



UAB EARLY HEAD START PROGRAM THE EARLY EDITION

Jane Reilly, Editor

Aug/Sept 2014

DATES TO REMEMBER

Sept 4—11:00—Socialization—Eleanor,
Renee', Pam, Shante'

Sept 10—12:00—Policy Council

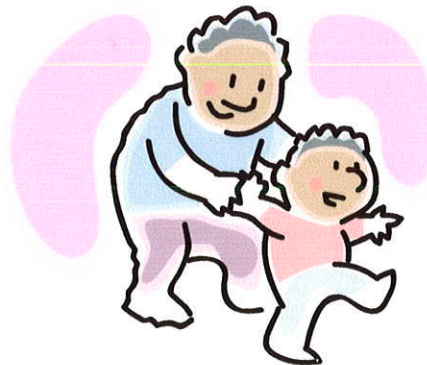
Sept 11—11:00—Socialization, Tee,
Vanessa, Katasha, Cassandra

Sept 25—11:00—Socialization—St. Clair

Sept 26—9:30—Health Fair

TRANSITION 2014

Many thanks to all who helped to make our Transition Socialization at Vulcan Park such a success. A special note of appreciation goes out to all our junior volunteers who blew up balloons and served food.



About ME

By Shirley C. Granahan

I am me. I may be small,
But someday I know I'll be tall.

I may not be like all the rest,
But I think being ME is the best.

I like my eyes. I like my face!

I like each hair of mine in place!

I like who I am.

I like being me.

For I'm somebody SPECIAL...

There's no one like me!

HAPPY GRANDPARENT'S DAY

Sept 7, 2014

The impetus for a National Grandparents Day originated with *Marian McQuade*, a housewife in Fayette County, West Virginia. Her primary motivation was to champion the cause of lonely elderly in nursing homes. She also hoped to persuade grandchildren to tap the wisdom and heritage their grandparents could provide. President Jimmy Carter, in 1978, proclaimed that **National Grandparents Day** would be celebrated every year on the **first Sunday after Labor Day**.



Freedom to Grow



Have you ever seen a butterfly emerge from its chrysalis? It's tempting to help it break free, but the struggle to get out strengthens the butterfly's wings. Parents want to help their children and keep them safe, but too much help can result in a child unable to spread his wings and fly.

- ✧ **Consider the child's age and stage of development.**
Toddlers need close supervision, but most preschoolers can direct their own actions for short periods of time as long as they are in a safe environment. You don't expect toddlers to dress themselves, but many 4-year-olds can do so with little help. Try observing others of your child's age or read reliable resources on what can be expected of a child their age.
- ✧ **Keep in mind the difference between danger and minor risk.**
Consider what your child wants to do. There's an obvious difference between letting her play in a swimming pool, where she could drown, and letting her play in a mud puddle where she would get wet and dirty. Young children need close supervision when there is danger, but they also need to be allowed to get messy and play actively.
- ✧ **Give him opportunities to learn to interact with other people.**
You may need to coach your 2-year-old to respond to a question from an adult or find a toy for a friend to play with. Try letting your 4-year-old speak for himself and find ways to play with a friend on his own. A parent or teacher can step in when help might be needed.
- ✧ **Let her learn to play with a new toy or do an art project on her own.**
A child may not play with a toy or a game the way the maker of it intended. As long as it's causing no damage, let her try it her way. She may paint trees pink and the sun blue, but let the artwork be her own.
- ✧ **Consider allowing your child to fail and try again.**
Just as your baby probably fell over many times in learning to walk, he may need several tries to dress himself, put a puzzle together, or help you set the table. He may have to search for the toy or book he forgot to put away. Be sensitive to when he needs time to do it himself and times he does need help.
- ✧ **Stay calm over minor mishaps, physical or emotional.**
Let your child know that you care, but that small hurts are a part of life. Take care of the scrape or kiss the bump and encourage her to go back to playing. Help her find ways to cope when her friend wants to play with another child or teases her, but try not to overreact.
- ✧ **For related Web resources, see "Freedom to Grow" at <http://illinoisearlylearning.org/tips.htm>**

Any opinions, findings, conclusions, or recommendations expressed in this tip sheet are those of the author(s) and do not necessarily reflect the views of the Illinois State Board of Education.



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Illinois State Board of Education



He's a killer.

KIDS IN HOT CARS HEATSTROKE SAFETY TIPS FOR PARENTS AND CAREGIVERS

Kids in hot cars are a deadly combination. Whether intentional or accidental, these deaths are preventable, which makes it all the more tragic. Here are some helpful tips to make sure it doesn't happen to you.

Remember:

- Never leave a child alone in a parked car, even with the windows rolled down, or air conditioning on. Children's body temperature can heat up 3 to 5 times faster than adults. A core temperature of 107 is lethal.
- Always look in both the front and back of the vehicle before locking the door and walking away.
- Heatstroke can occur in temperatures as low as 57 degrees. On an 80-degree day, temperatures inside a vehicle can reach deadly levels in just 10 minutes.
- Never let children play in an unattended vehicle. Teach them a vehicle is not a play area.
- Always lock your vehicle doors and trunk and keep the keys out of a child's reach. If a child is missing, quickly check all vehicles, including the trunk.

Is dropping a child off not part of your normal routine? Come up with some ways to remind yourself that the child is in the car.

- Place an item that you keep on you, like a briefcase or purse, in the back seat next to the car seat, so that you'll always check the back seat before you leave the car.

- Call your spouse after you drop the child off to make sure you didn't forget.
- Have daycare call you if your child doesn't show up.
- Write a note and place it on the dashboard of the car. Or set a reminder on your cell phone or calendar. You can also download the Baby Reminder App for iPhones.

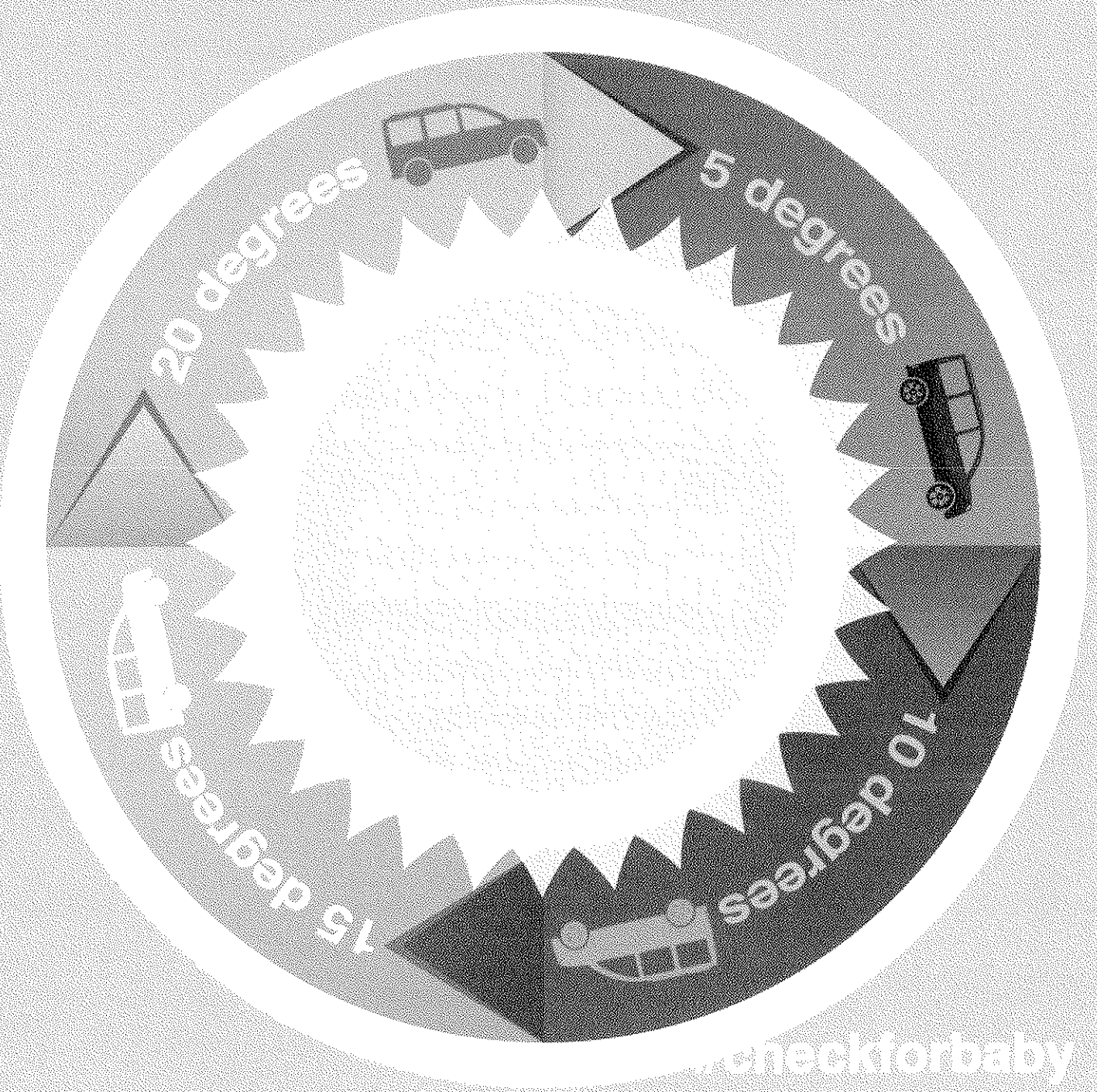
If you see a child alone in a hot vehicle:

- Call 911 or your local emergency number immediately.
- If they are in distress due to heat, get them out as quickly as possible. Cool the child rapidly, by spraying them with cool water or a garden hose. NEVER use an ice bath.

Remember: kids in hot cars are a deadly combination. Don't take the chance. Look before you lock.

Additional Resources:

- National Highway Traffic Safety Administration - www.safercar.gov/heatstroke
- San Francisco State University, Department of Earth & Climate Studies - www.ggweather.com/heat/
- Safe Kids - www.safekids.org
- Children's Hospital of Philadelphia - www.chop.edu



LOS NIÑOS EN VEHÍCULOS CALIENTES CONSEJOS SOBRE EL CALOR EXTREMO PARA PADRES Y CUIDADORES

Los niños en vehículos calientes son una combinación mortal. Ya sea intencional o por accidente, estas muertes son evitables, lo que lo hace aún más trágico. Aquí hay algunos consejos para asegurar que no te pase a ti.

Recuerda:

- Nunca dejes a un niño solo en un vehículo estacionado, aún con las ventanillas abajo, o con el aire acondicionado puesto. La temperatura de los niños puede subir de tres a cinco veces más rápida que la de los adultos. Una temperatura de 107 Fahrenheit es mortal.
- Revisa siempre la parte delantera y trasera del vehículo antes de cerrar el auto.
- El calor extremo puede ocurrir en temperaturas bajas como 57 grados Fahrenheit. En un día de 80 grados Fahrenheit, las temperaturas en el interior de un vehículo pueden alcanzar niveles mortales en sólo 10 minutos.
- Nunca dejes que los niños jueguen dentro de un vehículo desatendido. Enséñales que un vehículo no es una zona de recreo.
- Siempre ponle seguro a las puertas del vehículo y al maletero, y mantén las llaves fuera del alcance de los niños. Si falta un niño, busca inmediatamente en todos los vehículos, incluyendo en el maletero.

Si el dejar a un niño en algún lugar no es parte de tu rutina normal, busca algunas

maneras de recordarte que llevas a un niño en el vehículo.

- Coloca en el asiento trasero al lado del asiento para bebé, un artículo que siempre lleves, como un portafolio o una cartera, para que siempre lo revises antes de dejar el vehículo.
- Llama a tu pareja después de dejar al niño para asegurar que no se te olvide.
- Dile a la guardería que te llame si tu hijo no llega.
- Escribe una nota y colócala en el tablero del vehículo. O pon un recordatorio en tu celular o en un calendario. También puedes descargar la aplicación Baby Reminder para los iPhones.

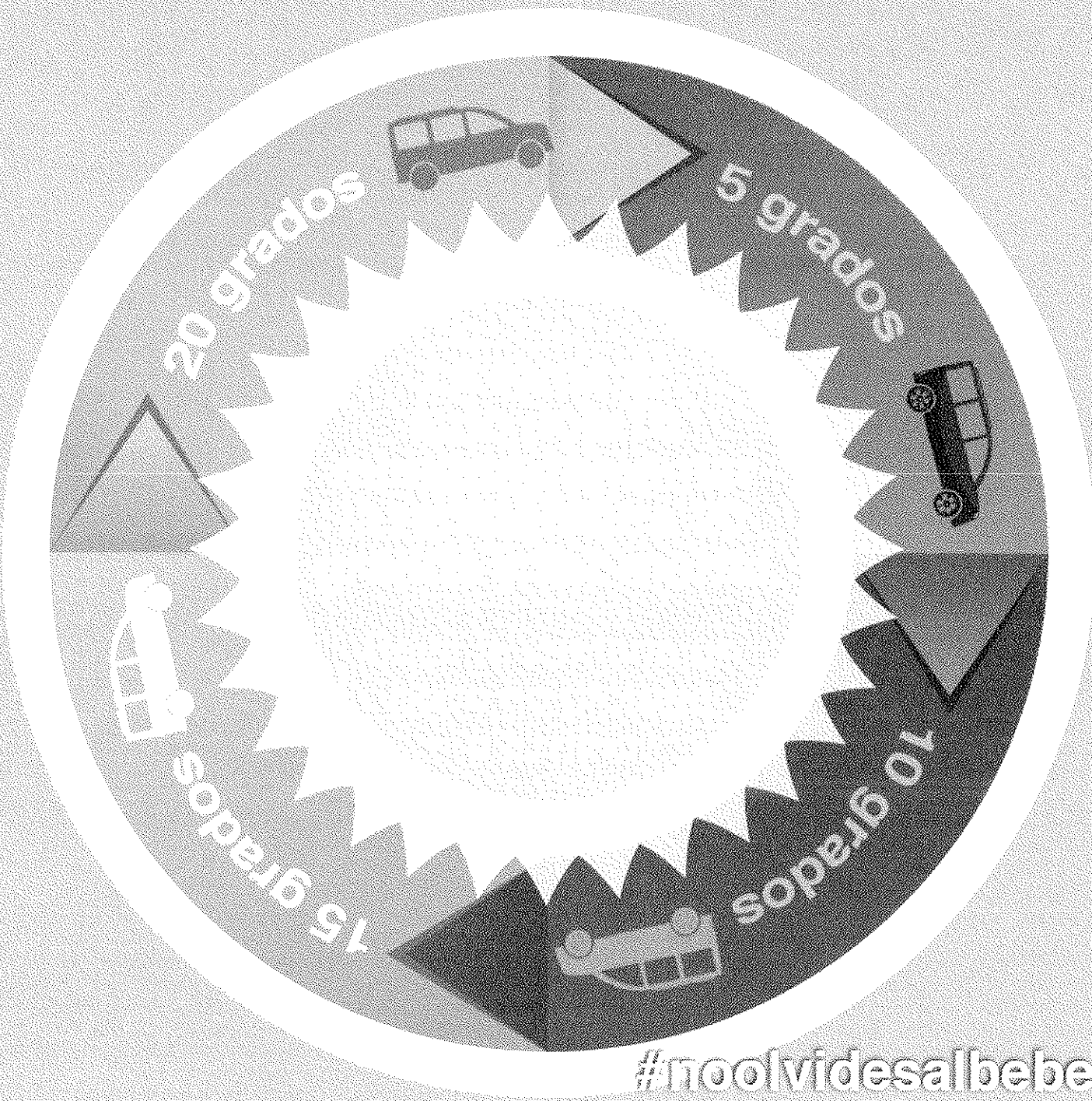
Si ves a un niño solo en un vehículo caluroso:

- Llama inmediatamente al 911 o al número local de emergencias.
- Si están en peligro debido al calor, sácalos lo más rápido posible. Refresca al niño rápidamente, rociándolos con agua fría o con una manguera de jardín. NUNCA uses un baño de hielo.

Recuerda: los niños en los vehículos calientes son una combinación mortal. No dejes que suceda. Revisa antes de cerrar el vehículo.



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#noolvidesalbebe

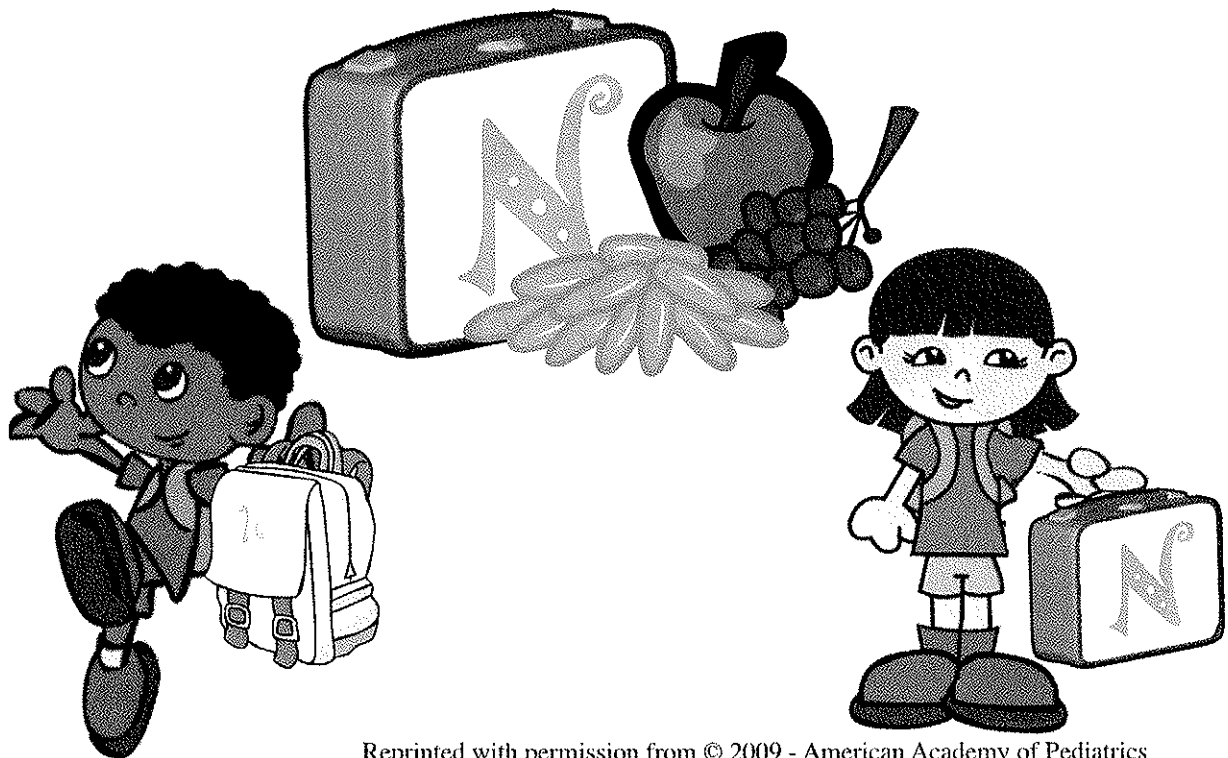


Chef Solus Eating During School Tips



EATING DURING THE SCHOOL DAY

- * Most schools regularly send schedules of cafeteria menus home.
- * With this advance information, you can plan on packing lunch on the days when the main course is one your child prefers not to eat.
- * Try to get your child's school to stock healthy choices such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice in the vending machines.
- * Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories.
- * Drinking just one can of soda a day increases a child's risk of obesity by 60%. Restrict your child's soft drink consumption.

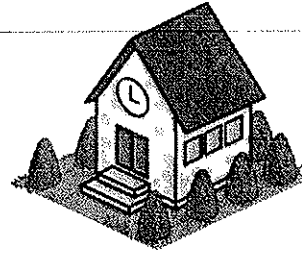


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Chef Solus Tips on Traveling Safely to and from School

TRAVELING TO AND FROM SCHOOL
Review the basic rules with your youngster:



School Bus

- If your child's school bus has lap/shoulder seat belts, make sure your child uses one at all times when in the bus. If your child's school bus does not have lap/shoulder belts, encourage the school to buy or lease buses with lap/shoulder belts.
- Wait for the bus to stop before approaching it from the curb.
- Do not move around on the bus.
- Check to see that no other traffic is coming before crossing the street.
- Make sure to always remain in clear view of the bus driver.
- Children should always board and exit the bus at locations that provide safe access to the bus or to the school building.

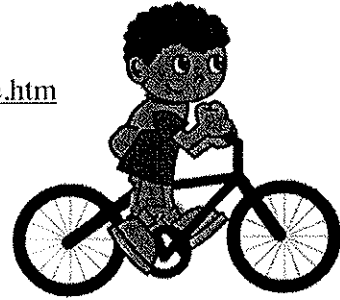
Car

- All passengers should wear a seat belt and/or an age- and size-appropriate car safety seat or booster seat.
- Your child should ride in a car safety seat with a harness as long as possible and then ride in a belt-positioning booster seat. Your child is ready for a booster seat when she has reached the top weight or height allowed for her seat, her shoulders are above the top harness slots, or her ears have reached the top of the seat.
- Your child should ride in a belt-positioning booster seat until the vehicle's seat belt fits properly (usually when the child reaches about 4' 9" in height and is between 8 to 12 years of age). This means that the child is tall enough to sit against the vehicle seat back with her legs bent at the knees and feet hanging down and the shoulder belt lies across the middle of the chest and shoulder, not the neck or throat; the lap belt is low and snug across the thighs, and not the stomach.
- All children under 13 years of age should ride in the rear seat of vehicles. If you must drive more children than can fit in the rear seat (when carpooling, for example), move the front-seat passenger's seat as far back as possible and have the child ride in a booster seat if the seat belts do not fit properly without it.
- Remember that many crashes occur while novice teen drivers are going to and from school. You should require seat belt use, limit the number of teen passengers, do not allow eating, drinking, cell phone conversations or texting to prevent driver distraction; and limit nighttime driving and driving in inclement weather. Familiarize yourself with your state's graduated driver license law and consider the use of a parent-teen driver agreement to facilitate the early driving learning process. . For a sample parent-teen driver agreement, see the last two pages of the AAP Policy Statement, "The Teen Driver."

Chef Solus Tips on Traveling Safely to and from School

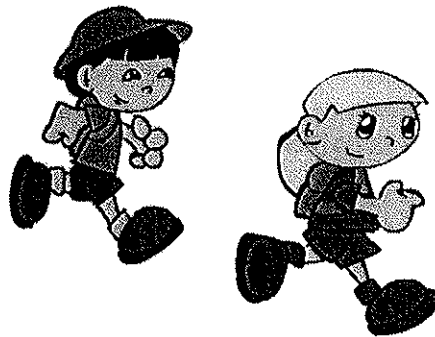
Bike

- Always wear a bicycle helmet, no matter how short or long the ride.
- Ride on the right, in the same direction as auto traffic.
- Use appropriate hand signals.
- Respect traffic lights and stop signs.
- Wear bright color clothing to increase visibility.
- Know the "rules of the road." www.aap.org/family/bicycle.htm



Walking to School

- Make sure your child's walk to a school is a safe route with well-trained adult crossing guards at every intersection.
- Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.
- If your children are young or are walking to a new school, walk with them the first week to make sure they know the route and can do it safely.
- Bright colored clothing will make your child more visible to drivers.
- In neighborhoods with higher levels of traffic, consider starting a "walking school bus," in which an adult accompanies a group of neighborhood children walking to school.



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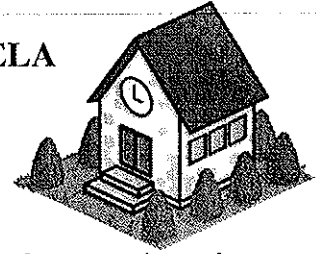
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Chef Solus Consejos en Llegar a la Escuela Seguro

TRAYECTO DE IDA Y VUELTA A LA ESCUELA

Repase las reglas básicas con su hijo(a):



Transporte escolar

- * Si el autobús de su hijo(a) tiene cinturones de seguridad de regazo/hombro, asegúrese de que su hijo(a) los use mientras esté en el autobús. Si el autobús no tiene cinturones de seguridad, anime a la escuela a comprar o rentar autobuses que sí los tengan.
- * Hay que esperar a que el autobús se detenga antes de aproximarse desde el borde de la acera.
- * No debe andar de un lado a otro dentro del autobús.
- * Hay que verificar que no vengan autos antes de cruzar.
- * Hay que asegurarse de permanecer a la vista del conductor del autobús.
- * Los(as) niños(as) siempre deberán abordar y salir del autobús en lugares que proporcionen un acceso seguro al autobús o a la escuela.

Auto

- * Todos los pasajeros deberán usar el cinturón y/o un asiento de seguridad apropiado para la edad y el tamaño o un asiento elevador (booster).
- * Su hijo(a) deberá ir en un asiento para el auto y permanecer con el cinturón puesto o con un arnés el mayor tiempo posible y luego en un asiento elevador sujetado con los cinturones. Su hijo(a) está listo para un asiento elevador cuando haya alcanzado el peso o altura máxima permitida para su asiento, sus hombros estén arriba de las ranuras del arnés superior o sus orejas hayan alcanzado la parte superior del asiento.
- * Su hijo(a) deberá ir sobre un asiento elevador ajustado con cinturones hasta que el cinturón del asiento del vehículo le quede apropiadamente (normalmente cuando tenga una estatura de 4' 9" (1.45 m) que sucede entre los ocho y los 12 años de edad). Esto significa que el(la) niño(a) es lo suficientemente alto para sentarse recargado(a) en el asiento del vehículo con las piernas flexionadas a la altura de las rodillas y los pies colgando mientras que el cinturón pasa transversal sobre su pecho y hombro, no por el cuello o garganta; el cinturón del regazo es bajo y se ajusta sobre los muslos y no sobre el estómago.
- * Todos los niños menores de 13 años de edad deberán ir en el asiento trasero de los vehículos. Si debe llevar a más niños de los que quepan en el asiento trasero (cuando comparte el auto, por ejemplo), haga hacia atrás el asiento del copiloto tanto como le sea posible y que el niño vaya en un asiento elevador si los cinturones no se ajustan apropiadamente sin él.
- * Recuerde que muchos accidentes viales ocurren cuando los adolescentes principiantes conducen entre la casa y la escuela. Deberá exigirles que utilicen los cinturones, limite el número de pasajeros adolescentes, no les permita ir comiendo o bebiendo, conversando por celular o enviando mensajes para evitar distracciones del conductor; también limite la

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Chef Solus Consejos en Llegar a la Escuela Seguro

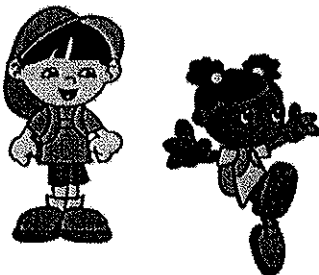
conducción nocturna y cuando haya clima extremoso, familiarícese con la ley de licencia de conductor gradual (graduated driver license law) de su estado y considere el uso de un acuerdo de conductor padre-adolescente para facilitar el proceso inicial de aprendizaje de conducción.

Bicicleta

- * Utiliza siempre un casco al usar la bicicleta, no importa cuán corto o largo sea el trayecto.
- * Conserva tu derecha, en la misma dirección del tránsito automotriz.
- * Usa las señales con las manos que sean apropiadas.
- * Respeta las luces del semáforo y los señalamientos de alto (stop).
- * Viste prendas de colores brillantes para aumentar la visibilidad
- * Conoce las “reglas del camino”.

A pie a la escuela

- * Confirme que la ruta que su hijo toma para ir a la escuela a pie es segura con guardias de cruceo adultos bien entrenados en cada intersección.
- * Sea realista acerca de las habilidades peatonales de su hijo(a). Debido a que los niños pequeños son impulsivos y menos precavidos en el tránsito, evalúe cuidadosamente si su hijo(a) está listo(a) o no para ir a la escuela sin la supervisión de un adulto.
- * Si su hijo(a) es muy pequeño(a) o va a pie a una escuela nueva, vaya con él(ella) la primera semana para asegurarse de que conoce la ruta y puede hacerlo sin riesgos.
- * Las prendas de colores brillantes harán más perceptible a su hijo(a) para los conductores.
- * En los vecindarios más transitados, considere llevar a cabo un “transporte escolar a pie” en el que un adulto acompaña a pie a un grupo de niños del vecindario a la escuela.



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Car Seat Checkup

Top 5 Things to Do



- Right Seat.** This is an easy one. Check the label on your car seat to make sure it's appropriate for your child's age, weight and height. Like milk, your car seat has an expiration date. Just double check the label on your car seat to make sure it is still safe.



- Right Place.** Kids are VIPs, just ask them. We know all VIPs ride in the back seat, so keep all children in the back seat until they are 13.



- Right Direction.** You want to keep your child in a rear-facing car seat for as long as possible, usually until around age 2. When he or she outgrows the seat, move your child to a forward-facing car seat. Make sure to attach the top tether after you tighten and lock the seat belt or lower anchors.



- Inch Test.** Once your car seat is installed, give it a good shake at the base. Can you move it more than an inch side to side or front to back? A properly installed seat will not move more than an inch.



- Pinch Test.** Make sure the harness is tightly buckled and coming from the correct slots (check car seat manual). Now, with the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you're good to go.

Please read the vehicle and car seat instruction manuals to help you with this checklist. If you are having even the slightest trouble, questions or concerns, don't worry about a thing. Certified child passenger safety technicians are waiting to help or even double check your work.

**SAFE
K:IDS**
WORLDWIDE™

Visit safekids.org to find a car seat inspection event in your community.

UAB Early Head Start Program
presents
21st Century Exploring Parenting Sessions
1st and 3rd Thursday, from 5:30pm-7:30pm

October 2, 2014	Session 1: Our Family Story (bring photos to cut and paste)
October 16, 2014	Session 2: Getting Involved in Your Child's World
November 6, 2014	Session 3: Communicating with Your Child
November 20, 2014	Session 4: Dealing with Feelings
December 4, 2014	Session 5: What is Development?
December 18, 2014	Session 6: Nurturing Development Through Play
January 1, 2015	Happy New Year-no meeting
January 15, 2015	Session 7: Valuing Discipline
February 5, 2015	Session 8: Keeping Our Families Safe
February 19, 2015	Session 9: Coping with Stress
March 5, 2015	Session 10: Our Stories Continue