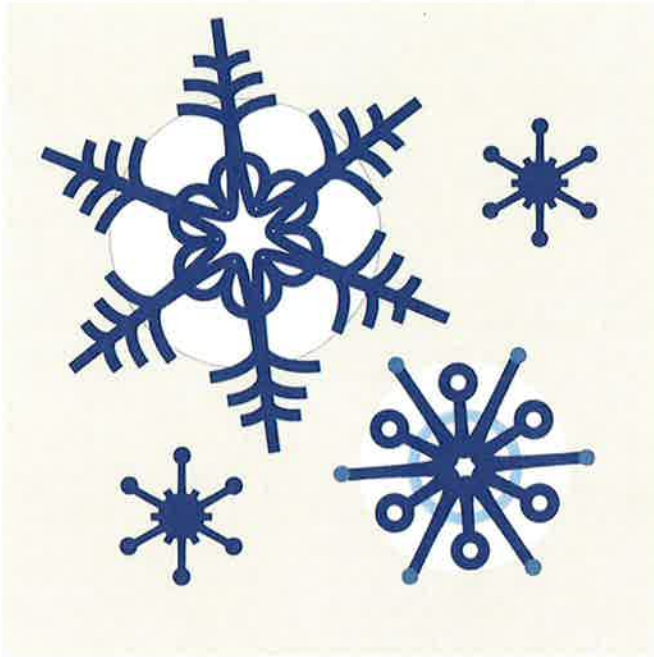


**Family
Resource
and
Activity packet
Friday
(12-04-20)**





I Love Snow

(Three Blind Mice)

I love snow, I love snow.

Soft, white snow. Soft, white snow.

It falls on the ground so soft and white.

Sometimes it falls all through the night.

Did you ever see such a beautiful sight

As soft white snow?

Snowflake, Snowflake

(Teddy Bear, Teddy Bear Turn Around)

Snowflake, snowflake dance around,

Snowflake, snowflake, touch the ground.

Snowflake, snowflake, soft and white.

Snowflake, snowflake, snowball fight!

Snowflake, snowflake in the air,

Snowflake, snowflake everywhere!

STEPS TO SAFE AND HEALTHY FRUITS & VEGETABLES

From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like *Salmonella*, *E. coli*, and *Listeria*, can sometimes be on fruits and vegetables? There are steps that can help keep you healthy—and your fruits and vegetables safer to eat—from the store to your table.



Fruit and Vegetable Safety at the Store or Market



Check for Bruises

- Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.



Keep Precut Fruits and Vegetables Cold

- Choose precut and packaged fruits and vegetables that are refrigerated or kept on ice.

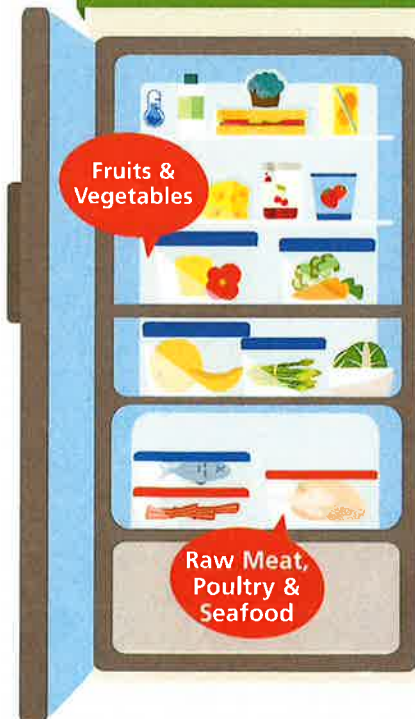


Separate

- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

Fruit and Vegetable Safety at Home

Get fruits & vegetables home and in the fridge in 2 hours or less



Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled “prewashed” do not need to be washed again at home.



Keep Cold

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours.
- Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.



Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

For more information, call 1-800-CDC-INFO or visit www.cdc.gov.

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U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Making Sensory Bottles

Instructions for creating inexpensive, handmade equipment for active children.

Materials

Plastic bottles

Use a variety of shapes and sizes depending on the size, age, and developmental level of the children.

Dry materials

Use a variety of dry materials such as: beads, straws, glitter, very small toys, magnets, pom-poms, feathers, leaves, sand, rice, googly eyes, loom bands, Legos, marbles, buttons, sequins, beans, pasta, sea shells, sticks, seeds, rocks/stones, nuts, bells, and more.

Wet materials

Use a variety of wet materials such as: water, oil (baby or cooking), shampoo, glycerin, hair gel, glue (clear or glitter), and more.

Super glue or hot glue

Directions

- Step 1:** Find any clear, used plastic bottle that has a lid and can be securely closed. Remove the label and adhesive from the bottle.
- Step 2:** Decide if the bottle will be a dry bottle or a liquid bottle. If **dry**, select all the dry materials and put them into the bottle with the larger materials going in first. If **wet**, add any materials first, then add the liquid using a funnel if needed.
- Step 3:** After you have combined all the materials for the perfect sensory bottle, it's time to glue the lid on to keep contents securely inside the bottle. You will likely need to glue the lid to the bottle every few months as the glue may wear off.

Tips

- To create a bottle where elements move slowly, use more dense liquids such as glues, gels, or oils. For a bottle that moves more freely, simply use water and the other materials. Leave a small amount of space (1/3 of bottle) at the top of the bottle when initially filling it.
- Wait for the bottle contents to settle and add any other materials you may want and then put the lid on.
- Only use plastic bottles with screw-on tops. These bottles are less likely to leak.
- Be creative and have fun! Create nature inspired bottles, themed bottles, calming bottles, etc.
- Take the air out of your sensory bottle. Let the bubble(s) rise to the top to make the content move better.
- Avoid combining metal materials with wet materials inside your bottle, as they will rust.



Fundamental Motor Skills:

- Sensory bottles provide wonderful visual and auditory reinforcement for **manipulative skills** such as **throwing, kicking, rolling, and catching**.
- For infants and early movers, sensory bottles can help them move from **reflexive movements** to voluntary movements such as **reaching, grasping, creeping, and crawling**.

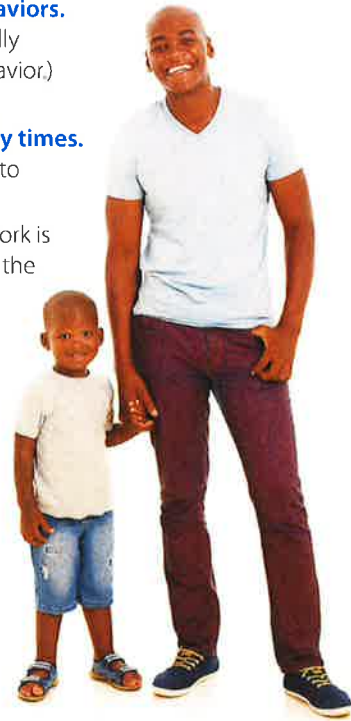
Health-related physical fitness:

Varying the weight in your sensory bottles helps children develop **muscular strength** and **endurance** when **lifting, shaking, and moving**.

Positive Discipline

Discipline means to teach or guide. Here are some ways to eliminate the negative when disciplining your child.

- **Focus on and acknowledge your child's positive behaviors.** "You were very helpful in the store today." (This is especially helpful when you are working to change a negative behavior.)
"I noticed you shared your toy. That was kind."
- **Establish predictable routines for meals, nap and play times.** Let your child know ahead of time if the routine is going to change.
- **Keep rules simple and consistent.** "When your homework is finished, you may watch TV." "We walk when we're inside the house."
- **Set limits that are age-appropriate.** "Bedtime is at 8 o'clock." "You may only watch movies that are rated G."
- **Use positive language.** "Couches are for sitting. Please sit down." Tell them what you want them to DO instead of what you do NOT want them to do.
- **Offer limited choices.** "Do you want to wear your blue pants or the red ones?" Make sure your choices are realistic and only offer a choice if there is a choice. Be clear on what is non-negotiable like riding in a car seat.
- **Use the word "NO" for safety reasons like when a child is about to touch a hot stove or run into the street.** "No" loses its power when heard constantly. Look for ways to turn "no" into a "yes." "Yes, you may have a cookie after lunch." "Yes, you may read the book when you wake up from your nap."
- **Use a reminder first, give a choice and follow through.** "Blocks are for building. If you choose to build with the blocks, you can continue to play with them. If you choose to throw the blocks, you will have to put them away. It's your choice."



- **Use natural consequences to teach your child responsibility.** “If you don’t take care of your toy, it may break and you will no longer have the toy.”
- **Use logical consequences that are related to the behavior.** Your child will learn from his own mistakes. “If you don’t stay in the yard to play, you will have to play inside the house.”
- **Make sure your expectations for your child are reasonable.** For instance, a toddler is not likely to tolerate a three-hour shopping trip.
- **Be a positive role model.** Be careful not to be a “do as I say, not as I do” parent.
- **Be consistent, not rigid.** A child’s bedtime may be extended for a special occasion.
- **Safety-proof your home.** Put breakable or valuable items out of reach, and use latches to secure cabinets to allow your child to explore freely without danger.
- **Know your child’s triggers.** Learn to read their cues and intervene before a situation gets out of control. This will help them begin to develop self-control.
- **Before you lose your cool, stop and take a deep breath.** Consider what your child is about to hear.
- **Establish a regular family meeting time to create and review the rules and teach problem solving skills.** When children help make the rules, they are more likely to follow them.
- **Encourage and notice positive behavior more, and children will choose negative behavior less.** You don’t have to wait to tell your child that he is doing something right. Praise your child every day!

There are many simple things to say that let your child know he or she is doing great.

“I like the way you’re playing with your brother.
 Every time I think of you, my heart dances.
 Great job finishing your homework.
 I just love being your dad.
 Super job putting the toys on the shelf.
 You always make me smile.
 I’m proud of you.
 You’re the best.
 What a great idea!
 Thanks for helping me with the dishes.
 You worked hard to solve those math problems. Way to go.
 I love your art work.
 I know you can do it. I have faith in you.
 You are very special.
 I like how gentle you are with the baby.
 You are working hard.
 Keep up the great work.
 You are so thoughtful.
 You’re learning fast.
 You should be proud of your work.
 Your practice is really paying off.
 I love you.”

For more information on health-related topics, visit our health library at CHKD.org/healthlibrary.

Your child’s pediatrician should be your primary source of advice about your child’s health.

Children’s Hospital of The King’s Daughters complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
 ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1 (757) 668-8246.
 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다.
 1 (757) 668-8246

SUNSHINE MUFFINS

12 large muffins or
24 mini muffins



Prep time: 15 minutes
Cook time: 15–20 minutes

These muffins live up to their name! Filled with whole oranges, they are packed with Vitamin C to keep your family's health shining.

Ingredients

- 1 orange
- ½ cup orange juice
- 1 egg
- ¼ cup oil
- 1½ cups whole wheat flour
- ½ cup sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- ½ cup raisins (optional)
- ½ cup chopped nuts (optional)

Instructions

1. Cut the orange into 8 pieces without peeling.
2. Put the cut-up orange (that's right — the whole orange), orange juice, egg and oil in blender. Blend until smooth.
3. Add flour, sugar, baking powder, baking soda and salt. Blend.
4. Add raisins and nuts. Blend just until mixed.
5. Pour mixture into muffin tins and bake at 375° F (190° C) for 15–20 minutes.



TIPS FOR HEALTHY EATING



Serve these muffins with your child's favourite nut butter for a quick and healthy breakfast or snack.