



# Parent/Child Incorporated (PCI) Of San Antonio & Bexar County

VOLUME I, ISSUE I

NOVEMBER / DECEMBER

Greetings,

Can you believe the holiday season is upon us!

We would like to take this moment to wish you and yours a Happy Holiday season. We wish you good health, new achievements and success in the upcoming year!

We pray for peace, harmony and prosperity in your home and life. Have a wonderful and safe Thanksgiving and a Very Merry Christmas and Happy New Year!

# Happy Holidays!



## Coping with Holiday Stress & Depression



Dr. Sharon Small

Chief Executive Officer/HS/EHS Director  
Med, MA, PhD



Recognize your feelings



Plan ahead



Reach out



Learn to say no



Be realistic



Continue healthy habits



Set aside differences



Take a break



Make a budget



Get professional help if needed

*"Growing San Antonio's Tomorrow...Today!"*

# EAT THIS NOT THAT



White Meat (Turkey Breast)		Dark Turkey Meat
 Mashed Potatoes (lightly drizzled with gravy)		Stuffing
 Green Beans		Candied Yams (with marshmallow topping)
 1 Dinner Roll (But if you have the willpower...skip it!)		Cornbread
Homemade Cranberry Sauce		Jellied Cranberry Sauce
 Pumpkin Pie		 Pecan Pie
<b>Calories: 731</b>		<b>Calories: 1,281</b>



## HAVE A SAFE THANKSGIVING ~REMEMBER TURKEY!~



T	U	R	K	E	Y
<b>T</b> haw turkey at a safe temperature - 40°F or below	<b>U</b> se extra caution when frying a turkey and oil-free fryers if possible	<b>R</b> emember to clean all cooking surfaces regularly	<b>K</b> eep children away from hot foods and surfaces, and kitchen utensils	<b>E</b> nsure turkey is cooked and has reached minimum temperature of 165°F	<b>Y</b> our smoke detector should be tested prior to cooking
					



## TOYS FOR TOTS

From now until November 30, Toys for Tots will be accepting applications to receive toys. This year the ages for the children will be Newborn to 14 years of age only.

Identification needed: Original birth certificates for all children, proof of residence for the parents/guardians, a valid government photo ID, and your confirmation email with the control number.

For more information, please go to <https://www.toysfortots.org>

## PCI Holiday Closures



**November 23 - 27**  
**Thanksgiving Break**

**December 21 - January 1**  
**Winter Break**

Thank you for  
supporting  
Head Start  
Awareness  
Month in  
October!



## 7 Healthy Holiday-Eating Tips

Make your first  
plate small

Select a 1/2 cup of  
either:  
-white or sweet potatoes  
-candy yams  
-mac & cheese  
-pasta

Make half your  
plate green  
vegetables

Add a meatless  
option (i.e. beans,  
lentils, peas,  
veggie kabobs,  
tofu or tempeh)

Add a green or  
fruit salad to your  
menu

Enjoy a healthy  
serving of dessert.  
Don't deprive  
yourself!



## Santa's Sugar Cookies



*add in:* 1/2 cup unsalted butter, melted  
1 large egg  
1/2 tablespoon vanilla extract

*to make:*

Preheat the oven to 350 degrees F. Add the mason jar mix, melted butter, egg, and vanilla extract. Stir until combined. Roll the dough on a lightly floured surface until a soft dough forms. Cut with cookie cutters and place one inch apart on a parchment lined sheet pan. If desired, add sprinkles on top before baking. Bake 5-7 minutes or until edges are light golden and cool 2 minutes on cookie sheet before removing to cookie sheet.

# TIPS FOR TOY SAFETY



## CHECK THE AGE LEVEL OF A TOY BEFORE PURCHASING.

Make sure the toy is an appropriate age, skill and technical level for the child.



## INSPECT TOYS OFTEN.

Check toys for loose pieces, rips, peeling paint and other signs of wear and tear.



## AVOID TOYS WITH SMALL PARTS OR MAGNETS.

Small parts are choking hazards, while magnets can cause internal damage.



## BE CAREFUL OF TOYS WITH SHARP EDGES.

Avoid purchasing toys that have sharp points or edges, to prevent injuries.



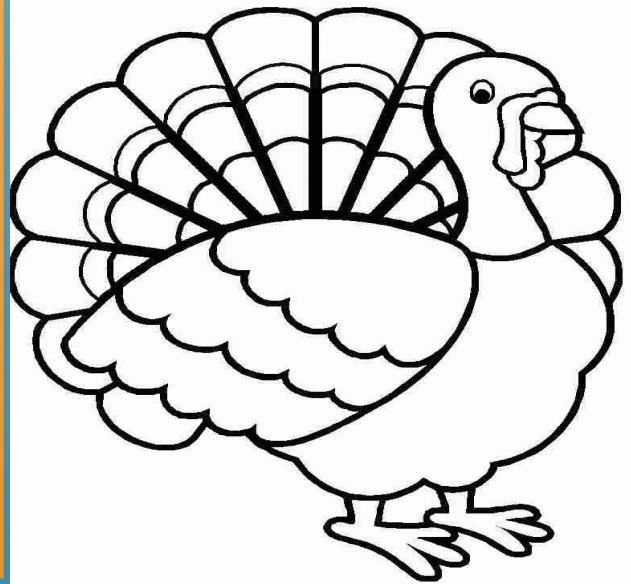
## ONLY PURCHASE QUALITY, STURDY TOYS.

Choose toys that are made well, to prevent breakage and injury.



## DO NOT GIVE TOYS WITH DANGLING STRANDS TO CHILDREN.

Strings, ribbons and pulls cords can be a choking hazard to young children.



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