



**Family Resource  
and  
Activity packet  
Thursday  
(12-10-20)**



## Five Little Snowmen

Five little snowmen happy and gay

The first one said, "What a lovely day."



The second one said, "We'll never have tears."

The third one said, "We'll stay for years."

The fourth one said, "But what happens in May?"



The fifth one said, "Look! We're melting away."



# WHY CHOCOLATE MILK

## for kids



### Nutrient-Rich

Like white milk, chocolate milk has the same 9 essential nutrients important for kids' growth, development, and physical activity.

### Top Milk Choice in Schools

Chocolate milk is the most popular milk choice in schools and, when available, students drink more milk overall.

### Better Diet Quality

Kids who drink chocolate milk have better quality diets and are just as likely to be at a healthy weight as kids who do not drink chocolate milk. Kids benefit from the many nutrients in milk, like calcium, vitamin D, and potassium.

### A More Healthful Option

Chocolate milk is a great alternative to replacing sugary drinks like soda and fruit beverages in kids' diets, while not obtaining higher intakes of added sugar and fat.

### 1-2-3 Servings Each Day

Kids' average daily intake of dairy falls short of recommendations, especially as they get older. A serving of chocolate milk can help close the gap between actual and recommended intakes of milk and milk's nutrients.

### Young Athletes

A great choice for young athletes to fuel for physical activity, replenish fluid and electrolytes post-exercise and support bone health to reduce risk of stress fractures.

## An Added BONUS:

Chocolate milk helps meet nutrient needs while remaining affordable and convenient.



[www.DairyCouncilofaz.org](http://www.DairyCouncilofaz.org)

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A new baby can be very exciting but also overwhelming. As parents, it can be helpful to know what to expect once your baby arrives. Do you plan to breastfeed or bottle feed? How will she tell you she is hungry? When can he start trying solid foods? Thinking through these questions before birth can help you support your child's growth and development across the first year and beyond.

Your baby will rely on you to provide nourishment to ensure she grows healthy and strong. As her parent, you are her most important teacher of healthy eating habits and nurturing her ability to understand her body's signs of hunger and fullness. Feeding your baby is also an opportunity to bond and get to know each other.

This resource explains two approaches that support healthy feeding with your baby. You may want to share this with everyone who will be involved in feeding decisions.

## Feeding On-Demand

In the early months, babies will need to be fed “on demand”—this means that babies are able to feed whenever they are hungry or show hunger cues. Hunger cues are unique to each baby. Your baby might:

- Have a specific hunger cry,
- Root or look around for food,
- Suck on his hand or fingers,
- Become irritable or restless, or
- Repeat a unique behavior to demonstrate hunger.

When you respond to your baby's hunger cues, she'll tell you how much food she wants and when she's full. This feeding practice supports healthy eating habits, growth and development beyond her first birthday.

By the time your baby is about 9 months old, you are ready to try a responsive feeding approach.



## What is Responsive Feeding?

Responsive feeding is an approach that divides the responsibility for meals and snacks between parent and child. Parents provide a safe and nurturing feeding environment and offer healthy meals and snacks in age-appropriate servings. Your baby decides whether, which foods, and how much to eat. This approach is known as: Parent Provides. Child Decides.

Relying on all the things you learned about your baby's signals of hunger and fullness will help you nurture his feeding skills. You can begin to implement a responsive feeding approach when your child is able to chew and swallow, pick up finger foods, and self-feed.



## Why Is Responsive Feeding Important?

A responsive approach to feeding gives your baby the opportunity to learn how to:

- Listen to their body's signals of hunger and fullness
- Develop self-control regarding how much food they will eat
- Build feeding skills such as picking up foods or use utensils
- Actively participate in meal and snack times, and
- Effectively communicate their need for food.

Responsive feeding gives your child the opportunity to notice, understand, and trust their bodies' cues. This helps to build the skills they need to make healthy choices about food as they grow.

Questions? Worries? If you have any concerns about your child's feeding, contact your health care provider immediately. Some babies do have difficulty establishing early sucking/feeding routines so don't hesitate to reach out with questions.



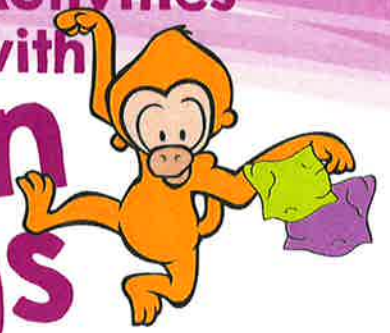
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# 25 Activities with Bean Bags



1. **Throw** through a hoop hanging from a tree
2. **Balance** the bean bag on a body part
3. **Place** the bean bag between your feet, then jump and try to catch it in the air
4. **Toss** the bean bag in the air and clap before catching it
5. **Stack** cups, then throw/slide the bean bag at the cups to knock them over
6. Try to **slide** the bean bag across the floor into a box or marked area
7. Use tape to **create** shapes, letters, or numbers on the floor. Have the kids try to throw the bean bag onto a certain shape, letter, or number.
8. **Throw** and **catch** the bean bag individually
9. **Set out** buckets and try to toss the bean bag into the buckets
10. **Place** an open umbrella in the center of the room with the handle in the air. Have the children throw the beanbags into the open umbrella.
11. **Toss** the bean bag with both hands, then alternate **catching** with opposite hands (*Toss with both, catch with right, toss with both, catch with left, then repeat*)
12. **Balance** a bean bag on your foot, raise it up and then try to use it to place the bean bag into a bucket
13. Do a bean bag **relay** between two teams; have the children pass the bean bags over their head, under their legs, on their left side, on their right side, etc.
14. Play a game of bean bag **Hot Potato**
15. Do the “**Bean Bag Dance**” song
16. **Jump over** the bean bag
17. **Kick** the bean bag
18. **Crab walk** with a bean bag on your belly
19. **Balance** on one foot, with the bean bag on the elevated foot
20. **Get a partner** and see how many times you can throw and catch a bean bag together
21. **Site word** bean bag toss (Write sight words on cardstock, then call out a sight word and have the child throw the bean bag onto the called word)
22. Place the bean bag between your knees and **hop/waddle** to a certain spot to drop it in a bucket
23. **Flip** the bean bag with a spatula to friend or into bucket
24. Use a **twister mat** and have the children throw their bean bag onto a certain color
25. Play bean bag “**Simon Says**”

## How to make the Bean Bags

### Materials

- Fabric or socks
- Filler (feed corn, dry beans, rice or Styrofoam filling)
- Sewing machine/ needle and thread
- Scissors
- Funnel or cardstock

### Directions

1. Cut the material or sock to the size you would like your bean bag.
2. *When using material (if using a sock skip to 3):*
  - a. Place two of the same size pieces of materials together. (If there is a “good side”, place those sides together.) Then sew all but one of the sides completely closed. You’ll need to leave a side open so that you can turn it right side out, as well as add filler.
  - b. Turn the material right side out.
3. Use a small funnel or make a funnel out of a piece of cardstock, to fill the bean bag to the desired fullness.
4. Once the bean bag has been filled, sew the open side of the bean bag closed.



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[www.beactivekids.org](http://www.beactivekids.org)



## NO-BAKE GRANOLA BARS

12 servings



Prep time: 10 minutes  
Freezer time: 30 minutes

It's breakfast on the go! These bars will store in the freezer for up to 3 months. No matter how busy life gets, you will always start your day off on a healthy note.

### Ingredients

2 cups	quick rolled oats
1 cup	puffed brown rice cereal
¼ cup	shredded coconut
¼ cup	nut butter
¼ cup	maple syrup
½ tsp	vanilla
½ cup	toasted and slivered almonds
½ cup	dried cranberries
2 tbsp	chia seeds (optional)

### Instructions

1. Line a 9" x 13" baking pan with parchment paper.
2. In a bowl, mix maple syrup with nut butter. Microwave for 45 seconds, stirring every 15 seconds, or until melted.
3. In a large bowl, combine oats, puffed rice, coconut, chopped almonds, dried cranberries and chia seeds (optional).
4. Pour the maple syrup mixture and vanilla into the dry ingredients and mix well.
5. Press the mixture evenly into the lined baking pan.
6. Freeze for 30 minutes, or until the mixture has hardened enough to cut it into 16 pieces.
7. Wrap each bar in parchment paper and store in the refrigerator or freezer.



### TIPS FOR KIDS IN THE KITCHEN



This is a fun activity for a play date; your child's friend can take home some parchment-paper wrapped bars to share with their family! Have the kids help with measuring the ingredients and pressing the granola mixture into the baking pan.