

Help Prevent Child Abuse

To make a donation of part of your Oregon Income Tax Refund to help Prevent Child Abuse, on charitable contribution form 2016 OR-DONATE on line #14 marked "Prevent Child Abuse" write in amount you want to donate. One hundred percent (100%) of the charitable donation goes directly to program services at local child abuse prevention programs throughout the state.



CHILDREN'S
TRUST FUND
OF OREGON

If not receiving a tax refund, you may donate directly by sending your tax deductible contribution to:

Children's Trust Fund of Oregon,
800 NE Oregon, # 1140
Portland, OR 97232

To Make A Donation To The Oregon Head Start Association

On your Oregon Tax Return (if you are getting a refund) you can make a donation to the Oregon Head Start Association. On form 2016 OR-DONATE, line #18 write in amount you wish to donate, by doing this you can help increase the number of children to be served. One hundred percent (100%) of the tax check-off donations go directly to program services at the local level.



Parent/Child Activity - Strangers and Other Dangers

- A stranger is a person whom you have never met. You may have seen the person before but don't know anything about him or her. Strangers don't look like monsters, aliens, or the bad guys you see on TV. They look like ordinary people.
What's the Big Deal?
Most strangers are nice, but some are not. You can't tell if a stranger is nice or not by looking at him or her. But you can tell if a situation is good or bad.
What you should do:
Be aware of dangerous situations. If a stranger asks you for help, invites you to get in the car, or to keep a "special secret," it could be a dangerous situation. Say no and tell a trusted adult.
- Get away from the situation: Make an excuse and run away, and go to a safe place (parents plan this with your child).
- Know what to do: Say No, Get away, Yell as loud as you can, Tell an adult.
- Ask your parents first. If a stranger invites you to go somewhere, offers you a gift, or just wants to talk, say you need to ask your parents for permission first. Then go do it.
- Stick with friends. It's always safer to walk/play in a group. **Source:** www.mcgruff.org.



Nutrition Education ~ Potatoes

Potatoes are a great source of vitamin C and potassium, especially when eaten with skin on. They are also fat free. Below is a delicious potato recipes to try:

Oven Baked Red Potatoes

Ingredients:

1 pound red potatoes, scrubbed
½ t. salt

1 T. olive or canola oil
½ t. garlic powder



1. Cut potatoes in 1-inch cubes.
2. In large bowl, drizzle oil on potatoes.
3. Lay potatoes on baking sheet with sides.
4. Sprinkle with salt and garlic.
5. Bake in 400 degree oven for about 20 minutes.

By: OSU Extension Service



Stronger Families, Better Communities, Brighter Futures

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UMCHS
Umatilla-Morrow Head Start, Inc.



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The Network Newsletter

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Making Healthy Connections With Your Family



Good health starts with eating the right foods and getting plenty of physical activity. A healthier lifestyle may help your family in many ways, including the following:

- ◇ Less stress, depression, and anxiety
 - ◇ Better sleep and more energy
 - ◇ Less disease & lower health-care costs
- Healthy habits don't have to take time away from your family. Do it together and make it fun!

Eating Well

Children learn their future eating habits from watching you. Set a good example, and set the stage for a lifetime of good health. Consider the following tips:

- ◇ Family meals are an important time to connect with your children. Offer a variety of health foods. Then focus on what your children are saying rather than what they are eating.
- ◇ Allow children to decide how much to eat based on their hunger. Let go of "clean plate" expectations.
- ◇ Reward your children with attention and kind words instead of food. Comfort them with hugs, not sweets. Plan, shop, and cook more meals at home together. Involve children in choosing, washing, and (for older children) cutting and cooking fruits and vegetables.
- ◇ Let kids invent their own healthy recipes. No-fail options include trail mix, smoothies, and fruit salads.
- ◇ Having difficulty providing enough healthy food for your family? Apply for

food stamps or WIC benefits, or check out local food banks to ease your budget.

Physical Activity

Children and teens need 60 minutes or more of physical activity each day. For adults, aim for at least 30 minutes per day, most days of the week. Try the following suggestions to increase your whole family's activity level:

- ◇ Find activities you enjoy and do them as a family. Shoot hoops, dance, swim, or rollerblade—it doesn't matter what you do, as long as you are moving together.
- ◇ Support your children's participation in sports by helping them practice. Kick soccer balls while your child plays goalie, or hit pop-ups for her to catch.
- ◇ Take a family walk after dinner instead of turning on the TV. Make up games for younger children, such as "I spy" or "Who can count the most... [e.g., red cars]" With school-age kids and teens, use the time to ask how things are going at school or with friends.
- ◇ Walk or bike with your child to and from school.
- ◇ Set family challenges, such as completing a "mud run" or a long hike together. Celebrate when you reach your goals.
- ◇ Local community centers often offer free or low-cost exercise classes, clubs, teams, and other activities for children and families. Many offer sliding-scale memberships.

Source: <https://www.childwelfare.gov/topics/preventing/promoting/>

Feature of the Month

Punkin Center



Here at Punkin Center we help the kids to practice their tooth brushing skills every morning after breakfast, we talk about why is important to brush and floss their teeth every day at least twice a day.

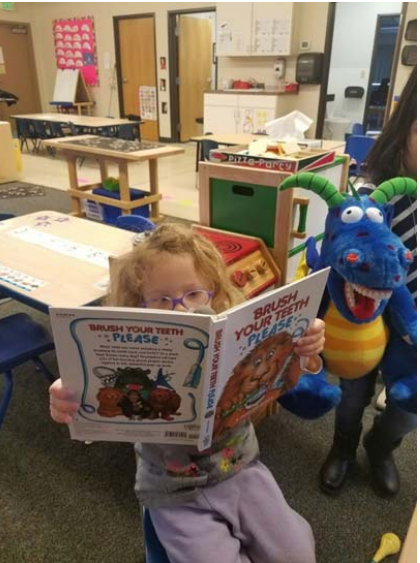
Our children know how important it is to brush their teeth everyday to prevent cavities, brushing their sugar bugs, and keep shiny smiles.



They also play during free choice with our Dragon Breath pretending brushing his teeth and keep the teeth healthy and clean.

Our children like to read the book "Brush your teeth please" it is a pop up book ,they can brush and floss the animals teeth in the book, kids take turns and share the book in class.

Teacher Katia Godby



February Focus: Nutrition Guidelines for Good Oral Health

Pregnancy

- Eat nutrient rich foods based on the food guide pyramid.
- Eat or drink 3-4 servings of milk/ milk products per day to get the calcium needed for the unborn child's bones and teeth.
- Eat few sweets and other calorie-dense, low nutrient foods such as cakes, candy, cookies, doughnuts and soda pop.
- Give few or no sugar containing foods that are sticky or eaten slowly. Give these foods only at meals with other foods.
- Establish routine meals with family members eating together.
- Reduce between meal snacking. Children should have 3 set meal times and 2-3 set snack times.
- Use nutritious foods for meals and snacks. Nutritious foods include vegetables, fruits, milk, cheese, yogurt, lean meats and whole grain breads and cereals.

Birth to one year of age

- Breastfeed.
- Do not put child to bed with a bottle.
- Do not dip pacifiers in sugar, honey or syrup or add these sweeteners to the breast milk or formula in a bottle.
- Introduce a cup at 6 months of age.
- Offer 100% juice in cup only, not in bottle. Keep juice to about 2 oz. per day.
- Breast milk, formula and small amounts of water should be an infant's main beverages.

One to two years of age

- Do not put child to bed with a bottle.
- Complete weaning of child from the bottle.
- Whole milk and water should be child's main beverages. Give only 100% juice and limit it to 4 oz.

Two to five years of age

- Milk and water should be child's main beverages. Give only 100% juice and limit it to 4 oz. per day.
- Give your child a small cup without a lid to use, not a sippy cup.
- Give few or no sugar containing foods that are sticky or eaten slowly. Give these foods only at meals with other foods.
- Establish routine meals with family members eating together.
- Reduce between meal snacking. Children should have 3 set meal times and 2-3 set snack times.
- Use nutritious foods for meals and snacks. Nutritious foods include vegetables, fruits, milk, cheese, yogurt, lean meats and whole grain breads and cereals.



Humor, Laughter and Your Child

"From near to far. From here to there. Funny things are EVERYWHERE!" Dr. Seuss

Tip: Laughing together is a way to connect, and a good sense of humor also can make kids smarter, healthier, and better able to cope with challenges. Kids with a well-developed sense of humor are happier and more optimistic, have higher self-esteem, and can handle differences (their own and others') well. We tend to think of humor as part of our generic makeup, like blue eyes or big feet. But a sense of humor actually is a learned quality that can be developed in kids, not something they're born with. (Encouraging your Child's Sense of Humor—kidshealth.org)