



**Family Resource and  
Activity packet  
Thursday  
(1-07-21)**



# Make Music With Your Child: a Homemade Rain Stick in 5 Easy Steps

Updated: Sep 8, 2019

A great way to entertain your little one on a rainy day while spending quality time together exploring music and sounds.

## What You'll Need:

- Aluminum foil roll
- Aluminum foil
- Duct tape
- Small bowl of rice/small pasta
- Wooden spoon
- Funnel



## 5 Easy Steps:

- Tape one end of the foil roll with duct tape
- Fold an aluminum foil piece into a strip, then help your toddler twist the foil strip around a wooden spoon handle to a snake shape
- Help your child insert the foil snake into the roll (without the spoon)
- Help your child pour the rice/pasta into the funnel and into the tube
- Tape the second end of the tube with more duct tape

## Make the Most Out Of It!

- **Enjoy quality time** doing craft and exploring sound and music!
- Show your child videos of different rain sounds -rain in the forest, jungle rain, rainstorm, soft rain – and talk of how the same things might sound quite different.

- **Get creative** together with your child! Color and decorate the rainsticks with different colors, washy tape, and stickers!
- Try making a few rainsticks with different “fillings” – lentils, small pasta, rice etc. and explore the different sounds they make.
- Play songs you like and let your child play along is an amazing way to make your little one engage with music!



**4** **SERVES**  
**PORCIONES**

## **CELERY LOGS**

1 carrot, shredded

¼ cup raisins

½ cup lowfat cottage cheese

6 celery stalks, cut into 3-inch pieces

① In a small bowl, mix together carrots, raisins, and cottage cheese.

② Top celery pieces with mixture.

### **NUTRITIONAL INFORMATION** ( per serving )

CALORIES 74; FAT 0.4g; PROTEIN 4g; CARB 14g; FIBER 2g;

CALCIUM 90mg; IRON 0.6mg; VITAMIN A (RE) 274mcg;

VITAMIN C 8mg; FOLATE 3mcg

### **DID YOU KNOW?...**

Celery also can be filled with an assortment of healthy dips. Try using hummus or other bean dips.

### **SABÍA USTED QUE?...**

El apio también puede rellenarse de una diversa variedad de dips nutritivos. Pruebe con hummus u otros dips de frijoles.

**30** **SNACKS**  
**BOCADILLOS**

## **TRONCOS DE APIO**

1 zanahoria, rallada

¼ taza de pasas

½ taza de requesón bajo en grasa

6 tallos de apio, cortados en pedazos de 3 pulgadas

① En un tazón pequeño, mezcle las zanahorias, las pasas y el requesón.

② Añada la mezcla a los pedazos de apio.

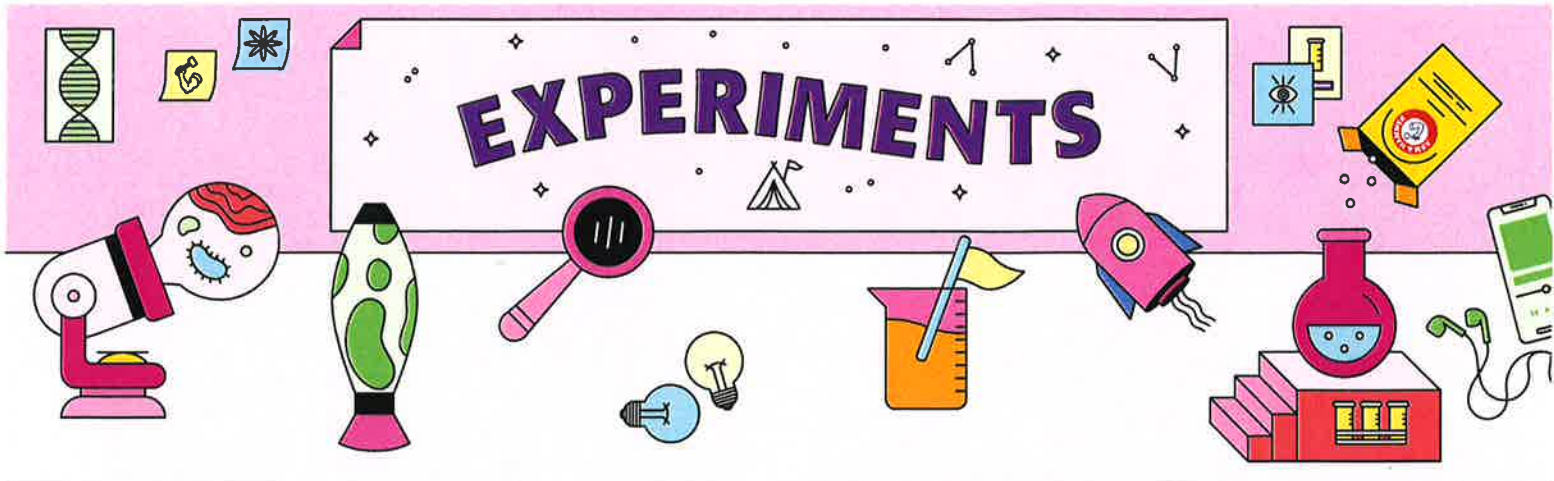
### **INFORMACIÓN DE NUTRICIÓN** ( en cada porción )

CALORÍAS 74; GRASA 0.4g; PROTEÍNA 4g; CARB. 14g; FIBRA

2g; CALCIO 90mg; HIERRO 0.6mg; VITAMINA A (RE) 274mcg;

VITAMINA C 8mg; FOLATO 3mcg





## Fizzing Hatching Dino Eggs

Create a paleontology paradise for the kids right from the dining room table.

### DIRECTIONS

1. Pour 1 cup ARM & HAMMER™ Baking Soda and 1/4 cup of water in a bowl. To color your eggs, add food coloring to the water before combining.
2. Stir until it reaches a doughy consistency. It should feel damp and moldable, but not too wet. You can add more water as needed. If it feels too wet, add more baking soda.
3. Grab a cookie sheet or tray to begin molding your eggs. You may want to put on gloves at this point to avoid staining your fingers. (If tiny hands got into the food coloring, make a paste with baking soda and warm water to remove any stains.)
4. Scoop some of the baking soda mixture into your hand. Lay the dinosaur toy on top, then cover the toy with more of the mixture.
5. Form it into an egg shape, tightly securing the dinosaur inside.
6. Lay your eggs on a baking sheet to dry overnight.
7. Squirt or spray vinegar on top of an egg and watch them hatch as the tiny dinosaurs are revealed!
8. Quick tip: you can make these eggs ahead of time so that little ones can discover the surprise inside.

### DETAILS

**Prep Time:** 30 minutes + overnight

**Experiment Time:** 30 minutes

**Time For You:** 15 minutes

(scroll for photos of the haircut you'll get... eventually)

**What Your Kids Get:** 2-3 dinosaur eggs

### INGREDIENTS & SUPPLIES

- 1 cup ARM & HAMMER™ Baking Soda per egg
- 1-2 cups vinegar
- Miniature plastic dinosaur toys
- Large bowls
- 1/4 - 1/3 cup water per egg
- Food coloring
- Spray / squirt bottle for vinegar (optional)
- Rubber gloves
- Cookie sheet or tray

NOTE: Adult supervision recommended



# Cat Scratch Fever in Babies

By [Stephanie Brown](#)  Medically reviewed by [Jonathan B. Jassey, DO](#) on November 13, 2019

If your cat scratches your baby, it could lead to infection. The reason: Cats (mostly kittens) can transmit cat scratch fever, or cat scratch disease, a bacterial infection caused by *Bartonella henselae*. The disease is spread through contact with an infected cat (a [bite](#) or scratch). It can be spread by a bite or scratch or from contact with cat saliva on broken skin or mucosal surfaces like the nose, mouth, and eyes, according to the National Institutes of Health.

## Tips to Prevent Cat Scratch Fever

Your best bet is to keep your cat (especially if it's a kitten) away from your infant. Or, at the very least, curb any vigorous play between the animal and baby. It's never too early to teach kids not to tease or provoke pets, especially when the animals are eating or sleeping. Flea control is also important since this appears to be how cats pass the bacteria to each other (though not to humans).

## What to Do If Your Baby Gets Scratched

- Clean the cat scratch or bite immediately with soap and water.
- If it's bleeding, apply pressure to the wounded area until the bleeding stops. You can use clean bandage or towel and, if possible, use latex-free gloves to protect yourself and to prevent the wound from getting infected.
- Dry the wound and cover it with sterile gauze or a clean cloth.
- Call your pediatrician, especially if the cat scratch punctured the skin, and set up an appointment for the wound to be evaluated and treated properly.

## Symptoms

Generally, after a scratch or bite from a cat, some pimples will form around the wound as it heals. These can last up to one month. If you suspect your child may have cat scratch disease, contact your healthcare provider immediately.

Keep an eye out for the following warning signs...

- Bump (papule) or blister (pustule) at the site of scratch or bite
- Fatigue
- [Fever](#)
- Headaches
- Lymph node swelling near the site of the scratch or bite
- Overall discomfort

Less common symptoms may include:

- Loss of appetite
- Sore throat
- Weight loss

Even a slight scratch on your little one's soft, sensitive skin can cause feelings of panic for new parents, but keep in mind that cat scratch fever is not a serious disease.

A physical exam followed by a simple blood test, called The *Bartonella henselae* IFA blood test, is often enough to diagnose the infection. And most children with a healthy immune system recover from the disease fully on their own; however, treatment can sometimes include a course

of antibiotics such as azithromycin, clarithromycin, rifampin, trimethoprim-sulfamethoxazole or ciprofloxacin.

#### 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.

- National Institutes of Health