

FAMILY CONNECTION

CELEBRATING A NATIONAL HERO

CAPTAIN BARRINGTON IRVING



INSIDE LOOK

BLACK HISTORY MONTH: CAPTAIN BARRINGTON IRVING

MY CHILD'S A PICKY EATER

NEW DELICIOUS RECIPE INCLUDED

CHILDREN'S DENTAL HEALTH MONTH

ELC BOOK CLUB

LOCAL EVENTS/ PROGRAMS

February is Black History Month - an annual celebration of the achievements of African Americans and a time for recognizing the central role of African Americans in U.S. history. In this month's issue, we're paying tribute to record-setting pilot and explorer, Captain Barrington Irving.

Born in Kingston, Jamaica and brought up in inner-city Miami, Barrington had his sights on attending college on a football scholarship, until he met a Jamaican airline pilot who became his mentor and inspired him to pursue a career in aviation. In 2007, at age 23, Captain Barrington Irving became the youngest pilot to fly solo around the world in a single-engine airplane. On his 97-day journey, he flew 30,000 miles in a single-engine plane called "Inspiration." He made the trip to show other youth that if he could achieve his dream, they could too.

In 2003, Barrington founded the nonprofit - Experience Aviation, and set up the Experience Aviation Learning Center that continues to offer STEM-based programs and career guidance to middle and high school students in the Miami area.

Now recognized as a pioneer in education, he is preparing to revolutionize online learning by piloting the world's first Flying Classroom. On this flight, he will combine air, land, and sea expeditions with a digital curriculum to engage millions of children throughout the world.



My Child's a PICKY Eater

By Debbie Kay, M.A.Ed

“Sariya will only eat macaroni and cheese.” “Jeremy won’t eat anything green.” Do these statements sound familiar? Parents at one point or another have had to deal with their child being a picky eater.

Hopefully it makes you feel better to know that your child's pickiness is common and probably temporary. Typically occurring from ages 2-5 years old, children may refuse foods based on color or texture, or they may only eat a certain type of food and are unwilling or afraid to try anything new. But don't fret! As long as your child is growing normally and has plenty of energy, he/she is most likely getting the nutrients they need. If you have concerns, speak to your doctor.

If pickiness is affecting your child's eating habits, there are some ways you can try to add foods to their repertoire. First, let your kids be “Produce Pickers.” Allow them to pick out fruits and veggies with you at the store. You can also have your child help you prepare meals by scrubbing vegetables and fruit, adding in ingredients and helping stir the food. Children get excited about tasting food when they help in the preparation!



Make food fun by cutting them into fun shapes with cookie cutters, or by naming a food your child helps to create, for example: “Sarah’s Salad”.

Secondly, instead of asking, “Do you want broccoli for dinner?” Ask “which would you like for dinner, broccoli or carrots?” Giving your child choices will make them feel more in control. Also, it's a good idea to let your child try small portions of new foods you enjoy. But only try one new food at a time, offering too many new foods at once may be overwhelming for your child.

Lastly, eating meals together as a family along with meaningful conversation, will encourage eating healthy and help your child to develop confidence and communication skills! Remember to be patient. It may take up to a dozen tries for a child to accept a new food. Once you've found strategies that work, let us know! Bon Appetite!

Continue reading on next page >

Picky Eater Continued...**DELICIOUS HEALTHY RECIPE!**

How can you get children to try salad? One way is to let children choose the ingredients and present it in a fun way for them to eat. You can give your child control over what to put in the jar - as long as they pick at least 4 vegetables and/or fruits. Make it a fun trip to the grocery store and have your child pick out ingredients directly from the bins.

Ingredients:

- **Fruits/Vegetables:** Examples include carrots, cucumbers, corn, tomatoes, avocados, peas, or strawberries. You could also choose other fruits like apples or blueberries. Fruits naturally sweeten up the salad and make it more appealing to children.
- **Lettuce:** A small amount of lettuce. Butter lettuce is great since it's a mild type of greens.
- **Meat:** (Optional): Deli meat (like chicken, turkey, or ham).
- **Additional toppings:** Shredded cheese, and/or something crunchy like wonton strips or croutons. Kids love eating "crackers" so having a crunchy cracker like food (croutons) might interest your child.
- **Bottled dressing:** Strawberry dressing is a sweet dressing that your child may like.
- **Container:** Use a plastic mason jar or clear cup.

Resource: www.choosemyplate.gov

How to Make It:

1. For softer foods like the avocados and deli meat, you can show your child how to cut them with a plastic knife or tear them up.
2. Lay out all your ingredients on one large platter so they'll be easier to layer.
3. Ask your child to start layering the ingredients. You want to start with the dressing first so it doesn't get the other foods too soggy. Add 2-3 tablespoons of dressing. Then start layering from the heaviest to lightest foods ending with the crunchy croutons. A sample layer from bottom to top could be: dressing, carrots, cucumbers, ham, shredded cheese, tomatoes, corn, avocados, strawberries, lettuce, and croutons.
4. Now, the salad is done and next comes the fun part! You can either refrigerate the salad so your child eat it later, or you can ask your child to shake up the jar. After shaking the jar, have your child help you dump the salad onto a plate. There you have it- salad in a jar that your child will have made themselves and can enjoy!



CHILDREN'S DENTAL HEALTH MONTH

February is Children's Dental Health Month. As a parent, you play a vital role in helping your child establish proper dental care. Children who establish good oral hygiene habits at a young age have fewer dental problems throughout life, maintain a positive self-image, and perform better in school.

Here are some ways to properly care for your child's teeth based on their stage of development:

→ INFANTS

- After feedings, wipe your baby's gums with a soft washcloth wrapped around your finger to remove bacteria.
- Don't put your child down for a nap with a bottle of juice, formula or milk. Sugary liquids cling to teeth, causing decay, so limit 100% fruit juice to a maximum of 4 ounces a day for a treat.
- Once baby teeth begin to appear (usually between 3-6 months), you can use a soft bristle toothbrush with a tiny smear (the size of a grain of rice) of fluoride toothpaste.

→ TODDLERS

- A sippy cup can help kids move from a bottle to a glass, but don't let him/her drink from it all day long. Using it too much can lead to decay on the back of the front teeth.
- Until your child can brush on his or her own, continue to brush your their teeth twice a day with a child-size toothbrush and a pea-sized amount of fluoride toothpaste.
- Continue to supervise brushing until toddlers become form capable of doing it themselves-around age 6.

→ PRESCHOOLERS

- Let your child brush independently, while you supervise, then assist with any missed areas of the mouth if necessary.
- Continue to encourage your children to brush twice a day with a pea-sized amount of fluoride toothpaste.
- Once they have two or more teeth that touch, begin cleaning in between them with gentle dental floss.

Sources: Advantage Care Health Centers and WebMD



5 ways to motivate your child to brush their teeth:

1. Allow your child to pick their toothbrush and toothpaste (from appropriate choices). Let them choose their favorite character and/or toothpaste flavor.
2. Don't wait until your child is too tired, you may not get much cooperation. So start when it's closer to bedtime.
3. Make brushing a family activity! Children will more likely join in when they see grownups brushing as well.
4. Dance and brush to music. Play your child's favorite song for two minutes while their brushing.
5. Create a reward system. For example, have your child place a sticker on a calendar on every day they brush their teeth.

HELPFUL RESOURCES

American Academy of Pediatric Dentistry
www.mychildteeth.org

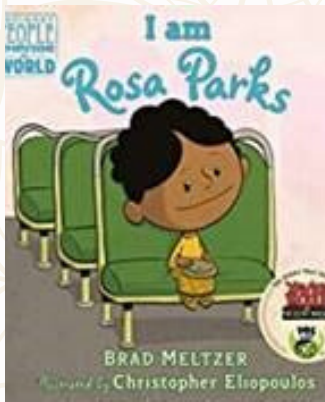
American Dental Association
www.mouthhealthy.org

KidVision: Take a Trip to the Dentist Office
(Youtube Video to watch with your child)
[Click here to watch the video](#)

National Maternal and Child Oral Health
Resource Center
www.mchoralhealth.org

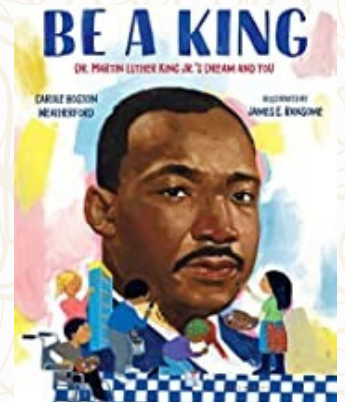
ELC Book Club

Here are some of our favorite books for Black History Month – and all year long.

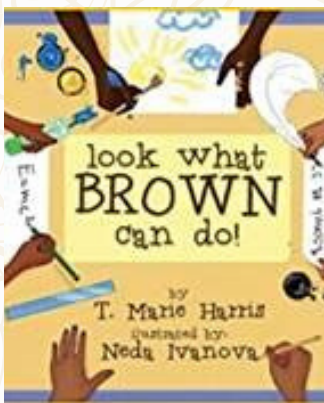


I am Rosa Parks
(Ordinary People
Change the World)

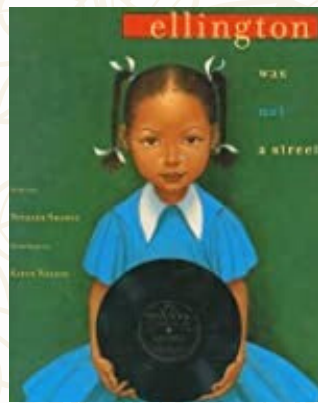
CELEBRATE BLACK HISTORY MONTH



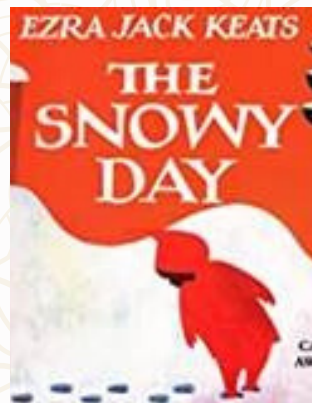
Be a King: Dr.
Martin Luther King
Jr.'s Dream and You



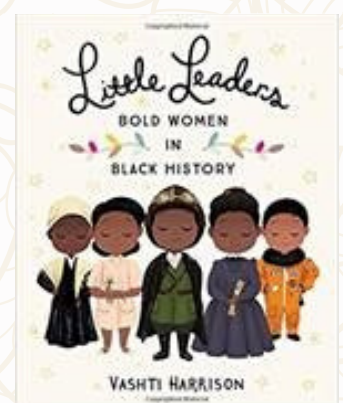
Look What Brown
Can Do!



Ellington Was Not
a Street

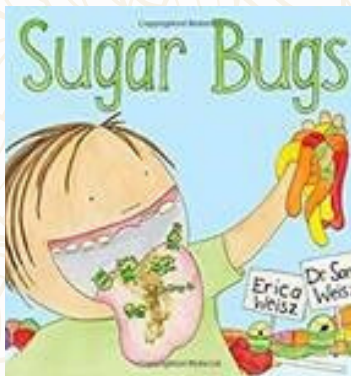


The Snowy Day

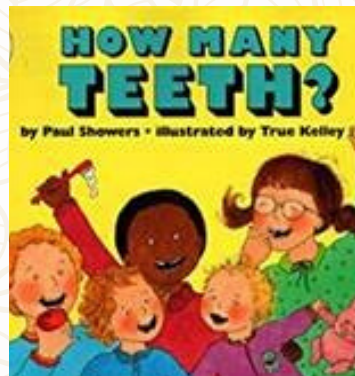


Little Leaders:
Bold Women in
Black History

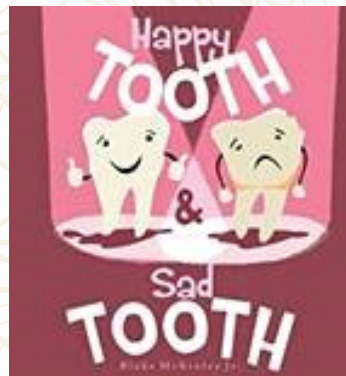
Teeth Books for Little Learners



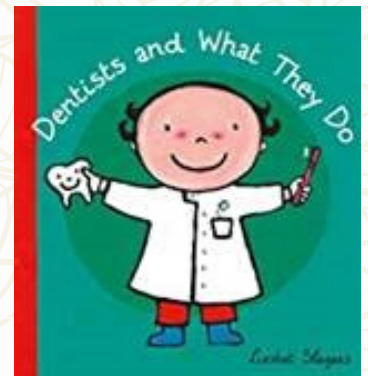
Sugar Bugs



How Many Teeth?



Happy Tooth &
Sad Tooth



Dentists and
What They Do

Have any suggestions for the [ELC Book Club](#)?
Send it to info@elcbroward.org

Local Family Events & Programs

Feb.1 - Apr. 30: Florida Prepaid Open Enrollment is open now through April 30, 2020. You can lock in tomorrow's tuition costs with guaranteed plans starting at \$44 per month, the lowest pricing in five years. [Enroll today.](#)

Feb.5 - Apr. 14: VITAS Taxes Free will be offering income tax preparation for \$0. Additional dates and times are located at <https://vitataxesfree.org/>. [View the flyer.](#) Contact [Hispanic Unity for more information.](#)

Mar. 14 - Mar. 15: City of Pembroke Pines: 22nd Annual Artfest in the Pines. Free event. [Visit website](#)

Ongoing: Museum of Discovery and Science - The program supports those receiving food assistance (SNAP) benefits by offering exhibit admission of \$2 per person, up to four people, when they present a SNAP Electronic Benefits Transfer (EBT) card and ID. [Visit website](#)



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