Black History Month

Black History Month honors the accomplishments of Black Americans in every area of endeavor throughout our history. It is celebrated every February because February is also the birth month of Abraham Lincoln and Frederick Douglas.

The theme of Black History Month 2021 is “The Black Family: Representation, Identity and Diversity.” The Black Family, as the central focus of Black life includes single to 2 parent households to nuclear to extended and biracial families. The family is the major starting point where parents must teach their children to love themselves unconditionally, to see differences as a gift, and get the message that every person is important and worthy of respect.

Children need to know both their racial and personal family history. Find ways to celebrate Black culture and experiences with your children thru pictures, inspirational internet programs, books, poetry, and music. Share family mementos and stories, emphasize how family members claimed justice and human dignity as their birthright and legacy to younger ones. The children will gain strength, racial pride, and a deeper understanding of who they are and where they came from.

This is a time where divisions based on race and ethnicity are very prominent. Give your children simple, honest explanations and answers. Your children will gain a sense of security and belonging. Emphasize the spirit of family and how their family pools resources, supports each other emotionally and in times of need, celebrates successes and protects and educates the children.

Carter G. Woodson co-founder of Black History Month said, “There is no more powerful force than a people steeped in their history and there is no higher cause than honoring our struggle and ancestors by remembering”.

Oral Health for Children

To prevent cavities and maintain good oral health, your child’s diet is a major factor. Vegetables, cheese, lean meats, nuts, and milk protect tooth enamel by replenishing calcium and phosphorus that reduce effects of acid to prevent tooth decay.

Rather than candy, chips, or cookies for snacks, choose firm, crunchy veggies, and fruits (apples, pears). They have high water content which dilutes the effect of their sugar. At mealtimes, serve milk and water instead of soda or juice.

Regular brushing prevents tooth decay and gum disease. Remember 2 times a day: to wipe your baby’s gums and to get your children, starting at 2 years old, to brush their teeth.
Your Voice: February 2021

The Earned Income Tax Credit is a generous refundable tax credit for working people with low to moderate incomes. Heads of households, including single individuals with no children could be eligible for the tax credit.

To get the EIC, you must: (1) file a federal income tax form (2) has earned income from work, traditional work or a side gig or your own business (3) meet income guidelines which depend on your filing status and how many qualifying children you have under age 19 or full-time students and under age 24 you claim.

The maximum amount of credits for those with no qualifying children is $543, one child is $3,618, two children is $5,980 and three or more is $6,728

Go to the IRS EITC website for qualifying incomes and other important information. Earned Income Tax Credit (EITC) | Internal Revenue Service (irs.gov)

Su Voz Febrero 2021

El Crédito Tributario por Ingreso del Trabajo es un generoso crédito tributario reembolsable para personas trabajadoras con ingresos bajos a moderados. Los jefes de familia, incluidas las personas solteras sin hijos, podrían ser elegibles para el crédito fiscal.

Para obtener el crédito por ingreso del trabajo, debe: (1) presentar un formulario de impuesto federal (2) tener ingresos del trabajo, trabajo tradicional o un trabajo adicional o su propio negocio (3) cumplir con las pautas de ingresos que dependen de su estado civil para efectos de la declaración y de cuantos hijos calificados que tiene menores de 19 años o estudiantes de tiempo completo y menores de 24 años.

La cantidad máxima de créditos para aquellos sin hijos que califiquen es $543, para un hijo es $3,618, para dos hijos es $5,980 y tres o más es $6,728

Visite el sitio web del IRS EITC para conocer los ingresos que califican y otra información importante. Earned Income Tax Credit (EITC) | Internal Revenue Service (irs.gov)

Salud Bucal para Niños

Para prevenir las caries y mantener una buena salud bucal, la dieta de su hijo es un factor importante. Las verduras, el queso, las carnes magras, las nueces y la leche protegen el esmalte dental al reponer el calcio y el fósforo que reducen los efectos del ácido para prevenir las caries.

En lugar de dulces, papas fritas o galletas como bocadillos, elija verduras y frutas firmes y crujientes (manzanas, peras). Tienen un alto contenido de agua que diluye el efecto de su azúcar. A la hora de comer, sirvase leche y agua en lugar de refrescos o jugos.

El cepillado regular previene las caries y la enfermedad de las encías.

Recuerda 2 veces al día: limpiar las encías de tu bebé y hacer que tus hijos, a partir de los 2 años, se cepillen los dientes.