

**Fun and Resources  
for  
Friday May 22, 2020**



# WHOLE GRAINS



## Chicken Enchilada Casserole

### INGREDIENTS

- 4 boneless chicken breast halves    1 tsp garlic salt  
18 **corn tortillas**, torn in half    1-10 oz can enchilada sauce  
2 cups shredded **cheese**    1 cup sour cream

### DIRECTIONS

- 1** Preheat oven to 350° F. Lightly grease a 9 by 13 inch baking dish. Season chicken with garlic salt. Arrange in baking dish. Bake chicken for 45 minutes until the chicken is no longer pink in the middle and the juices run clear. Let chicken cool, then shred and set aside.
- 2** Char each tortilla half over open flame burner for 1 minute, until lightly puffed. Pour 1/2 inch enchilada sauce in bottom of baking dish, arrange 6 tortillas in a single layer. Top with 1/2 the chicken, 1/3 the cheese, 1/2 the sour cream, and 1/3 of the remaining sauce. Repeat. Coat remaining tortillas thoroughly with remaining enchilada sauce, and arrange on top of the layers. Sprinkle with remaining cheese.
- 3** Cover and bake 45 minutes or until cheese is melted. Let casserole cool slightly before serving.
- 4** Note: Chicken is fully cooked when its temperature is 165° F.

Serves: 8 (3 1/4" x 4 1/2" piece per serving)

One serving: 372 Calories, 19 g Fat, 30 g Carbohydrate,  
22 g Protein, 511 mg Sodium, 4 g Fiber

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

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## No Recipe Needed!

- 1** Homemade tortilla chips: Cut **tortillas** into strips, drizzle with oil, season as desired and bake.
- 2** Make sandwiches or wraps with lunch meat and **veggies**.
- 3** Garlic Bread: Spread butter over **whole wheat bread**, sprinkle with garlic and toast.
- 4** Cinnamon Toast: Spread butter over **whole wheat bread**, sprinkle with cinnamon and sugar. Toast in a toaster oven.
- 5** Homemade Croutons: cut **whole wheat bread** into squares. Toss in a bowl with olive oil and seasonings. Bake until crunchy and golden brown.

## Temperament: Intensity of Reaction

Feb 5, 2010

Discover parenting strategies that match a child's temperament, whether they are a "low reactor," or a "BIG reactor."



**Low Reactors** are children who seem less demanding than others. Low Reactors tend to:

- be quiet and rarely fuss;
- sleep more than average;
- show their emotions with only slight changes in facial expression, tone of voice, or body posture; and
- tolerate a lot of stimulation.

The fact that these children are less demanding, however, doesn't necessarily mean that they require less effort on the part of parents. On the contrary, you may have to work harder to attract and hold their attention.

At the other end of the spectrum are **Big Reactors** who tell the world how they feel in a voice that's loud and clear. Big Reactors tend to:

- express their feelings with great intensity (for example, showing supreme happiness by squealing with delight and maybe expressing anger by shouting, throwing things, hitting, and biting); and
- react to physical stimulation intensely (for example, perhaps being unable to tolerate itchy tag on a T-shirt, the wrinkle in a sock, or an unpleasant smell).

For many children, intensity isn't an issue at all. Their reactions fall somewhere between Low and Big Reactors, and they tend to take things in stride. Their moods are fairly even. They smile when they're happy and complain, in a reasonable way, when they're not.

## Thinking About Your Child

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- How does my child react to sensory stimulation (sights, sounds, textures, smells, and tastes)?
- How much stimulation can my child handle? Does he react to the slightest bit of stimulation, does it take a lot to get him to respond, or are his reactions somewhere in between?
- Does my child express her feelings with high, moderate, or low intensity?
- How often do I find myself helping my child calm down?
- Is he a cuddly child or does he prefer protecting his physical space? What kinds of touch does he prefer or dislike? Does he react positively or negatively to specific clothing materials/fabrics, clothing tags, wrinkles in his socks?
- Is he a picky eater or will he eat anything? Will he only eat foods with certain textures or tastes? Does he seem sensitive to certain odors?
- What kinds of sounds does your child like? Is there particular music or tone of voice he prefers? Does he get easily distracted by, and perhaps startle or cry at sudden noises? Does he respond when you talk with him by making eye contact and vocalizing back?
- What does your child like to look at? Does he enjoy looking at lights, or do bright lights seem to upset him? Does he make eye contact when you are playing together?

## Parenting Strategies for Low Reactors

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- Tune things up to attract her attention. Watch your child's reactions to make sure she is engaged but not overexcited. Choose music with a dynamic beat. Engage your child in safe, rough-and-tumble play. Use a dramatic voice while reading. Be silly and creative.

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- Create interactive games. Try activities that involve taking turns so your child remains engaged, such as rolling a ball or passing a rattle back-and-forth.
- Get her body moving. Low-intensity children may be more responsive if they're physically engaged.
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## Parenting Strategies for Big Reactors

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- Tune things down. Music and lighting should be soft. Clothing should also be soft. And play should be fun, but not overstimulating.
- Offer physical comfort when your child is distressed. Hold her close, massage her back, rock her.
- Show that you understand him by validating his feelings. For example, use expressions such as I know it's hard for you to be in crowded, noisy places. Or, I know your feelings get so-o-o hurt.
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- Show that you understand him by validating his feelings. For example, use expressions such as I know it's hard for you to be in crowded, noisy places. Or, I know your feelings get so-o-o hurt.
- Help your child problem-solve. Say: Tyler's birthday is probably going to be very noisy and crowded today. What can we do to make it more comfortable for you?
- Don't punish your child for who she is. Your child is not overreacting. Holding her close and validating her feelings can help your child calm down and feel safe and secure. When you have strong reactions, it is tough to learn how to manage them. But with your support, your child will learn good coping skills.

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# Balloon Speakers

## Materials:

- 1 Balloon

## Instructions:

1. Blow up the balloon so that it is filled with air
2. Hold the balloon up to your ear.
3. Lightly tap the other side of the balloon with your finger. Can you hear the sound well? Can you feel the vibrations?
4. Now let go of the balloon. Which way does the air escape? Which direction does the balloon move in?

## How it Works:

When you blow into the balloon you are pushing air molecules into the balloon. They are forced into a small area so are very close together. These circumstances allow the air molecules to carry the sound waves better. That is why you can hear the tapping so easily. It's as if you built a speaker.

## Extra Experiments:

1. Add a mini marshmallows to the balloon. Does it muffle the sound? Does it sound the same?
2. If you have access to a helium tank, fill the balloon up with that instead. Is helium a better conductor of sound then the air that you pushed into the balloon?
3. Can you hear different pitches based on how big or small the balloon is? Give it a try!





# Flat Head Syndrome (Positional Plagiocephaly)

## What Is Flat Head Syndrome?

Flat head syndrome usually happens when a baby sleeps with the head turned to the same side during first months of life. This causes a flat spot, either on one side or the back of the head.

Flat head syndrome is also called positional plagiocephaly (pu-ZI-shu-nul play-jee-oh-SEF-uh-lee).

## What Causes Flat Head Syndrome?

The most common cause of a flattened head is a baby's sleep position. Infants are on their backs for many hours every day, so the head sometimes flattens in one spot. This happens not only while they sleep, but also from being in infant car seats, carriers, strollers, swings, and bouncy seats.

Premature babies are more likely to have a flattened head. Their skulls are softer than those of full-term babies. They also spend a lot of time on their backs without being moved or picked up because of their medical needs, such as a stay in the neonatal intensive care unit (NICU).

Flat head syndrome can even start before birth if there's pressure on the baby's skull from the mother's pelvis or a twin. In fact, many babies from multiple births are born with heads that have some flat spots.

Flat head syndrome is caused by tight neck muscles that make it hard for babies to turn their heads. This neck condition is called torticollis. Because it's hard to turn their head, babies tend to keep their heads in the same position when lying down. This can cause flattening. Then, once the head has a flat spot, the torticollis (tor-ti-KOLL-iss) can get worse.

It takes a lot of energy for babies to turn their heads. So those with severe flattening on one side tend to stay on that side, and their necks become stiff from lack of use.

## What Are the Signs & Symptoms of Flat Head Syndrome?

Flattened head syndrome usually is easy for parents to notice:

- The back of the baby's head is flatter on one side.
- The baby usually has less hair on that part of the head.
- When looking down at the baby's head, the ear on the flattened side may look pushed forward.

In severe cases, the forehead might bulge on the side opposite from the flattening, and may look uneven. If torticollis is the cause, the neck, jaw, and face also might be uneven.

### **How Is Flat Head Syndrome Diagnosed?**

Doctors often can diagnose flat head syndrome by looking at the baby's head. To check for torticollis, the doctor may watch how a baby moves the head and neck. Medical tests usually are not needed.

### **How Is Flat Head Syndrome Treated?**

Caregivers should always place babies on their back to sleep to help prevent sudden infant death syndrome (SIDS), even with possibility of flat head syndrome. Avoiding swings, car seats, bouncy chairs, and other devices is safest for sleep and also helps to make sure that babies can move their head freely.

So what can parents do when flat head syndrome is due to a sleeping or lying position? Simple practices like changing a baby's sleep position, holding your baby, and providing lots of "tummy time" can help it go away. Try these tips:

- **Practice tummy time.** Provide plenty of supervised time for your baby to lie on the stomach while awake during the day. Tummy time:
  - helps normal shaping of the back the head
  - encourages a baby's learning and discovery of the world
  - helps babies strengthen their neck muscles and learn to push up on their arms. This helps develop the muscles needed for crawling and sitting up.
- **Vary positions in the crib.** Consider how you lay your baby down in the crib. Most right-handed parents carry infants cradled in their left arms and lay them down with the heads to their left. In this position, the infant must turn to the right to look out into the room. Position your baby in the crib to encourage active turning of the head to the side that's not flattened.

- **Hold your baby more often.** Limit the time your child spends lying on the back or with the head resting against a flat surface (such as in car seats, strollers, swings, bouncy seats, and play yards). For instance, if your baby has fallen asleep in a car seat, take your baby out of the seat when you get home rather than leaving your little one snoozing in the seat. Pick up and hold your baby often, which will take pressure off the head.
- **Change the head position while your baby sleeps.** Change the position of your baby's head (from left to right, right to left) when your baby is sleeping on the back. Even if your baby moves around during the night, place your child with the rounded side of the head touching the mattress and the flattened side facing up. Don't use wedge pillows or other devices to keep your baby in one position.

Most babies with flat head syndrome also have some degree of torticollis. So physical therapy and a home exercise program usually are part of treatment. A physical therapist can teach you exercises to do with your baby involving stretching. Most moves involve stretching the neck to the side opposite the tilt. In time, the neck muscles will get longer and the neck will straighten itself out. The exercises are simple, but must be done correctly.

A doctor can prescribe a helmet for flat head syndrome. The helmet is designed to fit a baby loosely where the head is flat and tightly where it is round. In the helmet, the head can't grow where it is already round. So it grows where it's flatter.

Helmets make the head rounder quicker than time and normal growth. On average, though, babies who get helmets and those who don't have the same results after a couple years. Talk to your doctor about whether a helmet could help your baby.

### **What Else Should I Know?**

Flat head syndrome improves with time and natural growth. As babies grow, they begin to change position themselves during sleep, so their heads aren't in the same position.

When babies can sit on their own, a flat spot usually won't get any worse. Then, over months and years, as the skull grows, the flattening will improve, even in severe cases. As hair grows in over the first few years, the flat spot often becomes less noticeable as well.

Flat head syndrome doesn't affect a baby's brain growth. But having a stiff neck can slow early development. Physical therapy for torticollis should include a check of the baby's progress and extra exercises to treat any delays.



Give Them More  
of the  
Good Stuff!



## Healthy and Fun Celebrations at Home, School or Anywhere



### Action Snacks

✿ **Shape it!** Cut fruit, veggies and sandwiches into fun shapes. Try using a cookie cutter or melon baller. Use leftover pieces in smoothies, soups, or pasta sauces.

✿ **Dip it!** Dip fruit in low-fat yogurt, pudding or Food Hero Pumpkin Fruit Dip; try veggies with Food Hero Ranch Dressing.

✿ **Create it!** Make each plate a work of art. Arrange food to make a flower or funny face.

✿ **Build it!** Choose different toppings to make a healthy yogurt parfait or snack/trail mix or fruit kabobs.

✿ **Taste it!** Have a tasting party with fruits and veggies. Try tasting a rainbow of colors or compare varieties of apples or sample less familiar fruits and veggies.



### Celebrate Without Food

✿ **Read** aloud from a book that a child chooses, to friends, family or even in the classroom.

✿ **Move** from place to place with a scavenger hunt related to a theme.

✿ **Sing and dance** to some favorite music. Have a mini talent show.

✿ **Give favors** like pencils or stickers instead of snacks.

✿ **Spend time** at a special place or with special people. Invite them to the classroom or take a trip to visit them.

✿ **Create** a banner, cards, bracelets, or head bands to celebrate the event. Supply paper, crayons, markers, stickers, or stamps.



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# Healthy Celebrations Ideas

## Do-It-Yourself Trail Mix



### Ingredients:

- 1 cup **square-type whole grain cereal**
- 1 cup **o-type whole grain cereal**
- 1 cup **puff-type whole grain cereal**
- 1 cup **dried fruit** of your choice
- 1 cup small **pretzels**
- ½ cup small **nuts**

### Directions:

1. Set out a bowl of each ingredient with a serving spoon.
2. Let guests add a spoon of each ingredient to a plastic bag or other container. Shake to mix. Enjoy!

**Makes** 5½ cups **Prep time:** 5 minutes

## Banana Bobs



### Ingredients:

- 1 large **banana** cut into ½ inch slices
- ¼ cup **low-fat vanilla yogurt**
- 2 Tablespoons oat and honey **granola cereal**

### Directions:

1. Divide the sliced banana pieces between two plates.
2. Place 2 Tablespoons of yogurt onto each plate.
3. Place 1 Tablespoon of granola cereal onto each plate.
4. Use fork to pick up a slice of banana and dip into the yogurt, then into the cereal.
5. Refrigerate leftovers within 2 hours.

**Makes** 2 servings **Prep time:** 5 minutes

## Fruit Pizza



### Ingredients:

- 1 **English Muffin** (try whole grain)
- 2 Tablespoons reduced fat or fat-free **cream cheese**
- 2 Tablespoons sliced **strawberries**
- 2 Tablespoons **blueberries**
- 2 Tablespoons crushed **pineapple**

### Directions:

1. Split open the English muffin and toast the halves until lightly browned.
2. Spread cream cheese on both halves.
3. Divide the fruit between the two muffin halves and arrange on top of cream cheese.
4. These are best when served soon.
5. Refrigerate leftovers within 2 hours.

**Makes** 2 half muffins with fruit

**Prep time:** 10 minutes

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**FoodHero.org**  
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Kid Approved  
recipes

## Make It Seasonal

**Fall** - Draw faces on mandarin oranges or string cheese packages.

**Winter** - Create a tree on a platter with broccoli.

**Spring** - Package vegetables or trail mix as butterflies.

**Summer** - Arrange fruit to make a rainbow.