



THE WEEKLY MEMO

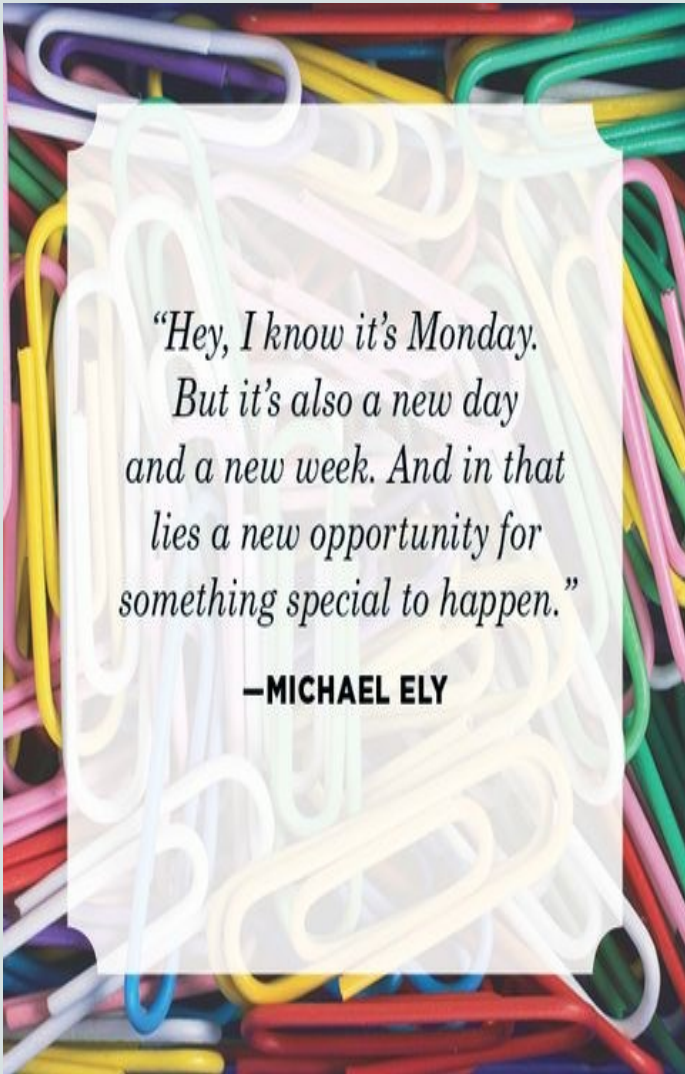
2022-2023, Issue #41 - July 17, 2023- Editors: Angie Salazar & Ashley Clayton

Mission Statement

Southern Oregon Head Start prepares all children and their families for success in school and throughout life.

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*“Hey, I know it’s Monday.
But it’s also a new day
and a new week. And in that
lies a new opportunity for
something special to happen.”*

—MICHAEL ELY

Weekly Memo Submission

Please send your PDF's, jpegs, and text to

Angie Salazar-

asalazar@socfc.org

By Thursday @ 12 p.m.

Upcoming Meetings & Trainings this Week

**No
Upcoming
trainings/meetings
this week!**



Home visit at the park!

A couple of families were trying to get the dragonflies land on their arms, and they were also catching little frogs at Tom Pierce park during a home visit this summer!



Home visit at the park!





Baby Talk: Resources to Support the People Who Work with Infants and Toddlers

Issue No. 146 July 2023

Fathers' Roles in Breastfeeding and Infant Sleep Are Key

A new study — a rare effort that focuses solely on the father's involvement in an infant's life — shows a striking link between the support that dads offer and better infant outcomes. The research sought to answer several questions about paternal participation in breastfeeding and the use of safe sleep practices for babies. The results showed that fathers play a crucial role in both. Read more at <https://www.cnn.com/2023/06/16/health/fathers-infant-health-breastfeeding-wellness/index.html?emci=9bc169e3-0a11-ee11-907c-00224832eb73&emdi=e9f0d441-c711-ee11-a9bb-00224832eb73&ceid=6814801>

Impact of Excessive Screen Time on Child Development

Children's heavy reliance on screen media has raised serious public health issues since it might harm their cognitive, linguistic, and social-emotional growth. This study examines the effects of screen time on many developmental domains and covers management and limitation techniques for kids' screen usage. Read this article to learn more about both challenges and opportunities at <https://www.cureus.com/articles/162175-effects-of-excessive-screen-time-on-child-development-an-updated-review-and-strategies-for-management#!/>

Looking for Fun Summer Learning Activities? Consider Brain-Building Through Play Activities for Infants, Toddlers, and Children

Three core principles of child development include fostering responsive relationships, strengthening core life skills, and reducing sources of stress. Play is an effective way of supporting all three. With support from the LEGO Foundation, the Center on the Developing Child at Harvard University has created a series of **handouts with playful, age-appropriate activities for children**, from newborns to adolescents, that are easy to do at home or just about anywhere! They're at <https://developingchild.harvard.edu/resources/brainbuildingthroughplay/>. Want to learn more about the importance of play in learning and development? Check out the video at <https://www.youtube.com/watch?v=pjoyBZYk2zI&t=23s>.

Positive Parenting Tips

Follow the links on this Centers for Disease Control site to learn more about a early childhood development, positive parenting, safety, and health. Resources are organized by age, from infants to teenagers. <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>

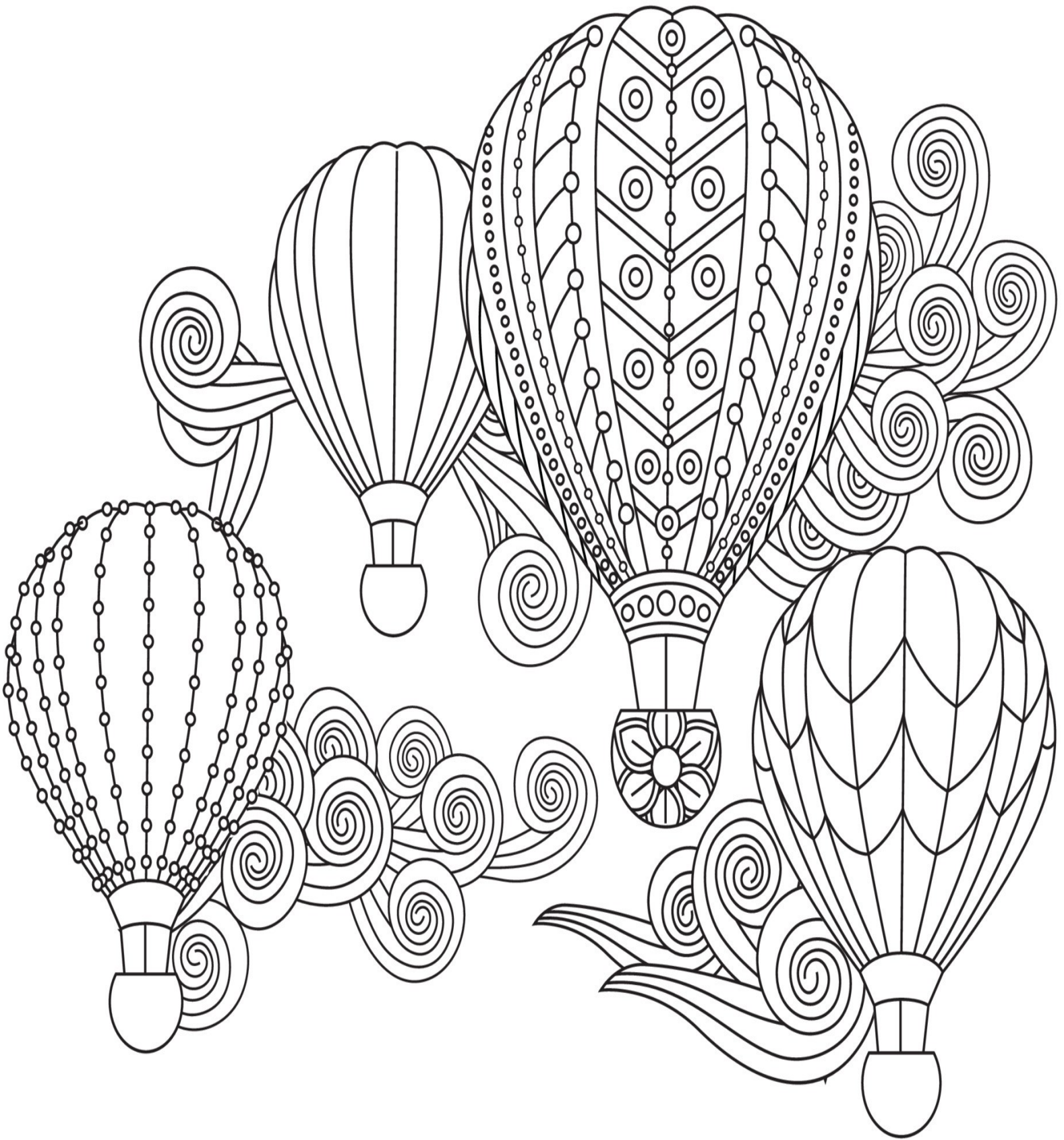
Songs, Rhymes, and Fingerplays in English and Spanish

This resource includes Spanish translations of traditional children's songs to be used in bilingual playgroups for infants, toddlers, and families. See details at <https://www.zerotothree.org/resource/songs-rhymes-and-fingerplays-in-english-and-spanish/>

Warning Signs of a Toddler Language Development Delay

In the area of language development, timelines are helpful, but overall, it's important to consider whether or not your child is effective at communicating rather than focus on a set number of words in their vocabulary or a date on a calendar. This article highlights important questions to ask when considering whether a child's language might be delayed. Learn more at <https://www.verywellfamily.com/delayed-toddler-language-development-signs-289850>.

Baby Talk is a free, one-way listserv that is distributed monthly. Each issue features high quality, readily available, and free resources. **Highlighted resources are in Spanish. *Los recursos destacados están en español.*** All or part of Baby Talk may be freely shared or copied. To subscribe to Baby Talk, or for more information, please contact Camille Catlett at camille.catlett@unc.edu







Carrot, Jicama and Orange Salad



Oregon State University

Ingredients

- 3 cups cut **jicama** (1/4x1-inch sticks)
- 1 cup coarsely grated **carrot**
- 2 cups bite-sized **orange segments** (any type)
- 2 teaspoons **vegetable oil**
- 2 Tablespoons **orange juice** (juice from about 1/2 orange)
- 1 Tablespoon **honey** or packed brown sugar
- 2 teaspoons **lime juice** (juice from about 1/2 lime)
- 1/4 teaspoon **salt**

Directions

1. Wash hands with soap and water.
2. In a large bowl, mix jicama, carrot and orange.
3. In a small bowl or jar with a tight lid, combine oil, orange juice, honey, lime juice, and salt. Mix or shake well.
4. Pour over the salad and stir lightly.
5. Serve right away.
6. Refrigerate leftovers within 2 hours.

Notes

- Want to use canned mandarin oranges instead? One 10.5 oz. can equals 1 cup of mandarin oranges.
- Honey is not recommended for children under 1 year old.
- Freeze extra lime juice to use later.
- No jicama? Use apple, turnip or parsnip instead.

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Makes: 4 Cups
Prep time: 20 minutes



Nutrition Facts

8 servings per container	
Serving size	1/2 cup (94g)
Amount per Serving	
Calories	60
% Daily Value*	
Total Fat 1g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 85mg	4 %
Total Carbohydrate 11g	4 %
Dietary Fiber 3g	11 %
Total Sugars 6g	
Includes 2g Added Sugars	4 %
Protein 1g	
Vitamin D 0mcg	0 %
Calcium 21mg	2 %
Iron 0mg	0 %
Potassium 170mg	4 %
Vitamin A 131mcg	15 %
Vitamin C 24mg	27 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Pasta with Greens and Beans



Oregon State
University

Ingredients

- 8 ounces uncooked **pasta** (try penne)
- 1 Tablespoon **vegetable oil**
- 3 cloves **garlic**, minced or 3/4 teaspoon garlic powder
- 10 ounces frozen **spinach**
- 1 can (15 ounces) diced **tomatoes** with juice
- 1 can (15 ounces) **white beans**, drained and rinsed
- 1/2 teaspoon **salt**
- 1/2 teaspoon **pepper**
- 1/2 cup grated **parmesan cheese**

Directions

1. Wash hands with soap and water.
2. Cook pasta according to package directions. Set aside.
3. Meanwhile, heat oil in large skillet. Add garlic and cook on low (250 degrees F in an electric skillet) until soft.
4. Add spinach, tomatoes with juice, beans, salt and pepper. Once the mixture bubbles, cook uncovered on low heat for 5 minutes.
5. Add drained pasta and parmesan cheese to spinach mixture. Toss well and serve.
6. Refrigerate leftovers within 2 hours.

Notes

- Substitute cleaned and chopped fresh spinach (about 6 cups).
- Try other greens, such as Swiss chard or kale instead of spinach. Be sure to clean greens well and cook them until soft.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.

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Makes: 8 cups
Prep time: 10 minutes
Cooking time: 30 minutes



Nutrition Facts

8 servings per container	
Serving size	1 cup (178g)
Amount per Serving	
Calories	200
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 480mg	21%
Total Carbohydrate 32g	12%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 129mg	10%
Iron 3mg	15%
Potassium 462mg	10%
Vitamin A 227mcg	25%
Vitamin C 7mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.