



PARENT NEWSLETTER

FEBRUARY
2011

www.childandfamilyopp.org - 18 Avery Lane – Ellsworth ME 04605

HEAD START RECRUITMENT FOR 2011-12 BEGINS THIS MONTH!

Applications for the next Program Year will be available at your Center in February! We will be accepting applications for 3-5 year olds at all of our preschool programs in the following communities: Bucksport, Calais, Ellsworth, Harrington, Lubec, Jonesport, Machias (full day child care only) Sedgwick, Sullivan, Stonington, and Prospect Harbor.

Early Head Start, with child care for infants and toddlers aged 6 weeks to three years, is currently offered at Ellsworth, Calais and both Machias centers.

Comprehensive Head Start and Early Head Start services include health and developmental screenings, nutrition assessments, developmentally appropriate curriculum and parent education and training opportunities. Helping families access other social service agencies is also an important part of the program.

If your child is in our program now and will be continuing after July in full-day programs or returning next September, you will need to fill out an application for next program year. If you would like to help recruit new parents in your community, speak to your Center Manager. We are always looking for new ways to reach out to children and families who may be in need of our programs!

For families enrolled in Child Care Programs, a sliding fee may be assessed or you may apply with us for a fee subsidy from the State. As always, if you have questions regarding enrollment, please call the Enrollment Specialist at 667-2995, or 1-800-834-4378.

WE WANT TO HEAR FROM YOU!

Every year we take time to review our programs to see where we are doing things well and where we need to make improvements. Parents are an important piece of this process. This month you will be receiving a short survey asking for your feedback on your experience in our programs. The survey is confidential and we encourage all parents to complete it and get it back to us. Your center staff will be distributing them this month, with instructions for completing and returning it to us.

Another part of our self-assessment is completing Health and Safety reviews in our centers. We are inviting parents to help us by using our Health and Safety Checklist in their centers, so we have a fresh set of eyes to help us identify our strengths and areas of needed improvement. Please talk to your center staff if you are interested in this part of our self-assessment.

NEWS FROM POLICY COUNCIL:

January's Policy Council Meeting was full of great information! We welcomed three new members to the group, and reviewed the roles and responsibilities of being a council member. Some highlights of the meeting included information about curriculum development in our classrooms, enrollment information and selection criteria for our programs, and a review of progress on our agency goals and objectives. Britt highlighted the opportunity for members to take part in a strategic planning day in March which you all will hear more about in the coming months.

Please check in with your center's representative to hear more about the topics covered at our meeting, they have some great information to share with you about CFO's approach to developing classroom curriculum. For example:

- Did you know that the *State of Maine Early Learning Guidelines* is based on *Head Start Outcomes Framework*?
- Have you seen your child's individual Child Development Profile which is based on developmental milestones your child's teachers have made along with information you have provided?
- Did you know that CFO's curriculum is supported by NAEYC's *Developmentally Appropriate Practice*?

Curriculum is planned using children's interests to build on their skills in all the developmental domains appropriate for their age and development.

Upcoming topics the council will be discussing include:

- Agency self-assessment
- Child Health and Development
- Family engagement and Family Partnership Plans
- New England Head Start Conference



FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH

The American Dental Association recommends parents supervise tooth brushing for young children. Make sure children over age two use only a pea-sized amount of fluoride toothpaste. Fluoride toothpaste is not recommended for children under two, because they cannot spit out the remaining paste. There are natural fluoride enzyme pastes available for babies.

The brush should be held at a 45 degree angle to the gums; brushing should be back and forth in short strokes. Children need to be reminded to spit out remaining toothpaste and rinse well with water after brushing. They should avoid swallowing toothpaste.

As soon as your child's teeth begin to touch, clean between them with floss. This will help remove plaque from areas the brush cannot reach. Parents are encouraged to demonstrate that they brush and floss regularly, making it more likely your child will too!



AN IMPORTANT MESSAGE ABOUT CRIB SAFETY

The US Product Safety Commission has approved new mandatory standards for all size cribs. When these become effective the new rules will stop the manufacturer and sale of dangerous, traditional drop side cribs; make mattress supports stronger; make hardware more durable; and make safety testing more rigorous.

For more information visit CPSC's Crib information Center at <http://www.cpsc.gov/info/cribs/index.html>.

Do not use any crib with missing, broken or loose parts. Make sure to tighten hardware from time to time to keep the crib sturdy. When using a drop-side crib, parents should check to make sure the drop side or any other moving part operates smoothly. Always check all sides and corners of the crib for disengagement. Disengagements can create a gap and entrap a child. In addition, do not try to repair any side of the crib, especially with duct tape, wire or rope.

WINTER HEALTH

- If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Saline nose drops may help keep tissues moist. If bleeding is severe or recurrent, consult your pediatrician.
- Many pediatricians feel that bathing two or three times a week is enough for an infant's first year. More frequent baths may dry out the skin, especially during the winter.
- Cold weather does not cause colds or flu. But the viruses that cause colds and flu tend to be more common in the winter when children are in school and are in closer contact with each other. Frequent hand washing and teaching your child to sneeze or cough into the bend of her elbow may help reduce the spread of colds and flu. Children between the ages of 6 and 59 months should get the influenza vaccine to reduce their risk of catching the flu.

**DENTAL OUTREACH PROGRAM
APRIL 11-16, 2011**

At the Lee Pellon Event Center
90 Main Street
Machias ME (in back of Subway)

The Dental Outreach is a program of Washington County Children's Program and New York University College of Dentistry.

COMPLETE DENTAL CARE FOR CHILDREN	EMERGENCY ADULT DENTAL CARE
Dental Examinations	Dental Examinations
Fluoride Varnish	X-Rays
Sealants	Sealants
Fillings and/or Extractions	Fillings and/or Extractions
Stainless Steel Crowns	Root Canals

More information is available at your Center in Washington County. To make an appointment for a child call WCCP at 255-3426. Adults will be seen on a walk-in basis, first-come, first-served. No appointments. There is no charge — this is for anyone with difficulty accessing dental care. If you have a regular dentist, please continue with your provider.

FRUITS AND VEGGIES ON THE GO!

BREAKFAST

Blend a smoothie with fresh fruit to drink on the way to work or school:

Strawberry Yougurt Shake: 1/2 c unsweetened pineapple juice with 1/1/2 cups unsweetened strawberries, 3/4 cup low-fat plain yogurt and 1 tsp sugar (optional): Add to a blender container and puree at medium speed until smooth.

AFTERNOON SNACK

Snack on hummus and veggies such as little carrots, peppers, celery and broccoli florets.

Sun-Dried Tomato Hummus: 2 cans garbanzo beans, rinsed, drained; 1/3 cup fat-free yogurt; 1/4 c tahini (sesame seed paste); 2 cloves garlic; 1/2 cup chopped, drained sun-dried tomatoes in oil; 1 tsp dried oregano leaves, 2 tsp lemon juice. Process beans, yogurt, tahini and garlic in food processor or blender until smooth. Stir in sun-dried tomatoes and herbs, add lemon juice to taste.

DINNER AT HOME

Add steamed, baked, or sautéed veggies to your dinner at home. Or try this veggie soup with meat balls:

1 egg beaten, 1/4 cup bread crumbs; 1/4 cup fresh parsley, 2 tbs grated parmesan cheese, 1/ tsp garlic powder and black pepper; 1/2 lb lean-ground beef. Mix together and shape into 1-inch balls, brown in large saucepan, drain. Add: 2 cans reduced-sodium beef broth, 1 can kidney beans, rinsed and drained, 1 can chopped tomatoes, 1 medium carrot thinly sliced, 1 tsp Italian seasoning, 1/4 cup tiny shell pasta. Bring veggies, meatballs, both, beans to a boil for 10 minutes. Add pasta and cook an additional 10 minutes or until meat is no longer pink and pasta is tender.

HELPING YOUR CHILD: ENCOURAGE DAILY PHYSICAL ACTIVITY SOME ADVICE FOR ADULTS

- **Set a good example.** If your children see that you are physically active and have fun, they are more likely to be active and stay active all their lives.
- **Be sensitive to your child's needs.** If your child feels uncomfortable participating in activities like sports, help him or her to find physical activities that are fun and not embarrassing.
- **Be active together as a family.** Share chores such as making the beds, washing the car, watering plants, or sweeping and vacuuming. Plan active outings such as a walk through a local park.
- **Set limits on the time your family spends watching TV, videos or on the computer.** Help your child find FUN things to do besides watching TV, like acting out favorite books or stories, or a family art project. Your child will learn that creative play is more interesting than television. Watch together and encourage your child to get up and move during commercials. Discourage snacking when the TV is on.
- **Be a positive role model.** Children are good learners and learn what they see. Choose healthy foods and active pastimes for yourself and your children will see they can follow healthy habits that last a lifetime.

WAYS TO SHOW KIDS YOU CARE

Hug them

Smile a lot

Ask them about themselves

Look in their eyes when you talk to them

Listen to them

Play with them

Read aloud together

Tell them their feelings are okay

Set boundaries that keep them safe

Stay with them when they are afraid

Learn what they have to teach

Help them become an expert at something

Accept them as they are

Ask them for their opinion

Encourage children to be physically active. Physical activity in childhood may establish life-long habits. The American Academy of Pediatrics recommends children participate in a total of 60 minutes of physical activity on most if not every day of the week. Parents need to participate in physical activity with their children, and adopt family activities that involve physical activity. While many children are not good at sports, all children can participate in aerobic activities that don't require athletic talent. Swimming, bicycling, walking, or running are all aerobic activities that help cardiovascular fitness.



5 Reasons Vegetables Really Matter

They help kids grow. Vegetables are packed with essential vitamins and minerals that build tissue and promote cell growth.

They fight disease. A diet rich in fruits and vegetables can protect against Type 2 diabetes which is becoming more common in children. By learning to love veggies now, children will build a life-long habit that can help lower their risk of high blood pressure, lower their risk of heart disease and also protect them against developing cancer.

They help keep children hydrated. Children don't have to get all their water from a cup- many vegetables, including lettuce and carrots contain plenty of water. In fact, broccoli is more than 90% water.

They help prevent obesity. Children who eat more fruits and vegetables have lower body weights. That's because a diet rich in produce is naturally lower in calories and fat and higher in nutrients –and veggies fill you up and leave less room for junk.

They are packed with fiber. Fiber makes us feel full and prevents constipation. Eating a high fiber diet also means your child is less likely to develop heart disease and high cholesterol later in life. Most children only get half as much fiber as they need. Baked potatoes and brussel sprouts are two of the best veggie sources. You can determine your child's daily fiber needs by adding their age plus 5 grams of fiber. Ex. a 4 year old would need approximately 9 grams of fiber.

Adapted from a May 2006 Parents magazine article by Sally Kuzemchak, R.D.

If you are hearing yourself say, but my kids won't eat vegetables, think about this; children are very much influenced by the environment around them, which includes you! Positive role modeling, involvement with preparing recipes, choosing vegetables at the market, growing vegetables and then repeated exposure (12-18 times) to a variety of vegetables will over time provide the basis of a lifelong habit of positive association with vegetables and you just might just find that you are eating more of them yourself!

Veggies not a favorite? Try them again...roasted. Roasting gives vegetables a new, toasty-sweet flavor.

Choose from:

- ⇒ Asparagus spears
- ⇒ Bell peppers
- ⇒ Broccoli spears
- ⇒ Cauliflower
- ⇒ Eggplant
- ⇒ Green beans
- ⇒ Mushrooms
- ⇒ Zucchini or Yellow summer squash

Other ingredients:

Vegetable oil **OR** no-stick cooking spray
Salt and pepper to taste

Heat oven to 450°F.

Choose any combination of vegetables from the ingredient list. Remove tough ends and stems and cut into 1-inch pieces.

Children can help! Place vegetable pieces in a shallow baking pan. Drizzle lightly with oil and stir to coat or spray with no-stick cooking spray. Children can brush oil on the vegetables with a basting brush and arrange them to make faces or other fun designs.

Bake 10-15 minutes until vegetables are crisp-tender and lightly browned.

Sprinkle with salt and pepper to taste.

Servings: 4-6

Serving idea:

Sprinkle with parmesan cheese after roasting.



RECALLS FOR PRODUCT SAFETY:

Wal-mart Recalls Electric Heaters due to Fire and Burn Hazards 2.2 million products are involved in the recall of these heaters. The product names are: Flo Pro, Airtech, Aloha Breeze or Comfort Essentials. The 1500 watt heaters are grey with a metal handle on the top with vents and grey control knobs on the front. The model number is 1013 and can be found on a label on the lower left corner of the back panel of the heater. They were sold at Wal-Mart stores nationwide from December 2001 through October 2009 for about \$18. Immediately stop using the recalled heater and return the product to any Wal-Mart store for a full refund. You can call toll free at 800-925-6278 or visit the firm's website at www.walmart.com

Forever-Glo Cylinder Nite Lite—an electrical short circuit in the night light can cause it to overheat which may result in a fire. It is a cylinder-shaped night light with a white base and clear top that plugs into the wall. Model # 71107, mfg code SY are on the recall. It was sold from May 2009 through Sept. 2010 for about \$5.00.

Sterno Portable Butane Stoves—The “on-off” valve can fail to close when turned “off” causing the fuel to leak from the stove. The stoves have model numbers STO6601 and 50006. The black single-burner stove uses an 8 oz canister for fuel. They were sold through

sporting goods and other retailers nationwide from August 2006-September 2010 for about \$30. Contact Sterno for instructions to return the unit for a free replacement. Do not return the stove to the store where purchased. For more information, call (877) 478-3766 or visit the web site at www.sterno.com.

Family Dollar Stores Recall Remote-Controlled Toy Tanks due to Burn Hazard. The tank's controller can overheat and melt, posing a burn hazard. The product is called the Authentic Heroes Target Practice Tank play set. The set was sold at Family Dollar Stores from September 2010 to December 2010 for about \$5. If you have this toy, take it away from children, remove the 3 AAA batteries and return to the store where purchased for a full refund.

Jogging Strollers—Phil & Teds USA Inc are recalled to repair the hinge mechanism. When folding or unfolding the stroller the user's finger can be caught and cause amputation or laceration hazards. The recall is for the sport v2 and classic v1 single-seat model. The 3-wheel strollers have the phil&teds logo located on the crotch piece of the harness on both models. They were sold between May 2008– and July 2010 for between \$350-\$450. Immediately stop using and contact to arrange for a free hinge-cover kit and repair instructions. The contact number is 877-432-1642 or check the web site at www.philandteds.com/support.

TIPS FROM THRIFTY SUPERMARKET SHOPPERS

- * **Make a list** — the list forces you to focus on what you really need and helps you avoid extra spending. Additional trips to the store usually add up to more than the milk and bread you forgot to get earlier.
- * **Use coupons wisely** — Don't clip coupons for items you wouldn't normally buy. Look through newspapers, magazines and online. Avoid websites that charge a fee. Websites such as coupon.com and couponsurfer.com allow you to match items to your list.
- * **Consider store brands**—Try store brands to compare quality. Many items are identical but others may be a disappointment. When you try a store brand, the worst thing that can happen is you won't like it or buy it again!
- * **Buy produce in season and on special**— In the winter you can get great deals on oranges, clementines and apples at regular prices. Watch for store specials on fruits like berries and melons, which may be a good deal even when out of season. Buy apples, carrots, potatoes by the bag instead of the pound. A 3-pound bag of apples or potatoes can be up to 60% cheaper than the same amount purchased by the piece.
- * **Check your store receipts** — Monitor the prices as your items are scanned and then review your receipts before you leave the store. Some supermarkets will give you an extra credit for an incorrect entry. If you have to leave immediately, check the receipt later at home as you put the groceries away. For more information on your store's policy, check their web site.



CFO has a new website look!

Check us out online at: www.childandfamilyopp.com

Some fun things that you can find there:

- Online Head Start and childcare pre-applications and downloadable application forms
- Ways to get involved on our volunteer page
- In-kind and Non-cash donation ideas
- Agency and RDC Newsletters Online
- Current events and news
- Calendars for your Center—with information added regularly as we learn this new tool!

We love feedback too! Send us a note or fill out a survey to let us know if the website is working for you.

IN-KIND DONATIONS

CFO's Head Start and Early Head Start Grants require that 20 percent of the total grantee budget be submitted as "non-federal match". This means that 20% of the total HS/EHS Budget must come from "in-kind" donations made by the communities and/or individuals that are served by CFO. Below are some ideas for how you can contribute to your local program:

IDEAS FOR PARENT OR COMMUNITY VOLUNTEERS

- ◆ Assist in the classroom or kitchen
- ◆ Donate supplies
- ◆ Participate on curriculum planning committee
- ◆ Classroom preparation: repairing broken toys or equipment, making materials labels, straightening materials, mending books, making nametags or placemats
- ◆ Cleaning, vacuuming, dusting, washing, planting, raking, shoveling, plowing, painting, yard clean up, maintenance and repair
- ◆ Maintain the parent area
- ◆ Donation of your time as a professional librarian, fireman, doctor, dentist, Mental Health provider, trainer, speaker or presenter
- ◆ Time spent on recruitment activities
- ◆ Time spent on preparing for parent meetings or parent/child activities
- ◆ Time spent attending parent meetings, Policy Council, Health Services Committee, Child Development Committee
- ◆ Mileage in-lieu of reimbursement for time spent attending above meetings may also be donated as in-kind.

Your center staff has information on how you can help, speak to them to find out what your center needs most.

YOUR VOICE MATTERS TO US!

The always want to improve our communication with you. In fact, this year we have a goal to improve your access to center and agency information by using multiple means of communication.

Part of the upcoming Parent Surveys will be about all the different ways we communicate with your family, including this newsletter, and which ways work best for you. Right now we are in the information gathering stage so we can start to make plans and improvements for the future.

Please help us out and give us your thoughts and feedback in the Parent Survey. Surveys will be sent out in February. Thank you!



COMMUNITY MATTERS MORE

Vote for Child and Family Opportunities, Inc. to be awarded a grant from Bangor Savings Bank.

Bangor Savings is again hosting its Community Matters More votes that will award non-profits with either \$1,000.00, or \$5,000. Child and Family Opportunities, Inc. is not on the ballot this year, however they do welcome write-in candidates. Please feel free to write us in as **Child and Family Opportunities** on their on-line voting (see below). Paper ballots are also available at the bank. Tell your friends and family to vote for us as well. Thanks!

<https://www.bangor.com/Why-Bangor-Savings/Supporting-Our-Communities/Voting.aspx>