriyaki sauce to seasoned water, and set aside.

In large nonstick skillet, heat oil over medium-high heat. Add ginger, and cook 30 seconds. Stir in seasoned water; bring to a boil. Add vegetables, and cook 3 minutes.

Dissolve cornstarch in 2 Tbs. water, whisk into boiling sauce, and cook 1 minute more. Add shrimp, toss to coat with sauce, and heat through. Pour over hot noodles, and toss. Sprinkle with green onions, if using.

Kid-Approved Recipe: Turkey Soft Tacos

What is it about tortillas that gets kids into eating? I can wrap up just about anything in a flour tortilla and my kids will gobble it up. Here is a tasty soft taco recipe that helps you sneak in some veggies while giving your family the flavor they want.

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 pound ground turkey
- 1 bell pepper chopped
- 1 small yellow squash, chopped
- 1/2 teaspoon paprika
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1 15-oz can of crushed tomatoes
- 1 ripe avocado
- 3 teaspoon mild salsa
- 1 tablespoon lime juice
- 12 corn or flour tortillas
- Sour cream
- Shredded cheese



Directions:

In large nonstick skillet, heat oil over medium-high heat. Add ground meat and cook for 3 minutes. Add bell pepper, squash, paprika, cumin and salt. Stir to combine. Add crushed tomatoes and reduce heat to a simmer. Cook until sauce has thickened and reduced.

Peel and remove pit from avocado. In a bowl, mash avocado with fork. Stir in salsa and lime juice. Heat tortillas according to package directions. Serve chicken mixture wrapped in tortillas with avocado salsa on the side.

Family Disaster Plan for Winter

Families should be prepared for all hazards that affect their area and themselves. Follow these basic steps to develop a family disaster plan:

Learn your community's warning signals.

Meet with your family to create a plan. Pick two places to meet: a spot outside your home for an emergency such as fire, and a place away from your neighborhood in case you cannot return home (a real possibility during the day when adults are at work and children are at school). Choose an out-of-area friend as your family check-in contact for everyone to call if the family becomes separated.

Implement your plan. Post emergency telephone numbers by the phones. Install safety features in your house such as smoke detectors and fire extinguishers. Inspect your home for potential hazards and correct them. Have your family learn basic safety and first aid measures. Make sure everyone knows how and when to call 9-1-1 or your local emergency medical services phone number. Have disaster supplies on hand.

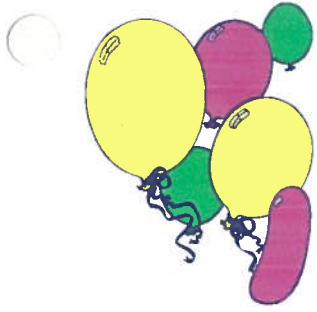
Home Emergency Supplies

Winter has arrived and you should stockpile the following supplies in the event a winter storm or power outage prevents you from leaving your home.

- Flashlights and extra batteries
- Battery-operated radio and extra batteries
- Emergency non-perishable foods that do not require refrigeration
- Non-electric can opener
- Bottled water
- One week supply of essential medicines
- Extra blankets and sleeping bags
- First aid kit and manual
- Fire extinguisher
- Emergency heating equipment, used properly



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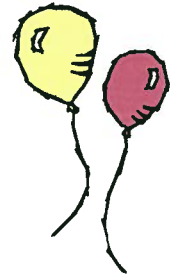


FALL HEALTH FAIR

FRIDAY, NOVEMBER 5, 2010

9:30 A.M. - 1:00 P.M.

BIRMINGHAM ZOO



WE ARE IN A NEW PLACE THIS YEAR...

FOLLOW THE BALLOONS TO A SMALL CANOPY TENT

AND/OR TAXI STAND WHICH WILL LEAD

DIRECTLY TO THE PRIMARY CLASSROOM INSIDE THE ZOO.

NUTRITION SCREENINGS

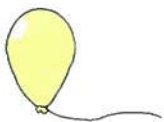
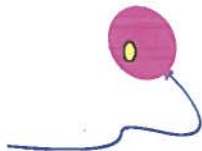
IMMUNIZATIONS

AUDIOLOGY

VISION

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UAB EARLY HEAD START PROGRAM

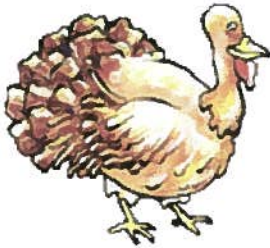
MEALS OF THANKS

Walker County Families

Monday, November 8, 2010

11:00 a.m.

Ryan's Restaurant



Jefferson County Families

Tuesday, November 9, 2010

11:00 a.m.

Golden Corral - Lorna Road

St. Clair County Families

Friday, November 12, 2010

10:30 a.m.

Aunt Aggie's Back Porch - Pell City



UAB EARLY HEAD START PROGRAM



WINTER CARNIVAL

THURSDAY, DEC. 9, 2010

11:00 A.M.

ST. FRANCIS XAVIER CATHOLIC CHURCH

BIRMINGHAM, ALABAMA



