

# Fun and Resources Friday 05-15-2020





## Creamy Cauliflower Bake

### INGREDIENTS

- 1 cup **milk**      2 Tbsp flour  
4 cups **cauliflower**, chopped and steamed      2 Tbsp bread crumbs  
2 Tbsp grated **cheddar cheese**      2 Tbsp parmesan cheese  
salt/pepper to taste

### DIRECTIONS

- 1 Preheat oven to 350° F.
- 2 Mix cold milk and flour until flour dissolves. Pour the milk mixture into a small saucepan and stir using a whisk over medium heat. Add cheeses, salt, and pepper, and bring to a boil. Maintain boil for a couple of minutes and continue to stir until the sauce thickens.
- 3 Add 2 cups of cauliflower to 8 by 8 inch baking dish. Cover with half of the cheese mixture. Repeat the process for a second layer and sprinkle breadcrumbs on top. Bake until bubbly, 15-20 minutes. Serve warm.
- 4 Note: Broccoli can be used instead of cauliflower in this recipe.

Serves: 6 (2/3 cup per serving)

One serving: 77 Calories, 2 g Fat, 10 g Carbohydrate,  
6 g Protein, 114 mg Sodium, 3 g Fiber

Recipe adapted from [gotmilk.com](http://gotmilk.com)



# MILK



## No Recipe Needed!

- 1** Mix up a breakfast smoothie: Blend **fruit**, **yogurt**, **milk**, ice, and even **spinach** for a “green monster” smoothie.
- 2** Fruit-in-milk: Add **peaches**, **bananas**, or **berries** to your **milk** for a fruity treat.
- 3** Mix and Match: Try exchanging the water in hot chocolate or **oatmeal** with **milk** for an extra creamy breakfast.
- 4** Bread and milk: Tear up a piece of **whole wheat bread** and place it in a bowl. Cover with milk and drizzle with honey.
- 5** Unique cold cereal: Pour **cereal** into a bowl, top with fresh chopped **fruit**, raisins, chocolate chips, or coconut flakes. Drizzle with honey and pour **milk** over the top.




## Backpack Connection Series

### About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

### The Pyramid Model



The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit [ChallengingBehavior.org](http://ChallengingBehavior.org).

### More Information

More information and resources on this and other topics are available on our website, [ChallengingBehavior.org](http://ChallengingBehavior.org).



[ChallengingBehavior.org](http://ChallengingBehavior.org)

# How to Help Your Child Stop Biting

Brooke Brogle, Alyson Jiron & Jill Giacomini

It is very common for a child to bite others at some point during their early years. When children do not have the skills or vocabulary to express their feelings, they might engage in a behavior, such as biting, as a way to let you know how they feel. Children might bite for a variety of reasons:

- **Frustration** – she might bite because she wants her toy back or because her sister is sitting too close to her.
- **Lack of play skills** – she might bite because she feels overwhelmed by the proximity of other children or expectation to share toys.
- **Attention** – she might bite because biting causes a big reaction from adults. Biting can result in adults interacting with the child or gaining the adult's attention.
- **Teething** – she might bite to relieve pain from new teeth coming in.
- **Overwhelming emotions** – she might bite because she does not know how to express emotions when she is hungry, tired, scared or anxious.

The important thing for you to remember when biting occurs is to stay calm with your actions and words and first try to figure out the reason WHY the biting happened. For example, if your child bites you when your attention is focused on another person in the room, you might think your child bit you to get your attention. Once you understand the reasons why your child bites, you can teach her a new way to express her feelings or requests during situations when she is likely to bite. It takes time, patience and repeated practice, but once she has mastered the skills needed to appropriately express her feelings, biting and other challenging behaviors will decrease.

### Try This at Home

- If your child is biting out of frustration, you can say, "You are so frustrated. You want that toy." Teach your child simple words such as "mine" or "no." Teach some basic sign language or gestures for things like "help" or "stop."
- If your child is biting because she lacks play skills, join her in play by sitting on the floor and coaching her. She might need guidance to learn and practice how to join play, take turns, share, communicate with other children, and get help if she needs it. For example, if another child tries to take her doll, you might say, "Molly thinks your doll looks fun. She wants to play too. Can we show Molly where the other dolls are?"
- If your child is biting to get attention, keep your reaction non-emotional, short, and as uninteresting

as possible to avoid teaching him that biting has a big effect on the adult. An adult's big reaction can be reinforcing for the child. Instead, teach your child appropriate ways that he can get attention, such as tapping you on the shoulder, and then reward him when that behavior occurs. For more information on how to teach this skill, refer to the Backpack Connection handout "How to Teach Your Child to Appropriately Get Your Attention".

- If your child is biting because he is teething, offer crunchy healthy foods such as crackers or pretzels throughout the day. Give him a teething ring or cloth to chew on. Chilled teethingers can also soothe sore gums.
- If he is biting at times when he feels overwhelmed by anger, frustration or disappointment, you can teach him about emotions and ways to deal with them in order to reduce, or eliminate, the biting behavior. You can use books about emotional literacy as teaching tools. You can also help him to identify and label his own emotions or others emotions as they are being experienced. For more information on teaching your child about emotions, refer to the Backpack Connection handout "How to Help Your Child Understand and Label Emotions".

### Practice at School

When a child bites at school, teachers immediately help the child who has been hurt. By first attending to the hurt child, teachers are not giving attention to the child who bit. This lets the child who bit know that if she wants to get someone's attention, this way did not work. Teachers also include the child who bit in caring for the hurt child as much as possible. This may include letting her get an ice pack, carry a bandage, offer a hug, hold his hand or bring him a stuffed animal. By including her, she is seeing the result of her actions, learning how to solve problems and help friends. After the situation has calmed down, teachers might talk about what happened and offer ideas on what she can do the next time she feels like biting. Teachers might also put books in the library about biting to read.

### The Bottom Line

Biting is a common behavior for very young children, but one that must be addressed immediately. Children might bite when they feel overwhelmed by an emotion and do not have the words or skills to tell someone or ask for help. Parents can watch and learn when their child is likely to bite (during play dates with friends, when left alone with a sibling, when teething, etc.) and then teach their child a new skill to replace the biting behavior.



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# Explode-A-Bag



## Materials:

Prepare for 6 Groups

- Pans or Bowls
- Baking Soda Pouches (1 rounded tbsp baking soda, in a piece of single ply toilet paper)
- 1 quart vinegar (1/4 cup or 75mL per group)
- 1/3 cup measuring cups or 25mL graduated cylinders
- Ziploc sandwich bags

## Instructions:

1. To make baking soda pouch (prep ahead or have one teammate do this – Teammate #5, depending on age group): Measure 1 rounded tablespoon of baking soda into a square of single ply toilet paper. Fold horizontally and secure with a small piece of tape, then fold vertically and wrap it all the way around with a large piece of tape, ensuring it will stay closed. Make 1 per group.
2. Break students into 4-6 groups, ideally 4 to a group so everyone has a job, depending on class size.
  - 1 pan/bowl
  - 1 sandwich bag
  - 1/3 cup measuring cup or 25mL graduated cylinder
  - 1 baking soda pouch
  - Vinegar
3. Teammate #1 is bag security guard. This person is in charge on holding the sandwich bag and opening and closing it when needed. (Demonstrate how to open bag only half way and close by sliding fingers across to ensure it is completely sealed)
4. Teammate #2 measures 1/3 cup or 75mL vinegar. #1 should open bag, #2 pour in vinegar, then #1 practice closing bag so it cannot spill
5. Teammate #3 is in charge of the baking soda pouch. **Explain all directions first before adding pouches, as reaction is fast.** \*Have students wear goggles for this step if available.\*
  - Open bag slightly, allow empty portion to hang over edge of pan and add baking soda pouch so that it does not touch vinegar
  - #1 zip bag shut without mixing chemical yet
  - Teammate #4 lift bag, allowing chemicals to mix. Shake 3 times, place in pan/bowl and observe what happens!

## How It Works:

When the baking soda and vinegar mix, it results in a chemical reaction that produces carbon dioxide (CO<sub>2</sub>) along with water (H<sub>2</sub>O) and sodium acetate. If the bag is properly sealed, the carbon dioxide is trapped and fills the bag until it cannot hold any more, at which point it pops!

## Treating Bronchiolitis in Infants

There is no specific treatment for [RSV](/English/health-issues/conditions/chest-lungs/Pages/Respiratory-Syncytial-Virus-RSV.aspx) or the other virus that cause [bronchiolitis](/English/health-issues/conditions/chest-lungs/Pages/Bronchiolitis.aspx). [Antibiotics](/English/tips-tools/Symptom-Checker/Pages/Antibiotics-When-Do-They-Help.aspx) are not helpful because they treat illnesses caused by bacteria, not viruses. However, you can try to ease your child's symptoms.



### To relieve a stuffy nose:

- **Thin the mucus** using saline nose drops recommended by your child's doctor. Never use nonprescription nose drops that contain any medicine.
- **Clear your baby's nose with a suction bulb.** Squeeze the bulb first. Gently put the rubber tip into one nostril, and slowly release the bulb. This suction will draw the clogged mucus out of the nose. This works best when your baby is younger than 6 months.

### To relieve fever:

- **Give your baby acetaminophen** (</English/tips-tools/Symptom-Checker/Pages/Acetaminophen-Dosage-Table.aspx>). (*Follow the recommended dosage for your child's age* (</English/safety-prevention/at-home/medication-safety/Pages/Fever-and-Pain-Medicines-How-Much-to-Give.aspx>)). Do not give your baby aspirin because it has been associated with [Reye syndrome](/English/health-issues/conditions/abdominal/Pages/Reye-Syndrome.aspx), a disease that affects the liver and brain. Check with your child's doctor first before giving any other cold medicines.

### To prevent dehydration:

- **Make sure your baby drinks lots of fluid.** She may want clear liquids rather than milk or formula. She may feed more slowly or not feel like eating because she is having trouble breathing.

## How will your pediatrician treat bronchiolitis?

Your pediatrician will evaluate your child and advise you on nasal suctioning, fever control, and observation, and when to call her back.

Some children with bronchiolitis need to be treated in a hospital for breathing problems or dehydration. Breathing problems may need to be treated with oxygen and medicine. Dehydration is treated with a special liquid diet or intravenous (IV) fluids.

In very rare cases when these treatments aren't working, an infant might have to be put on a respirator. This usually is only temporary until the infection is gone.

## How can you prevent your baby from getting bronchiolitis?

The best steps you can follow to reduce the risk that your baby becomes infected with [RSV](/English/health-issues/conditions/chest-lungs/pages/Protecting-Your-Baby-from-RSV.aspx) (/English/health-issues/conditions/chest-lungs/pages/Protecting-Your-Baby-from-RSV.aspx) or other viruses that can cause bronchiolitis include:

- Make sure everyone [washes their hands](/English/health-issues/conditions/prevention/Pages/Hand-Washing-A-Powerful-Antidote-to-Illness.aspx) (/English/health-issues/conditions/prevention/Pages/Hand-Washing-A-Powerful-Antidote-to-Illness.aspx) before touching your baby.
- Keep your baby away from anyone who has a cold, fever, or runny nose.
- Avoid sharing eating utensils and drinking cups with anyone who has a cold, fever, or runny nose.

If you have questions about the treatment of bronchiolitis, call your child's doctor.

### Additional Information:

- [Bronchiolitis](/English/health-issues/conditions/chest-lungs/Pages/Bronchiolitis.aspx) (/English/health-issues/conditions/chest-lungs/Pages/Bronchiolitis.aspx)
- [Respiratory Syncytial Virus \(RSV\)](/English/health-issues/conditions/chest-lungs/Pages/Respiratory-Syncytial-Virus-RSV.aspx) (/English/health-issues/conditions/chest-lungs/Pages/Respiratory-Syncytial-Virus-RSV.aspx)
- [Protecting Your Baby from RSV](/English/health-issues/conditions/chest-lungs/Pages/Protecting-Your-Baby-from-RSV.aspx) (/English/health-issues/conditions/chest-lungs/Pages/Protecting-Your-Baby-from-RSV.aspx)
- [Fever and Pain Medicine: How Much to Give Your Child](/English/safety-prevention/at-home/medication-safety/Pages/Fever-and-Pain-Medicines-How-Much-to-Give.aspx) (/English/safety-prevention/at-home/medication-safety/Pages/Fever-and-Pain-Medicines-How-Much-to-Give.aspx)

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The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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# Kids Need Their Nutrients

Most parents know that children need vitamins and minerals to stay healthy. But knowing exactly what nutrients and how much they need of each is not always easy. Learning a bit more about vitamins and minerals can help ensure your kids are on the right nutritional track.

Despite parents' best efforts, kids may not always get all the vitamins and minerals they need. To make sure your kids are getting the full range of nutrients that they need, be sure to offer your children a variety of foods. Start by taking a closer look at the foods your kids eat on a regular basis.

## Understand the vitamin alphabet

The nutrition labels on food packaging can show you which foods contain the proper nutrients. Below is a breakdown of the essential vitamins and minerals that kids and teens need for different areas of growth and where to find them:

- Vitamin A is important for healthy skin and normal growth, and it also helps vision and tissue repair. Vitamin A can be found in rich quantities in yellow and orange vegetables, dairy products, and liver.
- Vitamin B helps the body produce red blood cells and assists in metabolic activities. Vitamin B is found in meat, poultry, fish, soy, milk, eggs, whole grains, and enriched breads and cereals.
- Vitamin C is the body's tool for healing and fighting off infection, and it also strengthens tissue, muscles, and skin. For healthy doses of vitamin C, look to citrus fruits, strawberries, tomatoes, potatoes, brussels sprouts, spinach, and broccoli.
- Vitamin D helps the body form and maintain strong teeth and bones and assists with the absorption of minerals such as calcium. Vitamin D is found in fortified dairy products and in fish oils. Adequate exposure to sunlight is also a way to get enough vitamin D. Sunlight stimulates the vitamin, which naturally occurs in the skin, to become active in the body. (Remember not to stay in the sun too long without SPF protection.)
- Iron is important for kids, especially during periods of accelerated growth. Iron contributes to the production of blood and the building of muscles. Beef, turkey, fish, beans, and fortified breads and cereals are excellent sources of iron.
- Calcium is vital for the development and maintenance of healthy bones and teeth. Consuming inadequate amounts during childhood can affect growth and development, but it can also lead to weak, fragile, and porous bones (potentially leading to osteoporosis later in life). Calcium is found in low-fat milk, sardines, yogurt, and cheese. It is also present in lesser amounts in vegetables such as broccoli.

## Spelling out a good diet

Because the body cannot naturally produce all the necessary vitamins and minerals, it is important to ensure that kids get these vital building blocks in the foods they eat. A well-balanced diet is typically all it takes to guarantee that kids and teens are getting the necessary vitamins and minerals. But how much of everything do they need?

The USDA recommends that parents use [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for children as a guideline for how much of certain foods kids and adolescents need for a healthy diet, taking vitamins and minerals into consideration. Because vitamin deficiencies may not be obvious, following the recommendations can help eliminate worries about whether your children are receiving appropriate nutrients.

- Kids need 1.5–4 ounces of whole grains every day, depending on age. Not all brown breads use whole grains, so check the label.



- A healthy serving of vegetables means getting 1–3 cups per day, depending on age. For fruit, kids should get 1–2 cups every day. Fruit juice may count toward this serving, although it’s important to check the label and make sure it contains real fruit content—not just from concentrates or sweeteners.
- To meet calcium requirements, kids need at least 2–3 cups of milk a day. Yogurt and cheese are good milk alternatives. To get the healthiest servings, look for low-fat options.
- Kids should get 2–6.5 ounces of protein per day, depending on age, according to the USDA. This is best found in chicken, beef, turkey, and fish. For vegetarian protein choices, look toward nuts, beans, and peas.

### Need a vitamin?

For children and teens with highly selective diets, such as vegetarianism or a dairy-free diet, and for children with erratic eating patterns, a health care provider may recommend a daily supplement, the American Academy of Pediatrics says. Over-the-counter vitamin supplements are typically safe and come in chewable forms in case your child has difficulty swallowing. Remember, however, that higher-than-recommended dosages of supplements can cause problems. For example, giving high doses of vitamin C in hopes of preventing colds and the flu can cause a child to have nausea, diarrhea, and cramps.

Children’s vitamins and supplements may come in fun colors and shapes, but they are not candy. Make sure you’ve told your child that vitamins are a kind of medicine—not a snack. Follow label instructions about serving size and dosage instructions. Ask your health care provider for advice if you have questions about supplements. Keep vitamins and supplements out of the reach of children and make sure the items are stored in child-proof containers.

<https://www.stanfordchildrens.org>