



**FUN &
RESOURCES
MONDAY
04-20-2020**



Banana Nut Butter

INGREDIENTS

1-4 oz jar *baby food bananas* 1/3 cup *smooth peanut butter*
1/2 tsp honey 1 tsp vanilla

DIRECTIONS

- 1 Blend together until smooth and creamy. This is great on toast, pancakes, or ice cream. Try as a dip for apples.

Makes 3/4 cup (1 Tbsp per serving)

52 Calories, 4 g Fat, 4 g Carbohydrate, 2 g Protein,
33 mg Sodium, 1 g Fiber

Managing stress during the Coronavirus (COVID-19) outbreak



Social distancing because of Coronavirus (COVID-19) is the best thing we can do right now to decrease the risk of spreading the virus in our communities. But social distancing and self-isolation can be really stressful. The CDC says the following people may respond more strongly to the stress of a crisis such as this:

- Older people and people with chronic diseases that put them at higher risk
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers or first responders
- People who have mental health conditions, including substance abuse

Even if you don't fall into one of those categories, being cooped up in your house isn't always easy. We have some recommendations for lowering your stress during this time of uncertainty.

Do virtual meetups or playdates.

Use whatever technology you have available (Skype, Zoom, FaceTime, etc.) to virtually meet up with those you love. If your kids are missing their friends from school or best friend from down the block, work with parents to arrange virtual playdates.

If communicating this way isn't your thing, become pen pals with people. Most people love getting letters in the mail and the anticipation of the return letter will help pass the time.

Make “me” time.

“Me” time is important for everyone in your home to practice. Set aside time every day for your kids to do something for themselves or have quiet time in their rooms, and during this time, treat yourself to something that will help you relax.

Do 30 minutes of yoga, eat your favorite snack without having to share with your kids, or watch a new episode of a TV show—whatever it is that will help you unwind.

Cut yourself (and your kids) some slack.

When schedules and routines are turned upside down, everyone is off their game. You and your kids may feel cranky or frustrated, and there might be more crying than usual.

Remind yourself that some days are going to be harder than others, and don't dwell on the things you could have gotten done or should have done differently. Instead, try to focus on the more positive moments throughout your day.

Go outside when possible.

Social distancing doesn't require you to stay in your home 24 hours per day. If the weather is nice, get outside and play! Or just read a book on your porch while your kids play. Either way, your whole family will benefit from busting out of your home and burning some energy.

Limit your time on social media and watching the news.

This can be tough for some people because scrolling through social media is often seen as a way of relaxing. But the constant exposure to the worries over COVID-19 can be harmful.

Put a limit on how long you will spend on social media and how much of the news you'll watch each day. Consider doing the same thing for your children. Their exposure to the news of COVID-19 can cause fear, worry, and stress, which can lead to irritability or acting out, unhealthy eating and sleep habits, excessive sadness, and difficulty with attention and concentration.

Check in with yourself and your partner about how you're handling the stress as a parent.

It can be helpful to take a step back and evaluate how you're handling the stress of COVID-19 and social distancing. Getting your partner's feedback about whether you're losing your cool often, raising your voice more than normal, or generally not acting like yourself is also helpful. Keeping open and honest communication is vital during this time.

If you find that the stress and worry of the situation is causing more irritation or anger with your child than usual, remind yourself of the following:

- Everyone in your family is experiencing some level of stress right now. No one is behaving as they would normally. If your child is acting up more than normal, try to figure out if there's an underlying reason.
- Recognize that feelings of loneliness, boredom, fear, and anxiety are normal reactions to a stressful situation like this. You may need a time out yourself. Leave the room your kids are in for a few minutes, give yourself quiet time, or reach out to friends, family, or mental health professionals when you need a little extra help.
- Make sure any discipline tactics you're using are fair and consistent. Discipline is more effective when parents know how to set and enforce limits, and when expected behaviors and punishments are based on their child's age and level of development. Ultimately, you should teach your child how you would like them to act in the future.
- Communicate with your child about how you're feeling. If you react in a way you wouldn't normally, explain to them that you are struggling with sadness, frustration, or stress, and talk about how this situation is making you both feel.

Keep your routine (as much as possible).

With kids being out of school, and parents being out of work or working from home, routines are basically thrown out the window. But you can keep your family's morning, mealtime, and bedtime routines consistent. This will give your kids a sense of consistency, and it will help you too.

Plan activities to pass the time.

Doing puzzles, taking classes online, or playing outside are all great ways to spend time during isolation. This is a great time to review old "Bill Nye the Science Guy" videos with your kids and recreate some of his experiments together!

If you usually get together with other families to play board games, cards, or watch movies, plan to still do those activities virtually. It might feel a bit odd at first, but it will help keep vital connections with others and help keep your mind busy.

This can be a stressful time for adults and children, but by tempering expectations of yourself and your kids, and finding ways to pass the time, you can get through this. If you find yourself struggling to cope with COVID-19 or social distancing, here are some helpful resources:

- Substance Abuse and Mental Health Services Administration Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746
- Childhelp resources and online chat
- National Child Abuse Hotline: 1-800-4-A-CHILD (1-800-422-4453) or text 1-800-422-4453
- Coronavirus Tips and Resources for Parents, Children, and Other

RUBBER EGG EXPERIMENT

YOU WILL NEED:

- Raw Eggs
- Household Vinegar
- Jar/Vase

SET UP:



STEP 1: Place an egg in the jar and cover with vinegar. You can color the vinegar for rainbow colored rubber eggs too!

STEP 2: 24 hours later, drain and refill with vinegar. Set aside and patiently wait 7 days. Yes! One whole week until your naked egg is ready.



Notice the bubbles on the eggshell! This is the acid in the vinegar reacting with the calcium carbonate in the shell. This reaction is producing a gas called carbon dioxide!

STEP 3: After 7 days, remove the egg and rinse it off. Ours had a layer of brown scum that was easily washed away! The hard-outer shell is gone and the egg white and yolk are surrounded by a thin membrane.



Alternatively, you can try out the eggs in vinegar after 48 hours!



EGG IN VINEGAR RESULTS

Now for the fun part, exploring the naked egg with your child! We gathered a few supplies such as a magnifying glass and a large flashlight. However, first, we talked about what our naked egg felt and looked like. We had made a cool rubbery feeling egg!

Help your child learn to explore by asking questions to spark curiosity!

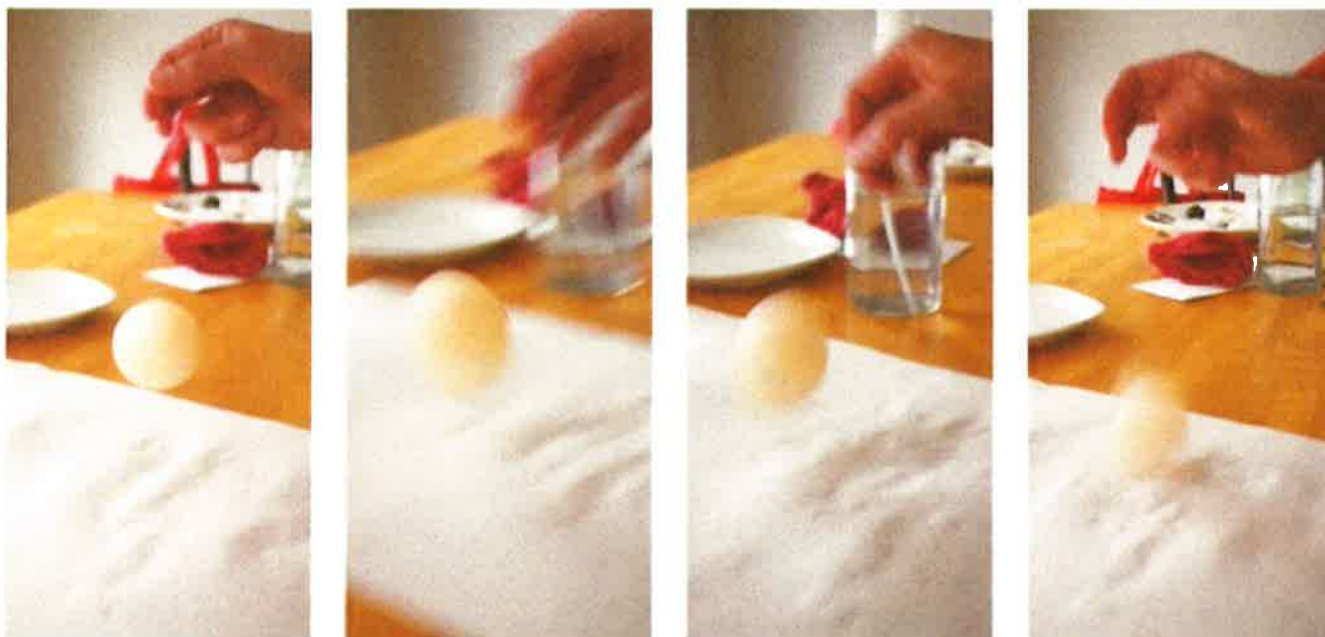
What does the egg feel like? What color is it? Is it hard or soft? Does it feel squishy?

All of these questions encourage exploration and hands-on learning. Have kids use their senses to observe! What does it smell like? What does it look like? There are so many ways to explore. Grab the magnifying glass too!

CAN AN EGG BOUNCE?

Yes!! How high can an egg bounce?

TEST IT: How high can your egg bounce before it breaks? Watch out! This might get messy!



CAN YOU SEE THROUGH AN EGG?

Well, in general, you can't see through a regular raw egg but what about a rubber egg. What happens when you put the naked egg up to a flashlight?



TEST IT: You can see through it! You can even see the yolk rolling around inside. Why is this? Because the hard-outer shell is no longer there, you can see through the membrane of the egg.

Black & White Pictures for Baby (0-3 months)

This is a good baby activity for your infant. Babies like the contrasting colors of black and white - it is easy for them see. It will help your baby develop his concentration skills while also increasing his attention span. You will need some white paper and a black marker.

Create several easy to discern images on each piece of paper.

Start with simple patterns such diagonals (half black, half white), bull's-eyes, checkerboards, and triangles. You should also draw some simple faces - features complete with eyes, hair, nose, mouth (smiling of course!), and ears.

Most babies tend to love faces. You can introduce these to your baby in a flash card way, or simply hang them in the bassinet or next to the car seat.

Be sure to place the pictures optimally for infants - ideally 8-12 inches from their face. Happy drawings!

Learning and Development Skills:

- Cognitive, Problem Solving, and Memory

HANDWASHING SONGS

for kids



The More We Wash Our Hands

From the More We Get Together

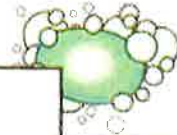


The more we wash our hands,
our hands, our hands,
The more we wash our hands,
they healthier we'll be
For your friends are my friends,
And my friends are your friends.
The more we wash our hands,
the

Wash Your Hands

From The Old Man

Wash your hands
Wash your hands.
Soap will make them clean again.
With a scrub, scrub, scrub,
You'll make them look brand new.
Don't forget your fingernails too!



Tops and Bottoms

From The Washing Song



Tops and bottoms,
Tops and bottoms,
In between, in between
Rinse your hands off
really good.
Dry them, dry them
like you should.
Clean, clean, clean.
Clean, clean, clean!

Coping with a Disaster or Traumatic Event



After a disaster, it is important to take care of your emotional health. Pay attention to how you and your family members are feeling and acting.

Taking care of your emotional health will help you think clearly and react to urgent needs to protect yourself and your loved ones.

Follow these tips to help you and your family recover or find support.

Steps to Care for Yourself

- Take Care of Your Body
 - » Try to eat healthy, exercise regularly, get plenty of sleep, and avoid alcohol and other drugs.
- Connect
 - » Share your feelings with a friend or family member. Maintain relationships and rely on your support system.
- Take Breaks
 - » Make time to unwind. Try to return to activities that you enjoy.
- Stay Informed
 - » Watch for news updates from reliable officials.
- Avoid
 - » Avoid excessive exposure to media coverage of the event.
- Ask for Help
 - » Talk to a clergy member, counselor, or doctor or contact the SAMHSA helpline at 1-800-985-5990 or text TalkWithUs to 66746.

How to Help Your Children

- Talk with them.
 - » Share age-appropriate information.
 - » Reassure them.
 - » Address rumors.
 - » Answer questions.
- Set a good example by taking care of yourself.
- Limit exposure to media and social media coverage of the event.

Common Signs of Distress

- Feelings of shock, numbness, or disbelief
- Change in energy or activity levels
- Difficulty concentrating
- Changes in appetite
- Sleeping problems or nightmares
- Feeling anxious, fearful, or angry
- Headaches, body pain, or skin rashes
- Chronic health problems get worse
- Increased use of alcohol, tobacco, or other drugs

Seek help from your healthcare provider if these stress reactions interfere with your daily activities for several days in a row.

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746.



People with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990.

FRUITS AND VEGETABLES ALL YEAR LONG!

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Eat at least five fruits and vegetables a day!

There's no reason not to have fruits and vegetables year-round. Here's why frozen or canned produce is a good choice:

For Health

- They're just as good for you as fresh fruit and vegetables – their nutrients are preserved in the canning and freezing process.
 - Choose fruit packed in their natural juice, not in syrup.
 - Choose canned vegetables that are salt-free. You can season to taste. If you have only have salted canned vegetables, rinse in water before preparing.

For Savings

- They cost less than fresh fruit and vegetables.

For Convenience

- They're always in season.
- You'll have lots of choices.
- They're easily stored.
- They're already washed and cut—ready for your favorite recipe!

Add Frozen and Canned Vegetables to

- Chili
- Soups or stews
- Stir-fry
- Pasta sauce
- Casseroles

Use canned black beans, corn, peppers, and onions to spice up a Mexican dish. Add chick peas or kidney beans to any salad.

Add Frozen and Canned Fruits to

- Smoothies
- Yogurt parfaits
- Plain yogurt
- Fruit salad
- Cereal
- Stir-fry (pineapple)

Or simply use as a side dish!

SOOOOOO COOL!!



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