

**Family Resource
and
Activity packet
Tuesday
(12-08-20)**



Baking Gingerbread

Stir a bowl of gingerbread,
Smooth and spicy and brown
Roll it with a rolling pin
Up and up and down.
With a cookie cutter,
Make some little men,
Put them in the oven,
Till half past ten.

Where is my Gingerbread Man?
*(Sing to the tune of "Oh, where
or where has my little dog
gone?")*

Oh where, oh where is my
gingerbread man?

Oh where, oh where can he be?
He popped out of the oven and
ran out the door.

Oh where, oh where can he be?



American Heart Association.

Healthy for Good™

Loving-Kindness Meditation



Loving-kindness meditation is a way to practice feeling unconditional compassion for ourselves and all beings. Some studies suggest it can help boost your empathy and feelings of connection and reduce bias, anger, depression and anxiety.

How does it work?

Sit quietly and direct kindness and love to yourself, then expand in circles of compassion outward to others.

1



Yourself:

Direct kindness and compassion to yourself by repeating a thought like, "May I be happy."

2



Family and friends:

Direct your kindness to someone you love or care about by repeating, "May _____ be happy."

3



Someone neutral:

Think about someone you feel neutral about, like a coworker, neighbor or acquaintance and direct your compassion to this person by name.

4



Someone difficult:

Think about someone you dislike or have a tough time being around. Direct your kindness to this person by name.

5



Group:

Think about all of these people together and equally direct your kindness to all of them, "May they be happy."

6



Everyone:

Finally, direct your kindness everywhere. "May all beings everywhere be happy."

You can change up the thought or phrase or combine words, such as:

- May I be at peace.
- May I be loved.
- May I be healthy and strong.



Start with just a few minutes and gradually extend your time. Try it today and see if loving-kindness meditation can bring more happiness and well-being to your life.



Academy of Nutrition
and Dietetics

Nursing Your Baby? What You Eat and Drink Matters

Reviewed by Sarah Klemm, RDN, CD, LDN

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Human breast milk is the perfect nutrition source for an infant. It strikes a balance of carbohydrates, protein, fat, water and other nutrients. It's easily digested and absorbed, and its composition naturally changes as a baby's developmental needs change.

Mother's milk is rich in antibodies, it builds a baby's immune system into a robust defense force, and seems to support establishment of health-supporting bacteria in a baby's digestive tract. But does what a mother eats or drinks impact the milk she breast-feeds her child?

While nursing babies are unlikely to develop a food allergy from breast-feeding, some foods may not agree with the infant. Some foods that may cause an infant to be fussy during feedings are: spicy foods or gas-producing vegetables such as cabbage and broccoli. If this happens, avoid that particular temporarily and try it again when your baby is a little older.

Keep Hydrated

As a nursing mother, you need about 16 cups per day of water, which can come from food, beverages and drinking water, to compensate for the extra water that is used to make milk. One way to help you get the fluids you need is to drink a large glass of water each time you breast-feed your baby.

Babies typically do not need anything but their mothers' milk to stay hydrated.

If your infant appears dehydrated due to vomiting or diarrhea that lasts 24 hours or more, consult your baby's doctor.

What about Caffeine?

A mother who drinks small amounts of caffeine throughout the day is unlikely to affect her nursing newborn's sleep patterns; however, breast-feeding women should discuss their intake with a health care provider.

Alcohol during Nursing

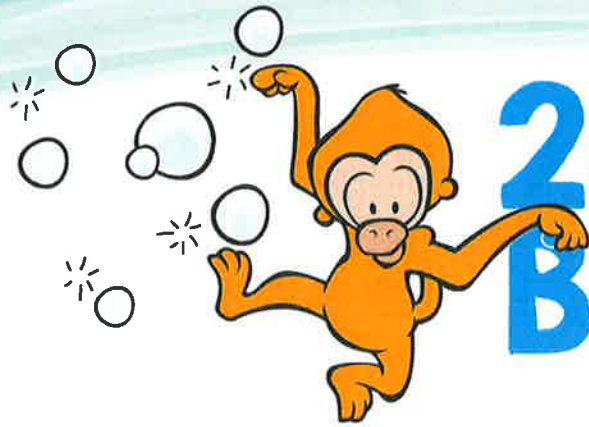
If you breast-feed, it's best to abstain from alcohol or discuss it first with a health care provider. If your baby's breast-feeding behavior is well established, consistent, and predictable, a mother who is of legal drinking age may consume a single alcoholic drink if she then waits four hours or longer before breast-feeding (no earlier than at 3 months of age). Many women have heard that drinking beer increases milk supply, but this is not true.

If you do decide to have that glass of wine or beer, there are some steps you can take to make sure it does not interfere with nursing. To ward off dehydration, be sure to drink a glass of water in addition to the alcoholic drink.

And because it can take a few hours for alcohol to fully clear from your body, preparation and timing of a nursing mother's drink is key. Time your drink so that your baby won't be nursing for a few hours afterwards by having it right after a feeding, for example, or during one of your baby's longer stretches of sleep. Another option would be for you to bottle-feed your baby previously expressed breast milk.

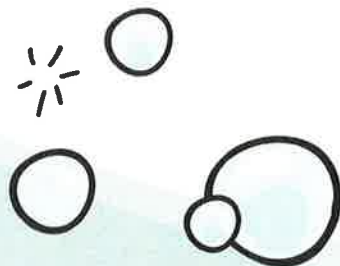
Is Fish OK?

Fish and seafood provide important nutrients. To reduce your exposure to known chemical contaminants such as mercury, avoid eating large bottom-dwelling fish while breast-feeding. Examples of fish to avoid include shark, swordfish, king mackerel, marlin, orange roughy and tilefish. Eight to 12 ounces of a variety of lower mercury fish every week is recommended with a maximum of 6 ounces white (albacore) tuna per week. Check local advisories about eating locally caught fish. If no advice is posted, limit your intake of locally caught fish to 4 ounces per week and consume no other fish during that same week.



25 Fun Physical Activities with Bubbles

1. **Swing** your bubble wand around in a figure eight across your body to make bubbles
2. **Run** with your bubble wand out to the side
3. **Stomp** on bubbles
4. Try to **throw** a ball at bubbles
5. **Jump** up and try to pop bubbles with different parts of your body
6. Try to **pop** as many bubbles as you can before they hit the ground
7. Do **arm circles** with your bubble wand
8. Follow a bubble and **blow** on it trying to keep it off any surface
9. Try to **kick** bubbles at your feet
10. **Clap** and pop the bubbles
11. **Jump** over bubbles close to the ground
12. Try to **catch** a bubble in a net
13. See how many bubbles you can **catch** on a bubble wand
14. **Make** giant bubbles using a baby pool and a hula hoop
15. Use a straw to **blow** bubbles around your space
16. Try to **pop** as many bubbles as you can in a minute
17. Have a friend **blow** bubbles at you as you try to **dodge** them, if you are **hit** by a bubble you change places with your friend
18. **Play** bubble songs to get kids moving to the music with bubbles
19. Try to **catch** a bubble on your back
20. Count the bubbles and **catch** them
21. Try to **catch** a bubble on your nose
22. Try to **make** the longest/shortest bubble that you can make
23. **Swat** bubbles with a pool noodle
24. **Pretend** to be a bubble with your body - from crouching/squatting low and then becoming as big as you can be with arms and legs outstretched.
25. **Play Bubble Tag**- The bubbles are "it". If a bubble pops on you, do 5 Bubble Jacks (crouch down low and jump up as high and big as you can). Rejoin the game and play some more.



Bubble Recipe:

For a gallon jug or pitcher, use

- 6 cups of water
- 1 cup of dish soap (Dawn Dish Soap)
- 1 cup of cornstarch
- 1 tbsp. of baking powder
- 1 tbsp. of glycerin

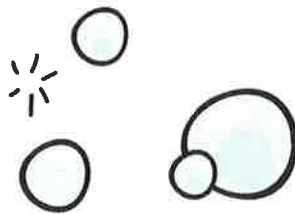
(There are many bubble recipes online, so we encourage you to search for one you have the ingredients to make. Most require dish soap, water, baking soda or baking powder, and corn syrup or corn starch. Here is a list of a few that are out there:

<http://bubbleblowers.com/homemade.html>)

Let mixture sit
for at least 1-2 hours.
Works best if it
sits overnight.

Bubble Wands:

- Tape a few straws together
- Use a pipe cleaner to create a shape on a stick
- Cut off the bottom of a plastic bottle and blow through where you would typically drink
- Use a wire coat hanger to reshape into a bubble wand
- Roll paper into a cone shape and dip the open in to the bubble solution
- Your hands– place the pointer fingers and the thumbs together to make a diamond shape, then dip in the bubble solution



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EASY FRUIT PIZZA

12 servings



Prep time: 15 minutes
Cook time: 14 minutes
+ 2 hours in fridge

Eating fruit is an important part of a healthy diet, and pizza is a fun way to add a serving of fruit to dessert! Fresh fruits work best in this recipe, but in a pinch, thawed, frozen fruits will also work well.

Ingredients

- 1 pkg. refrigerated sliceable sugar cookies, sliced (16.5 oz.)
- 1 pkg. cream cheese, softened (8 oz.)
- ¼ cup sugar
- ½ tsp vanilla
- 4 cups assorted fresh fruit (kiwi, strawberries, canned mandarin oranges)

Instructions

1. Heat oven to 375°F (190°C).
2. Line 12-inch pizza pan with aluminum foil and spray foil with cooking spray.
3. Arrange cookie dough slices in single layer on bottom of prepared pan and have your child gently squish them together to completely cover the bottom of the pan.
4. Bake 14 minutes; cool completely. Flip the cookie crust upside down onto a plate to remove it from the pan, then turn it over so it's right-side-up again. Note: we used a prepared graham cracker crust as a quick alternative to the sugar cookie base.
5. Beat cream cheese, sugar and vanilla with mixer until blended; spread onto crust. Top with fruit. Refrigerate 2 hours.



TIPS FOR KIDS IN THE KITCHEN



This recipe is a fun alternative to traditional desserts. Involve your child by asking them to help wash the fruit and arrange fruit on top the pizza. If children enjoy different fruits, try making individual, mini pizzas so each child can customize their own!