



**Family Resource and
Activity packet
Tuesday
(1-05-21)**

Eensy, Weensy Spider



Eensy, weensy spider
Climbed up the water-spout;
Down came the rain
And washed the spider out;
Out came the sunshine
And dried up all the rain;
And eensy, weensy spider
Climbed up the spout again.



VEGGIE BOWL

- 1 tablespoon salad dressing
- 1 bell pepper, stem and seeds removed
- 1 stalk of celery, cut into strips
- 1 carrot, cut into strips
- ¼ jicama, cut into strips

- 1 Pour salad dressing into the bottom of pepper bowl.
- 2 Fill pepper bowl with the celery, carrots, and jicama sticks.

NUTRITIONAL INFORMATION (per serving)
CALORIES 98; FAT 3.1g; PROTEIN 2g; CARB 17g; FIBER 7g; CALCIUM 36mg; IRON 1mg; VITAMIN A (RE) 774mcg; VITAMIN C 176mg; FOLATE 30mcg

DID YOU KNOW?...

Veggie sticks are a great snack to have on hand when kids are hungry.

SABÍA USTED QUE?...

Los palitos de verduras son un refrigerio perfecto para tener a la mano cuando los niños tienen hambre.

CUENCO VEGETARIANO

- 1 cucharada de aderezo de ensalada
- 1 pimiento morrón, sin tallo ni semillas.
- 1 tallo de apio, cortado en tiras
- 1 zanahoria, cortada en tiras
- ¼ jícama, cortada en tiras

- 1 Vierta el aderezo en el fondo del cuenco.
- 2 Llene el cuenco con las tiras de apio, zanahorias y jícama.

INFORMACIÓN DE NUTRICIÓN (en cada porción)
CALORÍAS 98; GRASA 3.1g; PROTEÍNA 2g; CARB. 17g; FIBRA 7g; CALCIO 36mg; HIERRO 1mg; VITAMINA A (RE) 774mcg; VITAMINA C 176mg; FOLATO 30mcg





Modeling Clay

A classic baking soda clay recipe that let's your imagination go wild. Try making camp medallions (parents, you deserve it), jewelry holders, and more.

DIRECTIONS

1. Pour 2 cups ARM & HAMMER™ Baking Soda and 1 cup of corn starch into a saucepan. Stir until mixed.
2. Add 1 1/4 cups cold water and keep mixing.
3. Next, add food coloring if desired. Mix until well blended.
4. Cook over medium heat, stirring constantly until the mixture is the consistency of mashed potatoes (10-15 mins).
5. Remove mixture from heat, put on a plate, and cover with damp cloth.
6. When cool to the touch, knead until smooth.
7. Time to create! See what your kids can make. (Remember, play time = your time. Live it up with those spare 20 minutes.)
8. To store: If your kids want to reuse their clay, store it in an airtight container in your fridge for up to one week. If they want to preserve their creation, leave it out to dry overnight.
9. Optional: Repeat the recipe above with different colors to let your kids' imaginations soar.

Disclaimer: Careful with food coloring - it stains!

DETAILS

Craft Time: 20 minutes

Time For You: About 20 minutes
(or enough time to clean out the pantry)

What Your Kids Get: 1 ball of clay

INGREDIENTS & SUPPLIES

- 2 cups ARM & HAMMER™ Baking Soda
- 1 cup corn starch
- 1 1/4 cups water
- Food coloring
- Measuring cups



Keep birth order in perspective

Birth order is one of those interesting but gray areas in the study of human behavior where nature and nurture collide, and the temptation to explain rather than address can be considerable.

Understanding it, however, is no different than understanding anything else about your natural inclinations — especially when used for insight

and not excuse-making.

Understanding birth order theory

Birth order theory first emerged late in the 19th Century, with Alfred Adler and Carl Jung leading the charge. Jung, specifically, argued that birth order left an “indelible impression on an individual’s style of life which is one’s habitual way of dealing with the tasks of friendship, love and work.”

Firstborns

The theory asserts that firstborn children, treated as royalty since birth, are essentially dethroned when second children come along — an action that impacts them forever. Firstborn children tend to be natural leaders and often high achievers. They are often perceived as punctual, precise and perfection-oriented people who lack sensitivity to others.

Middle children

Middle children are often mythically viewed as the lost or forgotten children. Alternately classified as the youngest of the older children or the oldest of the younger children, middle children experience both worlds. They tend to be relational people, as eager to please others as they are to avoid confrontation.

Youngest children

Youngest children are viewed as spoiled, fun-loving extroverts with a short attention span. They often have the advantage of learning from older siblings who sometimes serve as surrogates or tutors and benefit by learning from those older siblings’ mistakes.

Birth order doesn’t predetermine the future

While the theories lend insight into parenting tendencies, their value is more in raising awareness and less in predestining one's life.

Buying into birth order as the be-all, end-all explanation for personality and behavior is a disservice to everyone. It can impose unfair and unwarranted assumptions that influence one's development and cause us to overlook others' innate talents and abilities.

Society has changed dramatically since birth order theory introduced

Birth order theory is grounded in a society that existed a century ago and that has changed dramatically since. Today's families are not only smaller but they're also more likely to have larger age gaps between children. Additionally, gender expectations have blurred dramatically.

Now we know a number of factors — DNA, parents, teachers, religion — influence character development, and current research is finding that a child's peer group has more influence than family.

Focus less on birth order and more on parenting

It's OK for parents to acknowledge birth order as one of many influencing factors, along with family size, income, education and ethnicity, but they should keep their focus on providing love, support and encouragement to each member of the family. When it comes to success in relationships, careers and life in general, nurturing is the biggest determining factor of all.