



**UAB EARLY HEAD START PROGRAM  
THE EARLY EDITION**

**February 1, 2015**

**DATES TO REMEMBER**

Thurs. Feb. 5 – 11:00 – socialization --  
Cassandra, Vanessa, T, Katasha  
playroom

Wed. Feb. 11 – PIPA – 10:30; Policy  
Council – 12:00

Thurs. Feb. 12 – 11:00 - socialization –  
Eleanor, Pam, Shante', Renee' playroom

Thurs. Feb. 19 – 11:00 - socialization –  
St. Clair

Wed. Feb. 25 – School Readiness – Civil  
Rights Institute

Thurs. Mar. 5 – 11:00 – socialization –  
Eleanor, Pam, Renee', Shante'

Wed. Mar. 11 – 10:30 – PIPA; 12:00 Policy  
Council

Thurs. Mar. 19 – 11:00 – socialization –  
St. Clair

Thurs. Mar. 26 – 11:00 – socialization –  
Eleanor, Pam, Shante', Renee'

*Happy Valentine's Day!*



**You Are Special**

Special people are very few;  
Who is special? That would be you.  
My Valentine's Day would be so fine,  
If you would be my Valentine.

*By Joanna Fuchs*

**Presidents' Day** is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. Traditionally celebrated on February 22—Washington's actual day of birth—the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.

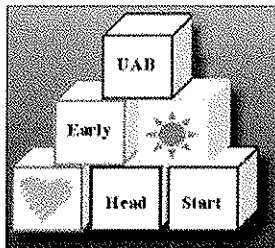


# SAVE THE DATE!!!!

UAB Early Head Start Program  
School Readiness Forum  
at the  
Birmingham Civil Rights Institute

February 25, 2015  
9:30 a.m. – 3:30 p.m.

Lunch will be served



# Tornado Prep! Safety First



## The Plan

1. Go to your Safe Place before the weather gets bad (see “Where Do I Go?” below).
2. Keep a stash of basic supplies in your Safe Place if you can.
3. Get everyone secured and covered in your Safe Place.
  - Helmets on.
  - Babies and toddlers in car seats.
  - Cover up with blankets or mattresses, if available.

## Where Do I Go?

**STAY AWAY FROM WINDOWS!**

Leave any vehicle or mobile home.

Find safety in another building or lie down flat in a ditch.

In a house or building, go to the basement.

No basement?  
Go to the lowest floor in a bathroom or closet.

## Tornado Fashion

Heavier material is best!

- Helmet –protect your head
- Safety goggles –protect your eyes from flying debris
- Long-sleeved shirts – protect your arms
- Long pants – protect your legs
- Hard-sole shoes – protect your feet
- Layers with a waterproof top layer – keep your body warm and make it harder for debris to harm your skin

# Supplies for Your Safe Place



Protect your head with a helmet



Water – bottled is best



First Aid kit –

- Personal medications (blood pressure, diabetes, etc.)
- Antibiotic ointment packets
- Antiseptic wipe packets
- Hydrocortisone packets
- Aspirin
- Absorbent compress dressings
  - Adhesive bandages
  - Adhesive cloth tape
- Instant cold compress
  - Roller bandage
  - Sterile gauze pads
  - Triangular bandages
- Breathing barrier (with one-way valve)
- Large nonlatex gloves
- Space blanket
- Scissors
- Oral thermometer (non-mercury/nonglass)
- Tweezers
- First aid instruction booklet
- Tourniquet (for profuse bleeding that won't stop)



Non-perishable foods



Whistle – to call for help



Battery powered radio – for weather updates



Tools (crowbar, flashlight, extra batteries) – in case you get in trouble



Spare car keys



Plastic container with copies of important documents

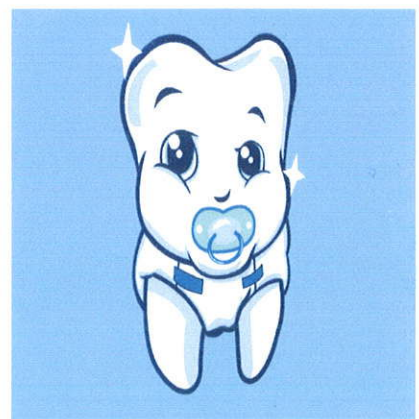
## FEBRUARY IS NATIONAL DENTAL HEALTH MONTH

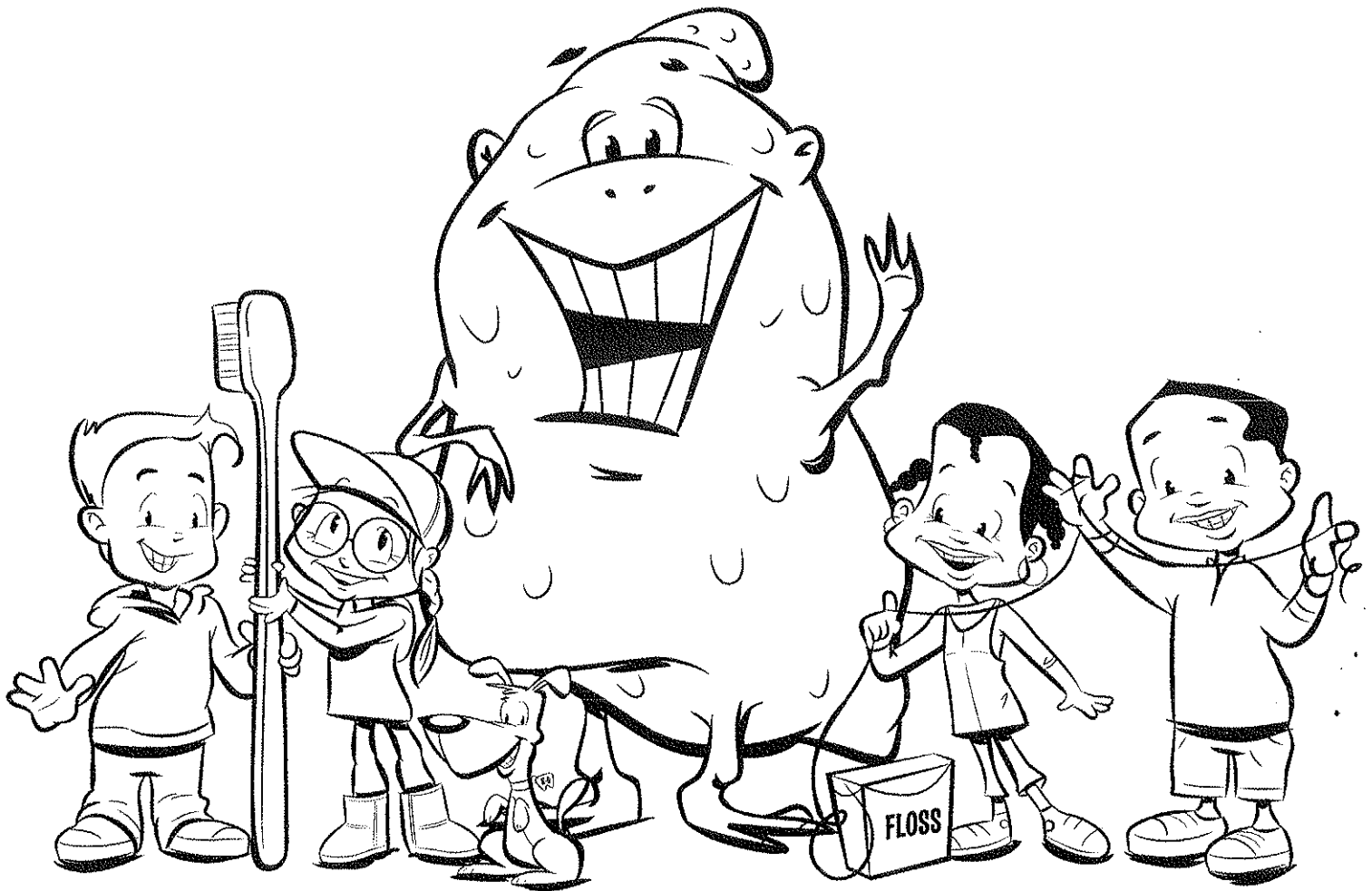
At your socialization, Dental Residents will provide dental education  
And answer any questions.

Dental goody bags will be available for those that attend.

Feb. 5 – Families of Vanessa, Katasha, Latanya and Cassandra

Feb. 12 – Families of Pam, Eleanor, Renee' and Shante'





## Defeat Monster Mouth!!

Oh no! The dreaded Monster Mouth - and The Plaqster has it!

Not to worry. Flossy and Buck McGrinn, Den and Gen Smiley, and their trusty pal K-9 are on the job! They know just how to attack Monster Mouth and get The Plaqster's smile back on track.

To fight Monster Mouth and promote good oral health our friends follow this simple rule, "2min2x." That's code for "brush your teeth two minutes, two times a day."

Flossy, Buck, Den, and Gen know the importance of good dental habits to keep their smiles bright. They brush their teeth when they get up in the morning and again before they go to bed at night. They also floss their teeth once each day. Because Den wears braces, he is especially careful about keeping his teeth healthy so he has a bright smile when the braces come off.

Defeating Monster Mouth takes a lot of energy so the McGrinns and Smileys do eat snacks between meals but very few sugary ones. They usually stick to fruit and other healthy foods, and they choose water when they are thirsty instead of soda pop.

You can defeat Monster Mouth, too! Join in the fun by playing the games and doing the activities to learn how to take good care of your teeth.

And remember the code "2min2x"! For a super smile and healthy mouth, brush your teeth two minutes, two times a day.

**The Plaqster and Flossy  
can use a little help!  
Can you find all the  
hidden words?  
They can be up, down,  
diagonal, backward  
and forward!**

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



- |         |            |            |
|---------|------------|------------|
| CAVITY  | MOLAR      | TEETH      |
| DENTIST | PLAQUE     | GINGIVITIS |
| ENAMEL  | MOUTHGUARD | MOUTH      |
| FLOSS   | TOOTHBRUSH | CROWN      |
| SEALANT | TOOTHPASTE | HYGIENIST  |
| GUMS    | MONSTER    | ROOT       |
| CANINE  | SMILE      | JAW        |
|         | TONGUE     |            |

# DEFEAT MONSTER MOUTH!





# 150 WAYS TO SHOW KIDS YOU CARE

1. Notice them.
2. Smile a lot.
3. Acknowledge them.
4. Learn their names.
5. Seek them out.
6. Remember their birthdays.
7. Ask them about themselves.
8. Look in their eyes when you talk to them.
9. Listen to them.
10. Play with them.
11. Read aloud together.
12. Giggle together.
13. Be nice.
14. Say yes a lot.
15. Tell them their feelings are okay.
16. Set boundaries that keep them safe.
17. Be honest.
18. Be yourself.
19. Listen to their stories.
20. Hug them.
21. Forget your worries sometimes and concentrate only on them.
22. Notice when they're acting differently.
23. Present options when they seek your counsel.
24. Play outside together.
25. Surprise them.
26. Stay with them when they're afraid.
27. Invite them over for juice.
28. Suggest better behaviors when they act out.
29. Feed them when they're hungry.
30. Delight in their discoveries.
31. Share their excitement.
32. Send them a letter or postcard.
33. Follow them when they lead.
34. Notice when they're absent.
35. Call them to say hello.
36. Hide surprises for them to find.
37. Give them space when they need it.
38. Contribute to their collections.
39. Discuss their dreams and nightmares.

40. Laugh at their jokes.
41. Be relaxed.
42. Kneel, squat, or sit so you're at their eye level.
43. Answer their questions.
44. Tell them how terrific they are.
45. Create a tradition with them and keep it.
46. Learn what they have to teach.
47. Use your ears more than your mouth.
48. Make yourself available.
49. Show up at their concerts, games, and events.
50. Find a common interest.
51. Hold hands during a walk.
52. Apologize when you've done something wrong.
53. Listen to their favorite music with them.
54. Keep the promises you make.
55. Wave and smile when you part.
56. Display their artwork in your home.
57. Thank them.
58. Point out what you like about them.
59. Clip magazine pictures or articles that interest them.
60. Give them lots of compliments.
61. Catch them doing something right.
62. Encourage win-win solutions.
63. Give them your undivided attention.
64. Ask for their opinion.
65. Have fun together.
66. Be curious with them.
67. Introduce them to your friends and family.
68. Tell them how much you like being with them.
69. Let them solve most of their own problems.
70. Meet their friends.
71. Meet their parents.
72. Let them tell you how they feel.
73. Help them become an expert at something.
74. Be excited when you see them.
75. Tell them about yourself.
76. Let them act their age.
77. Praise more; criticize less.
78. Be consistent.
79. Admit when you make a mistake.
80. Enjoy your time together.
81. Give them a special nickname.
82. Marvel at what they can do.
83. Tell them how proud you are of them.
84. Pamper them.
85. Unwind together.
86. Be happy.
87. Ask them to help you.
88. Support them.
89. Applaud their successes.
90. Deal with problems and conflicts while they're still small.
91. Choreograph a dance.
92. Tell them stories in which they are the hero.
93. Believe in them.
94. Nurture them with good food, good words, and good fun.
95. Be flexible.
96. Delight in their uniqueness.
97. Let them make mistakes.

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98. Notice when they grow.
  99. Wave and hork when you drive by them.
  100. Give them immediate feedback.
  101. Include them in conversations.
  102. Respect them.
  103. Join in their adventures.
  104. Visit their schools.
  105. Help them learn something new.
  106. Be understanding when they have a difficult day.
  107. Give them good choices.
  108. Respect the choices they make.
  109. Be silly together.
  110. Hang out together.
  111. Make time to be with them.
  112. Inspire their creativity.
  113. Accept them as they are.
  114. Become their advocate.
  115. Appreciate their individuality.
  116. Talk openly with them.
  117. Tolerate their interruptions.
  118. Trust them.
  119. Share a secret.
  120. Write a chalk message on their sidewalk.
  121. Create a safe, open environment.
  122. Be available.
  123. Cheer their accomplishments.
  124. Encourage them to help others.
  125. Tackle new tasks together.
  126. Believe what they say.
  127. Help them take a stand and stand with them.
  128. Daydream with them.
  129. Do what they like to do.
  130. Make decisions together.
  131. Magnify their magnificence.
  132. Build something together.
  133. Encourage them to think big.
  134. Celebrate their firsts and lasts, such as the first day of school.
  135. Go places together.
  136. Welcome their suggestions.
  137. Visit them when they're sick.
  138. Tape-record a message for them.
  139. Help them learn from mistakes.
  140. Be sincere.
  141. Introduce them to people of excellence.
  142. Tell them what you expect of them.
  143. Give them your phone number.
  144. Introduce them to new experiences.
  145. Share a meal together.
  146. Talk directly together.
  147. Be spontaneous.
  148. Expect their best; don't expect perfection.
  149. Empower them to help and be themselves.
  150. Love them, no matter what.

FOR MORE INFORMATION ON HOW TO HELP YOUNG PEOPLE SUCCEED, CALL:

800-988-7928

## Valentine Recipe

Kids can [helpz](#): Make the grilled cheese hearts

### Tomato Soup:

#### Sauté:

- 4 finely dice garlic cloves
- 1 cup finely diced Vadalina onion
- 2 Tbsp olive oil
- 1 tsp fresh thyme leaves

#### Add:

- 2 cans diced tomatoes, 28 ounce size
- 3 cups [chicken](#) stock / “No Chicken” broth (vegan version)
- ½ tsp basil
- 2 ½ Tbsp sugar
- 4 Tbsp half n half
- 2 Tbsp [grated parmesan cheese](#)
- Pepper and sea salt

Sauté above ingredients for approximately 5 minutes over medium heat. Add remaining ingredients and heat over medium heat for 15-20 minutes. Use a hand-held blender to [remove](#) chunkiness, or use a regular blender. Blend to desired texture. If serving kids, they may prefer a very smooth consistency.

### Grilled Cheese Hearts:

- [Oatmeal](#) bread slices
- Mozzarella slices
- Butter

For each sandwich, [start](#) with two slices of bread. Either hand-cut a “heart” shape or use a heart-shaped cookie cutter. Butter bread slices on one side. Set one buttered slice in pan over medium heat, set cheese slice on top and then top off with second slice of bread, butter side up. Flip sandwich once first side is lightly browned. Lightly brown second side.

Note: You can cut several small hearts from one slice of bread. To make a hanging heart for the soup bowl, simply cut a slit in the bottom of a small heart.