

**FUN AND RESOURCES
FOR WEDNESDAY
4-01-20**





Sweet Potato Biscuits

INGREDIENTS

1 cup pancake mix 1-4 oz jar *baby food sweet*
2 Tbsp + 2 tsp butter, chilled *potatoes*

DIRECTIONS

- 1** Preheat oven to 400° F. Using a pastry cutter, or knife and fork, cut the cold butter into the pancake mix until it is in small pieces and mixed into the pancake mix. Pour sweet potatoes over pancake mix. Mix until blended. Turn dough onto surface that is lightly covered with pancake mix.
- 2** Knead dough about 10 times. The dough will be soft, but not sticky. Pat dough flat, about ½ inch thick.
- 3** Cut out the biscuits with a 2-3 inch round cutter dipped in the pancake mix. Gather up the scraps, pat out again, and cut into biscuits.
- 4** Place on ungreased baking sheet. Bake for 10 minutes, or until lightly browned. Cool biscuits on a cooling rack.

Serves: 12 (1 biscuit per serving)

One serving: 66 Calories, 3 g Fat, 9 g Carbohydrate,
1 g Protein, 203 mg Sodium, 0 g Fiber



'Let your kids get bored': emergency advice from teachers on schooling at home

Suddenly the children are at home. How do you even start to educate them yourself? Here are expert tips from teachers

School may have closed for the foreseeable future, and all exams cancelled, but children still need to be educated and entertained – as well as reassured. Many schools plan to send work home and there are lots of free resources available via online platforms such as BBC Teach. But meanwhile, how do you even start home learning when this is all so new? We asked teachers for their emergency advice.

Prioritize your child's wellbeing



“Great learning only happens when children feel happy, safe and secure. Provide your children with reassurance and love.” *Jules White, headteacher at Tanbridge House school, Horsham*

Keep to a routine

“Children need normality, familiarity and structure. So keep to a routine. It makes home schooling easier and helps children to realize this

is not a holiday, and that teachers are expecting learning to take place to some degree.” *Lillie Rosenblatt, teacher at Brookfield primary school in Camden, London*

Give your child some autonomy

“Let your child create their own structure or timetable for the day, combining their ideas and home learning. If they try and schedule double PlayStation every morning, then it's probably time for parents to step in, but give them the option first. I think a lot of parents will be impressed with the outcome.” *Joanna Conway, headteacher, Whitegate End primary school and nursery, Oldham*

Let your child get bored

“In communities like mine, there are not a lot of PCs, laptops and other tech in the home that allow pupils to access learning platforms. My advice is let your kids have a holiday and enjoy themselves until they get bored. Then they will want to get on to learning they have been set. The homework is there not to improve standards but to ease boredom.” *Chris Dyson, headteacher, Parklands primary school, Leeds*

Limit tablets, phones and TV

“It will be important for friends to stay in virtual contact with each other as long as interactions are friendly and supportive – but avoid an unhealthy overreliance on screen time in all of its guises. Too much screen time has very negative effects on physical and mental health and it disrupts sleep patterns as well. Variety is key: exercise, reading a great book and learning a new skill are all suitable ways of avoiding the sheer monotony of a TV and computer screen.” Jules White

Emphasize literacy and numeracy...

“Continue to practice essential English and maths. Review fundamental maths skills such as number bonds, times tables, division facts and addition/subtraction strategies. Encourage your child to write for pleasure about what they’ve done that day or make a comic.” Jordan Bickel, Grand Avenue primary and nursery school, Surbiton

Emily Proffitt, headteacher, Tittensor first school in Stoke-on-Trent: ‘Baking, painting and getting out in the garden are essential to reduce boredom’.

...but remember that learning should be fun

“Children need to have a plan or timetable right from the start, and to stick to it using a timer. But activities should not just be solely English and maths-based. Making learning fun is vital – so baking, painting and getting out and about in the garden are essential to reduce boredom.” Emily Proffitt, headteacher, Tittensor first school, Stoke-on-Trent



Be attentive

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“Listen to your child. Enjoy hearing your child explain what they are being asked to do, and the challenges they face.” Jules White

Consider the impact of social isolation and constant supervision

“It’s vital that children get downtime to be independent and relax. We are encouraging our pupils to write to each other, giving them a purpose but also helping them feel less isolated.” Emily Proffitt

Encourage reading every day

“Whether it’s reading to themselves, a parent, a sibling or even a special animal friend, it’s essential children continue to read. Reading anything counts.” Jordan Bickel

Don’t expect children to work non-stop

“The younger the child, the less time they can sit and learn for, so frequent breaks are important for productivity.” *Lillie Rosenblatt*

Don't overdo it

“I'd recommend around two hours' learning in total a day for children in key stage 1, which covers reception to year 2. That should include arts and crafts, and hands-on activities. Children in key stage 2, which covers year 3 through to year 6, would be able to do more: about three to four hours. But again, that should include PE activities and more creative tasks as well.” *Jordan Bickel*

Support child-led learning

“Encourage your child to research something that is of interest to them and show their learning with a creative project. This could be making something with play-dough, junk modelling, papier-mache or a presentation. Let your children experiment.” *Jordan Bickel*

Endorse regular movement breaks

Movement breaks – such as dancing to music, performing animal walks or playing Simon Says – provide children with sensory feedback and offer them a chance to “reset”. “If fast movement breaks aren't working, slow it down by doing wall or chair push-ups or squeezing hands, shoulders or legs. Find what works for your child. It will really help with learning and focus.” *Lillie Rosenblatt*

Make the most of any outdoor space

“There are so many benefits to outdoor learning: children develop an appreciation of the world around them, enhance their solving skills and increase their sensory skills, not forgetting the benefits for physical and mental health. Maybe you could learn about all the plants and trees near your house, or create your own outdoor circuit and do a daily workout together. Doing something physical keeps our mind healthy too.” *Joanna Conway*

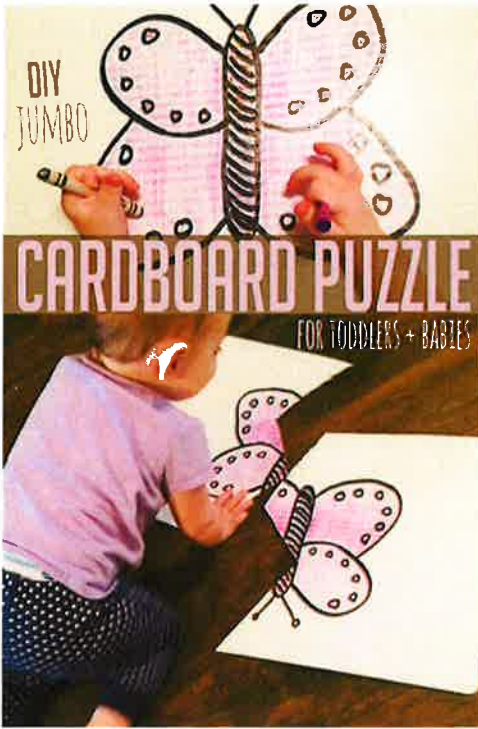
Praise children's efforts and behavior, not their achievements

Advertisement

“Positive constructive praise that targets effort, behavior and specific aspects of a child's work is much more powerful than just saying ‘well done for completing your English’. *Lillie Rosenblatt*

Bond with your child

“Enjoy the extra time together. Create some artwork, a board game, make a meal together, do a jigsaw, write a song or put on a production, a dance or make a video. Maybe you could send it to relatives to cheer them up. I would also recommend sharing a ‘family gratitude’ each day.” *Joanna Conway*



DIY Cardboard Puzzle Perfect for Toddlers and Babies

I especially love this DIY jumbo cardboard puzzle because kids can make it themselves! Yup, a puzzle they can make and play with!

To make your own DIY jumbo cardboard puzzle, you'll need:

large piece of cardboard (we used left over cake boards from a birthday party!)

scissors

markers, crayons, or paint

This simple puzzle play idea was so easy. It took us less than five minutes to create, and I know my child will be playing with it for ages!

First, choose your cardboard. We had a few of those big cardboard cake boards left over from a birthday party, but you could easily cut a big rectangle from an old cardboard box instead.

Next, draw your picture with bold, thick lines. This will make it a bit easier for babies and younger toddlers. The simpler, the better!

For younger kids, you might need to draw the picture. Older kids might want to draw their own.

Then, color or paint the picture!

Don't worry if it's not perfect. I promise your child won't care one bit!

Once your picture is finished, it's time to cut. We started with a simple zig-zag cut down the middle.

Start with cutting the cardboard to make just two puzzle pieces. As your child grows and learns, you can cut those pieces to make the puzzle more difficult!

My daughter loved carrying around the jumbo puzzle pieces and putting them together.

She's in the "uh oh!" phase, so we made a game of taking the pieces apart, saying "uh oh!" and then "fixing" the puzzle. It was a hit!

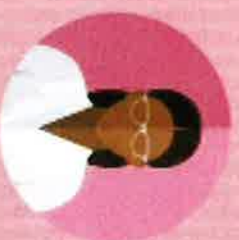
This jumbo cardboard puzzle for toddlers and babies is simple and fun.

I love that the thickness of the cardboard helped my daughter to manipulate the puzzle pieces, plus she enjoyed using those developing fine motor skills as she colored the picture!



**To all the healthcare
workers on the
front lines of the**

coronavirus pandemic:



THANK YOU!

Pregnancy and Vaccination



Information for pregnant women

Vaccines help protect you and your baby against serious diseases.



You probably know that when you are pregnant, you share everything with your baby. That means when you get vaccines, you aren't just protecting yourself—you are giving your baby some early protection too. You should get a flu shot and whooping cough vaccine (also called Tdap) during each pregnancy to help protect yourself and your baby.

Whooping Cough Vaccine

Whooping cough (or pertussis) can be serious for anyone, but for your newborn, it can be life-threatening. Up to 20 babies die each year in the United States due to whooping cough. About half of babies younger than 1 year old who get whooping cough need treatment in the hospital. The younger the baby is when he or she gets whooping cough, the more likely he or she will need to be treated in a hospital. It may be hard for you to know if your baby has whooping cough because many babies with this disease don't cough at all. Instead, it can cause them to stop breathing and turn blue.

When you get the whooping cough vaccine during your pregnancy, your body will create protective antibodies and pass some of them to your baby before birth. These antibodies will provide your baby some short-term, early protection against whooping cough.

Learn more at www.cdc.gov/pertussis/pregnant/.

Flu Vaccine

Changes in your immune, heart, and lung functions during pregnancy make you more likely to get seriously ill from the flu. Catching the flu also increases your chances for serious problems for your developing baby, including premature labor and delivery. **Get the flu shot if you are pregnant during flu season—it's the best way to protect yourself and your baby for several months after birth from flu-related complications.**

Flu seasons vary in their timing from season to season, but CDC recommends getting vaccinated by the end of October, if possible. This timing helps protect you before flu activity begins to increase.

Find more on how to prevent the flu by visiting www.cdc.gov/flu/.

Pregnancy and Vaccination

Keep Protecting Your Baby after Pregnancy

Your ob-gyn or midwife may recommend you receive some vaccines right after giving birth. Postpartum vaccination will help protect you from getting sick and you will pass some antibodies to your baby through your breastmilk. Vaccination after pregnancy is especially important if you did not receive certain vaccines before or during your pregnancy.

Your baby will also start to get his or her own vaccines to protect against serious childhood diseases. You can learn more about CDC's recommended immunization schedule for children and the diseases vaccines can prevent at www.cdc.gov/vaccines/parents/.

Even before becoming pregnant, make sure you are up to date on all your vaccines. This will help protect you and your child from serious diseases. For example, rubella is a contagious disease that can be very dangerous if you get it while you are pregnant. In fact, it can cause a miscarriage or serious birth defects. The best protection against rubella is MMR (measles-mumps-rubella) vaccine, but if you aren't up to date, you'll need it before you get pregnant.

Talk to your ob-gyn or midwife about maternal vaccines and visit:
www.cdc.gov/vaccines/pregnancy/

Keep in mind that many diseases rarely seen in the United States are still common in other parts of the world. Talk to your ob-gyn or midwife about vaccines if you are planning international travel during your pregnancy. More information is available at www.cdc.gov/travel/.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

← → SEPARATE



Separate Raw Meat, Poultry, Seafood and Eggs from Other Foods



Use Separate Cutting Boards, Plates and Utensils



Safely Marinate

Get it Straight – it's Safer to Separate



Cross-contamination is how bacteria can be spread. Improper handling of raw meat, poultry, seafood and eggs can create an inviting environment for cross-contamination. As a result, harmful bacteria can spread to food and throughout the kitchen.

Separate Raw Meat, Poultry, Seafood and Eggs from Other Foods

Harmful bacteria from raw meat, poultry, seafood and eggs can spread to other foods if they are not separated properly. This is especially risky when bacteria are spread to foods that are eaten raw, such as fresh fruits and vegetables. **Separate** and prevent cross-contamination by taking these steps:

In the Grocery Store

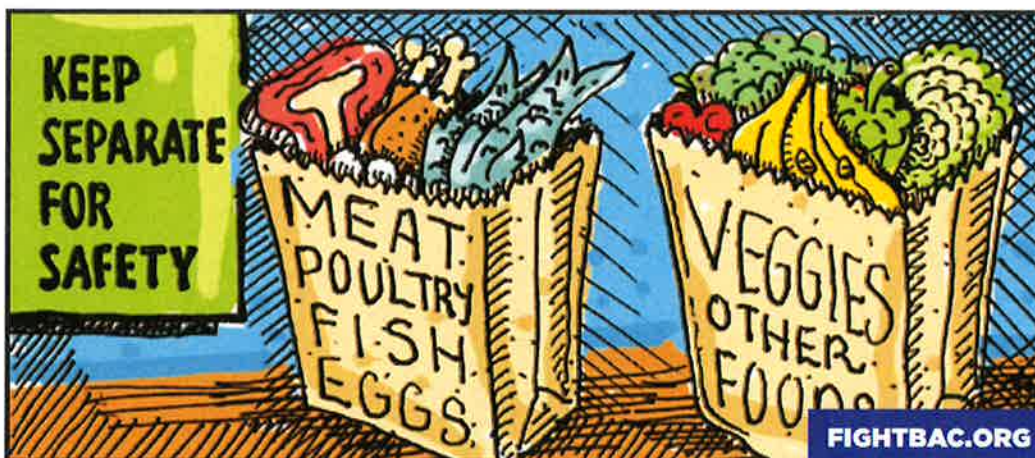
- Separate raw meat, poultry, seafood and eggs from other foods in your **shopping cart**. Place these products in **separate plastic bags** to prevent juices from getting on other foods.
- If you use reusable grocery bags, wash them frequently in the washing machine.

At Home

- Separate raw meat, poultry, seafood and eggs from other foods in the **refrigerator**. Place them in **containers or sealed plastic bags on the bottom shelf** of the refrigerator.
- If you are not planning to use these foods within a few days, freeze them.

Be a ProducePro

- Keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs. For more information on safely handling produce, check out our **ProducePro fact sheet** at fightbac.org.



↔ SEPARATE

Use Separate Cutting Boards, Plates and Utensils

Use separate cutting boards:

- One for fresh produce
- Another one for raw meat, poultry and seafood

Use separate plates and utensils:

- For cooked foods
- For raw foods

Never place cooked food back on a plate that previously held raw meat, poultry, seafood or eggs. **Wash the plate with hot water and soap** before using with other foods.



Safely Marinate

Sauce that is used to marinate raw meat, poultry or seafood should not be used on cooked food unless it is boiled first to destroy any harmful bacteria.

Reminder: Wash Hands!

Washing hands with soap and warm water before and after handling raw food is the best way to reduce the spread of germs that can make you sick.



THE FOUR WAYS TO FIGHT BAC!



CLEAN



SEPARATE

COOK



CHILL



Partnership for Food Safety Education, 2016

We develop and promote effective education programs to reduce foodborne illness risk for consumers.

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