

Fun and Resources

Monday

05-11-2020





Cereal Muffins

INGREDIENTS

1 egg	3 tsp baking powder
1/2 cup milk	1/4 cup vegetable oil
1 cup flour	1/4 cup honey
2 cups cereal (bran, corn flakes, crispy rice, etc.)	1/4 cup brown sugar
	1 tsp salt

DIRECTIONS

- 1** Preheat oven to 350° F. Grease 12 muffin cups.
- 2** In a mixing bowl, beat egg and whisk with oil, milk, and honey. In a separate mixing bowl, mix dry ingredients together well. Pour wet ingredients into the dry ingredients, and mix until combined. Batter should be lumpy.
- 3** Fill muffin cups 2/3 full with batter and bake for 20-25 minutes, until golden brown and toothpick comes out clean when inserted. Remove from pan immediately.

Serves: 12 (1 muffin per serving)

One serving: 144 Calories, 5 g Fat, 26 g Carbohydrate, 3 g Protein, 377 mg Sodium, 2 g Fiber

Recipe adapted from food.com



Apple Crisp

INGREDIENTS

6 cups **apples**, diced 1 1/2 cups brown sugar
1/4 cup flour 3/4 cup **oats**
2 1/2 tsp cinnamon 1/8 tsp nutmeg
1 1/2 Tbsp butter 2 Tbsp cornstarch
2 Tbsp honey

DIRECTIONS

- 1 Heat oven to 350° F. Grease a 8 by 8 inch pan.
- 2 Prepare streusel topping: whisk oats, flour, and brown sugar together, pour in honey and melted butter, stir until fully incorporated.
- 3 Cut fruit into cubes, removing pits or seeds, and toss with cornstarch, cinnamon and nutmeg in a bowl until apples are completely coated. Transfer apple filling into pan and sprinkle the streusel on top.
- 4 Bake 50-60 minutes until apples are tender.

Serves: 9 (2 1/2" x 2 1/2" piece per serving)

One serving: 240 Calories, 2 g Fat, 70 g Carbohydrate,
1 g Protein, 28 mg Sodium, 2 g Fiber

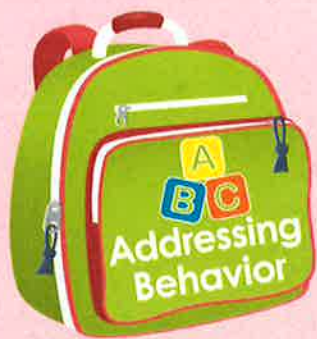
Recipe adapted from amyshealthybaking.com

CEREAL



No Recipe Needed!

- 1** Trail/Chex mix – mix together your favorite **cereals** with raisins and dried fruit.
- 2** Dip a **banana** in **yogurt** and roll in crushed **cereal**. Freeze for a cold summertime snack.
- 3** Make your own granola with dry **oatmeal**, nuts, and dried fruit.
- 4** Make your morning breakfast **oatmeal** with applesauce, raisins, and brown sugar.
- 5** For a fun family activity make necklaces and bracelets with **cereal** and string.




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.

More Information

More information and resources on this and other topics are available on our website, ChallengingBehavior.org.



ChallengingBehavior.org

How to Help Your Child Stop Hitting and Pushing

Brooke Brogle, Alyson Jiron & Jill Giacomini

Like many parents and caregivers, you may have found yourself in a situation where, despite your best efforts, your child continues to hit and push you or other children. To begin to address this behavior, it is important to understand that your child has his own opinions and probably wants to do more things for himself, yet he may not have the language skills or impulse control to make those things happen. This experience can be frustrating for him and his first reaction might be to hit or push. Young children often express difficult emotions such as frustration, anger or embarrassment by acting out physically. Many children do not know a different way to handle difficult emotions.

Parents often feel embarrassed by this behavior and frustrated when it continues. When parents spank, laugh or ignore the hitting and pushing, they are telling their child that it is acceptable to hit and push. New behaviors that the child can use instead of hitting need to be taught and modeled by parents and caregivers. With patience and time, you can teach your child appropriate ways to handle disappointment and frustration that will allow him to feel confident and successful when playing with friends and siblings.



Try This at Home

- Read the book *Hands Are Not for Hitting* by Martine Agassi. This story helps children understand why they feel like hitting and teaches things they can do instead. Go to http://challengingbehavior.fmhi.usf.edu/docs/booknook/BookNook_hands_new.pdf where you will find many ideas you can use when reading this story with your child to help her understand how to use her hands in an appropriate way.
- Teach your child about her emotions. Notice and label a variety of feelings. "I see that you are getting angry. Your hands are in fists and your face is scrunched up! You can tell me that you are mad, but you can't hit me." To learn more about teaching emotions, go to challengingbehavior.org and read the Backpack Connection series handout titled *How to Help Your Child Understand and Label Emotions*.
- Trace your child's hands on a piece of paper and place them on the wall. Teach her to push on the paper on the wall when she is frustrated or disappointed. With enthusiasm, tell her, "You are getting out the frustration in your body! What a great way to deal with your feelings!"
- Tell your child what she can do! You can say to her, "When you are frustrated, you can scream into a pillow, push on the wall or say 'help please.'"

Practice at School

Children learn safe and healthy ways to express their emotions at school through stories, puppets or role playing. Teachers also post class rules showing children that we keep our friends, selves and toys safe. If a child hits or pushes another child at school, teachers first give attention to the child who is injured and have the other child help her feel better. This could include getting an ice pack, offering her a hug or bringing her a stuffed animal to hold. Once the injured child has been helped and everyone is calm, teachers talk to the child who hit. Together, they talk about how he was feeling and think of a different way he could have handled the situation.

The Bottom Line

Aggressive behavior, like hitting or pushing, happens when a child does not know how to handle strong emotions. While parents must tell their child that hitting and pushing are not ok, it is also important for parents to teach a new behavior that he can use instead when he feels angry, frustrated or embarrassed. Parents can help children learn new, positive ways to solve problems or express feelings before aggressive behavior is likely to occur. With practice and encouragement, children can feel confident managing their body and emotions.



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Orange Fizz



Materials:

- An Orange or Clementine
- 1/2 Teaspoon Baking Soda

Instructions:

1. Cut the orange into slices or peel separate into sections
2. Dip a slice or section into the baking soda
3. Take a bite! As you chew, it should start to bubble in your mouth

How does it work?

When acids and bases mix, you get some exciting chemistry! Oranges and other citrus fruits are filled with citric acid. It is a safe acid, and it's what gives oranges, lemons, and limes their sourness. Baking soda is a base, the opposite of an acid. It's also safe, but doesn't taste very good on its own, and will give you a tummy ache if you eat a lot of it. As the citric acid and baking soda mix, it makes millions of carbon dioxide bubbles, the same gas you breathe out, and the same one that makes soda so fizzy.

Urgent Care: Is It Worth the No Wait?

The best place for children to receive medical care is at a pediatrician's office. But, sometimes kids don't wait for office hours to get sick or injured.

So, what should you do for those times when your baby runs a high fever during the night or your young athlete hurts his wrist at a weekend practice? It happens.



The American Academy of Pediatrics (AAP) recommends (<http://dx.doi.org/10.1542/peds.2017-0629>) that in cases like these, you should never hesitate to call your pediatrician's office first, even if you know the office is closed. Pediatricians are very accustomed to taking phone calls at all times—day and night—and can often deal with problems over the phone. You are not bothering your pediatrician by calling.

However, you may notice new facilities popping up in your neighborhood that advertise that they offer "urgent" care services often with no appointments necessary. Before going to one of these clinics, the AAP recommends that your first step be to call your pediatrician's office—your child's "medical home"—to discuss your child's needs. If your pediatrician is unable to see you but believes your child should be examined, he or she will advise you on the most appropriate place for your child to receive care and how quickly your child should be seen.

Types of Urgent Care Services:

- **Urgent care and nonemergency hospital-based acute care:** These facilities handle medical issues that may not require a visit to the emergency room but still deserve attention. They are often open after-hours and on weekends. Keep in mind that the physicians and nurses who work at these centers may not have advanced training in pediatrics and may not be comfortable treating infants and young children. Urgent care facilities are generally considered a higher level of care than retail-based clinics.
- **Retail-based clinics (RBCs):** These clinics are typically found inside supermarkets, pharmacies and retail superstores. While they may seem convenient, they generally provide a very limited number of health care services for adults and children. Nurse practitioners or physician assistants—often trained in family practice but with limited pediatric training—typically staff RBCs; there is usually not a physician on site.

What to Do If Your Child is Seen by Someone Other Than His or Her Pediatrician:

If your child is seen by someone other than his or her pediatrician—at one of the acute care services or clinics listed above—it is very important that you provide the clinic with accurate and complete medical information to receive the most appropriate care.

- **Bring information to the clinic about whether your child's immunizations are up to date.**
- **Let the provider know if your child has any allergies to medications and list the medications your child is currently using (including the last dose) and medicines taken in the past.**
- **Don't forget to mention any conditions such as asthma, diabetes, etc.**
- **Request that information regarding the visit be sent to your pediatrician so he or she can maintain a complete picture of your child's care. If the clinic does not offer this service, be sure to get copies of the services your child received and share this information with your pediatrician as soon as possible.**

The management of acute care for children under age 2 requires special expertise.

Therefore, the AAP does not recommend RBCs, telehealth services outside of the medical home, and those acute care services without pediatric expertise for children younger than 2 years.

Additional Information & Resources:

- [10 Common Childhood Illnesses and Their Treatments \(/English/health-issues/conditions/treatments/Pages/10-Common-Childhood-Illnesses-and-Their-Treatments.aspx\)](#)
- [Is It a Medical Emergency, or Not? \(/English/family-life/health-management/Pages/Is-It-a-Medical-Emergency-or-Not.aspx\)](#)
- [10 Things for Parents to Know Before Heading to the ER \(/English/health-issues/injuries-emergencies/Pages/10-Things-for-Parents-to-Know-Before-Heading-to-the-ER.aspx\)](#)
- [Nonemergency Acute Care: When It's Not the Medical Home \(http://dx.doi.org/10.1542/peds.2017-0629\)](http://dx.doi.org/10.1542/peds.2017-0629) (AAP Policy Statement)
- [Guidelines for Care of Children in the Emergency Department \(http://pediatrics.aappublications.org/cgi/content/abstract/peds.2009-1807v1\)](http://pediatrics.aappublications.org/cgi/content/abstract/peds.2009-1807v1) (AAP Policy Statement)
- [Consent by Proxy for Non-Urgent Pediatric Care \(http://pediatrics.aappublications.org/cgi/doi/10.1542/peds.2016-3911\)](http://pediatrics.aappublications.org/cgi/doi/10.1542/peds.2016-3911) (AAP Clinical Report)

Last Updated
11/21/2019

Source



Give Them More
of the
Good Stuff!


Apple Basics

Shop and Save



- Look for apples that are firm and do not have broken skin, bruises or soft spots.
- Apples are harvested between August and November, but are available year round. During harvest time, apples may cost less and be more crisp.
- Farmers markets and farm stands may have local varieties that you can taste before buying.

Apples provide vitamin C,
potassium and fiber.
Eat the peel for more fiber.

Store Well Waste Less

- Whole apples can be stored at room temperature for a few days. They can be stored in the refrigerator in a crisper drawer or open bag for up to 6 weeks.
- Apples that are starting to shrivel can be used in cooking.
- Apples tend to brown after they are peeled or cut. Browning is not harmful. To keep cut apples looking fresh for a few hours, dip the cut pieces in lemon or orange juice and refrigerate in a covered container.
- Refrigerating cut apples in a container of water also keeps them white, crisp, and ready to eat.

Some Popular Varieties of Apples



Braeburn

Sweet-tart flavor and crisp texture; good fresh or cooked



Honeycrisp

Crisp, sweet and juicy; excellent fresh or cooked and can be frozen



Pink Lady (Cripps Pink)

Sweet-tart flavor and firm, crisp texture; excellent fresh or cooked, very good for freezing



Fuji

Crunchy and super sweet; good fresh, cooked or frozen



Granny Smith

Crunchy and tart; good fresh, cooked or frozen



Golden Delicious

Crisp, sweet and mellow with a tender skin; stays white longer after cutting; excellent for all purposes



Gala

Crisp and very sweet; good fresh or cooked but not recommended for freezing



Red Delicious

Crunchy texture and mildly sweet flavor; deep red skin adds color; best used fresh



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Cooking with Apples

Microwave Applesauce

Ingredients:

- 6 **apples**, peeled, cored and quartered or chopped (about 8 cups)
- ¼ cup **water**
- ¼ cup **sugar** (or less to taste)
- ¼ teaspoon **cinnamon**

Directions:

1. Place the apples and water in a 2 quart microwave-safe dish. Cover with microwave-safe cover.
2. Cook on high for 10 to 12 minutes or until the apples are soft enough to mash.
3. Use a potato masher or fork to make chunky applesauce.
4. Add the sugar a little at a time to reach desired sweetness. Add cinnamon.
5. Serve warm or chilled. Refrigerate leftovers within 2 hours.

Makes 3½ cups

Prep time: 15-20 minutes

Cook time: 10 to 12 minutes

Quick Fix

✿ Mix chopped apples into hot cereal like oatmeal.

✿ Mix peanut butter and yogurt together for a delicious dip for apple slices.

✿ Add thinly sliced apples to your sandwich for a little crunch.



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- rub apples under cool running water.
- choose apples at the store.

Tips for Freezing Apples

- 1 Slice apples.
- 2 To prevent browning, dip the slices in lemon or orange juice.
- 3 Freeze the slices in a single layer on a baking sheet for 1 to 2 hours.
- 4 Place the frozen slices into a freezer container, sealing it tightly.

To Use:

Pour out the amount of frozen apples needed, then reseal the container and return it to the freezer. Use frozen apple slices within 8 months for best quality.

Frozen apple slices work great in Microwave Applesauce!

Baked Apple Chips

Ingredients:

- 2 large **apples**
- cinnamon** (optional)

Directions:

1. Rinse the apples and cut them crosswise into thin slices. Cut out the core, if desired.
2. Arrange the slices in a single layer on baking sheets. Sprinkle lightly with cinnamon, if desired.
3. Bake at 200 degrees for about 1 hour. Turn the slices over. Continue baking until the slices are dry with no moisture in the center, 1 hour or more depending on thickness.
4. Remove from the oven and cool. Store in an air-tight container.

Makes 2 cups

Prep time: 10 minutes

Cook time: 2 hours or more

