

UAB EARLY HEAD START PROGRAM

EARLY EDITION

Jane Reilly, Editor

September 2011

<http://www.uab.edu/civitansparks/uab-early-head-start-program>

DATES TO REMEMBER:

Sept 8 - 11:00 - socialization -

**Families of T, Cassandra,
Vanessa, Shante - 10:00 -
parenting**

Sept 14 - 12:00 - Policy Council

**Sept 15 - 11:00 - socialization -
St. Clair**

**Sept 22 - 11:00 - socialization -
families of Nikki, Pam, Eleanor,
Renee - 10:00 - parenting**

**Oct 6 - 11:00 - socialization -
families of T, Cassandra,
Vaness, Shante - 10:00
parenting**

Oct 12 - 12:00 - Policy Council

**Oct 13 - 11:00 - socialization -
families of Nikki, Pam, Eleanor ,
Renee - 10:00 parenting**

**Oct 20 - 11:00 socialization - St.
Cl**

Oct 27 -11:00 socialization

**-families of T, Cassandra,
Vaness, Shante -10:00 parenting**

FUN POEM

DADDY FORGETS MY NAME

by Bruce Lansky

My daddy calls me sweetie
pie.

He calls me honey bunny.

He also calls me poopsie,

which I think is kind of
funny.

My daddy calls me
sugarplum,

and also sleepyhead.

My silly dad forgets my
name

when he tucks me into bed.



RIDDLE

Riddle

Soft and fragile is my skin;

I get my growth in mud.

I'm dangerous as much as pretty,

For if not careful, I draw blood.



See Jane for answer.

Becoming a father is easy enough,
but being one can be very rough”

Wilhelm Busch





September, October Parenting Classes



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

In Jefferson County: Parenting classes are
always on Thursday at 10:00 am before your
regular socialization

See page 1 of this newsletter for the socialization schedule.

In St. Clair County Parenting will be on
Sep. 15th and Oct. 20th at 11:00 am.

In Walker County Parenting will be on
Sept 21st and Oct. 26th at 9:30 am at the center.

- ♥ In September we will talk about reducing **whining**
- ♥ In October we will talk about handling and avoiding **temper tantrums**

And at every meeting, there will be time for your
questions and for talking about the usual: sleeping,
eating, potty training... you name it!

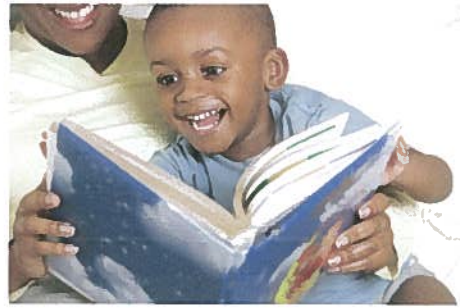
■ And if you ever have any questions or concerns,
be sure to call me: 934-1098 or 410-6586 (Dalia)



NEWS FLASH . . .

You can help your children learn to be better readers by TALKING to them.

They've been saying for a long time that reading to babies and toddlers makes it easier for them to learn to read in grade school.



Now, new research shows that talking to your children is important too!

Telling family stories, talking about how the day went, discussing what is planned for tomorrow... all this helps children learn to read more easily. Talking about these things helps kids learn how stories are told, how to put the story in order, and how to add details. They learn how to talk about things that happened before, and about things that will happen later.

When they hear stories, and tell them, children are practicing for reading, and for understanding when stories are read to them.

"Everybody can talk with their kids, and it makes an enormous difference in their children's lifelong academic success," says Lauren Leikin, literacy coordinator for the Agenda for Children.

Read more at:

<http://www.edletter.org/insights/familyconversation.shtml>



<http://www.uab.edu/civitanspark/uab-early-head-start-program>

HOME SAFETY CHECKLIST

Reprinted from UL-Home Safety

Sound the Alarm: Install smoke detectors on every floor of your home and carbon monoxide detectors near sleeping areas. If already installed, test them! Tip: Replace the batteries every daylight-saving time change. **Avoid Overload:** Check for overloaded extension cords – usage should not exceed the recommended wattage. **Don't Get Tippy:** If young children are in the home, bookshelves and other furniture should be firmly secured with wall brackets to prevent tipping. **Paint Safe:** Check walls for loose paint. If re-painting, do so in a well-ventilated area and consider VOC-free paint. **Childproof, Childproof, Childproof:** Check your local library or online for complete lists of childproofing suggestions and see our [Virtual Home Safety Tour](#) for more ideas. Areas of particular danger include outlets, appliances, electronics, stairs and windows. **Cover Outlets:** Cover all unused outlets to prevent children from sticking a finger in the socket. **Watch Cord Placement:** Extension cords should not be placed under rugs or heavy furniture, tacked up or coiled while in use. **Get Grounded:** All major appliances should be grounded. Be sure to check your ground fault circuit interrupters regularly. **Plan Your Escape:** Practice a fire escape plan with your family where you identify two exits for every room and what to do with young children. **Give Your Air Heater Some Space:** All air heaters should be placed at least three feet from beds, curtains or anything flammable. **Keep Extinguishers Handy:** Place all-purpose fire extinguishers in key locations in your home – the kitchen, bedroom and basement. Be sure to check expiration dates regularly and know how to use them safely. **Create a Safe Exit:** In addition to alarms and extinguishers, consider an escape ladder if your home has two floors. Keep emergency numbers and contacts readily available by the phone. **Unplug Appliances:** Unplug appliances and electronics when not in use and store them out of reach. **Go New in the Nursery:** Check that all painted cribs, bassinets and high chairs were made after 1978 to avoid potential lead paint poisoning. **Cool Your Jets:** Set your water heater below 120 degrees Fahrenheit to avoid potential burns and to save energy. **Put Away Medications:** Take medications and medical supplies out of your purse, pockets and drawers, and put them in a cabinet with a child safety lock. **Look for UL:** The UL Mark appears on products that have been tested, verified and inspected for safety. Make sure to look for it to keep your holidays safe and bright.



Extremely simple ways to make your child feel special . . .

March 3rd, 2011

It's always the little things that we love most and remember best about the people in our lives. Kind, supportive words spoken. The friend you know who gives the biggest, warmest, best hugs. The simplest kind gesture that brightens your day.

Even though my husband works hard to support our family and regularly maintains and repairs countless things around the house, it's often a sweet little text

message that he sends that reminds me how wonderful he is and how blessed I am.

The same is true with our kids. It's most often the seemingly little things that nurture their sense of self worth and instill in them a sense of thankfulness for being your child. I know that's true for me as I think back to my childhood. A sense of being loved resonates as I think back to walking in the house after school and it truly was the simple things that reflected that love . . . being greeted by my dog, a snack waiting for me on the table, my mom smiling and asking how school was. Simple. Important. Memorable.

Here's 4 very simple little things you can do to make your child feel very special and loved:

- 1) Try not to be on the phone when they come home. A wise older woman once told me that when your kids walk in the door, they have something to say and if no one is available, it never gets said. We all need a few minutes of undivided, sincere attention from those we love. Be intentional about this.
- 2) If you have a little one, get down on a knee and make direct eye contact when they're talking to you. It's easy to let the business of life take over, but try not to turn your back, keep making dinner, sift through the mail or check your cell phone while your children are talking to you. It gives them a sense of worth and value when you are interested in what they're saying and when your body language reflects that.
- 3) Along with letting your child know that you are always there to help them when they need you, once in a while ask your child for help too. I'm not talking about assigning chores here. I'm talking about asking for help in ways that will make your child feel valued for their opinion and honored. Saying things like, "Next week is Grandma's birthday, I need your help in thinking of some fun ways that we could make her feel special." Or, "I need your help planning some fun things we can do with your cousins next weekend." Even asking your child which blouse they like better when you're picking out what you're going to wear to work, gives them a sense of importance and helps them to feel like their opinion matters.
- 4) The simple act of taking the time to read a [book](#) with your child affirms that they are loved, worth your time and valued. Sit down with your child and read one of Bur Bur and Friends multicultural children picture books. Highlighting activities for preschool and school-age children, these [teacher choice awards](#), parent choice award and iParenting Media award winning children's books encourage your child to be healthy and happy on the inside as well as on the outside!

KID-FRIENDLY BREAKFAST RECIPES FOR FALL

FRENCH TOAST BITES

Ingredients

- 1 loaf (about 1 lb.) sturdy artisan-style bread
- 6 eggs
- 1 cup low-fat milk (1% or 2%)
- 2 teaspoons vanilla
- 1 teaspoon ground cinnamon

Preparation

1. Cut bread into 1-inch-thick slices. Trim crusts; cut bread into 1-inch cubes. In a bowl, beat eggs, milk, vanilla, and cinnamon. Add 2 cups bread cubes and mix to saturate.
2. Lightly butter a 10- to 12-inch nonstick frying pan. Place pan over medium-high heat. Lift bread cubes from mixture, shaking off excess liquid. Add cubes to hot pan and cook (adjust heat if necessary), turning as needed, until golden brown, about 5 minutes. Keep warm.
3. Repeat to soak and cook remaining cubes. Discard any remaining egg mixture.

Cindy Bates, Forest Grove, OR,



PEANUTBUTTER PANCAKES

Ingredients

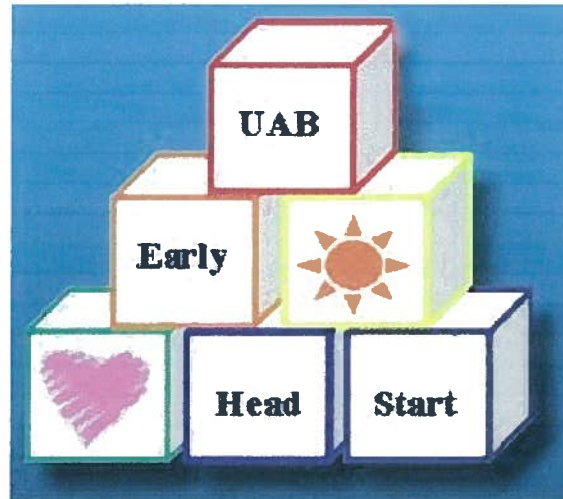
- 1 1/2 cups all-purpose flour
- 6 tablespoons sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 1/4 cups fat-free milk
- 1/4 cup chunky peanut butter
- 1 tablespoon roasted peanut oil or vegetable oil
- 1/2 teaspoon vanilla extract
- 2 large eggs, lightly beaten

Preparation

- Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, sugar, baking powder, and salt in a large bowl. Combine milk and remaining ingredients; add to flour mixture, stirring until smooth.
- Spoon about 1/4 cup batter onto a hot nonstick griddle or a large nonstick skillet. Turn pancakes when tops are covered with bubbles and edges look cooked.

David Bonom, [*Cooking Light*](#)





UAB Early Head Start is on the web!

Find us on our web site where you can see the monthly calendar, the bimonthly newsletter and information about our program. You can also find our phone numbers and emails so you can contact us.

<http://www.uab.edu/civitanisparks/UAB-Early-Head-Start-Program>

And like us on Facebook to get updates about events like socializations, PIPA and Policy Council meetings. We also post links to important information about jobs, parenting, free stuff, etc. We will never post information about you. If you never comment on the page, nobody will ever know you are a “fan” of our page. You can type in this link:

<http://www.facebook.com/%23!/pages/UAB-Early-Head-Start-Program/232246896808662?sk=wall#!/pages/UAB-Early-Head-Start-Program/232246896808662?sk=wall>

or just search for UAB Early Head Start Program on your Facebook page.

