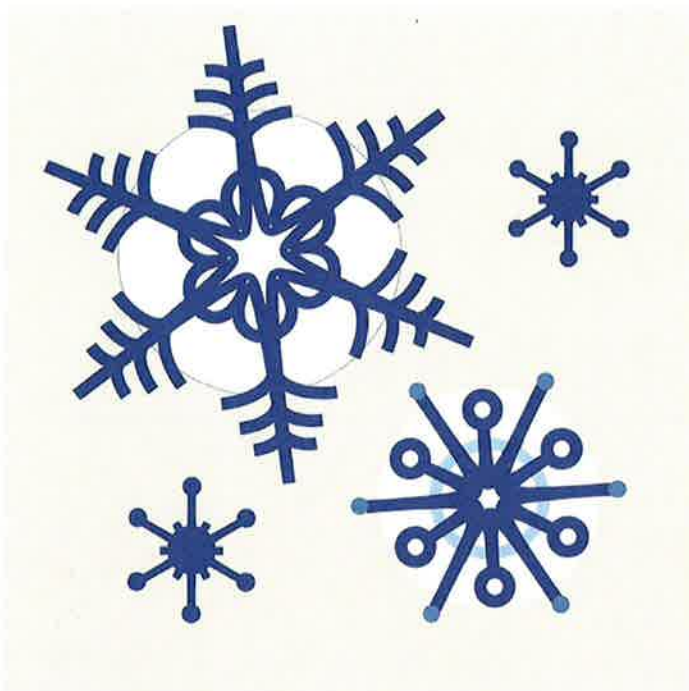


**Family
Resource
and
Activity packet
Friday
(12-11-20)**



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!

TOP 10 Nutrition Facts That Everyone Agrees on



#1

Added Sugar Is a Disaster

Added sugar provides empty calories and is believed to be a leading cause of diseases that kill millions of people each year.



#2

Omega-3 Fats Are Crucial and Most People Don't Get Enough

A large part of the population is not getting enough omega-3 fats from their diet. Avoiding a deficiency in these essential fatty acids may help prevent many diseases.

There Is No Perfect Diet for Everyone

The best diet for you is the one that works for you and you can stick to in the long term.

#3



Artificial Trans Fats Are Very Unhealthy

Trans fats form in chemically processed oils and are linked to all sorts of chronic diseases. You should avoid them like the plague.

#4



#5

Eating Vegetables Will Improve Your Health

Vegetables are rich in all sorts of nutrients. Eating vegetables each day is associated with improved health and a lower risk of disease.



#6

It Is Critical to Avoid a Vitamin D Deficiency

Vitamin D is a crucial hormone in the body and many people are deficient in it. Reversing a deficiency can have powerful health benefits.



Refined Carbohydrates Are Bad for You

Refined carbohydrates like processed grains are unhealthy. They are lacking in nutrients and eating them may lead to rapid spikes in blood sugar and insulin, which can cause all sorts of problems down the line.

#7



Supplements Can Never Fully Replace Real Foods

It is much more important to eat real, nutritious foods than to count on supplements to provide the nutrients you need.

#8



#9

"Diets" Don't Work — a Lifestyle Change Is Necessary

Adopting a healthy lifestyle is the only way to ensure long-term weight loss and a lifetime of improved health.



#10

Unprocessed Food Is Healthiest

The most important thing you can do to ensure optimal health is to eat real food. If it looks like it was made in a factory, don't eat it!



25 Ways Parents Can Encourage Emotional Development in Children

Emotional skills do not develop naturally but rather must be learned during childhood. Here are some simple tips to follow to build your child's emotional maturity.

Accept Your Child Unconditionally

The most important factor in a child's emotional development is unconditional love and acceptance. This is important for a child's sense of identity and will impact all his future relationships.

Be Affectionate

Children need lots of physical contact. A baby's brain growth is greatly affected by how much physical contact he receives. It is as important as physical needs such as being fed and cleaned.

Show affection often and remember to show your spouse affection too. Modelling a healthy relationship is important as it also will impact your child's future relationships.

Talk to your children at every opportunity in a calm, loving voice. Talking is one of the best ways of connecting, along with physical affection.

Listen

Don't forget to listen to your children. *Really* listen. We are living in a very distracted society where we do everything on the run. Make sure you take the time to stop, listen to what your child is saying and respond.

Your children can pick up when you are only half-listening to them.

Create a Peaceful Atmosphere at Home

Your home environment should be organized and peaceful. This creates a healthy atmosphere in which to learn through exploring and discovering.

A safe and calm environment also gives children a sense of security.

Create a Safe Environment

Your home should also be a physically safe place in which to explore without any danger.

Valuables and breakables should not be within reach and potentially dangerous objects should be put away.

In an unsafe environment, parents have to constantly stop their children from exploring. Hearing "don't go there", "don't touch that" too often does not create a feeling that it's safe to learn freely.

Allow Lots of Time for Play

Play is the way children learn and it is while they are playing that they develop emotional maturity.

Certain types of play, such as fantasy or symbolic play, are a great way for your child to express how he feels about the world and act out various adult situations. During play he can become anyone and pretend to be an adult, coping with situations and emotions.

Other types of play such as water play, sand play or playing with playdough are great tension relievers.

Be Available

When your children need you, make an effort to stop what you are doing and be available. Your time with your little ones is limited and shouldn't be spent in distracted mode. Make a special effort to not be on your phone during the time you spend together.

We often place the emphasis on taking care of a child's physical needs but being emotionally available for a child is just as important.

Make Time

Over and above being available when you are with your children, it's also important to make time during your busy schedule to spend time together.

Time is limited but it will always be split between the things you prioritize most. Other things may fall behind and not get done but time with your children is an investment and is a fleeting period you'll never get back if you don't make the most of it.

Supervise Play

Children up to the age of preschool need to be supervised by an adult during play. Even though older children are able to play cooperatively, they still need the presence of an adult nearby or they will feel unsettled.

This helps them feel safe and secure to continue playing as they know there is someone to help if necessary.

Keep Your Promises

Children learn very quickly whether they can trust an adult or not. It is vital to always keep the promises you make to them.

A positive relationship between parent and child can only be formed on mutual trust. This also teaches them to form trusting relationships with others throughout their lives.

Encourage Sharing of Emotions

Teach your child to openly share his emotions. Have frequent discussions about how he is feeling or how he feels after a particular experience, such as a conflict with a friend or losing a pet.

Teach your children that boys and girls experience the same emotions and never discourage an emotion based on gender.

Allow Your Child to Experience All Emotions

It is also important that your children are allowed to experience the full array of emotions – good and bad. You may want to protect them from feeling upset or disappointed by sorting out their problems for them or intervening too often but this will not benefit them in the long run.

When your children are independent they must be able to deal with their emotions and not let a small disappointment, such as not winning a race in school, become a crippling event.

Be an Involved Dad

A father's role in his child's emotional development is crucial. Children need to feel just as loved by both parents and they need solid male and female role models in their lives.

With society's history and the role dads were given, it is wonderful to see so many fathers now taking charge and being 100% involved.

Teach Your Child to Make Choices

Children must learn to make choices from an early age. At first, this can be practised with simple daily decisions such as what to wear, what game to play or what to eat.

When they make decisions they learn about accepting the consequences of those decisions.

Show an Interest

Show an interest in what your child is doing and recognize her efforts. When children perform simple tasks and are acknowledged for them, they develop a sense of responsibility and this leads to self-motivation.

Encourage Physical Activities

Physical activities are a great way to manage emotions and also an outlet for tension. Encourage your children to engage in lots of physical free play outdoors and sports activities when they are older.

Teach Independence

Independence is the end goal of good parenting. What other job do you have that is more important than guiding your children now so that they will be happy and functional adults?

This skill can be taught from a very early age. Always allow your children to do the things they are able to do themselves.

Provide Discipline

Children who have consistent and fair discipline at home feel more secure than those who are not aware of their boundaries.

Children need to learn values and norms and behaviour that is acceptable in society.

Discipline should be fair, not extreme or done in anger, and most importantly – applied consistently. This leads to children developing self-discipline in time.

Always point out the behaviour that is inappropriate and don't make discipline a personal attack on your child. Rather say "That was not a kind thing to say. Can you choose different words?", not "you are very unkind".

Laugh a Lot

Children naturally want to laugh and be happy. Tiny babies start smiling after just a few weeks and soon after start giggling.

Laughter is one of the joys of life and can make any situation lighter and more bearable.

Make laughter a daily staple in your home. Laugh together all the time, play with words and make silly jokes. It will become one of their best coping skills.

Be an Example

Just like any other skill, the best way to teach it is to model it. In order to develop good emotional skills, children should have emotionally intelligent parents.

If you are frequently losing your temper, speaking badly about your family or friends, or never expressing your own emotions, it will be difficult to expect your children to behave maturely.

Encourage Independent Problem Solving

Problem-solving is a crucial skill for survival on the playground, in the classroom, in the workplace and in life.

The best time to solve problems is during play. Let your children find solutions to the challenges they encounter while playing, as well as resolving small conflicts.

Try not to plan playdates and let them find creative ways to entertain their friends.

Encourage Fantasy Play

Fantasy play – also called make-believe, pretend, dress-up or symbolic play – is a type of play where children step into other roles, become something else, act out various scenarios and generally pretend to be adults.

It is through this type of play that children express their emotions and act out how they see the world. They learn to deal

with their daily experiences by taking on a role and finding *grown-up* solutions.

Fantasy play is excellent for emotional development and should be encouraged often.

Teach Gratitude

Gratitude is a really wonderful quality to have. Teach your children not to take their life and comforts for granted but rather to become aware of what they are thankful for.

Make regular habits such as saying one thing you are grateful for at the dinner table, and occasionally encourage your child to donate some toys or books to the less privileged.

Teach Please, Thank You and Sorry

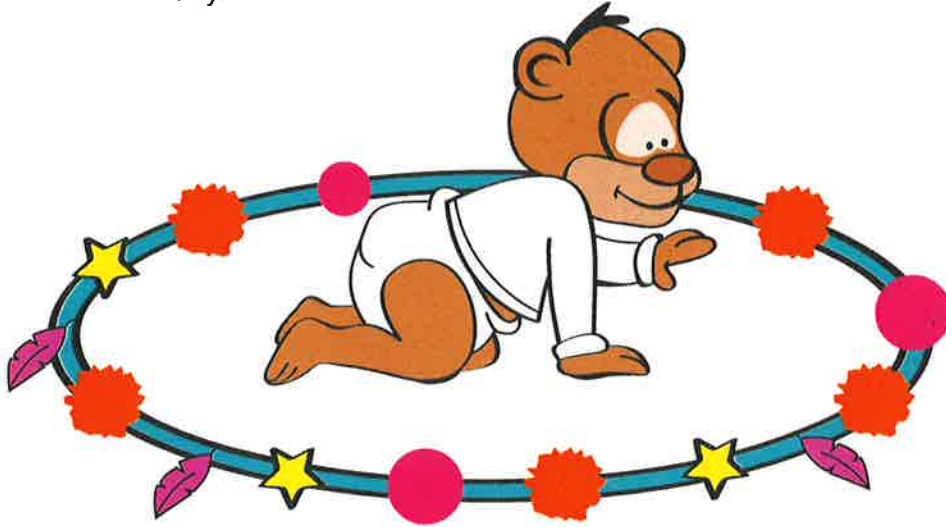
Having manners is one of the best life skills to learn. Please, thank you and sorry are words that should be used frequently in your home.

Teach your child to speak respectfully to the waiter, cashier, and others in service, family members, friends and strangers. Even babies can start to learn simple manners such as please and thank you from very early on.

Infant Sensory Hoops

What is it?

An infant sensory hoop is a versatile toy that will not only entertain an infant, but will encourage gross and fine motor development. Typically, it is a hula hoop covered with multi-sensory materials and fabric that will engage an infant's mind and body.



Why?

- Makes tummy time more enjoyable
- Encourages rolling, twisting, turning, creeping/crawling, head control, reaching and grasping
- Strengthens core, neck, and arm muscles
- Offers a multi-sensory experience

Tactile (Touch)

using different textures

- * Stimulates breathing
- * Builds nerve connections in the brain's pathway
- * Increases interest

Visual (Sight)

using different colors, patterns, etc.

- * Black and white contrast, along with red aids in visual development and increased brain growth
- * Stimulates vision through the use of different patterns and/or objects that sparkle/shimmer
- * Some colors evoke emotional effects
- * Helps with focus and visual tracking
- * Increases interest

Auditory (Sound)

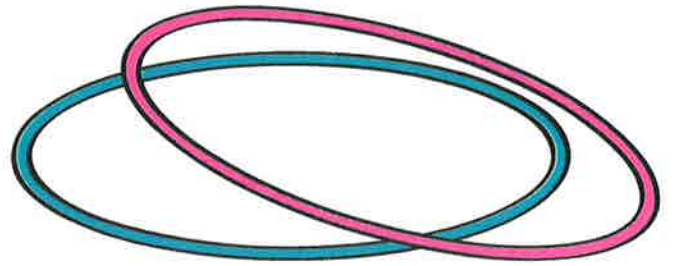
using different sounds

- * Builds nerve connections in the brain's pathway
- * Items that crinkle, beep, ring or other noises stimulate visual connections
- * Increases interest

Create your own!

Materials:

- Hula hoop*
- Scissors
- Sensory Items (use 5 or more of these items)
 - Loofah
 - Tulle fabric
 - Small stuffed toys
 - Rattles
 - Soft brush
 - Textured materials
 - Materials that make noise
- Fasteners (sew items on, use zip ties, ribbons, etc.)



- Silk ribbon
- Bath toys
- Teething toys/teething rings
- Duster
- Shower rings
- Boa
- Soft books

* When selecting the size of the hula hoop, consider the size of the child and their development level. For those that are bigger, longer, or more active it may be beneficial to use a larger hoop.

How to Make the Sensory Hoops:

1. Purchase or create a hoop and sensory items
2. Attach sensory items to ring by sewing, taping, tying, or using zip ties
3. Make sure all items are securely fastened to the hoop before allowing it to be used by any child

Safety

- No foam or balloons
- Ribbons must be shorter than 18 inches
- No small items that could pose a choke hazard
- Children should always be supervised



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CHOCOLATE-DIPPED ORANGES

2-4 servings



Prep time: 10 minutes

Cook time: 0 minutes

A fancy treat that looks almost too good to eat! This snack is quick to make and perfect for parties and summer gatherings. Little ones can lend a hand by dipping and decorating the oranges.

Ingredients

- 1 orange
- 2-4 lollipop sticks or other wooden skewers
- 1 cup semisweet chocolate chips
- ½ cup rainbow sprinkles
- ½ cup almonds, chopped

Instructions

1. Peel orange into slices and insert lollipop sticks into each orange section.
2. Melt chocolate chips in microwave at 30-second intervals until the chocolate is easy to stir, stirring frequently.
3. Dip orange slices halfway in chocolate, and then in each topping of your choice.
4. If needed, chill oranges in the freezer for 5 minutes to help harden the chocolate.



TIPS FOR KIDS IN THE KITCHEN



There are endless variations you can make with this recipe. Switch out the oranges for other fruits, such as strawberries, switch the chocolate for yogurt, and try out different "sprinkles" like puffed rice cereal, granola or coconut.