



PARENT NEWSLETTER

HEAD START RECRUITMENT CONTINUES....

Dear Parents: Is your child staying in our program beyond July 1st of this year? If so, have you submitted a new application for the 2011-2012 program year? New applications are available at your center or can be obtained by calling our Enrollment Specialist at the Central office. The number is 667-2995, ext. 237 or 1-800-834-4378. Along with other program information, the application is also available on line at : www.childandfamilyopp.org

For our part -year, part-day program we are now accepting applications and will throughout the summer. We start enrolling income-eligible applicants during June. Over-income families are accepted no later than the end of August – but sooner, if possible. Our part day/part year programs in Hancock County are available in Ellsworth, Bucksport, Sedgwick, Stonington, Sullivan and Winter Harbor. In Washington County, our part day/part year programs are located in Jonesport, Lubec, Harrington, Steuben and Calais.

HOME VISITS

As parents, you have been (or will be) asked by your Family Advocate and/or your child's Teacher if he or she can visit with you in your home. Many parents look forward to these visits as times to sit back, relax, and talk about their child and family. Children are almost always excited to have their teacher visit at home. Coming to your home allows center staff to focus on you and your child while leaving the busy activities of the center behind. For some parents, the idea of having staff come to your home may make you nervous. This article may help all parents better understand why we do home visits.

The purpose of the home visits is to be able to discuss your child and family in a place where you and your child spend most of your time. It allows your center staff to become more familiar with your child's "world" at home.



Center staff are then able to make connections between home life and center activities. Center staff will also find things you do at home that may support what learning activities your child is doing at the center. Many times staff discover things you do at home that would be wonderful to bring into the classroom, such as hobbies, and interests. Center staff are not in your home to inspect or make judgments about your home or your lifestyle. Staff are there to get to know you better, and thus are better able to offer you and your child the best services available.

Head Start Performance Standards, the federal rules all Head Start programs must follow, require that home visits are offered and that the value of visits are explained to families. We require our program staff to offer a minimum of two home visits. Visits should always be scheduled at times you feel work best for you.



POLICY COUNCIL at the NEHSA CONFERENCE

A number of CFO staff, parent leaders and our Policy Council Chairperson attended the New England Head Start Associations spring conference in beautiful North Conway, NH in early May. The group enjoyed a variety of workshops, many of which focused on parent engagement, leadership, transitions and self regulation in children.

We also enjoyed some "down time" dining out,

visiting with one another, and of course, a little shopping!

The group (shown here) was certainly proud to represent CFO at this regional conference and will be sharing much more information with staff, parents and PC reps who were not able to attend. You'll notice our tie-dyed T-shirts celebrating CFO's 40th Anniversary—not our normal conference attire.

On another note, the May PC meeting consisted of numerous agency updates including information from and for our annual self assessment, parent survey summaries, and progress on agency goals and objectives along with programming plans for the fall of 2011. The Council continues to work hard in representing all parents in all program options.

Tips for Preventing Lyme Disease

- ◇ Wear long-sleeved shirts and pants in light colors.
- ◇ Tuck your pants into your socks and your shirt into your pants.
- ◇ Use insect repellent with DEET on your skin and permethrin on clothing.
- ◇ Check for ticks after being outside.
- ◇ Remove ticks immediately with tweezers. Ticks must be attached for 24-48 hours before the bacteria can be transmitted, so prompt removal is

important.

- ◇ If bitten, wash the area thoroughly with soap and water and apply an antiseptic.
- ◇ Record the date you were bitten and watch for signs of Lyme disease or any health changes over the next month.

The Center for Disease Control and Prevention recommends removing any ticks as soon as you find one. Using fine-tipped tweezers, grasp the tick close to your skin and pull away from your body. Wash the area with soap and water.

Keeping Kids Safe in the Garden

- ⇒ Sun and bug repellants and protective clothing are recommended to protect your child when play in the garden.
- ⇒ Do not leave pruning shears and other sharp tools within their reach. Always place pointed tools with tines down when storing. Provide child-sized rakes and hoes for your kids to use in the garden.
- ⇒ Use tall stakes for plant supports, short stakes can cause eye injuries. Don't leave pruned stalks at a child's eye level as the sharp points can do damage.
- ⇒ When mowing keep kids away or turn off the mower when they approach. Look behind you before reversing. Young children should never be allowed to ride or drive the mower. Always remove the keys when not in use.
- ⇒ If you let your kids go barefoot, make sure there are no sharp stones or broken glass around.
- ⇒ Monitor young children around water gardens. An unsupervised child can drown in seconds, even in the smallest amount of water.
- ⇒ Help them to understand that not all plants are safe to eat. Older children know that they should not eat anything in the garden without permission; younger kids need to be supervised carefully to prevent them from munching on poisonous plants.

Books On Flower Gardens and Gardening

One Little Seed by Elaine Greenstein for ages 0-4. Just a few words are needed to describe the sprouting of a sunflower from one little seed.

This is Your Garden by Maggie Smith ages 3-7. In the second person, the author describes how a child can grow a garden, conveying how the child may feel on rainy days, when thinning plants, or visiting other people's gardens.

The Whole Green World by Tony Johnston ages 3-8. A rhyming poem depicts a child and dog growing seeds. Rich, colorful illustrations celebrate all aspects of nature. In one section, the child reads aloud to the seeds!



Healthy Backyard Grilling

Grilling is a cooking method that has nutritional advantages because unlike deep frying or pan sautéing, it adds no fat to food, an important benefit for people trying to stick to a healthy diet.

The reports you have read are based on scientific research that has found grilling meats at high heat for long periods produces at least two types of carcinogens — chemicals linked to the risk of developing cancer.



Red meat, poultry, and seafood all contain muscle protein, which reacts under intense heat (and this includes broiling and pan-frying at high temperatures) to form heterocyclic amines (HAs), compounds that damage DNA and contribute to the development of certain cancers, particularly those of the stomach and colon.

Chemicals called polycyclic aromatic hydrocarbons (PAHs) also have been linked to cancer. PAHs form when fat from cooking meat drips onto a flame, heating element, or hot coals and produces smoke. The chemicals rise with the smoke and are deposited onto the food. The charred, blackened parts of grilled food contain the highest concentration of PAHs.

Nutritionists and the American Cancer Society both agree that people can still enjoy grilled foods without excessive concerns about health risks and suggest the following tips to minimize consumption of unhealthy chemicals:

- Use lean cuts of meat and trim any excess fat, including the skin from poultry to minimize fat dripping onto the heating source and reduce the production of PAHs.
- Limit fatty meats such as ribs and sausage that are more likely to drip fat onto coals and also are high in unhealthy saturated fats.
- Place food on the grill after coals have cooled or, when using a gas grill, adjust gas flow and rack height.
- Don't eat the charred or blackened bits on grilled foods, even vegetables. While HAs form only in meat, poultry and seafood, PAHs can form on charred food of any kind.
- Use marinades made with vinegar, citrus juice, or red wine, which are rich in antioxidants. Studies have shown that marinating meats before cooking reduces formation of HAs.
- Precook meat in the microwave to minimize cooking times (the longer you cook meat, the more HAs will form). Drain any clear liquid before placing meat on the grill.
- Wrap fish in foil before placing it on the grill to keep food moist and prevent deposition of chemical-containing smoke.

Think of meat as a side dish instead of the main course. Aim for a 3-ounce portion of meat and fill your plate with fruits and vegetables. Making kabobs with small pieces of meats mixed with bite-sized pieces of vegetables and fruits is a simple way to control portion size, add great flavor, and add fruit and vegetable servings.

The bottom line: Don't give up grilling, but limit high-fat meats and keep portion sizes of all types of meat small. From a nutritional standpoint, one of the most beneficial steps you can take to reduce your risk of cancer and other conditions such as heart disease and diabetes is eating a diet high in fruits, vegetables, and whole grains.

Barbeque Chicken Marinade

- 1T. Olive Oil
- 2 t. salt
- 6 oz. tomato paste
- 1 cup cider vinegar
- 2 T sugar
- 1 T. cayenne pepper
- 1 c. nonfat chicken broth
- 2 T. Worcestershire sauce

Whisk all ingredients together in a small saucepan and simmer gently for 5 minutes. Refrigerate to cool completely before use. Store in the refrigerator for up to two weeks. Makes about 2 1/2 cups.



Gina's Teriyaki Marinade

- 1/4c. Vegetable oil
- 1/2c. Low sodium soy sauce
- 1/4 c. honey
- 2 T. vinegar
- 2 T. green onions, finely chopped
- 1 1/2 t. ground ginger
- 1 clove garlic, finely minced

Combine all ingredients in a small bowl. Store any unused Marinade in an airtight container in the refrigerator for up to one week. Makes about one cup.

Heavy Duty Garlic Rub

- 10 cloves garlic, finely minced
- 1 t. ketchup
- 1 t. cracked black pepper
- 1 T. olive oil

Mix all ingredients to make a thick paste. Generously press into all sides of the beef. Use immediately. Makes enough for 1 large or 2 small steaks.



Savory Spice Rub

- 1 T. black pepper
- 2 t. cayenne pepper
- 1 t dried oregano
- 1 t dried basil
- 1 T paprika
- 2 T. light brown sugar
- 1 T. salt
- 1 t. garlic powder
- 2 t. onion powder
- 1 T. chili powder

Combine all ingredients in a small bowl. Store in an airtight container in the refrigerator for up to 3 months. Makes 1/2 cup.

Bedtime Tips for Tired Parents



Experts say that there are three attributes that will make a bedtime routine work – Consistency, Consistency and Consistency!

1. Start quiet activities about an hour before bedtime.
2. A warm bath may help your child relax.
3. Set a routine—perhaps a favorite book, a drink of water, and a goodnight kiss.
4. Set limits — one story, one drink of water, one kiss.

This may not solve all problems, but it is a good first step.

Nurture Your Child's Emotional Growth



- Tell your child you love them. Offer lots of hugs and kisses.
- Make a list of wonderful things about your children.
- Explore healthy ways of managing stressful situations with your child.
- Provide structure for your children's day. Set time for meals, naps, bedtime.
- Make sure your child feels safe. When he or she is scared, offer comfort. Show that you have taken steps to protect him/her.
- Take care of yourself so that you can be available for your child.

Unwinding Wound-up Kids



Late Spring and early Summer are busy times for all of us. From a young child's point of view the extra activities and long days can be very tiring and confusing. Most adults know enough to take a deep breath and calm down when things get to be too much. But young children need a little help from adults who care for them. Here are a few ideas to help your kids relax:

- **Rocking** — is not just for babies! Even preschoolers and kindergartners can use a few moments with you in a rocking chair. The steady back and forth movement, along with your closeness, almost always comforts.
- **Walking** — Fresh air creates a new outlook. When there's a lot going on, leave it for a bit and take a short stroll outdoors.
- **Finding privacy** — As a parent you know the value of finding a little privacy. Children need it too, especially on busy days. Create a little retreat for your child. Make a play "tent" indoors or on a porch or patio — throw a blanket over a small table or a couple of chairs.
- **Bathing** — Have your child take a "play bath" in the middle of a hot day. Water is always soothing. A warm bath, a few toys and a non-hurried atmosphere can make all the difference in your child's spirits while calming them down.
- **Taking care of yourself** — Children pick up on the moods of those who take care of them. Adults who take care of their own needs, who get enough sleep and have regular meals themselves, are more able to relax and share a genuine sense of contentment during long the summer months.

US Consumer Product Safety Commission—Product Recalls and A Warning

Bunk Bed Repair due to Collapse and Fall Hazards—Dorel Asia Wooden Bunk Beds. The wooden side rails, that run from the headboard to the footboard and hold the mattress in place, can split and cause collapse. The units were "Made in Vietnam" and include the name "Dorel Asia SRL." They were sold at Walmart, Kmart, Target stores and on line from September 2004-September 2009 for about \$190. To see the model numbers and get other information check the firm's website at www.dorelasia.com or call (800) 295-1980. If you have the bunk bed, you are advised to take it apart and use as separate beds until you receive/install the free repair kit.

Strollers by Maclaren USA—sold prior to November 2009 The hinge poses a fingertip amputation and laceration hazard to the child when unfolding/opening the stroller. The word "Maclaren" is printed on the stroller. Strollers sold after May 2010 have a different hinge design and are not included in this recall. Contact Maclaren to receive a free repair kit: 1-877-688-2326 or hingecovers@maclaren-usa.com

Warning: Clip-on Tabletop chairs "metoo" for Infants/Toddlers. The chairs put young children at risk due to multiple safety hazards; consumers are urged to stop use of some "metoo" clip-on chairs. The chair is described as having a nylon fabric seat and metal frame that clamps onto tables using two metal vise clamps. The manufacturing company has refused to agree to a recall. They are offering a repair kit; however, CPSC has not approved the repair kit and is asking consumers to stop using the chairs to prevent an injury risk. CPSC has determined that the clamps can detach from a variety of different table surfaces. Also the lack of adequate space between the horizontal metal bar at the front of the chair and the clamps can cause the children's fingers to be pinched or crushed.

The instructions on the packaging provide conflicting information. The packaging and marketing information show the chair used in ways that may lead to detaching, but the directions do not warn against this type of use. Tens of thousands of the chairs have been distributed since May 2006 through philandteds.com; Amazon.com/ Target; Toy R Us and other online retailers and a variety of specialty stores. To see safety alert on CPSC's web site, go to:



<http://www.cpsc.gov/cpscpub/prerel/prhtml11/11218.html>

Toy Story 3 Bowling Game The red paint on some of the pins has an excessive lead level. The recall is only for batch JA148; sold at Walmart Stores during September 2010. Call (888) 224-4181 to get return information or email Gertmenian@Gertmenian.com for instructions.