Early Head Start Gazette

April 2020

How Can I Help My Toddler Learn?

Once toddlers learn to walk, there’s no turning back. Yours will want to keep moving and build on this newfound skill. Provide lots of chances to be active and to learn and explore in safe surroundings.

Games that your child might enjoy include peekaboo, pat-a-cake, and chasing games. Toddlers love to imitate adults and are fascinated with housework. Provide age-appropriate toys that will encourage this, such as a toy vacuum to use while you’re cleaning or pots, pans, and spoons to play with while you’re cooking.

Other toys that toddlers enjoy include:
- brightly colored balls
- blocks, stacking and nesting toys
- fat crayons or markers
- age-appropriate animal or people figures and dolls
- toy cars and trains
- shape sorters, peg boards
- simple puzzles
- push, pull, and riding toys
- Reading continues to be important. Your toddler can follow along with a story and point to objects in the pictures as you name them. Encourage your little one to name things he or she recognizes.

Chat about the books you read together and the things you did that day. Ask questions and encourage your toddler to reply by waiting for a response, then expand on those replies.

Keep in mind that toddlers develop at different rates, and there is a wide range of normal development. Talk to your doctor if you have any questions or concerns about your toddler’s development. [https://kidshealth.org/en/parents/learn12yr.html](https://kidshealth.org/en/parents/learn12yr.html)

Edible Finger Paint is Fun For All

1 3.4-ounce package of vanilla pudding
2 cups milk
Food coloring
Small containers
White paper

1. Make the vanilla pudding following the directions on the box. Invite your tot to measure and add the milk to the powdered pudding and then gently whisk.
2. While the pudding sets, get out your food coloring and several small containers.
3. Now your lil can scoop a couple of big spoonful’s of pudding into each container. Carefully add two to three drops of food coloring to each container, making single colors or mixing.
4. Get out a sheet of paper and drop a spoonful of each color of finger paint onto the paper. Invite your child to use his fingers to make lines and designs — and taste his fingers along the way! [https://www.popsugar.com/family/Edible-Finger-Paint-Recipe-24083568](https://www.popsugar.com/family/Edible-Finger-Paint-Recipe-24083568)
Understand how personal finance works. Personal finance is not difficult once you learn the basic principles. Learn how credit cards and debit cards work and the pros and cons of using credit cards. You should also know how to balance a checkbook, how to bank online, how to avoid credit card fees, and other basic principles.

Spend less than you earn After knowing how to use financial tools, spending less than you earn is the most important thing you can do for your financial situation. It doesn't matter how smart you are, how good your job is, or how much you earn - if you spend more than you take in, you will never get ahead in life.

Make a budget A budget will help you spend less than you earn every month. There are a lot of ways to make a budget; some people prefer to track every penny, and others prefer a rough guideline. The important thing is to be able to have an accurate account of your income and account for your major fixed expenses. Find what works for you and your situation and stick with it. You will thank yourself later!

Be careful with credit Credit is a useful tool, but only if you handle it responsibly. It is important to know and understand how your credit score is determined and how to improve your credit score. Your credit score is probably more important than you realize, and can affect your ability to get loans, the interest rates you pay on loans, and your ability to get a job, rent a house or apartment, or even enter a cell phone contract.

Be careful signing up for credit cards just to get free t-shirts, koozies, or other small dollar items. Many of these cards have high interest rates and low limits, and are designed to make you spend more money than you have. It is very easy to fall into the trap of never ending credit card debt. Once you know how your credit score can affect you, it is a good idea to begin establishing your credit history. The easiest way to do this is to establish a regular payment pattern over a long period of time. This can be for a fixed loan or with a credit card. The important thing is to start small and stay within your means. Here is a list of the best student credit cards if you decide to get one.

Only use student loans for college expenses Student loans are for one thing only - college expenses. This includes tuition, fees, books, tutors, and other similar fees. This does not include pizza, beer, out of town football games, spring break, parties and other frivolous expenditures. You may have your student loans for a long time, and you won't be doing yourself any favors by adding fuel to the fire.

Start Dave Ramsey's Baby Steps Dave Ramsey created his 7 Baby Steps as part of his Financial Peace University. His methods are a great way to get on a good financial track by laying a plan to get current with expenses, start an emergency fund, get out of debt, and begin saving for the future. Even if you do not have any debt, Dave Ramsey’s Baby Steps are a great place to start. Before you know it, you will be graduating college and starting life on your own and having a financial plan in place will make your life less stressful.

Start an emergency fund This is actually the first step in Dave Ramsey's Baby Steps, but it is very important so I thought I would mention it again. An emergency fund is just that - a fund that you keep in a regular savings account and use only for emergencies. No, pizza and beer night doesn't count. I'm talking about an emergency plane ticket home, car repairs, medical bills, or anything else that would be considered an emergency by normal standards. Your emergency fund will help you avoid racking up unnecessary credit card debt and let you sleep better at night.

Try to save money Once you have your emergency fund in place and are current on all your expenses, try to add saving to your budget. You will need money for a down payment on an apartment, furnishings for your apartment, a professional wardrobe for job interviews, a car, or many other expenses. A little money in the bank makes this easier, and again, will help you avoid falling into the debt trap.

Have fun You are entering one of the most memorable periods of your life. Have fun. The good news is that you don’t need a ton of money to have fun, especially when most of your friends are probably broke too. There are countless free and inexpensive activities centered on and around college campuses. Find them. Hang out with friends, have cookouts, watch movies, catch the university sporting events, volunteer, etc. Never stop learning – in school and outside school Your college days are when you will learn more about yourself, others, and life in general than you ever have before. This is an amazing time to see and do everything you can. Take it all in and enjoy yourself. In my opinion, what you learn about yourself and life is more important than what you will learn in the classroom (but that doesn't mean what you learn in the classroom isn't important!). Take it all in and see and do as much as you can. You only get this chance once...
Announcements

Greetings Parents!

April is National Volunteer Month and a great time to assist in your child’s classroom. There are a variety of ways you can give your time including reading to students or helping serve snacks. Check your site for the volunteer flyer to receive additional information on how you can make an impact. Last month you were introduced to the new format of Parent Committee Gatherings. The feedback was wonderful and we look forward to bringing you more engaging topics. This month’s Male Engagement events have been postponed. We will send out new communications once we are ready to kick off this amazing curriculum and opportunity for dads and male figures to display their importance in our student’s lives. Your Family Advocate will share that information when it becomes available.

Coughing & Sneezing

Hygiene etiquette involves practices that prevent the spread of illness and disease. A critical time to practice good hygiene etiquette is when you are sick, especially when coughing or sneezing. Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by:

- Coughing or sneezing
- Unclean hands
- Touching your face after touching contaminated objects
- Touching objects after contaminating your hands

To help stop the spread of germs:
Cover your mouth and nose with a tissue when you cough or sneeze.
Put your used tissue in a waste basket.
IF YOU DON’T HAVE A TISSUE, COUGH OR SNEEZE INTO YOUR UPPER SLEEVE, NOT YOUR HANDS.

Remember to wash your hands after coughing or sneezing:

- Wash with soap and water,
- or Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

Cough etiquette is especially important for infection control measures in healthcare settings, such as emergency departments, doctor’s offices, and clinics. More information on respiratory hygiene and cough etiquette in healthcare settings may be found on CDC’s seasonal flu pages.

One final practice that helps prevent the spread of respiratory disease is avoiding close contact with people who are sick. If you are ill, you should try to distance yourself from others so you do not spread your germs. Distancing includes staying home from work or school when possible. 

“I now rejoice in my service to others and make best use of my skills and abilities to help others. I now open to light, receive the light, and share the light, for one and all.”

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Peach Cobbler

1 cup self-rising flour
1 cup white sugar
1 cup milk
2 (16 ounce) cans sliced peaches in heavy syrup
1/2 cup butter

Directions
1 Preheat the oven to 350 degrees F (175 degrees C).
2 Melt butter in 9 x 13-inch pan.
3 Mix together the flour, sugar, and milk. Pour mixture into the pan. Spread peaches, including syrup, evenly around the pan.
4 Bake in preheated oven for 30 to 40 minutes, until the crust turns golden brown. Let cool for about 10 minutes before serving.

Crying Babies

All children cry when they’re hungry, tired, uncomfortable, sick or in pain. Sometimes they cry because they need affection. Toddlers and older children might also cry because they’re frustrated, sad or angry, for example. But it can sometimes be hard to work out what your crying child needs, especially if she isn’t talking yet.

So when your child cries, start by checking that he isn’t sick or hurt. If you’re not sure, make an appointment with your GP or call your child and family health nurse. If your child is crying for another reason, there are lots of things you can do to help.

Never shake, hit or hurt a crying child.
If you feel like you might hurt your child, stop before you do anything. Walk away and take some deep breaths. Call someone for help.
BABIES: CRYING

Babies are born with the ability to cry. Crying is their main way of communicating. Around 1 in 10 babies cry a lot – ‘a lot’ means more than three hours a day. Babies under 12 months of age tend to cry most in the late afternoon and early evening. This can be very stressful, especially if you’re busy doing things like making dinner or giving older children a bath.

This stage of intense crying will pass, probably sooner than you think.

HOW TO MANAGE YOUR BABY’S CRYING?
The first step is to check whether your baby is hungry, tired or uncomfortable. Over time, you’ll get to know your baby’s crying, and what different cries mean.

Here are some other helpful strategies:
Put your baby in a pram or a baby sling and go for a walk. You could even take a drive – as long as you’re not too tired! Even if your baby doesn’t stop crying, it’s sometimes easier to cope when you’re on the move.
Ask a friend or relative to help at the times of day when your baby cries most. If you’re feeling overwhelmed, put your baby somewhere safe and take a five-minute break. Letting your baby cry for a few minutes won’t hurt her, and it can help you get things under control.
It’s always OK to ask for help.

Your child and family health nurse or GP are good places to start. When you comfort your crying baby, he learns that the world is a safe and predictable place. He trusts you and tends to cry less. A young baby who’s left to cry could have a harder time forming a secure attachment to his parents.