



August 2011

PARENT NEWSLETTER

2011-2012 HEAD START AND CHILD CARE RECRUITMENT

We are still accepting applications for our Head Start centers throughout Hancock and Washington Counties. Here are some features of our programs:

- ⇒ USDA approved meals and snacks
- ⇒ Parenting support
- ⇒ Children's Health Services
- ⇒ Great outdoor play areas
- ⇒ Some sites offer full-time, year round child care services for children 6 weeks to 5 years old with some availability for after school care up to age 8.
- ⇒ Well qualified and trained teaching staff.
- ⇒ Parent involvement opportunities.
- ⇒ Meets the State's designation of a "Center of Quality" allowing parents to double their state income tax credit when purchasing childcare from CFO.

Locations in Hancock County:

Ellsworth, Bucksport, Sedgwick, Sullivan, Stonington, Prospect Harbor

In Washington County:

Calais (2 locations), Harrington, Lubec, Machias (2 locations)

Child care is available in Ellsworth, Sedgwick, Machias (2 locations), and Calais at Washington County Community College.

Public Pre-K in addition to Head Start is available through a partnership with these schools: Bucksport, Ellsworth, Calais, Prospect Harbor, and Sullivan.

In Washington County we partner with the Regional Medical Center of Lubec and the public school to provide Head Start/Pre-K services in conjunction with full-year childcare services at the **Lubec Learning Center**. For full-day childcare services with the added benefit of Head Start Pre-K, please call 733-4928 at the Lubec Preschool Learning Center.

Call the Ellsworth Office (1-800-834-4378 or 667-2995) to ask about availability of child care subsidies or to obtain an enrollment application for yourself or a

POLICY COUNCIL NEWS

CFO's Policy Council has had a busy month! This month we have begun reviewing our By-Laws and will continue to look at those through the summer. The Council also discussed ways to recruit and maintain new members; this is where YOU ALL come in. Do you have feedback about how meetings would work for you, specifically times, days and method of meeting such as phone conferences, in person, via video or Skype? Please share any thoughts you have with your center staff, we are hoping, wanting, and needing new members to join. We would like to thank our current PC members for their dedication especially through the busy summer months.

The Council will be approving the Head Start budget, finalizing approval of the agencies self assessment report, and learning more about Health Ser-

vices in Head Start at our August meeting. We will also begin planning for recruitment of new members and a PC orientation in the fall. Meetings are always open to interested parents, so please talk with center staff if you would like to attend and learn more. Here are a few words from one of our current members:

"I cannot say enough about the Head Start program. I have been involved with CFO and Head Start for 4 years and it has not only been a gift for my children, but for me as well. I am the vice chairperson for the Harrington parent group, chairperson of the Policy Council, and the Maine State Parent Representative for the New England Head Start Association Board. I have been able to learn and grow right along with my children. CFO's staff were a large part in helping me to find my voice, and for that I am truly grateful."

Keep Reading All Summer Long

As children's first and most important teachers, parents have a major role to play in motivating children to read in the summer months. Here are some tips offered by Reading is Fundamental:

- **Combine Activities with Books** If you are going to the park, seeing a movie or spending time at the beach, why not encourage kids to read a book about the activity?
- **Visit the Library** Summer is a great time to sign up for a library card. In addition to a wide selection of books to borrow, the library has child-friendly reading programs.
- **Lead by Example** Read the newspaper at breakfast, pick up a magazine at the doctor's office while waiting, and stuff a paperback in your beach bag. If kids see adults reading often, they will understand that literature can be fun and an important part of their day.
- **Talk it Up** Telling kids about what you've read lets them know that reading is an important part of your life. Tell them why you liked a book and what you learned from it or how it helped you.
- **Help Kids find Time to Read** When planning activities with children, remember to leave time for reading, before bedtime or over breakfast is a good time to pick up a book.
- **Have plenty of Reading Materials around** Storybooks aren't the only thing to read for fun. Old magazines, cereal boxes, junk mail flyers are great resources for young readers.
- **Read Aloud with Kids** Take your children to see a local storyteller or be one yourself. Don't forget to improvise different voices or wear a silly hat to make the story much more interesting.

Recall Notices

Circo Child Booster Seats - The booster seat's restraint



buckle can open unexpectedly, allowing the child to fall. This is an expanded recall and includes those sold as early as 2005. The plastic seats are blue with green trim and white plastic buckle. The attach to an adult chair to boost a child at the table. The words "Circo" and "Booster Seat" can be found on the label. They were sold exclusively at Target stores nationwide for about \$13.

Immediately stop using the seats and return them to a Target store for a full refund. To contact Target for more information call (800) 440-0680 or visit the web site at www.target.com.

Emma's Polka-Dot Dresses sold by TJ Maxx, Marshalls and Winners Stores These girls' dresses were sold in sizes 12 months-5T. They come in black and white or pink and white. The three decorative buttons which are round and about 3/4" in diameter; the buttons can detach and pose a choking hazard to children. Immediately stop using the dresses and return to store where purchased for a full refund.

Big Lots Recall of Metal Futon Bunk Beds—Big Lots is voluntarily recalling the futon bunk beds after a three-year old died when entrapped at the head and neck in March 2010. The weight of the futon's metal frame prevented the child from breathing or escaping. The bunk beds have an additional hazard. The space be-

tween the last rung on the bunk bed's ladder and the futon mattress is too small and can entrap a small child.

The beds have an upper bunk designed to hold a twin mattress and the bottom bunks have a convertible futon bed. The model number is BFB1008; they were sold exclusively by Big Lots from January 2009 through April 2010 for about \$200. They were sold unassembled. Immediately stop using the beds and contact Big Lots at (866) 244-5687 or at talk2us@biglots.com for a free repair kit which contains a new ladder and other parts.

Glass Votive Candle Holders sold at Dollar Stores:

The holders can shatter while in use. The recall involves frosted or clear glass with French Vanilla scented candles. The model number is 976127; the date code is 1010. Immediately stop using and return to the store for a full refund.

Mini Start Building Sets by Edushape recalled due to

choking hazard. The plastic knobs can break from the center of the stars and pose a choking hazard. The sets were sold through Amazon and at Toys R Us stores from Jan 2007 through December 2009. Contact Edushape to receive a free replacement at (800) 404-4744. The web site is www.endushape.com.

For more recall information on these and other recalls, go to our Parent Resources tab on our website: <http://www.childandfamilyopp.org/parent-resources/>.

Balsamic Chicken Salad

Preparation Time 30 minutes

- 1/3 cup balsamic vinegar
- 1 tablespoon Dijon mustard
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon sugar
- 1/8 teaspoon black pepper
- 12 oz. boneless, skinless chicken
- 1 pound sweet onion, cut into wedges
- 6 oz. baby salad greens
- 2 cups seedless grapes
- 2 tablespoons fresh basil, thinly sliced (optional)

Preheat grill to med-high. In small bowl whisk together the vinegar, mustard, salt, sugar, pepper. Pour 2 tablespoons into a cup and brush over chicken and onion, let stand for 5 minutes. Grill the chicken 12 to 15 minutes or until a thermometer in the thickest portion registers 160 degrees and the juices run clear, turning once. Grill onion for 3 to 5 minutes on each side or until soft.

In a large serving bowl toss together the salad greens, grapes and basil with the remaining dressing until evenly coated. Cut the chicken into 1/2 inch thick slices and arrange over the salad.

Serves 6. Each serving provides an excellent source of Vitamin A, C and folate, and a good source of magnesium, potassium and fiber.

Fruit Compote

Preparation Time 15 minutes plus cooking time

- 1 can (8 oz) pineapple chunks
- 1 1/2 cups orange juice
- 1 tablespoon cornstarch
- 1 medium banana
- 1 medium pear
- 2 plums

Drain the juice from the canned pineapple into a small saucepan. Stir in orange juice and cornstarch. Blend until smooth. Bring to a boil over medium heat, stirring constantly. Let the juice cool to room temperature. When cool peel and slice the banana. Wash the pear and plums and cut them into cubes. Pour cooled juice mix into a large bowl. Add cut up fruit and stir.

Serves 5; an excellent source of Vitamin C and a good source of potassium and fiber.

Note: You can serve this compote in serving dishes or over frozen yogurt or waffles. Add a handful of Maine Wild Blueberries for great color and extra nutrients.

Recipes courtesy of Produce for Better Health Foundation. Meets PBH and Center for Disease Control and Prevention nutrition standards that maintain fruits and vegetables a healthy foods.

Help your Kids—and you—Make Healthy Lifestyle Choices:

Everyone should get 5 to 9 servings of fruits and vegetables every day. If you feel stuffed already reading this, you may think a serving is larger than it is. One serving, generally, is the amount of food that will fit in the palm of your hand, or about 1/2 cup.

Think Colors: Aim for a rainbow of fruits and vegetables: Red, Green, Yellow, White, and Blue.

Chop and Dip: Kids often like raw veggies that crunch. Try cutting up cauliflower, broccoli, peppers or carrots and serving with a low-fat dressing for dipping.

Keep it Handy: Put ready-to-eat fruit and veggies in the fridge. Sugar snap peas and baby carrots are especially kid-friendly. Put fresh fruit in a bowl on the kitchen counter, in view of hungry kids.

Eat Breakfast: It doesn't have to be complicated — cereal and milk with fruit is just fine!

Set the Standard: Eat with your children and turn the TV off.

Learning by Doing: Take your kids shopping with you. Get them to help select vegetables and fruits that they want.

Size Matters: Don't overload portions, and don't make kids clean their plates.

Remember: You have to be a good role model of healthy eating. Stock the house with healthy food. There are enough temptations away from home. And avoid using food as a reward.

Get Moving: Take a walk after dinner.



CFO is moving up in the digital world
we have just created new Facebook and
Twitter pages! You may 'Like' us on Fa-
cebook or 'Follow' us on Twitter
(@ChildFamilyOpp)



Food Plate Replaces Pyramid!!

WASHINGTON, June 2, 2011 – First Lady Michelle Obama and Agriculture Secretary Tom Vilsack today unveiled the federal government's new food icon, *MyPlate*, to serve as a reminder to help consumers make healthier food choices. *MyPlate* is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to www.ChooseMyPlate.gov. The new *MyPlate* icon emphasizes the fruit, vegetable, grains, protein and dairy food groups.



WHAT MAKES A GOOD KINDERGARTEN ?

Here's what you want to see:

- Reasonable class size-no more than 25 children with two adults (or 15-18 with one adult).
- For extended periods of the day, children can choose from a variety of available activities. The teacher also regularly changes the materials and activities to provide the children with challenges and fresh interest.
- Teachers engage the children in conversation, both individually and as a whole group. Children are encouraged to describe what they're doing and communicate ideas.
- Teachers value parents' input and have frequent dialogue with them about what's going on in the classroom and about their child's progress.

From the National Association for the Education of Young Children.