

Fun and Resources

Wednesday

05-13-2020



JUICE



Apple Chicken

INGREDIENTS

- 4 chicken breast halves
- 2 Tbsp flour
- 1 medium **onion**, thinly sliced
- 1 Tbsp butter
- 1 cup **apple juice**
- 2 cloves **garlic**, finely chopped

DIRECTIONS

- 1 Season chicken with salt and black pepper if desired. Dust with flour.
- 2 Melt butter in large skillet over medium heat. Add chicken; cook on one side until golden brown. Turn chicken over and push to side of skillet. Stir in onion, juice, and garlic. Bring to boil. Reduce heat to medium-low; cover and cook for 7 minutes or until chicken is no longer pink in center and its juices run clear. Remove chicken from skillet and place on serving platter.
- 3 Increase heat to high; cook onion, stirring frequently for 1-2 minutes or until lightly browned and juice has reduced. Pour sauce over chicken and serve.
- 4 Note: Chicken is fully cooked when it has an internal temperature of 165° F.

Serves: 4 (3 oz chicken and 1/4 sauce per serving)

One serving: 182 Calories, 5 g Fat, 13 g Carbohydrate,
20 g Protein, 69 mg Sodium, 1 g Fiber

Recipe adapted from juicyjuice.com



Baked Apples

INGREDIENTS

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6 apples	1/2 cup raisins
1/4 cup chopped walnuts	1 tsp cinnamon
1 cup 100% apple juice	

DIRECTIONS

-
- 1** Preheat oven to 350° F. Wash and core apples; remove peel from around the top. Place apples in 9 by 9 inch baking dish.
 - 2** Combine raisins, nuts, and cinnamon in small bowl. Fill center of each apple with mixture. Pour juice around apples; cover loosely with foil.
 - 3** Bake 30-35 minutes then uncover. Bake an additional 10 minutes or until tender.

Serves: 6 (1 apple per serving)

One serving: 185 Calories, 4 g Fat, 41 g Carbohydrate,
2 g Protein, 8 mg Sodium, 5 g Fiber

Recipe adapted from juicyjuice.com

JUICE



Orange Julius

INGREDIENTS

6 oz. **frozen orange juice concentrate** 1 tsp vanilla
1 cup **milk** 10 ice cubes
1 cup water

DIRECTIONS

- 1 Combine all ingredients, except ice, in blender.
- 2 Blend 1-2 minutes, adding ice cubes one at a time until smooth. Enjoy!

Serves: 4 (1 cup per serving)

One serving: 119 Calories, 1 g Fat, 24 g Carbohydrate,
2 g Protein, 37 mg Sodium, 0 g Fiber

Recipe adapted from geniuskitchen.com

JUICE



No Recipe Needed!

- 1** Peach and Orange Popsicles: Place **peaches** in paper cups. Stir together **yogurt** and **orange juice** in a bowl, then pour over the peaches. Cover with foil and stick a popsicle stick through the foil. Freeze until firm.
- 2** Replace soda with **juice** mixed with sparkling water or club soda, garnished with **lemon** slices.
- 3** Juicy Ice Cubes: Chop up **fruit** small enough to fit into an ice tray. Place fruit in tray and cover with **juice**. Freeze for at least 3 hours.
- 4** Cider: Boil **apple juice** with a cinnamon stick and sliced **lemon** (without seeds) for 10 minutes. Remove lemon and cinnamon and serve warm.



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.



National Center for
Pyramid Model
INNOVATIONS

ChallengingBehavior.org

How to Help Your Child Have a Successful Bedtime

Alyson Jiron, Brooke Brogle & Jill Giacomini

Infants and young children need 10 to 12 hours of sleep daily in order to support healthy development. Parents also need to feel rested in order to be nurturing and responsive to their growing and active young children. When your child does not get enough sleep, challenging behaviors are likely to occur. Your child might be moody, short-tempered and unable to engage well in interactions with others. Lack of sleep can also have a negative impact on your child's ability to learn. When a young child sleeps, her body is busy developing new brain cells that she needs for her physical, mental and emotional development. Babies and young children thrive on predictability and learn from repetition. It is important to establish a bedtime routine that you and your child both understand and helps everyone to feel calm and relaxed.



Try This at Home

- Watch for and acknowledge your child's signs of sleepiness. She might pull on her ears, rub her eyes or put her head on your shoulder. For example, you can say, "I see you rubbing your eyes. You look sleepy. Let's get ready for bed." Teaching your child to label and understand her body cues will help her to use language instead of challenging behavior (e.g., whining, crying or temper tantrums) to communicate her needs.
- Use a visual schedule made with photos, clipart or other objects to help your child see the steps in her bedtime routine. A visual schedule can help her to understand the steps and expectations of the routine. To learn more about how to create a visual schedule, visit challengingbehavior.org and type "visual schedule" in the search box in the upper-right corner.
- Provide your child with activities, sounds or objects that help her feel calm and restful during the hour before bedtime. Make these activities part of your nightly routine. For example, reading books, listening to soft, calming music, and/or giving your child her pacifier, favorite blanket or stuffed animal will all help her to understand that it is time to calm down and prepare for sleep.
- Tell your child what will happen when she wakes up. She may be resistant to going to sleep because she does not want to miss out on an activity or have her day to come to an end. Reassure her that tomorrow will be filled with more fun and special time. You can also include tomorrow's activity on the visual schedule (e.g., provide a picture of her teacher or preschool).

- Give your child your undivided and unrushed attention as you prepare her for bed. Bedtime can be a positive experience filled with quality time for you and your child.



Practice at School

For children who spend the day at school, nap time is an important time to rest and prepare for afternoon learning and activities. Teachers use a consistent routine so that children know what to expect and can participate in the process. Children can select and set up a napping area, get pillows or blankets from cubbies and choose a book to read. Routines might include brushing teeth, using the toilet, stories read aloud by teachers, or audio books or soft music for a period of time. Children understand the steps they need to follow to get ready for the nap, how long they are expected to rest and what they can do when they wake up. When everyone understands the expectations and routine, naptime can be a relaxing and happy part of the day.



The Bottom Line

Bedtime is a daily opportunity for you to build and nurture a positive relationship with your child. Predictable routines make children feel safe and secure. When you provide a predictable bedtime routine, you are teaching your child the skills she needs to relax and transition from the busy activity of the day to preparation for sleep. When your child is able to get a restful sleep, you will also feel more calm and rested. A successful bedtime routine that you follow regularly will prepare you both for shared days of family fun and learning.



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Ice Fishing

Materials:

- Small paper cups, bowl or an ice cube tray
- Glass of water
- String (yarn or kite sting works great)
- Small stick
- Salt

Instructions:

1. Fill the cup or tray up with water and place it in the freezer. You can also use ice cubes from your freezer and skip this step.
2. When the water is frozen, remove the ice from the cup or tray.
3. Put the ice in the glass or bowl of water. The cube will bob up and down in the water and then float on the top.
4. Place one end of the string from the fishing pole on top of the ice cube and sprinkle salt on the ice where the string is touching. Watch as the water melts slightly and refreezes.

5. After about 10 seconds, carefully lift the ice cube out of the water with the fishing pole. You caught a fish (ice)!

How it Works:

Ordinary water freezes at (32° F). When you add salt to water, it lowers the water's freezing temperature-it has to get colder than 32° F to freeze.

How much colder depends on how much salt is mixed in with the water. The salt you sprinkle on the ice cube lowers its freezing temperature and, since the ice cube can't get any colder than it already is, it starts to melt. A little pool of water forms on top of the ice cube and the string sinks into it. As the ice cube melts, it dilutes the salt/water mixture in the little pool; the freezing point starts to go back up again. The ice refreezes, trapping the string. As soon as the ice cube hardens, you can raise it by lifting the string. All this happens very quickly, of course.

Extra Experiments:

Try sugar, pepper, sand, flour, you name it. See what works, and what doesn't, and try to figure out why!

Caring for Your Child's Cold or Flu

Unfortunately, there's no cure for the common cold. Antibiotics (</English/safety-prevention/at-home/medication-safety/Pages/Antibiotic-Prescriptions-for-Children.aspx>) may be used to fight bacterial infections, but they have no effect on viruses.

The best you can do is to make your child comfortable. Make sure your child gets extra rest and drinks water or other liquids.



Your pediatrician may want to see your child or ask you to watch him or her closely and report back if things do not getting better each day or are not all better after one week.

Ways to help your child's stuffy nose feel better:

Nose drops or spray

- Use salt water (saline) nose drops (1 to 2 drops in each opening of the nose (nostril)) or spray (1 to 2 sprays in each opening of the nose (nostril)). For infants, use a rubber suction bulb to suck out the extra drops or spray. When using the suction bulb, remember that before you put the bulb on the nose, you should first squeeze the bulb part of the syringe first. Then gently stick the rubber tip into one nostril, and then slowly let go of the bulb. This slight amount of suction will pull the clogged mucus out of the nose and should help her breathe and suck at the same time once again. You'll find that this works best when your baby is under 6 months of age. As your baby gets older, he or she will fight the bulb, making it difficult to suck out the mucus, but the saline drops will still help.

Humidifier

- Put a cool-mist humidifier (also called a vaporizer) in your child's room to help the liquid that is making her nose stuffy thinner, so it is easier for your child to breathe. Put it close to your child (but safely out of your child's reach) because the humidifier makes the area closest to it the moistest. Be sure to carefully clean and dry the humidifier each day to stop bacteria or mold from growing; bacteria and mold can make your child sick. Hot-water vaporizers should not be used, because the hot water can burn your child.

What to do to for your child's cough:

Honey

- **Do not give honey to babies under one year—it is not safe.**
- For children ages 1 to 5 years: Try half a teaspoon of honey.
- For children ages 6 to 11: Try one teaspoon of honey.
- For children 12 or older: Try two teaspoons of honey.
- If honey is given at bedtime, make sure your child's teeth are brushed afterward.

Cough drops or lozenges

- **Consider cough drops or lozenges for children 4 and older.** Do not give cough drops or lozenges to a child younger than 4 years because he could choke on them. Also, do not give your child more cough drops than what the instructions on the package say.

Mentholated rubs

- **For children ages 2 years and older: Rub a thick layer on top of the skin on the chest and the front of the neck (throat area).**
- The body's warmth helps the medication go into the air slowly over time. The child breathes in this air, which helps to soothe a cough, so the child can sleep.
- After using the medicine, put the medication container away and out of reach of children.
- Only use mentholated rubs on top of the skin.

To help treat your child's fever:

Acetaminophen or Ibuprofen

- If your child has a fever and is very uncomfortable, give her a medication with just one ingredient—either acetaminophen (</English/safety-prevention/at-home/medication-safety/Pages/Acetaminophen-for-Fever-and-Pain.aspx>) or ibuprofen (</English/safety-prevention/at-home/medication-safety/Pages/Ibuprofen-for-Fever-and-Pain.aspx>). Always call your pediatrician before giving medicine to a child under 2 years of age and call right away if your child is under three months of age and has a fever.

- For children over the age of 2 years, check the label to see how much medicine to give. If you know your child's weight, use that. If you do not know your child's weight, go by age for the dose amount. *See [Fever and Pain Medicine: How Much to Give Your Child \(/English/safety-prevention/at-home/medication-safety/Pages/Fever-and-Pain-Medicines-How-Much-to-Give.aspx\)](#) for more information.*
- Ibuprofen can be used in children 6 months of age and older; however, it should never be given to children who are having a lot of trouble drinking enough liquids (children who are dehydrated) or who are throwing up a lot.
- Do not give your child aspirin, which has been linked with Reye syndrome, a rare but very serious illness that affects the liver and the brain.
- Ask the doctor for the right medicine and dose in milliliters (mL) for your child's age and size. Always measure each dose using a tool (syringe, dosing cup, or measuring spoon) that is marked in milliliters. *Watch the video [The Healthy Children Show: Giving Liquid Medicine Safely \(/English/safety-prevention/at-home/medication-safety/Pages/The-Healthy-Children-Show-Giving-Liquid-Medicine-Safely.aspx\)](#) for more information.*



Prevention & Treatment:

Flu vaccine

- **Children 6 months or older should get a flu vaccine** ([/English/safety-prevention/immunizations/Pages/Inactivated-Influenza-Vaccine-What-You-Need-to-Know.aspx](#)) **each year. Children who are older than 6 months but younger than 2 years should get a flu shot.**
- Children younger than 6 months are too young to get a flu vaccine. In order to protect them, make sure that the people around them get a flu vaccine.

Over-the-counter cough & cold medicines:

- **Over-the-counter (OTC) cough and cold medicines** (</English/safety-prevention/at-home/medication-safety/Pages/Choosing-Over-the-Counter-Medicines-for-Your-Child.aspx>) **should not be given to infants and children under 4 years of age because of the risk of dangerous side effects.** Several studies show that cold and cough products that are taken by mouth don't work in children younger than 6 years and can have potentially serious side effects.
- Many cold medicines already have acetaminophen (Tylenol or generic) in them. If you give one of these medicines along with acetaminophen or (Tylenol or generic), your child will get a double dose.

If antibiotics are prescribed:

- **Make sure children take them exactly as the instructions say, even if they feel better.** If antibiotic treatment stops too soon, the infection may get worse or spread in the body. Call the doctor if your child is not getting better with treatment.
- **If the antibiotic is a liquid** (</English/safety-prevention/at-home/medication-safety/Pages/Using-Liquid-Medicines.aspx>), **ask your child's doctor for the right dosage in milliliters (mL) for your child's age and size.** Always measure each dose using a tool (syringe, cup, or spoon) that is marked in milliliters.

Additional Information:

- 10 Common Childhood Illnesses and Their Treatments (</English/health-issues/conditions/treatments/Pages/10-Common-Childhood-Illnesses-and-Their-Treatments.aspx>)
- Antibiotics for a Sore Throat, Cough or Runny Nose? (</English/safety-prevention/at-home/medication-safety/Pages/Antibiotics-for-a-Sore-Throat-Cough-or-Runny-Nose.aspx>)
- Coughs and Colds: Medicines or Home Remedies? (</English/health-issues/conditions/chest-lungs/Pages/Coughs-and-Colds-Medicines-or-Home-Remedies.aspx>)
- Medication Safety Tips (</English/safety-prevention/at-home/medication-safety/Pages/Medication-Safety-Tips.aspx>)
- Metric Units and the Preferred Dosing of Orally Administered Liquid Medications (<http://pediatrics.aappublications.org/cgi/doi/10.1542/peds.2015-0072>) (AAP Policy Statement)



Give Them More
— of the —
Good Stuff!

Carrot Basics

Shop and Save

- ✿ Choose firm carrots with even color. Avoid carrots that are soft or limp. If the leaf tops are still on, they should be bright green.
- ✿ Baby carrots should be moist but not slimy.
- ✿ Canned and frozen carrots can save you money and time. They work great in side dishes, soups and stews.
- ✿ Use the Nutrition Facts label to find canned carrots with less sodium. Rinse and drain the canned carrots to remove more sodium.



Carrots are high in vitamin A.
You need vitamin A for good eyesight.



Types of Carrots

Carrots come in many colors! If you don't find them in stores, growing them from seed may be an option.

Baby carrots are a type of carrot picked when they are still small. Baby-cut carrots are actually larger carrots that have been peeled and cut smaller. They come prepackaged in plastic bags.

Fresh, frozen
or canned –
carrots are easy
to find any time
of year!

Store Well Waste Less



- Wash the carrots and trim off the green leaf tops, if present.
- Store the carrots in a plastic bag. Poke a few small holes in the bag for air movement. Refrigerate for 3 to 4 weeks.
- Keep carrot sticks for snacks in your refrigerator for up to a week.

To prevent carrots from drying out, store in water.

- Refrigerate cooked carrots and use within 3 to 5 days.
- For longer storage, freeze cut carrots. Blanching is recommended. Use within 12 months.



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 Carrots

Mashed Carrots

Use fresh, frozen or canned carrots.

Ingredients:

3 cups sliced **carrots** (about 6-8 fresh or two cans (14.5 ounces each) or 16 ounces frozen)

2 teaspoons **margarine** or **butter**

2 teaspoons **honey** or **brown sugar**

¼ teaspoon **salt**

⅛ teaspoon **pepper**

½ teaspoon **seasoning** (optional) – see notes below

Directions:

1. Cook carrots until they are very soft.
2. Drain carrots if needed. Put carrots in a medium bowl. Mash with a fork until smooth.
3. Stir in margarine or butter, honey or brown sugar, salt and pepper. Serve warm.
4. Refrigerate leftovers within 2 hours.

Makes 3 cups

Prep time: 10 minutes

Cook time: 10 to 30 minutes

Notes:

- ✿ Add your favorite seasoning! Try one of these: chili powder, curry powder, onion powder, dried thyme or dried sage.
- ✿ Honey is not recommended for children under 1 year old.

Sweet Carrot Bread or Muffins

Ingredients:

1 cup sliced **carrots**, cooked until soft

⅔ cup **brown sugar**

1 **egg**, lightly beaten

1 cup nonfat or 1% **milk**

1 teaspoon **cinnamon**

2 cups **baking mix**

¾ cup **raisins** (optional)

Directions:

1. Preheat oven to 350 degrees F. Lightly oil the bottom of one 9x5 inch loaf pan OR muffin tin with 12 cups.
2. Mash carrots with a fork until smooth or use a blender or food processor.
3. In a large bowl, mix carrots, brown sugar, egg and milk until well blended. Add remaining ingredients and mix well.
4. Pour batter into prepared pan. Bake loaf pan for 50 minutes or muffins for 20 minutes, until a toothpick inserted in the center comes out moist but without batter.
5. Cool slightly, then loosen around the edges and remove from the pan. Cool leftovers completely and store in an air-tight container at room temperature.

Makes 1 loaf or 12 muffins

Prep time: 20 minutes

Cook time: 20 or 50 minutes

Visit
Foodhero.org
for more quick
and delicious
recipes using
carrots.



**Kids
Can!**

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

- wash vegetables under cool running water.
- mash cooked carrots.
- measure and mix ingredients.

Cooking Carrots

Wash, peel and cut carrots into pieces about the same size. Cooking time will depend on the size of the pieces and how soft you like them.

Boil in a small amount of water.

Steam in a covered steamer basket over boiling water.

Microwave on high in a covered but vented microwave-safe container.

Roast in a single layer on a baking sheet in a 425-degree F oven. Toss with a small amount of oil before roasting if desired.