



Parent Gazette



A Monthly Publication of Parent/Child Incorporated's Early Head Start Program



Happy St. Patrick's Day



How Do I... Stop My Toddler From Biting?

Biting adults or other children is a common behavior in most toddlers and increases when a child is tired or frustrated. It is important to not overreach when it occurs, instead treatment consists of teaching your child that is not acceptable behavior.

Some steps to take when your child bites include:

- ◆ Immediately look him in the eye and give him/her a firm "NO". You may also move your child to another area for a time out. Let him/her know that it is never all right to bite another person because it hurts.
- ◆ Supervise your child closely when he/she is with other children, so that you can distract him/her or interrupt any behavior that may lead to biting.
- ◆ It is important to not overact and never bite your child back. Biting him/her back or physical punishment will just reinforce that it is okay to hurt others.
- ◆ Give him/her lots of praise when they control themselves and don't bite.

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Never give young toddlers hard fruit or veggies such as apples or carrots. Pieces can break off and create a choking hazard.

Guide to Starting Infants On Solid Foods

New Moms are often anxious to start their young babies on baby foods for various reasons, such as the old myth that it will make them sleep through the night, or they won't drink as much milk. Here's some very good information to share with young Moms on starting their baby on solid foods.

Starting your baby on solid foods is the beginning of lifelong eating habits that contribute to his or her overall health. For this reason we have some general guidelines that can help you start your baby out on the right track to a healthy life.

Don't be in a rush to start solid baby foods. Starting solids too early can cause your baby to develop food allergies. Your baby's intestinal tract is not as fully developed during the first few months and introducing solids at this time can be too much to handle.

Another reason for not giving solid foods earlier than 4 to 6 months is unintentional overfeeding, since younger babies can not offer you signals when they are full, such as turning away or showing disinterest.

A third reason for holding off on solids is your baby's inability to swallow solids correctly before 4 to 6 months of age and this can potentially cause choking. And contrary to popular myth, starting solids early will not help your child to sleep through the night.

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Education

During the month of March, Teachers will conduct their Teacher Home Visit II (or the appropriate document due) with each family. Your child's Teacher will be in contact with you to set-up an appointment.

The curriculum during the month of March will focus on "Water". Children will participate in activities that will show how items in water can "*Sink and Float*" and when they are "*Wet or Dry*". A new theme will also be introduced to the children that will focus on "*Things that Grow*" in which they will participate in activities that focus on Fruits and Vegetables.



March 2009

Parent Meetings

16th	5:00 pm	Fort Sam
2nd	5:00 pm	Fredericksburg II
18th	5:00 pm	Circle North
4th	5:30 pm	New Westwood
25th	5:00 pm	SpringView

Tips for Fun Snacks

Toddlers love eating off a stick.

Buy some popsicle sticks at the craft store and get creative. Add fruit serve for a fun snack or pour fruit juice in a ice tray and put the sticks in each section for some fun popcicles for your child and watch the fun?



NOTICE

Product Recalls

Stuffed animal and creature toys: Button eyes could detach, posing a choking hazard to young children. These stuffed animals were sold in Old Navy Stores.

Model: Stubby Stuberson (Style No. 612756); Pinked Striped Dove (600571); Grey Dog (600572); Lucy Toothy (612800); Dr. Poopie (612738); Brown Penguin (612672); Light Pink Rabbit (612671); Brown Reindeer (612728); Honey O'Bunny (612806)

Manufactured: China

Contact: Old Navy at (866)580-9930; online (www.oldnavy.com)

Home Visits



Family Service Workers will conduct Home Visits during the month of March and will be contacting you to set-up appointments. Information that the Family Service Worker will

ask you to provide is an up-dated W-2(1040), check stub or school letter, up-dated home address and telephone numbers.

Your Family Service Worker is available to assist you and your family with any needs you may have through referrals to community resources.

REMINDER



Parents remember to bring your child's up-to-date shot records in to your Family Service Worker.

March Dates To Remember

March 9-13, 2009

Spring Break
Centers Closed

March 8, 2009

Daylight Savings Time Begins

March 16, 2009

Early Head Start Policy Council Meeting

March 17, 2009

St. Patrick's Day

March 20, 2009

First Day of Spring

Helpful Tips

Instead of buying fast food, take snacks with you on errands so there is always a healthy and inexpensive solution for a hungry child!

You Are Your Baby's Very First Teacher

From the moment you become pregnant, your baby will rely on you for nourishment, love, and care. It's normal to feel scared, confused, uncertain or overwhelmed about becoming a parent. But you have got what it takes to give your baby a smart beginning. The little things you do will make a big difference in how your baby grows.

You Can Help Your Baby's Brain Grow! Your baby's brain will grow the most between birth and age three. It is a scientific fact that the ordinary, loving things you do with your baby help brain cells make important connections. The sights, sounds, smells, touches and feeling you give your baby make brain growth strong and smart.

Take Care of Yourself and Your Baby When You Are Pregnant. Your baby's learning depends on being healthy even before he is born. You can help that happen by eating a healthy diet, exercising and getting regular checkups with your doctor. Avoid taking drugs, smoking or drinking alcohol - they can harm your baby's health.

Watch and Listen to Your Baby's Cues. Your baby's movements, sounds, expressions and eye contact say a lot even before she can speak her first word. For example, you baby may coo or laugh when she's happy and cry when she is upset or overwhelmed. When she makes eye contact, she may be telling you she wants to play. When she turns away, she would rather be quiet. By answering your baby's cues, you help her feel secure and loved. Your attention helps her grow up happier, smarter and more confident. So when your baby smiles, smile back.

When Your Baby Is Upset, Comfort Him. We have all heard that you can spoil a baby by holding him too much or always picking him up when he cries. But it is just not true. You cannot

spoil a baby by answering when he cries. In fact, research shows that newborn babies who get comforted quickly and warmly when they cry typically become independent, tend to cry much less and

Give Your Baby Hugs and Kisses. Take time to cuddle with you baby. He needs to be touched. It makes him feel safe and helps his brain to grow. You can show your love and help you baby learn by holding him in your arms, hugging him, rocking him, gently massaging him or giving him a bath.

Talk To Your Baby. Talking to your baby and repeating words over and over helps her learn to speak. Babies like to hear slow and simple language in a high, happy voice. You can talk with your baby about everyday things like what she's eating for lunch and what you're doing today.

Play With Your Baby. Play teaches babies about their world and helps them learn to use their senses (sight hearing, smell, touch and taste). Playing with your baby means more than just giving him toys. It means you and your baby having fun together by singing, playing peek-a-boo, singing songs, making silly faces, rolling a ball or making different noises with rattles, blocks or spoons.

Read to Your Baby. Even the youngest babies like you to read to them. You may think that your baby is too young to understand books, but they are learning while you read. When your baby is very young, read bright, colorful picture books. Point out words and pictures. As your baby gets older, they can answer questions about the story, point to pictures and repeat words. Babies learn from repetition, so they like reading the same stories over and over.

Take Time Out For You. Your baby depends on you, so your health and happiness are important to him/her. Take time for a hot bubble bath, a nap or exercise. Being a parent is hard work and all parents need help. When you feel overwhelmed, ask for help from family members, neighbors, friends, religious leaders or a community group. It's not only okay to ask for help, it's important.

Taken in part from: SmartBeginnings - Creating a future of endless possibilities for our children.

March

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Raisin Toast Apple Juice w/vit. C. Milk	French Toast Orange Juice Milk	Rice Krispies Banana Milk	Wheat Toast Diced Pears Milk	Biscuit Apple Juice w/vit. C Milk
Chicken Drumstick Mashed Potatoes Broccoli & Corn Roll Milk	Beef and Macaroni Casserole Green Beans Fruit Cocktail Milk	Au Gratin Ham & Potatoes Broccoli Roll Milk	Chicken Calabaza w/ Corn & Squash Spanish Rice Fruit Cocktail Milk	Tuna & Pasta Salad Carrots/Green Peas Sliced Peaches Milk
Animal Crackers Milk	Vanilla Wafers Milk	Peanut Butter Cookie Milk	Hardboiled Eggs Orange Juice	Bread Stick Milk
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13

SPRING BREAK

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Rice Krispies Orange Juice Milk	Pancake Apple Juice w/vit. C Milk	Raisin Toast Banana Milk	Waffle Applesauce Milk	Wheat Toast Pineapple Juice Milk
Corn Dog Carrots Fruit Cocktail Milk	Chili con Carne Pinto Beans Sliced Peaches Roll Milk	Spaghetti w/ Ground Beef Sauce Broccoli Diced Pears Milk	Meatloaf w/gravy Mashed Potatoes Carrots & Green Peas Roll Milk	Bean/Cheese Chalupa Lettuce/Tomato Fruit Cocktail Milk
Graham Cracker Milk	Cheese Sticks Pineapple Juice	Oatmeal Cookie Milk	Peanut Butter Sandwich Orange Juice	Bagel w/Cream Cheese Milk
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Corn Flakes Apple Juice w/vit. C Milk	White Toast Orange Juice Milk	French Toast Applesauce Milk	Wheat Toast Sliced Peaches Milk	Biscuit Diced Pears Milk
Beef & Bean Burrito Carrots & Green Peas Pineapple Tidbits Milk	Sloppy Joes on Hamburger Bun Buttered Corn Fruit Cocktail Milk	Beef Pattie w/gravy Pasta, Broccoli & Carrot Casserole Diced Pears Milk	Chicken Chop Suey w/ Cabbage & Celery White Rice Pineapple Tidbits Milk	Fish Nuggets w/ketchup Macaroni & Cheese Broccoli & Yellow Squash Fruit Cocktail Milk
Animal Crackers Milk	Banana Milk	Peanut Butter Cookie Milk	Bread Sticks Orange Juice	Vanilla Wafers Milk
MONDAY 30	TUESDAY 31			
Raisin Toast Orange Juice Milk	Pancake Diced Pears Milk			
Sliced Ham & Cheese Sandwich Pork-n-Beans Sliced Peaches Milk	Beef & Spanish Rice Carrots & Green Peas Fruit Cocktail Milk			
Graham Crackers Milk	Cheese Stick Apple Juice w/vit. C			

MARCH IS NATIONAL NUTRITION MONTH.