



UAB EARLY HEAD START PROGRAM THE EARLY EDITION

April 1, 2015

DATES TO REMEMBER

Wed. April 8, 12:00 – Policy Council

Thurs. April 9 – 11:00 – socialization – T, Vanessa, Cassandra and Katasha

Thurs. April 16 – 11:00 – socialization – Eleanor, Renee', Shante' and Pam

Thurs. April 23 – 11:00 – socialization – St. Clair

Thurs. April 30 – 11:00 – socialization – T, Vanessa, Cassandra and Katasha

DADDY AND TODDLER BONDING

Life as a parent is hectic, with priorities competing and demanding our attention. Dads are preoccupied with long hours what they can to contribute to the family. Plus, most dads love a bit of time to tinker in the shed, or release some energy via sport. In the hustle and bustle it can be easy to forget just how important they are in the lives of their children, and just how big the impact they have on their children is. Moms, remind them!

Toddlers love their dads [reading stories](#) to them. Get dad to read slowly, and ask questions about how the characters are feeling, or what your toddler would do in similar circumstances. This will turn father/toddler story time into a fun experience.

Kidspot.com

Classical Poem for Children

Two Little Kittens

~Anonymous (circa 1880)

Two little kittens, one stormy night,
Began to quarrel, and then to fight;
One had a mouse, the other had none,
And that's the way the quarrel begun.

"I'll have that mouse," said the biggest cat;
"You'll have that mouse? We'll see about
that!"

"I will have that mouse," said the eldest
son;

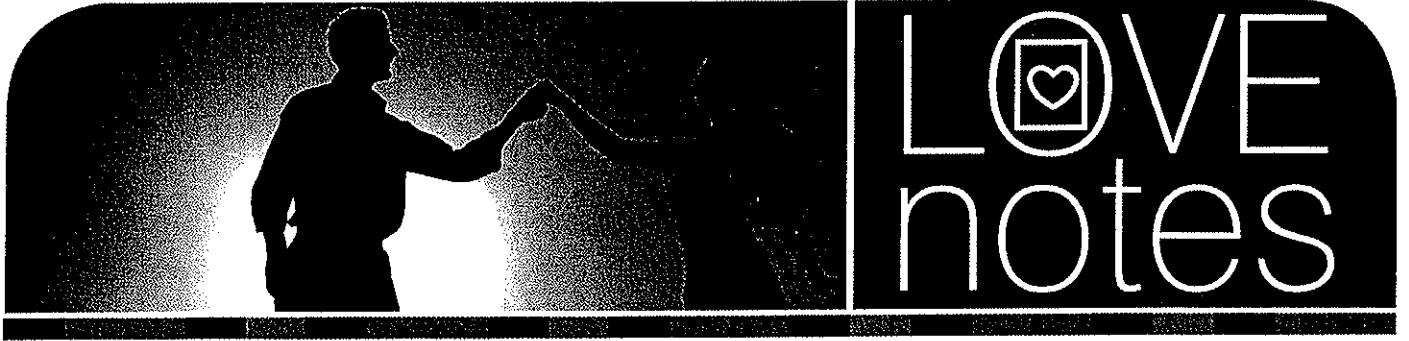
"You shan't have the mouse," said the little
one.

I told you before 'twas a stormy night
When these two little kittens began to fight;
The old [woman](#) seized her sweeping broom,
And swept the two kittens right out of the
room.

The [ground](#) was [covered](#) with frost and
snow,
And the two little kittens had nowhere to
go;
So they laid them down on the mat at the
door,
While the old woman [finished](#) sweeping the
floor.

Then they crept in, as quiet as mice,
All wet with the snow, and cold as ice,
For they [found](#) it was better, that stormy
night,
To lie down and [sleep](#) than to quarrel and
fight.





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Fighting in a Way That's Fair

Contributions by Robert J. Fetsch, Ph.D.

Conflict is a normal part of all relationships, even though for many of us, it isn't comfortable. Most people like to think of themselves as "lovers rather than fighters," trying to sidestep conflicts whenever possible. But since there is no such thing as a perfect relationship, you can expect that you're going to experience conflict. This goes for all relationships. Disagreements happen, and how you handle those differences of opinion is key to the health of your relationship.

Relationship educators, therapists and researchers have developed guidelines or "rules" for fair fighting based on effective communication skills. These fair fighting rules are designed to help each person respectfully voice his or her concerns and then work together to solve the problem.

Are you a Fair Fighter?

Check out these guidelines adapted from Robert Fetsch, Ph.D. and Beryl Jacobson at Colorado State University to see how you're doing.

- Work to remain calm and logical during disagreements.
- Don't fight to win. When one wins and one loses in a valued relationship, both of you lose. The goal is to solve the problem with a solution both of you can live with.
- Respect and value yourself and your partner.
- Pick your battles. Decide how much energy you are willing to invest in this particular problem. Some people end up in a fifty-dollar disagreement over a five-dollar problem.
- Get focused. Take time to figure out your true thoughts and feelings about the issue before you talk about it.
- Learn to compromise.
- Let your *yes* mean *yes* and your *no* mean *no*.
- Pick a time to talk that's convenient for both of you. Avoid mealtime, just coming in the door from work, or in front of others, especially children.
- Stick to one issue at a time. Avoid the temptation to lump several concerns into the same discussion. Some people refer to this as throwing in everything but the kitchen sink!
- Ask for and give feedback to make sure you're hearing each other accurately. "It sounds like you're irritated because I bring work home from the office. Right?"
- Check out your impressions. "I see a scowl on your face that makes me think you're angry. Are you?"
- Respect belt-lines. Don't hit below the belt
- by attacking your partner's tender spots and personal vulnerabilities.
- Ask for what you want. "What I want from you is a commitment to follow the budget for six months." Also ask your partner, "What do you want from me?"
- Stay in the here and now. Avoid statements like, "You couldn't handle money when we met, and you still can't."
- Focus on the positive. "Thank you for listening to me."
- Have a time-out rule. If either of you is starting to feel upset, agree to table the discussion until you can calm down. Then get back to it.
- Never use violence to get your way. Hitting, punching, kicking, or slapping is NEVER acceptable behavior. If you do this as an adult it is a crime.
- Let go. Once you've reached a solution and put it into action, drop it. Don't keep bringing up the discussion or hold on to your anger. Forgive and forget is a good motto.

More information: www.alabamamarriage.org.

The purpose of this publication is the dissemination of technical information. Funding is provided through a grant from the U.S. Department of Health and Human Services—Healthy Marriage Demonstration Grant #90-FE-0001/02. The opinion, findings, and conclusions or recommendations expressed in this document and associated materials are those of the author(s), and do not necessarily reflect the views of the United States Department of Health and Human Services Administration for Children and Families.

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EQUAL ACCESS BIRMINGHAM



Who We Are:

EAB is a student-run free clinic supported by the Office of Undergraduate Medical Education of the University of Alabama School of Medicine (UASOM). The mission of EAB is two-fold: 1) to serve the uninsured and underinsured in the greater Birmingham community; and 2) to provide a meaningful, service-learning experience to augment medical education at UASOM. UAB medical students and doctors staff the clinic every Sunday from 1:00-5:00pm. EAB also partners with pharmacists, nurses, physical therapists, social workers, and public health professionals to provide our patients with the care they need.

Services We Provide

- Free Prescription Medication
- Lab Work
- Social Work
- Health Education
- Specialty Physician Clinics
- Physical Therapy Appointments

Contact Information

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UAB SCHOOL OF
MEDICINE

Knowledge that will change your world

What We Do:

We provide primary care for individuals that for any reason do not have access to healthcare. Although many of our patients are uninsured, others cannot find primary care physicians with their insurance or cannot afford their co-pays or deductibles. EAB offers prescription medications, lab tests, lung tests, social work counseling, and health education at no cost to the patient. If you or someone you know needs a primary care physician, please consider visiting EAB.

Where We Are:

EAB Clinic is located at the Church of the Reconciler in downtown Birmingham, Alabama, every Sunday. We also work at M-Power Ministries Clinic every Wednesday night.

Church of Reconciler
112 14th Street North
Birmingham, AL 35203

M-Power Ministries
4022 4th Avenue South
Birmingham, AL 35222

To stay updated with EAB news, find us on
Facebook and Twitter!



SPRING SAFETY CHECK

Do a Helmet Check

Though most states require kids to wear a helmet when they ride a bike, it falls to parents to enforce this rule and [to apply](#) it to *any* sport in which kids—even little kids—can reach a high speed. "A good rule of thumb is if your child is on anything with wheels, he or she should wear a helmet," says Cheryl Wu, M.D., a pediatrician in New York City. This means mandatory helmet-wearing while riding a scooter, skateboard, bicycle, tricycle, or rollerblades.

The fit of the helmet is critical: A well-fitted helmet sits just above the eyebrows and the fastening straps create a V-shape that surrounds the ears and then is fastened under the chin, says Lisa Pardi, R.N., M.S.N., injury prevention coordinator for Akron Children's Hospital in Ohio. "It should be snug enough that it will not rock back and forth on the child's head. Use the pads provided with the helmet to snug it up and try tightening the chin strap," she says. To test the fit, have the child shake his head back and forth, suggests Tracey Fejt, R.N., injury prevention coordinator at Cardon Children's Medical Center in Mesa, Arizona. "The helmet should not move, and you should be able to get just one finger between the child's chin and the strap," Fejt says.

Final check: Make sure the helmet sports an American Standards Testing Materials (ASTM) label. This indicates that the helmet has been tested and suits [Consumer Product](#) Safety Commission standards for safety.



www.DefenestratedFeet.com

HEALTHIER VERSIONS OF KID'S FAVORITES

MAC AND CHEESE

By: Wendy Kalen

Serves: 2

Prep time: 5 minutes

Cook time: 20 minutes

Difficulty: Easy

Ingredients

2 cups [macaroni](#) (1/2 pound)

2 cups frozen butternut squash

6 slices bacon

1/2 onion, chopped

2 tablespoons flour

2 cups milk

6 ounces [cheddar cheese](#), shredded (1 1/2 cups)

Instructions

1. Cook macaroni according to package directions, drain and set aside
2. Cook squash according to package directions, mash with a fork and set aside
3. In a large pot, cook the bacon over medium heat until crisp, about 5 minutes. Remove bacon from pot and set aside
4. Sauté the onion in the bacon fat until lightly browned, about 5 minutes
5. Add flour and stir to combine
6. Add milk and stir while bringing to a boil. Continuing to stir, boil for two minutes until thickened
7. Turn off heat, add macaroni, squash and cheese. Stir to combine.
8. Crumble reserved bacon on top and serve
9. Season with salt and pepper to taste

Tip: For a kick of flavor, add smoked paprika, dry mustard and/or cayenne



OVERNIGHT BERRY OATMEAL

Berries have more fiber than other fruits, with raspberries weighing in at around 8 grams per cup. In a canning jar, shake together 1/2 cup oats, 2/3 cup milk and 1/4 cup raspberries. Sweeten to taste, seal and refrigerate overnight. In the morning, your oatmeal will be ready to eat! Top with more fresh berries and a sprinkling of seeds or nuts.

