



## Daybrook Early Head Start

# Newsletter

November/December 2016 Issue



### Dad's Night Out

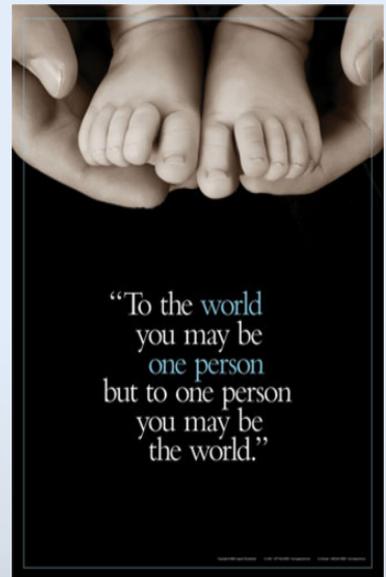
The students at Daybrook Early Head Start were very excited to bring their Dads to school.

The students helped dad make a special holiday gift for mom and treated them to dinner EHS style.

The dads also had some time to visit with other fathers, share a few laughs and relax.

Pictured top left: Brandy and Tabitha; Middle: Will and Liam, Bottom: Rose, Tim and Jasmine; Top right: Cooper, Sydnee and Adam.

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“To the world you may be one person but to one person you may be the world.”

## Comforts of Home

With the chill of Fall in the air, there is nothing better than the smell of homemade soup filling the house with an appetizing aroma when everyone arrives home at the end of their day. This Pasta Fagioli recipe is considered healthy as well as delicious. The only change I would make to this recipe would be to add browned ground beef (which is a personal preference) or Italian sausage.



Pasta Fagioli

### Ingredients – Makes 8 servings

1½ cups dry whole grain small pasta (like macaroni or orzo)  
2 tsp. olive oil  
2 medium carrots, sliced  
2 medium celery stalks, sliced  
3 cloves garlic, thinly sliced  
4 cups low-sodium organic chicken broth  
1 (14.5-oz.) can green beans, no salt added  
1 (15-oz) can cannellini (white) beans, drained, rinsed  
1 (14.5 oz) can stewed tomatoes

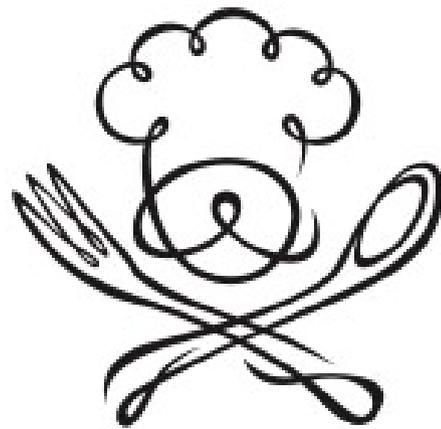
2 Tbsp. tomato paste (no sugar added)  
½ teaspoon rosemary leaves

Sea salt and ground black pepper (to taste; optional)

### Putting it together –

1. Cook pasta according to package directions. Set aside.
2. Heat oil in large saucepan over medium-high heat.
3. Add carrot and celery; cook, stirring frequently, for 4 to 5 minutes, or until soft.
4. Add garlic; cook, stirring frequently, for 1 to 2 minutes, or until soft.
5. Add broth. Bring to a boil. Reduce heat to medium.
6. Add green beans, white beans, tomatoes, tomato paste, and rosemary. Season with salt and pepper if desired; gently boil, stirring occasionally, for 8 to 10 minutes.
7. Add pasta; cook for 3 minutes. Serve immediately.

Optional : top with shredded cheese or croutons



# 10 Ways to Defuse Tantrums Before They Turn Into Major Public Meltdowns

August 1, 2016 By Lauren Levy

If you've ever experienced your own child, or even a stranger's kid, having a major public meltdown, you're familiar with that deep uncomfortable feeling in your gut. Instead of cringing in embarrassment for yourself or that other parent — and secretly crossing your fingers in hopes that you never have to deal with something like this again — prepare yourself by knowing exactly what to do in order to prevent the tantrum before it even starts. You won't be able to keep your child from feeling frustrated at all times, but you can be in control of how they express that upset with some simple tips. Check out these 10 tricks to stave off the tantrums without having to use an angry voice or being the one to make a scene yourself!

1. **Know their triggers:** Observe and take note of what typically sets them off in public. Whether they're normally a delight until you pass through the candy aisle or seem to do better in the mornings after a nap as opposed to late afternoons before dinner, being aware of what tends to trigger them will help you to be prepared for it — or avoid it entirely.
2. **Think ahead:** Once you know what their general triggers are, you can create a game plan ahead of time to dodge potential meltdowns. Remember, it is much easier to change your errand routine than dealing with a child having a full-blown fit in the checkout aisle.
3. **Distract them:** If you sense there's a chance that your child is about to kick off, stop the bad behavior before it even starts by distracting them. Averting their attention can be a powerful tool to avoiding any public distress because it seamlessly gives them something else to focus on. Whether it's a simple task or a funny joke, anything that can take their mind off a potential frustration will be a win for you!
4. **Be positive:** Compliment their good behavior and point out positives before things have a chance to go downhill. This will show that you appreciate their behavior and that pride will be an incentive for them to keep up the good work! It will also help them to stay in an upbeat mindset.

5. **Show empathy:** Being empathetic to their plight — even if it's minor — will help them feel heard and can prevent them from acting out or making a scene in order for their feelings to be validated. However, this doesn't mean that you have to give into their demands; it just means that you are actively aware of how they are feeling.
6. **Give them a mission:** Go into an errand or public outing with set "tasks" that you need their help with. This will make them feel like you are on the same team and that they are not being dragged around against their will. Whether they're in charge of helping you spot certain items at the grocery store or they're tasked with handing in the ticket at the dry cleaners, it's amazing what making them feel valued and giving them an independent project can do to their demeanor.
7. **Look for the cause:** If you can tell that something is upsetting your little one, try to look for the cause instead of ignoring it. If you can quickly identify the source — whether they are hot, hungry, or just want to walk on their own — you can help deal with the frustration before it boils over.
8. **Go into it with an incentive:** After you compliment their great behavior, offer them a potential treat when you get home if they keep it up. Not only will they start off the outing already feeling good about themselves but you also now have them thinking ahead.
9. **Keep the laugh:** Don't let yourself get stressed out ahead of time. If you work yourself into fear of what might happen — and what other people will think if it does — you're already setting a negative tone to the trip. Your child will be able to sense if you are tense going into the situation and their behavior is likely to mirror your negative energy.

10. **Prepare them in advance:** Prevent unpleasant breakdowns by explaining what you are going to be doing and your expectations for the trip ahead of time. Limiting any surprises or unknowns will help cut down on your little one trying to push the boundaries because they are going into the situation with a clear understanding of what they can and can't get away with it.



# Cooking Together



- 1 cup butter
- 1 cup sugar
- 1 egg
- Tsp. vanilla extract
- ½ tsp. almond extract (optional)
- 3 cups flour
- 1 ½ tsp. baking powder
- ½ tsp. salt (optional)

Preheat oven to 350 degrees. Line or spray baking sheets. In a large bowl, with an electric mixer cream butter and the sugar until light and fluffy. Add eggs, and extracts, beat on medium until fluffy. Whisk the flour, baking powder and salt. Incorporate the dry ingredients into the egg mixture. Dough will be soft. Refrigerate 15 minutes. Flour your surface and rolling pin. Turn dough onto floured surface. Gently roll dough 1/3 to 1/2 inch thick. Cut out desired shapes. (The thicker the cookies the softer the cookies will be when baked.) Bake 10 minutes.

Decorate if desired with frosting, sprinkles or colored Sugar.

Cooking with the kids is great family time and the results are delicious. Happy Baking!

## Dad's Night Out continued



Top photo: Ronald, Rose Mary and Jesse

Bottom Photo: Jasmine and Sydnee

## **Children Need to Know They Matter**

Show your children that they are loved for who they are.

### **What you should know**

1. When you give your child your attention, she feels secure and loved.
2. Family time should always make your child feel appreciated, listened to, and loved. Do not talk about problems with your child.
3. *Fathers* help their child become independent by letting their child out of sight for longer periods of time.
4. Establishing a bond with grandparents who have lots of time to play and read to your child benefits your child's brain development.



### **What you can do with your child**

- ♥ Try to have lunch with your child at day care or school.
- ♥ Make the best of time spent in the car. Sing or tell stories with your child.
- ♥ *Fathers* – change diapers, give your baby a bath, take part in doctors' visits.
- ♥ *Grandparents* - write a letter and send pictures of yourself to your grandchildren.

### **Where you can learn more**

- For information on fun activities you can do with your child: [www.tourmorgantown.com](http://www.tourmorgantown.com) or [www.morgantownkids.com](http://www.morgantownkids.com)
- **BOPARC** – Board of Parks and Recreation Commissioners – (304) 296-8356, [www.boparc.org](http://www.boparc.org)



*From all of us at  
Early Head Start,  
Wishing you and yours' a  
Very Merry Christmas and  
a Happy Healthy  
New Year*



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**[www.mcsearlychildhood.org](http://www.mcsearlychildhood.org)**

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