



**Family Resource and  
Activity packet  
Friday  
(1-08-21)**

# DIY Home-Made Toilet Paper Binoculars

If your child likes playing spy games and spend time outdoors, they're going to absolutely love making their own binoculars!



## What you'll need:

- Two toilet paper rolls or one kitchen paper towel roll cut in half
- Colorful wrapping paper / washable paint (you can also use markers, crayons etc.)
- Decorative bits and pieces (stickers, pretty tape, glitters, etc.)
- Glue
- Clothespin
- Colorful ribbon or string



- Scissors
- Stapler

## 4 Easy Steps:

- Start by coloring and decorating two toilet paper rolls. Let your little ones get as creative as possible! Let them use the paint, stickers and anything else that comes to mind!
- Next, apply some of the glue on one of the toilet paper rolls and attach it to the second one. Use the clothespin to hold them together while the glue is drying.
- While the glue is drying, cut the ribbon or string in the length of a necklace and use the stapler to attach it to the outer part of the toilet paper rolls.
- Wait for the glue to dry and you're good to go!





## LITTLE DIPPER

1 (16-ounce) can white beans, drained and rinsed  
or 2 cups cooked white beans  
¼ cup parsley, chopped  
1 clove garlic, minced  
1 tablespoon olive oil  
½ lemon, juiced  
salt to taste

- 1 Purée all ingredients in a blender until smooth.
- 2 Serve with your favorite vegetables.

### NUTRITIONAL INFORMATION ( per serving )

CALORIES 158; FAT 3.8g; PROTEIN 9g; CARB 23g; FIBER 6g;  
CALCIUM 87mg; IRON 4mg; VITAMIN A (RE) 32mcg; VITAMIN C  
7mg; FOLATE 79mcg

Colored text = Kids can help  
Letra a color = los niños pueden ayudar

SERVES  
PORCIONES

4

## CUCHARONCITOS

1 lata (16 onzas) de frijoles blancos, escurridos y  
enjuagados, o 2 tazas de frijoles blancos  
cocidos  
¼ taza de perejil picado  
1 diente de ajo picado  
1 cucharada de aceite de oliva  
½ limón exprimido  
sal al gusto

- 1 Bata todos los ingredientes en la licuadora hasta que estén homogéneos.
- 2 Sirva con sus verduras favoritas.

### INFORMACIÓN DE NUTRICIÓN ( en cada porción )

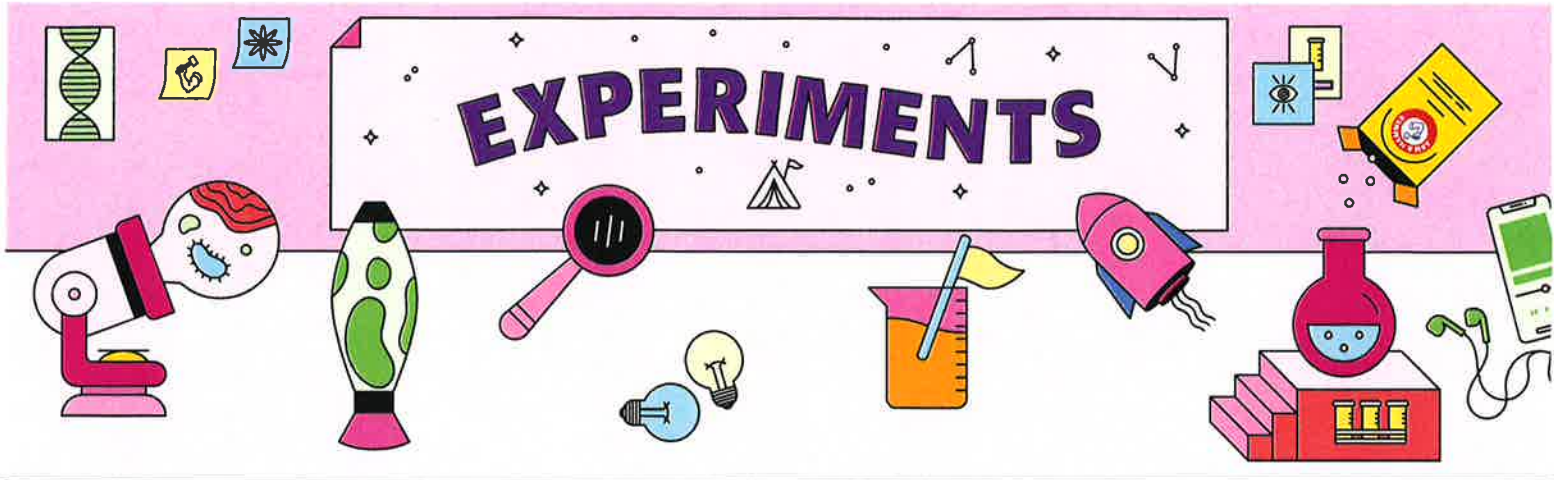
CALORÍAS 158; GRASA 3.8g; PROTEÍNA 9g; CARB. 23g; FIBRA  
6g; CALCIO 87mg; HIERRO 4mg; VITAMINA A (RE) 32mcg;  
VITAMINA C 7mg; FOLATO 79mcg

### DID YOU KNOW?...

Dips are a good way to introduce new vegetables  
or beans to kids.

### SABÍA USTED QUE?...

Los cucharones son una buena manera de  
introducir las verduras o los frijoles a los niños.



## Blast-off Bottle Rockets

This one is a two-part activity. Step 1: Help the kids make a rocket. Step 2: Blast-off.

### DIRECTIONS

1. Secure 3 pencils to the bottle using duct tape to make "legs" for your rocket (allow 2" of space between bottle opening and surface below). The bottle opening should be facing down when the bottle is placed on its legs.
2. Quick tip: Once the pencils are the same height, add one big extra piece of duct tape around the bottle and all three pencils for extra security.
3. Let the kids decorate their bottle rocket with paper and cardboard to bring the experiment to life. (Take this time to help decorate or just enjoy some "you time".)
4. Time to add the rocket fuel. Turn the bottle over so that the pencil legs are facing up. Using the funnel, add 2-3 cups of vinegar to the bottle. Insert cork for now and set aside. (The more vinegar, the higher the blast off!)
5. Cut a paper towel into a 6" x 6" square. Add 2-3 tablespoons of ARM & HAMMER™ Baking Soda onto the paper towel, then roll it up tightly like a burrito so the baking soda doesn't spill out. Optional: secure the bottom of the packet with duct tape to make dropping it in the bottle easier.
6. Take everything outside. Parents, you're in charge of launch. Let the kids spectate from a safe distance. Working quickly, place baking soda packet inside the bottle and plug with a cork. Turn the bottle upside down, place on its 'legs,' and STAND BACK!
7. Watch as the rocket soars into the sky, reaching anywhere from 20 to 40 feet!
8. There's a bit of trial and error with this experiment. If you don't have a launch the first time, try again! The baking soda burrito is key.

### DETAILS

**Experiment Time:** 30-45 minutes

**Time For You:** 10 minutes  
(let yourself daydream about that vacation)

**What Your Kids Get:** 1 bottle rocket

### INGREDIENTS & SUPPLIES

- 2-3 tablespoons ARM & HAMMER™ Baking Soda
- Empty 2-liter soda bottle
- 2-3 cups vinegar
- Duct tape
- 3 pencils
- Construction paper/cardboard to decorate rocket
- 1 cork (try a wine bottle cork or any that fits mouth of soda bottle)
- Paper towels
- Measuring cup
- Funnel
- Safety glasses

NOTE: Take it outside -- it's safer and less messy!

# SIDS (Sudden Infant Death Syndrome) and Twins

## Is the Risk of SIDS Increased in Twins and Multiples?

By [Pamela Prindle Fierro](#)  Medically reviewed by [Joel Forman, MD](#) Updated on October 19, 2019

Such a simple-sounding acronym, yet four little letters represent a parent's most terrifying nightmare, the unexplained death of an infant. Sudden infant death syndrome ([SIDS](#)) is defined as the sudden and unexplained death of a healthy baby under one year of age. It is also called "crib death", although cribs do not cause SIDS. Rather, the term refers to the circumstances of the death, which generally takes place while a baby is sleeping.

SIDS is the leading cause of death in babies between the ages of 1 month and 1 year but occurs most often in infants aged 2-4 months. Although alarming, the incidence of SIDS is really rather rare, claiming the lives of about 1500 babies every year in the United States. The exact causes of SIDS are unknown, making it a terribly frightening prospect to parents who will do anything to protect their babies.

## SIDS and Twins

While not preventable, risk factors for SIDS have been identified. Unfortunately, many of the identified risks can be applied to twins and multiples, making them particularly vulnerable.

A major risk factor is [premature birth](#) and [low birth weight](#), conditions which impact more than half of multiples on some level. Therefore, it is vital that parents of twins be aware of the risks and take precautions to protect their babies.

## Back to Sleep

Perhaps the most critical component in SIDS prevention is [infant sleep positioning](#). As trends in baby care have transitioned from putting babies to sleep on their backs rather than on their stomachs, the incidence of SIDS has significantly decreased.

From 1992 to 1998, the percentage of infants sleeping on their stomachs decreased from more than 70 percent to about 20 percent. During the same period, the number of SIDS deaths declined by almost half.

The [American Academy of Pediatrics](#) states that back sleeping is the preferred sleep position for babies.

"Always place your babies on their backs to sleep, for naps and at night. The back sleep position is the safest, and every sleep time counts." - *National Institute of Child Health & Human Development*

Many parents are frustrated or concerned with the recommendation to put babies to sleep on their backs. What if they choke? Won't it create flat spots on the back of their heads? What if they roll over? Rest assured. Healthy babies will automatically swallow or cough up fluids; there's no connection between back sleeping and choking.

To compensate for back sleeping and to enhance your babies' physical and cognitive development, allow them plenty of [tummy time](#) throughout the day when they're wide awake and supervised. Also, change the babies' orientation within the crib from time to time, or switch them between cribs.

Finally, expect that your babies will begin to roll over and find their own preferred sleep positions as they get older and their physical capabilities expand. There's not much you can do to prevent it, and fortunately, the risk of SIDS drops as they reach that stage in their development.

To minimize the development of flat spots on the back of baby's head, reduce the amount of time that your babies spend lying in car seats, carriers and bouncers while they're awake.

## Ways to Reduce Risk

In addition, create a safe sleeping environment for your babies, like a firm crib mattress covered with a fitted sheet. Avoid nesting babies with loose bedding like pillows, quilts, blankets or sheepskins and don't clutter the sleeping area with soft toys. Keep babies from overheating by dressing them in light sleep clothing, and keep the room at a comfortable temperature.

Control your babies' exposure to harmful tobacco smoke. Don't smoke while you're pregnant and don't smoke around them once they're born.

Finally, optimal nutrition always contributes positively to your babies' health. Breastfeed if possible, or follow your doctor's advice for alternative feeding products.

**Related:** [How to Follow Safe Sleep Guidelines for Babies](#)

## Resources

- [American SIDS Institute](#)
- [Twins and Sudden Infant Death Syndrome](#)

### Article Sources

Verywell Family uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our [editorial process](#) to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy.

1. Duncan J, Byard R. [Sudden Infant Death Syndrome: An Overview](#). SIDS Sudden Infant and Early Childhood Death: The Past, the Present and the Future. Published 2018.
2. Ahrens KA, Thoma ME, Rossen LM, Warner M, Simon AE. [Plurality of Birth and Infant Mortality Due to External Causes in the United States, 2000-2010](#). *Am J Epidemiol*. 2017;185(5):335–344.