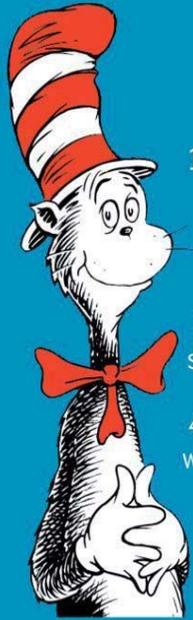


5 Lessons in Life from Dr. Seuss



1. Today you are You, that is truer than true. There is no one alive who is Youer than You.
2. 'Why fit in when you were born to stand out?'
3. You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.
4. Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.
5. Today I shall behave, as if this is the day I will be remembered.

facebook.com/GoodwillLibrarian

Nutrition Education ~ Yogurt Ranch Dip

- | | |
|--|----------------------------|
| 1 cup low-fat plain yogurt | 1/8 teaspoon sea salt |
| 1/2 cup low-fat mayonnaise | 1/4 teaspoon black pepper |
| 1/4 teaspoon dried parsley | 1/8 teaspoon garlic powder |
| 2 Tablespoons fresh chives, finely chopped | |

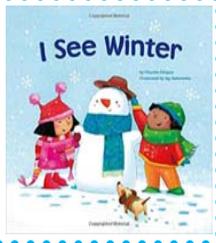
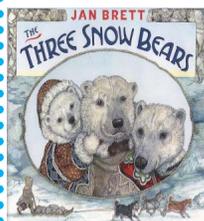
Place ingredients in small mixing bowl; stir until evenly combined. Chill one hour. Serve with raw vegetables, whole grain crackers or use as a spread on sandwiches or in wraps.



Books for Winter Reading

"The Three Snow Bears," by Jan Brett

"I See Winter," by Charles Ghigna



The Network-Newsletter

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ART CLASSES TEACH KIDS TO
Observe. Evaluate. Experiment.
 Use Different Materials. **Reflect.**
Try New Things. Respect Differences.
 Solve Problems. **Appreciate Beauty.**
 Trust Own Voice. Learn History.
Innovate. Dream. **Learn from Mistakes.**
Make Connections. Clean Up Mess. **Finish.**
Persevere. Share Work. **Collaborate.**
Express Self. Engage. Design. Imagine.
 Celebrate Diversity. Develop Aesthetics.
Tell Stories. Recycle. **Make Things Happen.**



Stronger Families, Better Communities, Brighter Futures

"UMCHS is an Equal Opportunity Provider"



Dates to Remember!
January 2019

January 1, 2019 HAPPY NEW YEAR 2019!!!!

7 - Classes Resume

21 - Martin Luther King Jr. Holiday

28 - Family Policy Council Meeting



Center Highlight! Umatilla Center



Jazlynne was my helper, she painted children's hands so they could make their own hand impressions.



Kyrie gets his tummy time daily.



Madix and Kyrie had their social time.



Yuremi paints her snowman, she learned about the different sizes of circles, we counted the circles on the snowman.

Winter Is Coming: A Cold-Weather Safety Checklist

by Rujit Chandra, December 6, 2018



Winter Safety Tips At Home:

1. Check to make sure your home has a carbon monoxide detector on every level, especially near sleeping areas. Keep them at least 15 feet away from fuel-burning appliances.
2. Keep your baby's crib free of stuffed animals and extra blankets. A firm mattress covered with a tight-fitting crib sheet is all you need for your baby to sleep well. If your worried about keeping your baby warm on those cold winter nights, try using a sleep-sack (wearable blanket).
3. Create and practice a home fire escape plan with two ways out of your house in case of a fire. Make it a fun activity for the whole family.

Safety Tips for In The Car:

1. If you need to warm a vehicle, move it out of the garage immediately after starting it to avoid the risk of carbon monoxide poisoning. Don't leave a vehicle or motorcycle engine running inside a garage.
2. Take a few seconds to do a quick walk-around before you start the vehicle, especially if you park outside. Check to make sure tailpipe is not blocked with snow, which can also cause problems with CO.
3. Wearing bulky clothes or winter coats can prevent a snug fit of the harness. You might think your child is securely snug in the car seat when in fact the harness is not tight because there is so much air in the jacket. Adjust the harness while your child's coat is off, then put the coat on and re-buckle. The harness my be tight, but it will fit properly.

Tips to Keep Safe While Playing In the Snow:

1. Wear warm clothing, and have your kids come indoors periodically to prevent hypothermia or frostbite.
2. Make sure your kids use the proper gear, like helmets, when they are skiing, snowboarding or playing ice hockey.
3. Even though it's cold outside, it's important to use sunscreen and stay hydrated. Compared to adults, children are at increased risk of dehydration.



For more winter safety tips go to:
<http://www.safekids.oregon.org>