



Cheese

Cheese may be one of the oldest forms of food. It is said that cheese was first made thousands of years ago by a traveler who put milk into a pouch made from a sheep's stomach. During the journey, the sun's heat and the agents from the sheep's stomach changed the milk into curds of cheese and a liquid called whey.

Milk, mostly from cows, but also from other animals such as goats, is the basic part of cheese. Thus, many of the nutrients in milk are also in cheese. It is high in protein and calcium. Cheese is made by making the protein in milk curdle. The liquid, or whey, is drained off. The cheese mass is then salted, shaped, and packed. Many cheeses are then cured for months or even years.

Cheese is a good source of protein and is often used as a meat substitute. Some types of cheese are excellent sources of calcium. One and a half ounces of some natural cheeses contains about 300 mg of calcium, the equivalent of 1 cup of milk.

Research has shown that cheese may help protect teeth from dental

decay. The American Academy of Pediatric Dentistry recommends cheese as a healthful snack.

Processed cheeses were made so cheese could be sold in warmer climates, have a longer shelf life, and spread better. It is made by melting and mixing one or more types of natural cheese with water, salt, and spices. Processed cheese foods and cheese spreads can be very high in salt. This is one reason



natural cheeses are more healthful choices than processed cheeses.

The amount of fat in a cheese depends on the type and kind of milk it is made from. Cheddar cheese may be made from whole milk or low-fat milk. Read labels and avoid buying cheeses with more than 5 grams of fat per ounce.

When cooking with cheese, use low heat. High heat will cause the fat to separate and the cheese to become stringy and tough. Wrapped cheeses can be kept for several weeks in the refrigerator.

Cauliflower-Cheese Puff



What You Need:

- 1 medium head cauliflower
- 1 teaspoon lemon juice
- 1/4 cup margarine
- 2 tablespoons flour
- 1 cup 1 percent milk
- 3 eggs, separated
- 1 cup grated cheddar cheese
- 1/4 cup bread crumbs

How To Fix:

1. Break cauliflower into pieces. Cook cauliflower in water with lemon juice, until tender. Drain and set aside.
2. Melt margarine in saucepan. Slowly stir in flour. Cook until brown. *Slowly* stir in milk, egg yolks, and cheese. Cook on low heat until thick.
3. Place cauliflower in greased 9-inch x 13-inch baking pan. Beat egg whites until stiff. Fold into cheese mixture. Pour over cauliflower.
4. Sprinkle bread crumbs on top. Bake 30 minutes at 400° F, until brown on top. Serves 8. (232 calories and 7 grams fat per serving)

Starchy Foods and Dental Health

Sticky candy, such as caramel and jelly beans, has long been blamed for causing tooth decay. But some starchy foods also cause tooth decay. Starchy foods, such as cookies, crackers, and potato chips, may stick to a tooth's surface longer than sticky candy. The candy dissolves faster than the cookies and chips.



The best way to prevent dental decay is to brush and floss after eating any starchy or sticky food. Brush teeth using small circular motions, and up and down strokes. Use only a small dab of fluoride toothpaste. And remember, fluoride toothpaste is not candy and it can be harmful to children. Teach children not to swallow fluoride toothpaste.

Household Jobs

Working, raising children, and keeping a house running smoothly can result in many a tired parent at the end of the day. Sharing the load is good for you and your family. Plan a weekly family meeting to discuss and assign household chores. Write down jobs assigned and post them on a calendar or the refrigerator. Or put jobs in a jar and have family members pick out a task. Make it fun.

Be sure to have small, simple jobs for children. They usually want to do their part and feel left

out if everyone else has a job. Make directions clear and jobs appropriate for a child's age, coordination, and ability. Children can sort and put away laundry, clean their room, make their bed, dust, water plants, sweep, take out garbage, and mop floors.



Reward children after a job is done well. Use praise or a point system. Points can earn a special meal with you, or a trip to the zoo or library.

Being a Good Father

Ways to be a good father:

1. Show your love. Hug and kiss your child often. Give unconditional love.
2. Be involved. Even if you don't live in the same house, be interested in your child's daily activities and friends. When you are together, put away the cell phone, computer, or newspaper. Ask what your child did during the day. Play and read together.
3. Keep promises you make. If you have to break a promise, apologize and make it up to your child. Don't make promises you can't keep. Your children will learn not to trust you.
4. Be firm, but discipline fairly and with love. Children need boundaries and solid values. Never insult or use violence when you discipline your child. Treat your child with respect and he will learn to respect you and others. When discipline is needed, focus on the behavior, not your child.
5. If you need help, call a health care provider.

Partner Abuse

Partner abuse can begin or increase during pregnancy. Abuse can cause you harm and lead to preterm birth and stillbirth. Many men who abuse their partner also abuse their children. Prenatal exams offer a chance to ask for help. Or contact The National Domestic Violence Hotline 24 hours a day, 7 days a week at 800-799-SAFE (7233) and 866-331-8453 (TTY) (www.thehotline.org). Spanish speakers are available. Hotline staff offer crisis intervention and referrals. If requested, they connect women to shelters. Also, The National Sexual Assault Hotline can be reached 24 hours a day, 7 days a week at 800-656-4673. Spanish speakers are available. Hotline staff can connect you to a counselor in your area who can help you.



TOMATO BASIL SOUP

- 2 TEASPOONS OLIVE OIL
 - 3 GARLIC CLOVES, MINCED
 - 3 CUPS FAT-FREE, LESSSODIUM CHICKEN BROTH
 - 3/4 TEASPOON SALT
 - 3 (14.5-OUNCE) CANS
NO-SALT-ADDED DICED
TOMATOES, UNDRAINED
 - 2 CUPS FRESH BASIL LEAVES,
THINLY SLICED
 - BASIL LEAVES (OPTIONAL)
1. HEAT OIL IN A LARGE SAUCEPAN OVER MEDIUM HEAT. ADD GARLIC; COOK 30 SECONDS, STIRRING CONSTANTLY. STIR IN THE BROTH, SALT, AND TOMATOES; BRING TO A BOIL. REDUCE HEAT; SIMMER 20 MINUTES. STIR IN BASIL.
 2. IF USING FRESH TOMATOES, ADD TO THE OIL AND GARLIC AND COOK 5-10 MINUTES.
- LARGE HALF OF THE SOUP IN A BLENDER; PROCESS UNTIL SMOOTH. POUR IN BOWLS, GARNISH WITH BASIL. 1
YIELD: 4 SERVINGS (SERVING SIZE: 1 1/2 CUPS)

 Adobe Spark



EXERCISING MADE EASY

EXERCISE CAN BE INCORPORATED INTO YOUR DAY. MONITOR YOUR ACTIVITIES FOR ONE WEEK AND IDENTIFY POCKETS OF 10 MINUTES TO SNEAK EXERCISE INTO YOUR DAY. STAIR CLIMBING IS A GREAT CARDIOVASCULAR WORKOUT AND CAN BE PERFORMED BY MOST PEOPLE REGARDLESS OF THEIR FITNESS LEVEL.

TIP: EVERY TIME YOU NEED TO USE THE ELEVATOR, FIND A SET OF STAIRS AND USE THEM!

Welcome to 2025/2026 Head Start

We in the Health Office want you to know that we are here to partner with you in keeping your child healthy and up to date with their Well Child and Dental appointments. Throughout the school year, you will receive letters requesting updated health information, along with forms that need to be taken to your child's appointments and submitted to the Health Office. It is important that these forms are current and on file at all times. If you have any questions, please call us at 812-948-6981.

School Nurse – Mary Randall, RN Ext 1104

Head Start Health Assistant- Cortney Moye, CNA Ext 1216

Early Head Start Health Assistant – Rene Guernsey, CNA Ext 1111



TOMATOES

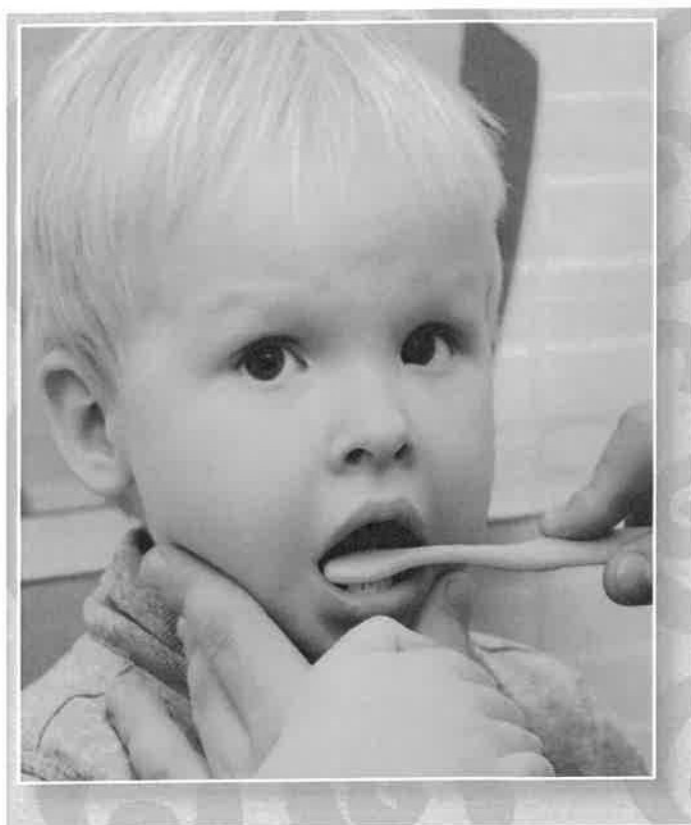
TOMATOES ARE A FRUIT-NOT A VEGETABLE- BECAUSE THEY HAVE SEEDS AND GROW FROM A FLOWERING PLANT. THERE ARE OVER 7,500 VARIETIES OF TOMATOES GROWN AROUND THE WORLD. NINETY-THREE PERCENT OF AMERICAN GARDENERS GROW TOMATOES IN THEIR GARDENS. TOMATOES ARE A GREAT SOURCE OF VITAMINS A AND C, CALCIUM, POTASSIUM AND LYCOPENE, AN ANTIOXIDANT THAT IS GOOD FOR THE HEART AND PROTECTS AGAINST CANCER. COOKED TOMATOES PROVIDE MORE LYCOPENE THAN RAW. THE TOMATO CAN BE EATEN RAW OR AS AN INGREDIENT IN MANY DISHES AND SAUCES.

Healthy Habits for Happy Smiles



Establishing a Bedtime Routine for Your Child

A regular bedtime routine helps your child know what to expect at the end of the day. Brushing your child's teeth with fluoride toothpaste as soon as the first tooth appears in the mouth is an important part of the routine.



Why is setting up a bedtime routine important?

- Brushing your child's teeth with fluoride toothpaste before bed removes bacteria from their teeth and prevents tooth decay (cavities). It also helps to set a toothbrushing routine that lasts a lifetime.
- Spending 15 minutes reading to your child every day can improve their language development. It can also help strengthen the bond between you and your child.
- Sleep is important for your child's health and well-being.

A bedtime routine for your child can include these simple steps:

1. **Tell your child it's time to get ready for bed.** Letting your child know it's bedtime begins the process for preparing them to relax and sleep.
2. **Brush your child's teeth.** For children under age 3, use a rice-size amount of fluoride toothpaste to brush teeth. For children ages 3 to 6, use a pea-size amount of fluoride toothpaste. After brushing, don't give your child anything to eat or drink before bed.

3. **Read a book with your child.** After brushing, read a book aloud to your child in a comfortable spot. As your child gets older, let them pick out a book or two to read.

4. **Put your child to bed.** After reading, put your child to sleep in their own bed.

Be consistent and patient. It may take time for your child to get used to the bedtime routine. Once the routine is set, bedtime will be calmer, quieter, and more fun for you and your child.



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ADMINISTRATION FOR
CHILDREN & FAMILIES



National Center on
Health, Behavioral Health, and Safety

General Wellness Screening for Parents

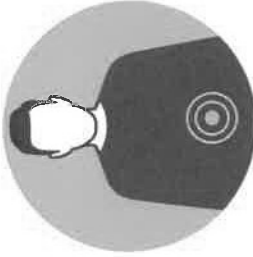
Every morning before you send your child to school please check for signs of illness:

☐

FEVER 100.4* OR CHILLS *or school board policy if threshold is lower

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COUGH* OR SHORTNESS OF BREATH
*especially new onset, uncontrolled cough

☐

DIARRHEA, NAUSEA OR VOMITING, ABDOMINAL PAIN

☐

HEADACHE*
*particularly new onset of severe headache, especially with fever

☐

SORE THROAT

☐

Does your child have any sign of illness above?

☐

If yes, consider their history. For example, does the child have a chronic health condition (allergies, asthma) that can mimic a viral illness? When in doubt, keep your student home until symptoms improve.

- If you check any of the boxes, **DO NOT** send your student to school. Instead, please keep your student home until they meet the criteria to return to school.
- Follow your school policy for returning to school.