Baby Emotions and Play

Babies are only just starting to learn about their emotions and how to express them. Play is the natural way that babies learn and develop, and play gives them a chance to explore and express feelings like happiness or frustration. And that’s where you come in. Through play with your baby, you can help your baby learn to communicate emotions.

Play with your baby is mostly about back-and-forth interactions with you – it’s not all about toys. Just making faces with you is a game for your baby. And as you gaze into each other’s eyes, you build your relationship too.

What to expect from baby emotions:

Your baby is likely to:

• laugh aloud at 2-4 months
• begin to withdraw from strangers and be more anxious with new people from about eight months - this is called stranger anxiety
• prefer you to any other adult and be clingy towards you from about eight months
• show signs of separation anxiety from about eight months, even when you just walk out of a room in your own home
• give loving cuddles from 10 months.

Here are some play ideas to help your baby explore and express emotions:

• Make music with your baby. Musical play like singing or making sounds with toys or simple instruments can help children let their emotions out.
• Use touch when you play with your baby. This can help your baby express emotions. You could try rhymes like 'This little piggy went to market' and tickle your baby’s feet as you sing.
• Try messy play with sand, mud, paints and other gooey substances. This can help your older baby get used to the way different things make her feel. For example, your baby can slap mud around happily, or slosh water angrily.
• Use puppets or toys to explain simple emotions. For example, you can use puppets or toys and say things like 'The car is happy because the bus is going for a drive with him/her or 'The mouse is sad so the cat will give him/her a cuddle'.

You might want to seek advice from your GP or child and family health nurse if:

• your baby regularly turns his/her face away from you and won’t look into your eyes
• your baby’s feelings are difficult to understand

Develop Early Numeracy Skills

Children start learning numeracy skills from the time they’re born. This learning happens from watching and experiencing numeracy in action, especially in everyday play and activities. For example, it happens when you encourage your child to:

• count fingers, toes and toys
• recognize numbers and shapes on objects like clocks and phones or in books
• decide how many slices of apple he/she wants.

As your child gets older, he/she learns more numeracy and math skills, including size and measurement. For example, this happens as he/she starts to:

• compare things of different sizes - 'big', 'small' and 'medium'
• group things together and talk about same and different
• use words to describe where things are - ‘over’, ‘under’ and ‘next to’
• help set the table
• fill a water bottle
• help with the shopping and use money to buy things
• divide food into equal shares.

And when you talk with your child about math concepts in your everyday activities, it helps him/her understand how and why math is useful. For example, this happens when you point out:

• big and small (size)
• high and low (height)
• heavy and light (weight)
• fast and slow (speed)
• close and far (distance)
• first, second and last (order)

Making a budget is the most important step you can take to get out of credit card debt faster, yet the high percentage of people with high debt shows how few seem to realize that.

What exactly is budgeting? At its simplest, it’s a ledger detailing the spending decisions you intend to make. It estimates how much money will come in during the months ahead and it allocates enough money to cover expenditures such as food, housing, transportation and insurance. A good budget also includes allocations for regular savings.

Conquer Your Debt: Debt management can help you conquer your debt and manage your household budget.

First let’s dump the misconceptions about budgeting. It isn’t about self-denial, though a solid plan usually contains an element of that. Rather, it’s about outlining your near-term financial future. Remember writing term papers in school and the teacher telling you to make an outline before you began writing? A budget is like that — a plan for where your money will go before you earn it.

Budgets won’t protect you from disasters, but they can help you avoid them. Unexpected car troubles or a big medical bill can disrupt even great plans, but a good budget can mute the impact. Part of your budget will allocate savings to help you build an emergency fund.

When you get ready to budget, remember to be honest. Self-deception is the worst thing you can bring to the process. Budgets only include money you realistically expect to receive. They don’t include unforeseen windfalls like chance inheritances or winning the lottery. Budgets have various purposes. They can help you save for a specific goal, like buying a car or a house. They also can help you pay down debt or build a nest egg. When you start the process, decide what the objective is and write it down.

It’s easier to reach your goal when you’re reminded of it every month. To start, resolve to live within you means.

How to Calculate Monthly Income

When it comes to a budget, take-home income is the only income that matters. Forget about pre-tax earnings. Your take-home pay is what you can spend or save.

When calculating income, also include other income like social security, disability, pension, child support, and alimony. Any money that you regularly receive can be considered income for your monthly budget.

Your Monthly Expenses

It can be difficult to remember all of your monthly expenses. Start by listing out the bills you pay each month.

Compare Income and Expenses

Once you’ve identified all of your expenses, add them up. How do your expenses compare to your income? Do you have a surplus or a deficit?

If you have a surplus, consider how you’ll invest or save the surplus money.

If it’s a deficit, study the expenses and decide what to cut. If one of the biggest outflows is lunch at work, consider brown-bagging it four days a week. If it’s a cable TV bill, go for a cheaper plan or cut the cord. A big cellphone bill? Find a cheaper plan or a less expensive provider.

Things you Need Know About Vaccines

1. We all need vaccines throughout our lives to help protect against serious diseases.
2. CDC and FDA take many steps to make sure vaccines are very safe.
3. Vaccines give you the power to protect your children from getting sick.
4. You can even make sure your baby is born with protection by getting vaccinated when you are pregnant. When you get vaccinated, you aren’t just protecting yourself—you are passing some protection on to your baby in the first few months of life when they are too young to build immunity on their own.
5. Vaccines aren’t just for kids. They can help adults stay healthy too especially if they have health conditions. https://www.cdc.gov/vaccines/rec-gen/vanderhowe.html

Managing expenses might not be enough. If you can’t get where you need to be, turn to the income. Can you work overtime or find a second job a few nights a week? It might be necessary.

Your income should always exceed your expenses. Budgeted expenditures should never exceed 90 percent of your income.

Remember, this is a goal and you might not make it every month, but that’s why you keep a savings account as a backup. Only tap that emergency fund when absolutely necessary, and deposit extra money to it during any month when you take in more than you budgeted. https://www.incharge.org/financial-literacy/budgeting/saving/how-to-make-a-budget/
Announcements

Greetings 4C Families!

May is National Mental Health Month and used to raise awareness on issues surrounds the many areas of mental health. We are currently dealing with unique circumstances surrounding COVID-19 and many families are dealing with added stress. Make sure you are taking the appropriate steps to ensure the mental well-being for your entire family. Below are several resources available should you need mental health assistance. Take a deep breath, we are in this together!

Aspire Health Partners https://aspirehealthpartners.com/
Mental Health Hotline https://www.samhsa.gov/find-help/national-helpline
CloseGap (website for children) https://www.closegap.org/

Celebrations

May 10 2020 Mother's Day is a holiday that commemorates motherhood and appreciates all mothers and mother-figures (including grandmothers, great-grandmothers, stepmothers, and foster mothers) as well as their contribution to society.

May 25 2020 Memorial Day formally known as Decoration Day, is a federal holiday that commemorates all men and women who have died while serving in the military for the United States of America.

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

Side view of an individual wearing a cloth face covering, which conceals their mouth and nose areas and has a string looped behind the visible ear to hold the covering in place. The top of the covering is positioned just below the eyes and the bottom extends down to cover the chin. The visible side of the covering extends to cover approximately half of the individual's cheek.

Cloth face coverings should—

• fit snugly but comfortably against the side of the face
• be secured with ties or ear loops
• include multiple layers of fabric
• allow for breathing without restriction
• be able to be laundered and machine dried without damage or change to shape

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Frontal view of an individual wearing a cloth face covering. Individual is using two fingers to point to either side of the top of the nose, indicating that the covering fits well in this area.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

Immune system boosters

Feeding your body certain foods may help keep your immune system strong. Plan your meals to include these 15 powerful immune system boosters.

1. **Citrus fruits** Most people turn to vitamin C after they’ve caught a cold. That’s because it helps build up your immune system. Vitamin C is thought to increase the production of white blood cells. Popular citrus fruits include: grapefruit, oranges, tangerines, lemons, limes and Clementine’s.

2. **Red bell peppers** Ounce for ounce, red bell peppers contain twice as much vitamin C as citrus. They’re also a rich source of beta carotene. Besides boosting your immune system, vitamin C may help maintain healthy skin. Beta carotene helps keep your eyes and skin healthy.

3. **Broccoli** Packed with vitamins A, C, and E, as well as many other antioxidants and fiber, broccoli is one of the healthiest vegetables you can put on your table. The key to keeping its power intact is to cook it as little as possible — or better yet, not at all.

4. **Garlic** may also help lower blood pressure and slow down hardening of the arteries. Garlic’s immune-boosting properties seem to come from a heavy concentration of sulfur-containing compounds, such as allicin.

5. **Ginger** may help decrease inflammation, which can help reduce a sore throat and other inflammatory illnesses. Ginger may also help decrease nausea.

6. **Spinach** made our list not just because it’s rich in vitamin C. It’s also packed with numerous antioxidants and beta carotene, which may increase the infection-fighting ability of our immune systems.

7. **Yogurt** Look for yogurts that have “live and active cultures” printed on the label, like Greek yogurt. These cultures may stimulate your immune system to help fight diseases.

8. **Almonds** A half-cup serving, which is about 46 whole, shelled almonds, provides nearly 100 percent of the recommended daily amount of vitamin E.

9. **Turmeric** Bright yellow, bitter spice has also been used for years as an anti-inflammatory in treating both osteoarthritis and rheumatoid arthritis.

10. **Green tea** Green tea is also a good source of the amino acid L-theanine. L-theanine may aid in the production of germ-fighting compounds in your T-cells.

11. **Papaya** is loaded with vitamin C. You can find 224 percent of the daily recommended amount of vitamin C in a single papaya. Papayas also have a digestive enzyme called papain that has anti-inflammatory effects.

12. **Kiwi** Like papayas, kiwis are naturally full of a ton of essential nutrients, including folate, potassium, vitamin K, and vitamin C. Vitamin C boosts white blood cells to fight infection, while kiwi’s other nutrients keep the rest of your body functioning properly.

13. **Poultry** When you’re sick, chicken soup is more than just a feel-good food with a placebo effect. It helps improve symptoms of a cold and also helps protect you from getting sick in the first place. Poultry, such as chicken and turkey, is high in vitamin B-6. About 3 ounces of light turkey or chicken meat contains 40 to 50 percent of your daily recommended amount of B-6.

14. **Sunflower seeds** Sunflower seeds are full of nutrients, including phosphorus, magnesium, and vitamin B-6. They’re also incredibly high in vitamin E, a powerful antioxidant.

15. **Shellfish** Zinc doesn’t get as much attention as many other vitamins and minerals, but our bodies need it so that our immune cells can function as intended. Varieties of shellfish that are high in zinc include: crab, clams, lobster and mussels.

**Scrambled Eggs with Spinach**

1 (12-ounce) package baby spinach leaves
2 tablespoons olive oil
1/2 cup onion (minced)
1 clove garlic (minced)
1/4 cup heavy cream
8 eggs (beaten)
Dash salt (or to taste)
Dash pepper (or to taste)
1/2 teaspoon dried thyme leaves
1/4 cup Parmesan cheese (grated)

- Heat the olive oil in a large heavy skillet and cook the onion and garlic until crisp-tender.
- Add the chopped spinach to the skillet and cook, stirring often, until the spinach is tender. Be sure to cook this until the water that leaches out of the spinach has evaporated.
- In a medium bowl, beat the heavy cream with the eggs, salt, pepper, and thyme until foamy.
- Add the egg mixture to the skillet and cook and stir so the eggs scramble with the spinach. Sprinkle with the cheese and serve.