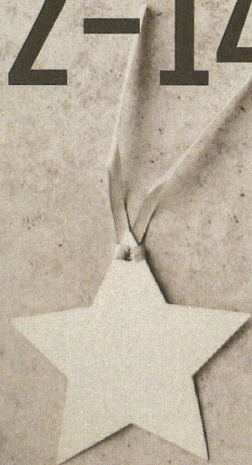
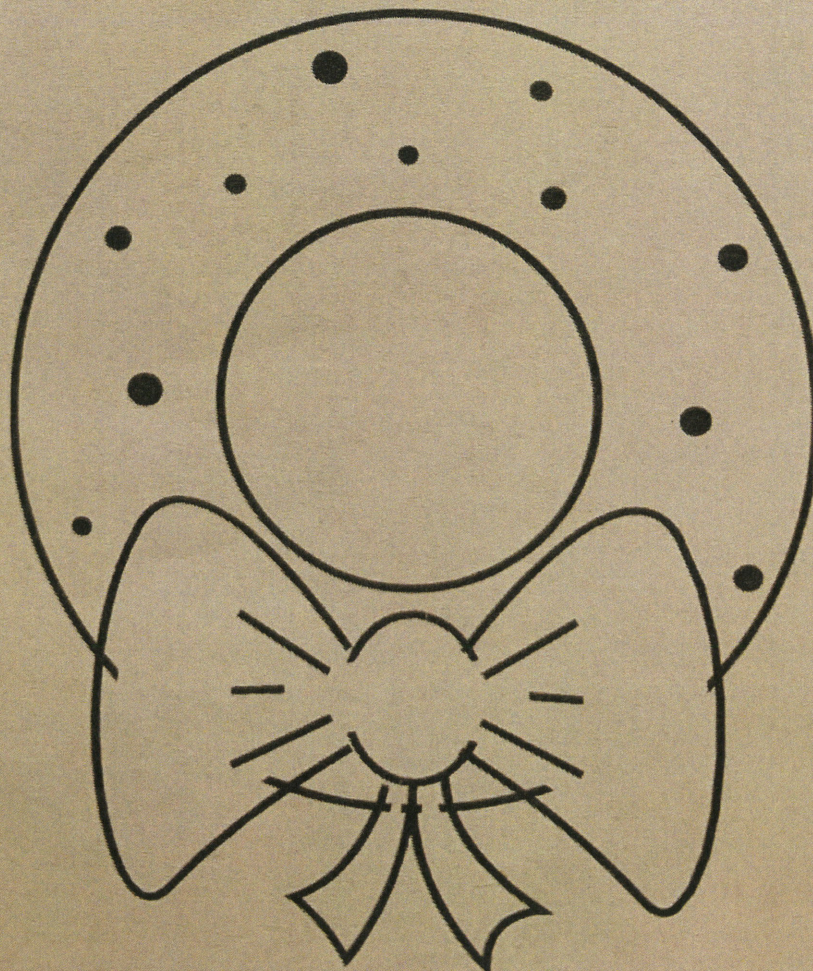


**Family  
Resource  
and  
Activity packet  
Monday  
(12-14-20)**



## 2. Deck the halls.

Deck the halls with boughs of holly,  
Fa la la la la, la la la la.  
'Tis the season to be jolly,  
Fa la la la la, la la la la.  
Don we now our gay apparel,  
Fa la la, la la la, la la la.  
Toll the ancient Yule tide carol,  
Fa la la la la, la la la la.



# HONEY & ORANGE ROASTED CARROTS

4 servings



Prep time: 15 minutes  
Cook time: 35 minutes

This recipe combines flavours to bring out the natural sweetness of carrots. Your kids can help with the mixing and arranging of the sliced veggies on the baking tray. Try multi-coloured carrots for a fun boost of colour!

## Ingredients

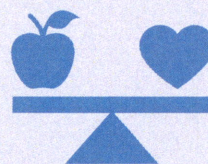
- 5 carrots, medium
- 1 orange
- 2 tbsp honey
- 1/3 cup orange juice
- 2 tbsp olive oil
- 1/2 tsp thyme
- 1/8 tsp salt
- 1/8 tsp black pepper

## Instructions

1. Preheat oven to 375°F (190°C).
2. Peel and slice the carrots and slice the orange.
3. On a large rimmed baking sheet, arrange carrots and sliced oranges in single layer.
4. Mix honey, orange juice, olive oil, thyme, salt and pepper in a small bowl and pour over the carrot and orange mixture.
5. Cover with foil and roast for 30 minutes.



## TIPS FOR HEALTHY EATING



Dietitians suggest eating at least one orange vegetable, such as carrots, per day. This is because orange vegetables are high in antioxidants that help to keep you healthy and may prevent some chronic diseases such as diabetes and heart disease.



# EXPERIMENTS

## Fizzing Hands

Parents, get ready for the bubbles! Here's a twist on the iconic baking soda volcano experiment.

### DIRECTIONS

1. Quick tip: get everything ready on a cookie sheet to make it easy to carry outside and clean up.
2. Add vinegar, a good squeeze of dish soap, and food coloring to the jar. Stir with a spoon or swish to combine the ingredients. Set aside.
3. (Adults only) Open up a paper clip and use a pointed end to poke a hole in each of the glove's fingertips.
4. Add 3 tablespoons ARM & HAMMER™ Baking Soda to the glove, shaking it to the fingertips.
5. Place the open end of the glove over the top of the jar. Be careful NOT to spill any baking soda in.
6. Place rubber bands around the base of the glove to secure it in place around the jar.
7. Take the cookie sheet with your jar/glove outside. Gently tip the glove up to empty the baking soda into the jar. Swirl everything around then stand back to steer clear of the foamy reaction!
8. Bonus step: if you dare, you can add more baking soda and vinegar for an even bigger reaction. (You may need a \*hand\* for cleanup.)

NOTE: This one gets messy. Take it outside for easy cleanup!

### DETAILS

**Experiment Time:** 25 minutes

**Time For You:** 5 minutes  
(steal some fruit gummies from the pantry and enjoy)

**What Your Kids Get:** 1 fizzing hand

### INGREDIENTS & SUPPLIES

- 3 tablespoons ARM & HAMMER™ Baking Soda
- Wide mouth jar (plastic or glass)
- 3/4 cup vinegar
- Liquid dish soap
- Vinyl glove
- Food coloring
- Spoon
- Paperclip
- Rubber bands
- Baking sheet or tray
- Safety glasses



## Behavior Challenges during the Holidays

Alicia Skiles, MS, NCC, LPC-IT, SAC-IT, Professional Counselor

Do you notice changes in your children's behavior around the holidays? Does there seem to be more whining? More demanding? More attitude? It can be disenchanting to try to get to everything on your to do list amidst the emotional roller-coaster ride on which our children seem to hop.

So what inspires children to purchase a ticket to this metaphor? There is no one answer. In truth, there are lots of little and big things that affect the way children behave (or misbehave) this time of year. Many entrances to our allegorical ride, if you will.

The holidays are a time of disrupted routines. While this is usually exciting for children, it is also taxing. Anticipation of presents, relatives coming into town, travel, candy, distracted parents, snow... there are many things causing them to run around the living room. There are also more opportunities to stay up later, consume unhealthy foods, miss out on rest times, jump from one event to another (family dinners, children's concerts, shopping and other traditions) and, for many children the added reminders (or threats) that if they do not listen, Santa will be getting a call.

So what can you do? The following are some tips to help. A little preparation on your part can go a long way.

1. Let your child in on the plans at the beginning of each day and remind them or ask them what comes next. For example, "Today we are going to get dressed, eat breakfast, put all of our snow stuff on and go looking for a tree to cut down. When we get back home, we will not put it up right away because we will eat lunch, have rest and then put it up together... then comes decorating." For young children, drawing out pictures of itineraries can be helpful and the children can

take the schedules with them. A written schedule works well for children that can read. And older children may have plans of their own they would like to throw in.

2. Give children a heads up for transitions. For example “In ten minutes we will be leaving grandma’s house for shopping.....Now you have five more minutes, please remember that I am going to ask you to clean up next time....Okay, now it is time to pick up, how can I help you get this put away so we can go.” Such preparation typically goes over much smoother than saying to a child, “it’s time to go now,” while they are playing.
3. If your child does snap at you, yell or completely melt down. Your reaction should be calm and specific. One example (for attitude) is “Your response was not appropriate, please say what you are trying to say differently or you will not be able to (insert appropriate consequence). Another example (for melt downs) is “I can see that this is difficult for you because you are crying and sitting on the floor. When you are ready we can talk about our options” or “I am going to pick you up and help you get into the car.
4. Don’t sacrifice down time to get things done. Children still need rest and parents need breaks. Plan ahead so that you still meet your needs and your child’s needs. Parents sometimes sit right next to their children on the emotional roller-coaster so be aware of your own stressors and ask for help if needed.