

**Family  
Resource  
and  
Activity  
packet  
Monday  
(11-30-20)**

# Five Little Scarecrows

Five little scarecrows standing in a row,  
The first one said, "Look, here come the crows!"

The second one said, "I am very small."

The third one said, "But, I am very tall."

The fourth one said, "I can bend my head."

The fifth one said, "I can wave my arms, instead."

Five little scarecrows standing in a row,  
Count them as they move when the wind blows.



# This holiday season do what's best for you and your loved ones

Being away from family and friends during the holidays can be hard.



Hard choices to be apart this year may mean that you can spend many more years with your loved ones.



Doing what is best for your health and the health of your loved ones. This year spend time with those in your own household.



When you talk with your friends and family about plans, it's ok if you decide to stay home and remain apart from others.



Doing what's best for you includes eating healthy foods and getting enough sleep.



Make time to take care of your body and stay active to lessen fatigue, anxiety, and sadness.



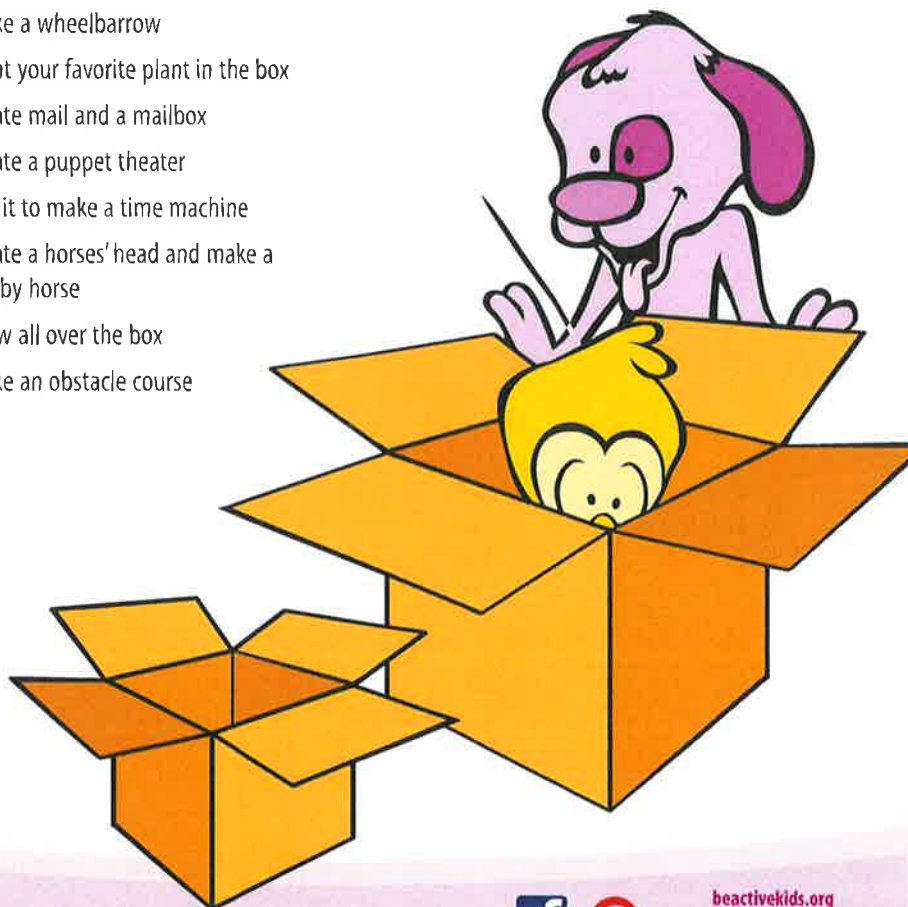
Substance Abuse and Mental Health Services Administration  
Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# 50 Cool Things To Do With a Cardboard Box

1. Use it as a sled to slide down a hill
2. Build a fort or playhouse
3. See how many you can stack before they fall over
4. Create a boat
5. Use it as a tunnel to crawl through
6. Cut circular holes in it and use it as a target
7. Make wings out of it and pretend to fly
8. Leave the top open and throw things into it
9. Make a "Mud Café" out of a few big boxes
10. Use a couple of small boxes to make a robot costume, then act like a robot
11. Build a box tower and then knock it down
12. Use a couple of small boxes to create a pair of activity dice
13. Create a mini cardboard village or city
14. Use it as a mudslinging background
15. Construct a maze out of a bunch of boxes
16. Create a rocket
17. Jump over, in, or out of a box
18. Play inside it
19. Make a cardboard ramp
20. Use it as a drum, guitar or other musical instrument
21. Create a sword and shield and have a sword fight
22. Get inside a box and have a friend push or pull you, as if it was a car
23. Use it to haul things
24. Stomp on a bunch of small ones
25. Kick a few small boxes
26. Make a train and pretend to be the conductor or the passenger
27. Draw characters on boxes, cut the characters out, and perform a skit
28. Create an elevator out of a box
29. Fill your box with loose parts
30. Draw and cut out pictures of healthy foods from the boxes and pretend like you're shopping for food at a grocery store
31. Make box shoes and move around while wearing them
32. Use it for tummy time (infants)
33. Create giant playing cards by cutting up boxes
34. Make street signs
35. Make a wheelbarrow
36. Plant your favorite plant in the box
37. Create mail and a mailbox
38. Create a puppet theater
39. Use it to make a time machine
40. Create a horse's head and make a hobby horse
41. Draw all over the box
42. Make an obstacle course
43. Stand inside a tall box and pretend you are in a princess's tower
44. Balance your box on one finger
45. Create a balance beam
46. Use natural loose parts to create an animal with your box (dog, cat, bird)
47. Play catch with a small box
48. Box bowling (stand boxes up)
49. Use a box to make your favorite flag
50. Create a new game with boxes

**Remember, children are the ones who have all the ideas, so let them workout some of the ways of using a box on their own.**



# Parenting in a Blended Family



## What is a blended family?

A blended family, also called a stepfamily, is a family unit in which one or both parents have children from a previous marriage or relationship.

Becoming part of a blended family can be exciting and fun, but also stressful and challenging. It will take time, energy and care for the family to adjust to the changes and function well as a unit.

## You Are Not Alone

Every day, there are about 2,100 blended families formed in the United States.

Eighteen percent of children under the age of 18 living in a two-parent household are part of a blended family.

Approximately 1/3 of all marriages in America form blended families.

30 million children under the age of 13 in the US are currently living with one biological parent and that parent's current partner.



[CHKD.org/ParentingResources](http://CHKD.org/ParentingResources)

## Blended family tips for parents

- Nurture your relationship with your partner
  - Acknowledge challenges and work towards solutions.
  - Take time to adjust.
  - Take time to grow your relationship.
  - Check-in with your partner to see how they're adjusting.
  - Learn effective co-parenting skills.
- Provide emotional support to your children
  - Create family routines and rituals to bond.
  - Encourage your children to discuss how they're feeling.
  - Don't make your child a messenger or put them in the middle.
  - Reassure your children they belong in the family, and are valued, and loved.
  - Laugh together and have fun. It builds positive family connections.
- Seek support and stay optimistic
  - Educate yourself about trials and triumphs of blended families.
  - Talk to other blended families to see what worked for them.
  - Educate grandparents on what's going on.

## Signs your child may be having a difficult time

- Poor self-care
- Poor concentration
- Neglecting homework
- Sleep problems
- Discontinuing activities with friends
- Anger/acting out
- Physical symptoms: fatigue, stomachaches, headaches
- Alcohol or drug use
- Eating disorders

## Helping your child adjust to the new family

Your child will have thoughts and feelings about the changes taking place. Here are some actions you can take to help them adjust.

- Give them age appropriate information.
- Validate their feelings and concerns.
- Provide them with opportunities to contribute to the family and establish a sense of belonging and worth.

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



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# VEGGIE & CHEESE QUESADILLAS

4 servings



Prep time: 20 minutes  
Cook time: 20 minutes

Quesadillas are so versatile and make a tasty lunch or quick weeknight meal! Prepare ingredients in small dishes and let your little ones fill their own quesadilla before cooking.

## Ingredients

- 1 tsp oil
- 6 mushrooms, sliced
- 1 red, yellow or green pepper, sliced
- ½ red onion, sliced
- 1 tsp chili powder
- salt and pepper, to taste
- 1 can black beans or red kidney beans, drained and rinsed
- 1 cup grated cheddar cheese
- 8 small whole wheat tortillas

## Instructions

1. Heat the oil in a non-stick frying pan over medium-high heat.
2. In a bowl, toss the mushrooms, pepper and onion with chili powder and salt and pepper. Stir fry for 3–5 minutes, until veggies are soft. Return veggies to the bowl to cool.
3. To assemble the quesadillas, place ½ cup of the veggie mixture and ¼ cup of beans on 4 of the small tortillas. Sprinkle each tortilla with grated cheese and top with a second small tortilla.
4. In the same frying pan, cook each quesadilla over medium-high heat, flipping once, until the cheese melts and the tortilla is golden brown on each side.
5. Cut the quesadillas in wedges. Serve with salsa.



### TIPS FOR HEALTHY EATING



Frozen vegetables are just as healthy and delicious as fresh. Try using frozen vegetables, such as corn or squash, to customize your quesadilla. The frozen veggies are frozen and packed at their nutritional peak and are a great option for your budget and your health!