



# UAB EARLY HEAD START PROGRAM THE EARLY EDITION

Jane Reilly, Editor

June/July 2013

## DATES TO REMEMBER

Friday, June 21, 2013—FUN  
DAY—10:00—2:00 P.M.—  
Crestwood Park

Friday, July 19, 2013—  
Transition Socialization for  
our 3-year-olds and their  
families—11:00 a.m.—Vulcan  
Park



## DADDY I LOVE YOU

*Daddy, I love you  
For all that you do.  
I'll kiss you and hug you  
'Cause you love me, too.*

*You feed me and need me  
To teach you to play,  
So smile 'cause I love  
you  
On this Father's Day.*



## INDEPENDENCE DAY

### The Fourth of July 2013

On this day in 1776, the Declaration of Independence was approved by the Continental Congress, setting the 13 colonies on the road to freedom as a sovereign nation. As always, this most American of holidays will be marked by parades, fireworks and backyard barbecues across the country.

### TRANSITION SOCIALIZATION

July 19, 2013 the Director and Staff  
of the UAB Early Head Start Program  
Will host the annual Transition  
Socialization for our three-year-olds  
and their families at Vulcan Park





## June July



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

There will be NO parenting classes  
over the summer.

We will start up again in August.

If you have any questions or concerns, don't  
hesitate to call me!

934-1098 or 410-6586 (Dalia)

Enjoy your summer!  
See you at Fun Day!



## NEWS FLASH . . .

### **Researchers tell Parents: Daily Routines in your house Can Help Lower the Risk of Childhood Obesity**

A new national study suggests that preschool-aged children are less likely to become obese if you encourage them to regularly do one or more of the following:

**Eat dinner as a family**



**Get enough sleep**



**Spend LESS time watching TV**



Looking at a large group of children in the USA, the study showed that four-year-olds living in homes that do all three of these had an almost 40 percent **lower** prevalence of obesity compared to children living in homes that don't practice these routines. The study appears online and in the March 2010 issue of the journal *Pediatrics*.

You can read more at:

<http://researchnews.osu.edu/archive/homeroutines.htm>

Dear Parents,

Playing in the sun is fun, but too much sun can be harmful. Practice sun safety every day, every where, and all year long.

**Page 2 – Prevent sunburn.** Children can sunburn very quickly, even on a cloudy day. Just one serious sunburn during childhood can increase your child's chance of skin cancer later in life. Use sunscreen on all bare skin, including the ears and top of the head where the hair parts. Reapply sunscreen as directed on the bottle.

**Page 3 – Wear a hat.** Hats with wide brims help protect your child's face, ears, and neck from the sun. Cool comfortable clothing, such as loose fitting pants or shirts with sleeves, can also help prevent sunburn.

**Page 4 – Protect your eyes.** Overexposure to the sun's UV rays can damage your child's eyes. Children should wear sunglasses that are labeled "99%-100% UV protection." Teach children that they should never look directly at the sun!

**Page 5 – Stay cool.** Too much heat and sun can be dangerous, especially for children. Children should play inside or in the shade during the hottest part of the day (10:00 am – 4:00 pm). Never leave a child in a parked vehicle during hot weather, even for a few minutes!

**Page 6 – Things get hot!** The sun can make slides, vehicles, seatbelt buckles, car seats, and other items very hot. These items can cause serious burns. Always check items before they touch your child's skin. If it feels warm to you, it will feel hot to your child.

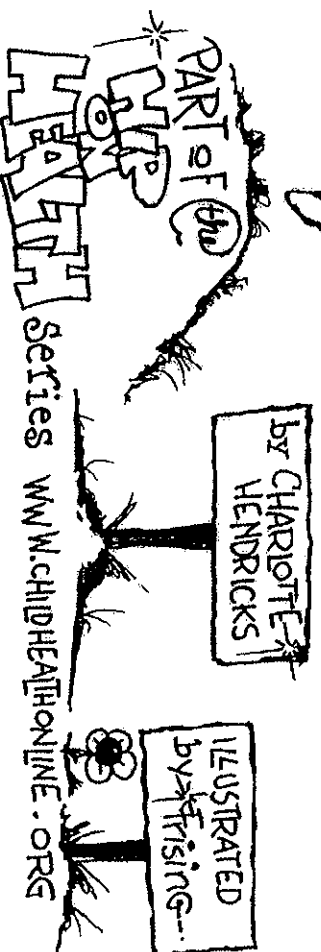
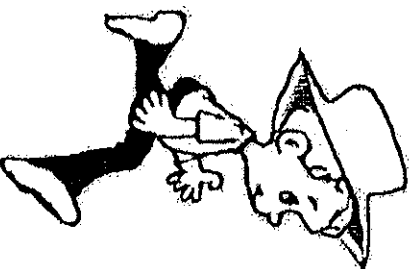
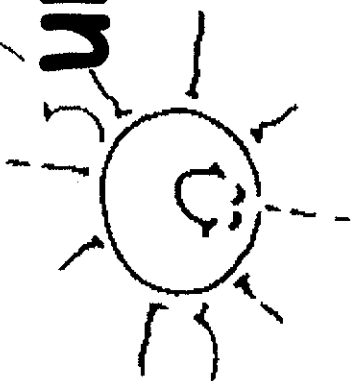
**Page 7 – Drink Water!** Children lose fluid from their bodies when they go to the bathroom or sweat. If a child loses too much fluid, he or she can become *dehydrated*, which is very dangerous. Give your child plenty of water to drink, especially during hot weather or when playing hard.

Healthy Childcare Consultants, Inc.  
www.childhealthonline.org

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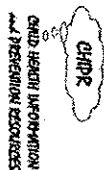
# Safe Fun in the Sun



by CHARLOTTE HENDRICKS

ILLUSTRATED by KRISTINE

www.childhealthonline.org



Queridos Padres ,

Jugar en el sol es divertido, pero mucho sol puede ser dañino.

Practique la protección solar todos los días, en todos los lugares y todo el año.

**Página 2 - Prevenga la insolación.** Los niños pueden tener insolación muy rápida y sería incluso en los días nublados. Una sola insolación muy seria en la niñez puede incrementar altamente la posibilidad de que su niño tenga cáncer de la piel cuando crezca. Use crema antisolar en la piel expuesta al sol incluyendo las orejas y la piel de la cabeza no cubierta por el sombrero. Siga las instrucciones de administración de la crema antisolar en cuanto a las reacciones.

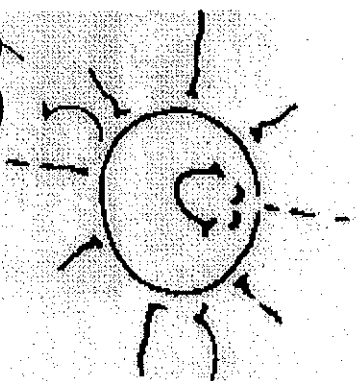
**Página 3 - Use un sombrero.** Los sombreros anchos ayudan a proteger la cara, las orejas y el cuello de su niño del sol. Ropa cómoda como pantalones y camisas con mangas también ayuda a prevenir la insolación.

**Página 4 - Proteja sus ojos.** La sobre exposición a los rayos UV del sol pueden dañar los ojos de su niño. Los niños deben usar lentes que dicen tener un "99%-100% de protección contra los rayos UV del sol." Enseñe a su niño a que NUNCA debe mirar directamente al sol!

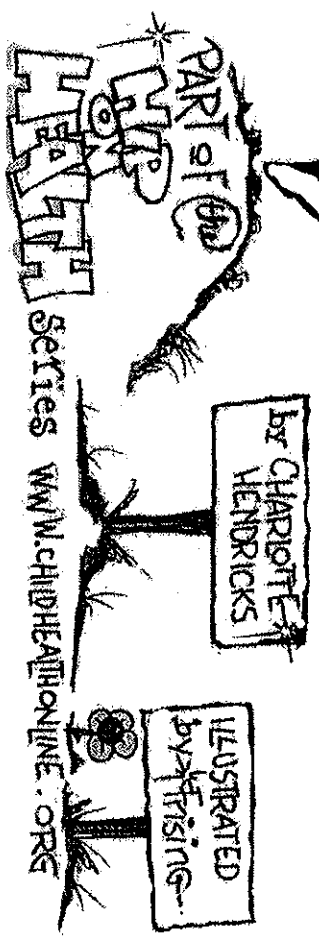
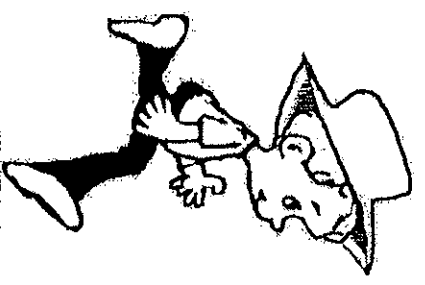
**Página 5 - ¡Sea Fresco!** Mucho calor y sol puede ser peligroso, especialmente para los niños. Los niños deben jugar a la sombra durante las horas más calientes del día (10:00 a.m. - 3:00 p.m.) Nunca deje a un niño en un carro estacionado cuando está haciendo calor. ¡Ni siquiera por unos minutos!

**Página 6 - ¡Las cosas se calientan!** El sol puede calentar los toboganes, los carros, las hebillas de los cinturones de seguridad, las asientos de los carros y muchos otros objetos. Estos objetos pueden causar serias quemaduras. Siempre revise estos objetos antes de que la piel de su niño los toque. Si usted los siente tibios su niño los sentirá CALIENTE.

**Página 7 - ¡Beba agual!** Los niños pierden líquidos cuando van al baño o sudan. Si un niño pierde mucho líquido se puede deshidratar, lo cual es muy peligroso. De a su niño suficiente agua para tomar, especialmente cuando hay mucho calor o cuando están jugando en el patio.



# SEGURIDAD EN EL SOL



Derecho de autor: 2005 Healthy Childcare Consultants, Inc.  
[www.childhealthonline.org](http://www.childhealthonline.org)





## How to Get Your Child to Wear a Helmet

### **Establish the helmet habit early**

Have your children wear helmets as soon as they start to ride tricycles.

### **Wear a helmet yourself**

Children learn best by observing you.

### **Talk to your children about why you want them to protect their heads**

Tell them that you love and value them and their intelligence, so you need to protect them because they can permanently hurt their brains or even die of head injuries.

### **Reward your kids for wearing helmets**

Praise them; give them special treats or privileges when they wear their helmets without having to be told to.

### **Don't let children ride their bikes unless they wear their helmets**

Be consistent. If you allow your children to ride occasionally without their helmets, they won't believe that helmet use really is important.

### **Encourage your children's friends to wear helmets**

Peer pressure can be used in a positive way.

### **How should a helmet fit?**

A helmet should be worn squarely on top of the head, covering the top of the forehead. If it is tipped back, it will not protect the forehead. The helmet fits well if it doesn't move around on the head or slide down over the wearer's eyes when pushed or pulled. The chin strap should be adjusted to fit snugly.

**Remember: Head injuries can occur on sidewalks, on driveways, on bike paths, and in parks as well as on streets. You cannot predict when a fall from a bike will occur. It's important to wear a helmet on every ride.**

Last Updated: 3/29/2013

Source: TIPP - The Injury Prevention Program (Copyright © 1994 American Academy of Pediatrics, Updated 9/2005)

The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

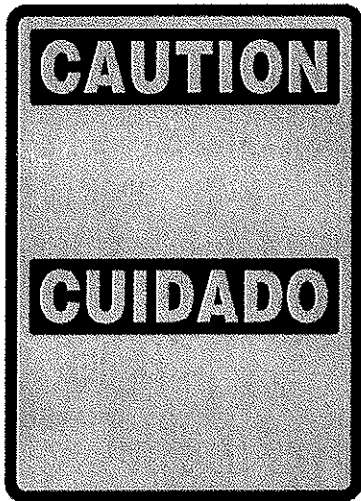
# ...Family Code Words...

## Why should you have one?

- To empower your child concerning their own safety
- For communication – everything is “ok,” or, “not ok”

## How do you choose one?

- **Talk** with your child; choose a word that is simple enough for them to remember, but not common as to be easily guessed by others. If someone comes to “pick them up” but doesn’t know the code word, your child will know that you didn’t send that person.



## When might you need one?

- Any time you are separated from your child – store, work, school, after school function, neighbor’s house, family member’s house...
- When talking on the phone or in person with your child, it can be helpful for them to use colors or temperature to express their emotions. For example, if your child suddenly begins talking about something **red** or **hot**, it may indicate increased stress and their need to get **out** – *if* you two have established this as a code ahead of time.



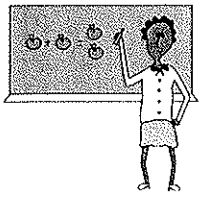
**Remember:** As with any other safety measure, practice is important! Periodically review your family’s code word, & change it if you have used it. **YOU** are your child’s first and best teacher!

# ...Family Safety Tips...

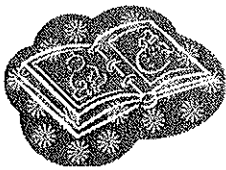
Courtesy of JET Magazine April 29, 2013 Issue



**TALK** candidly and regularly about the dangers of strangers and any adult who asks youngsters to keep secrets.



**TEACH** children to memorize two to four emergency contacts (including parent's number, 911, & home address).



**UPDATE** photo albums with current, clear pictures of your child so he or she can be easily identified.



**CREATE** a code word that all adults – even recognizable faces – must state to confirm permission to escort your child *anywhere*.



**IDENTIFY** routes to local safe zones, such as police stations, firehouses & trusted neighbors.



## Tips for Using Repellents Safely



### Do's:

- Read the label and follow all directions and precautions.
- Only apply insect repellents on the outside of your child's clothing and on exposed skin.
- Spray repellent in open areas to avoid inhaling it.
- Use just enough repellent to cover your child's clothing and exposed skin. Using more doesn't make the repellent more effective. Avoid reapplying unless needed.
- Help apply insect repellent on young children. Supervise older children when using these products.
- Wash your children's skin with soap and water to remove any repellent when they return indoors, and wash their clothing before they wear it again.

### Don'ts:

- Never apply insect repellent to children younger than 2 months.
- Never spray insect repellent directly onto your child's face. Instead, spray a little on your hands first and then rub it on your child's face; avoid the eyes and mouth.
- Do not spray insect repellent on cuts, wounds, or irritated skin.
- Do not use products that combine DEET with sunscreen. The DEET may make the sun protection factor (SPF) less effective. These products can overexpose your child to DEET because the sunscreen needs to be reapplied

# FUN SUMMER RECIPE

## MEXICAN CHOPPED SALAD

By, Kraft

1/3 cup KRAFT Zesty Italian Dressing

1/2 tsp. ground cumin

1 can (15 oz.) black beans, rinsed

2 avocados, chopped

2 cups halved cherry tomatoes

1 yellow pepper, chopped

1/2 cup chopped red onions

1/2 cup KRAFT Mexican Style Finely Shredded Four Cheese

### **make it**

MIX dressing and cumin.

SERVE immediately. SPECIAL EXTRA

Add 1 cup thawed frozen corn and 2 Tbsp. chopped fresh cilantro to salad before tossing with dressing mixture. Top with 1/2 cup broken tortilla chips.

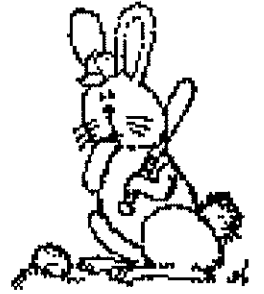
### **MAKE AHEAD**

Salad can be made ahead of time. Prepare as directed, except to not add avocados and cheese. Refrigerate up to 8 hours. Toss with avocados and cheese just before serving.

# Summer Fun



X T Q O R J O N I S G C  
C H N T S E E S A W L E  
A C B O A T I N G I R G  
M L C J Z J F O U M F P  
P I C N I C R R H S L U  
F M V H G B I K E K U S  
I B U L B A S E B A L L  
S W I N G B B L X T P I  
H A G A R D E N Y E Y D  
I D C A N O E R D I V E  
K E L H O P S C O T C H  
E A H F A W R U Q I J A



BASEBALL  
BIKE  
BOATING  
CAMP  
CANOE  
CLIMB  
DIVE  
FISH  
FRISBEE  
GARDEN

HIKE  
HOPSCOTCH  
PICNIC  
SKATE  
SEESAW  
SLIDE  
SNORKEL  
SWIM  
SWING  
WADE





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