



**Fun and  
Resources  
for  
Thursday  
April 16,  
2020**



## Muffin Tin Cheeseburger Cups

When it comes to patio weather, picnics and pool party season finger foods are an essential for these (not to mention all those sports teams doing sports stuff when you feed people food to watch the sports things and cheer on the sports stuff). They make for less serving tools, easy eating, and fun for kids. Cooking for a crowd is best done in batches and mini burgers made in muffin tins with a recipe that takes you less than half an hour to make a full dozen? That's money. Serve these up with some oven baked crinkle fries and you have a fun dinner, or party food for a small crowd. You'll be amazed at how easy these are, and how much less messy they are from traditional burgers and sliders. Finger food at it's finest!

Servings: 12

Cook Time: 15-20 minutes

### Ingredients

- Cooking Spray
- 12 burger bun halves
- 3 slices, pre-cooked bacon cut into pieces
- 1 lb ground turkey (chicken or beef would also work here)
- 1/2 cup yellow onion, diced
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 tbsp Worcestershire sauce
- Ketchup
- 4 cheese slices, quartered
- 12 dill pickle slices
- Any additional toppings you choose!

### Equipment

- Muffin Tin
- Stove top non-stick cooking pan

### Method

- Preheat your oven to 350 degrees Fahrenheit.
- In a non-stick cooking pan, cook your ground turkey (or beef) and diced onions until the onions begin to soften and the meat begins to brown. Add in your salt & pepper and Worcestershire sauce and continue cooking until well browned and all liquids have dissipated. Set aside.
- Take out your muffin tin, and spray each cup with a non-stick cooking spray. Press the 12 bun halves into each, squishing them slightly to create a "bowl" or cup shape for the meat.
- Spoon the meat evenly into each cup. Top with a dollop of ketchup on each, then your quartered cheese slices (small squares), followed by your bacon slice pieces.
- Bake in the oven for 5-7 minutes or until the buns are browned and the cheese is melty.
- Remove from oven, and top with a pickle slice, finished off with a toothpick to hold it all together. Additional toppings can be added here as well!
- Serve them up sided with your favorite sides - we chose oven baked crinkle cut fries. Classic. Enjoy!!



# Why Kids Need to Hear Body-Positive Messages at Home

Rachel Sokol

Updated: February 12, 2020

We know putting ourselves down about our bodies is bad for us, but did you know it's bad for your kids, too? We talked to a psychotherapist who gave us tips on instilling a positive body image in your kids by being kinder to yourself.



Recently, I made a huge mistake. I critiqued my own looks in front of my 4-year-old daughter.

It's no secret watching your body change during pregnancy and postpartum isn't easy. In my third trimester, with both pregnancies, I wouldn't let anyone take my picture because I felt heavy, huge and—I confess—ugly. I've always struggled with body issues and pregnancy didn't help.

Recently, I stood in front of the full-length mirror in my “birthday suit” and stared: from the front view, side view and back view. Under my breath I muttered, “Ugh, this gross belly pooch is never going away.”

To my shock, my older daughter, who was playing on my bedroom floor, dropped her crayon, patted her own adorable little belly and said, “Mommy, do I have a gross belly pooch?”

In that moment, my heart broke. Her innocent question was a major wake-up call for me. I don't want my daughters to have body issues, let alone ones potentially perpetuated by me, their mom, the one who is there to buoy their spirits and love them unconditionally. I don't want them growing up as self-conscious about their looks as I was—and still am.

Unsure of how to handle body-image situations like this, I consulted with [Dr. Robi Ludwig](#), a New York, NY-based psychotherapist and author of *Your Best Age Is Now.*, who gave me some tips on how to create a body-positive message for my daughter—and myself.



**Q:** How damaging is it to put yourself down in front of your children?

**A:** As a parent, you always want to model healthy behaviors for your kids. If a parent is obsessing about their weight and putting themselves down in front of their child, it can send the message one is only as lovable and attractive as the image that's being reflected back to them in the mirror. It can make it more challenging for a child to grow up with healthy ideas about beauty, weight and what is healthy.

**Q:** What can potentially happen if a child sees their parents putting each other down, looks-wise?

**A:** If a child witnesses parents critiquing each other's weight and looks, that type of interaction can come off as normal, even though it borders on being verbally abusive and definitely verbally devaluing. A child who sees this type of exchange might internalize this kind of verbal interaction as normal. They might also adopt this verbal style in their own relationships, and/or be drawn to relationships where this type of verbal exchange appears commonplace, familiar and hence desirable—either as the initiator or recipient.

**Q:** How can parents create a body-positive message for their kids?

**A:** The best type of message a parent can send their child is that beauty comes in many different forms, and one the most important goals when it comes to one's body, is to be healthy. Focus on both a child's inner and outer beauty and point out beauty role models who have a similar look to your child. This can serve as a positive motivator for a kid to embrace and love their own unique look.

**Q:** Does body image affect little girls more than boys?

**A:** Boys as well as girls are impacted by cultural ideas about what is desirable when it comes to body image. Having said that, looks have always been less important to a man's overall success in life and I do think this message does get sent both consciously and unconsciously to each gender while growing up.

**Q:** What are some misconceptions about body image and its impact on boys?

**A:** Despite the current public perception, body image issues and eating disorders happen to boys as well as girls. According to one expert researcher in the area, about one out of every four boys suffers from this type of diagnostic problem. Sometimes, the body obsession takes a different form called muscle dysmorphia, which is the obsession to 'bulk up'—the reverse anorexia of sorts.

Some of these body image issues go undetected or undiagnosed in boys, which could explain some of the varying stats we see. Another study found that nearly 18 percent of adolescent boys are concerned about their bodies and their weight. Among those boys, half wanted to gain more muscle and a third wanted to gain muscle and get thinner





## Nature Find and Count



Here's What We Did:

First you'll need to collect pieces of nature or dig into your nature collection.

We collected pine cones, black walnuts, leaves, mossy bark and rocks. These were all loose pieces of nature that we found on the ground. Even the mossy bark was found on a bridge during a nature walk. I just broke the larger piece of bark into smaller pieces to make it work for this activity.

Next, set up the activity. I taped a large piece of paper to our table and laid the pieces of nature on the paper in a 5X5 grid fashion. Then I drew a line on the paper to separate the nature from the recording area.

If your children aren't writers yet, you could:

just skip the recording part all together write numbers on little pieces of paper and your children could glue the correct numbers on the paper write numbers on little post it notes and children could stick them to the correct numbers on the paper

My six year old knew exactly what to do without any explanation. He's been enjoying learning invitations for years now so he knows the drill! He got to counting right away.

My son is really into writing numbers these days, but I was thinking you could have children write the number word or tally marks as an alternative idea.

He was so proud of his work when he was done!

If you want to try this again on another day, just erase the answers and put different amounts of the same pieces of nature on the paper.

Also, you can try this again with any collection that interests the children you are working with! You could try this with stickers, toys or even socks! Literally ANYTHING!!

## Nature Find and Count Math Activity

Here is a simple, inexpensive and beautiful nature math activity for kids! This is perfect for the homeschool or classroom setting and can be easily differentiated to meet the needs and interests of all young learners. If you love to bring the outdoors in then this one is for you!

Supplies:  
Nature  
Roll of paper  
Tape  
Marker



## **Simple Reading (3-6 months)**

All parents should read to their babies, most do. However, what to read and when to start can be confusing. 4-5 months is a practical time, since your baby probably has better neck support by this time. Reading clearly builds language and vocabulary skills as well as cognitive abilities.

It is best to start with a very simple book, usually with a single picture per page and very simple text, almost like flash cards. You can initially point out facts ("There's a dog." "Look, a red apple."). As your baby gets older (6+ months), you can pose a question, then answer it ("What is that? It's a dog!").

Your baby will likely have a short attention span and may want to chew on the book, but be patient. It is best to start with smaller board books with thicker pages. As he gets older, you can switch to cloth based books that are easier for him to turn the pages.

# ENJOY WATER PLAY!

Playing with water can be both fun and calming for your child. It's also a great way to keep your child engaged for a good chunk of time!



## SPLISH, SPLASH, LET'S TAKE A BATH

Let your child enjoy a fun bubble bath with toys and bubble wands. Use words like nose, hair, and ear as you place bubbles on each of these parts.

## FLOAT OR SINK EXPERIMENT

Place different objects in the bath or a big container of water. Ask your child to predict whether he or she thinks it will float or sink.



## BATH TIME FOR OUR TOYS

Give your child a sponge or a cleaning brush to clean her toys with soap and water in the bath or a big bowl. Use words to describe each part of the toy as they scrub.

## LET'S TALK!

I see bubbles on your nose, your ears, and now your hair!

Let's predict. Will this float or sink? Why do you think so?

Which of our toys need a bath today?



# GO ON A SCAVENGER HUNT!

There's so much to see and find—right at home. Here are ways to turn each room of the house into a fun adventure land!



## SHAPE ADVENTURE

Have fun looking  
for shapes all  
around the house.

Take turns naming different shapes  
and finding objects that match  
them.



## LETTER AND NUMBER HUNT

Write letters and numbers on small  
pieces of paper. Say a letter or  
number out loud and have your  
child search around for it!

## I SPY WITH MY LITTLE EYE

Take pictures of small areas  
in your home, like the corner of  
your shower curtain. Show these  
pictures to your child, and have  
them look for where the  
pictures were taken!



## LET'S TALK!

Let's talk about shapes! A  
circle is round. A square  
has four equal sides.

What sound does each  
letter make?

I spy a square-shaped  
window. What do you  
spy?

# Handwashing and Hand Sanitizer Use

## at Home, at Play, and Out and About



Germes are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

### When should I use?

#### Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

#### Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
  - If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.
- \* Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.



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



## How should I use?

### Soap and Water

- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.



### Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

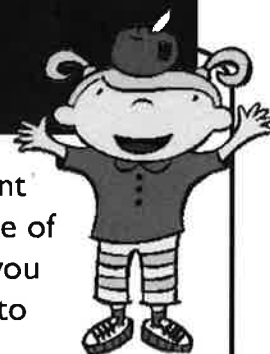
- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

**Note:** Do not rinse or wipe off the hand sanitizer before it's dry; it may not work as well against germs.



For more information, visit the CDC handwashing website, [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing).

# Feeding Toddlers and Preschoolers



Children need less food than adults. What may seem like a small amount to an adult may be the right amount for a child. Most children are capable of “listening” to their body cues and will stop eating when they are full if you allow them. Not paying attention to hunger and fullness cues can lead to overeating or turn children off to foods they should be eating.

## What counts as one serving?

In general, a toddler-size portion is  $\frac{1}{4}$  to  $\frac{1}{2}$  an adult size portion. A preschooler-size portion is close to or the same size as an adults. For example, a one-year-old child would start with a one-quarter serving, while a 3-year-old would start with a half. *NOTE: this refers to serving sizes recommended by the 2010 Dietary Guidelines and MyPlate, not portions served in many restaurants.*

## General Guidelines

For each type of food offered, serve:

- 1) about 1 tablespoon per year of age, **OR**
- 2) a portion the size of the child's palm.

*The table below offers more specific measurements.\**

**Always start by offering one serving of each food and then let the child decide how much to eat.**

If he or she is still hungry, they can ask for more food.

Type of Food	1-2 years old	3-4 years old	5-6 years old
Grains and Breads	$\frac{1}{4}$ slice bread 2 tbsp cereal 2 tbsp rice or pasta	$\frac{1}{2}$ slice bread $\frac{1}{4}$ cup cereal $\frac{1}{4}$ cup rice or pasta	1 slice bread $\frac{1}{2}$ cup cereal $\frac{1}{3}$ - $\frac{1}{2}$ cup rice or pasta
Dairy	$\frac{1}{4}$ - $\frac{1}{2}$ cup <b>whole</b> milk $\frac{1}{4}$ - $\frac{1}{3}$ slice cheese 2 tbsp yogurt	$\frac{1}{2}$ - $\frac{3}{4}$ cup <b>skim/low fat</b> milk $\frac{1}{2}$ slice cheese $\frac{1}{4}$ cup yogurt	$\frac{3}{4}$ - 1 cup <b>skim/low fat</b> milk 1 slice cheese $\frac{1}{2}$ cup yogurt
Fruit and Veggies	2 tbsp cooked or canned 2-3 pieces fresh $\frac{1}{4}$ small whole fruit <u>No more than 2oz 100% juice per day</u>	$\frac{1}{4}$ cup cooked or canned 4-5 pieces fresh $\frac{1}{2}$ small whole fruit <u>No more than 4oz 100% juice per day</u>	$\frac{1}{2}$ cup cooked or canned 6-7 pieces fresh 1 small whole fruit <u>No more than 6oz 100% juice per day</u>
Meat and Meat Substitutes	1 oz meat** 1 tbsp nut butter $\frac{1}{2}$ large egg 2 tbsp beans/peas 1-2 tbsp tofu	1 $\frac{1}{2}$ oz meat** 1-2 tbsp nut butter $\frac{3}{4}$ large egg $\frac{1}{4}$ cup beans/peas 2-3 tbsp tofu	2 oz meat** 2 tbsp nut butter 1 large egg $\frac{1}{2}$ cup beans/peas $\frac{1}{4}$ cup tofu

\*These are general guidelines to give you an idea of how much food to offer young children at meal time; children may eat much more or less than what is listed here. Pay attention to children's hunger and fullness cues; if you are concerned about your child's weight or eating habits, consult their pediatrician.

\*\*For reference, 3 oz of cooked meat is about the size of a deck of cards.



**Tip:**

Not sure what a tablespoon or a ¼ cup of food looks like? Use measuring spoons and cups to portion out foods for a few days until you learn what the appropriate portion size looks like on your plates and bowls.

**Tip:**

Offering two or three types of fruits and vegetables at each meal will help children meet the daily recommendations.



**How do I know if a child who can't talk yet is full?**

Watch for these signs:

- ▶ pulling away from the spoon
- ▶ turning away/become distracted
- ▶ no longer opening mouth for food
- ▶ pushing food or spoon back out of the mouth
- ▶ throwing the food on the floor/playing
- ▶ shaking head “no”

Children's appetites change from day to day. It is okay if your child does not eat a whole serving or asks for more food. Children tend to eat just the amount they need over several days.

**DON'T** force more food or stop your hungry child from eating. **DO** provide meals and snacks at the same time every day and offer a variety of foods in child-size servings.

Trust your child to eat the amount that is right for him or her.

**Be a great role model!  
Eat your fruits and veggies!  
Mix it up!**

Resources: 1) eatright.org - American Dietetic Association 2) www.extension.org - University of Maine Cooperative Extension