

**Fun and Resources
for
Monday, May 18, 2020**

Happy Birthday Head Start!



PEANUT BUTTER



Peanut Butter Banana Bread

INGREDIENTS

1/2 cup butter, softened 1 cup sugar
 2 eggs 1/2 cup **peanut butter**
2 bananas, mashed 2 cups flour
 1 tsp baking soda

DIRECTIONS

- 1** Preheat oven to 325° F. Lightly grease a 5 x 9 inch loaf pan.
- 2** In a large mixing bowl, cream together butter and sugar. Add eggs; beat well. Stir in peanut butter, bananas, flour, and baking soda until blended.
- 3** Pour into prepared pan. Bake for 70 minutes, or until a toothpick inserted into center of the loaf comes out clean. Remove to a wire rack to cool.

Serves: 12 (3/4" slice per serving)

One serving: 290 Calories, 14 g Fat, 38 g Carbohydrate,
6 g Protein, 220 mg Sodium, 2 g Fiber

Recipe adapted from allrecipes.com

PEANUT BUTTER



No Recipe Needed!

- 1** Top *celery*, *apples*, or *bananas* with *peanut butter* and raisins.
- 2** Mix and shape *peanut butter* and *cornflakes* in balls and roll in graham cracker crumbs.
- 3** Spread *peanut butter* over a *banana* then roll in your favorite *cereal*.
- 4** Make a yummy wrap by spreading *peanut butter* inside a *whole wheat tortilla*. Place a *banana* inside and roll it up!
- 5** Add *peanut butter* to *oatmeal*, smoothies, and *yogurt*.

Temperament: Reaction to Change

Apr 18, 2010

Some children find changes hard, while others will take change in stride. Find parenting tips for your child's unique temperament.



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“Keep it the Same” Children

Even though young children are well known for being inflexible about their routines, some children seem to be even more dependent on them. And although few children like to stop an activity they were enjoying, some children have much more difficulty with transitions. “Keep it the Same” children tend to:

- react to even the smallest of shifts—a new nipple on the bottle, a new food on their plate, or a slight change in a regular routine;
- thrive on order and predictable routines to feel safe and secure;
- need lots of time and support to get comfortable in new surroundings or with new people, with many “No, No, No’s” before they adjust; and
- have more tantrums, which can be triggered by either minor changes (a new pair of shoes) or more major (a new babysitter). Tantrums can also unfold during everyday transitions, when children are asked to stop doing something they are happily involved in to begin another activity (going from playtime to lunch).

Take Change in Stride Children

Compared to other children, these children:

- find new jackets, new friends, new foods, and new babysitters interesting; and
- adapt pretty well pretty much anywhere you take them. These are the babies who can nap in noisy restaurants, nurse wherever you happen to be, and (when older) enjoy looking around, drawing on the paper you tucked in your bag, or joining in the conversation.

Most Children Fall in the Middle

They may have an easy time with new foods, but a more difficult time with new places. They may be cautious around unknown adults, but perfectly comfortable with new peers. Given some time to get used to a change or new situation, they feel safe, at ease, and eager to explore.

Strategies for "Keep it the Same" Children

Use familiar objects to ease anxiety during transitions. A new doctor will be less scary if your child has her favorite blanket or stuffed animal in hand.

Let your child be part of the transition. Let him put the ball in the stroller bag when it is time to head home from the park or press the button to turn off the TV.

Ease into new activities. Talk about new activities first, and arrive early enough to allow your child to get comfortable.

Offer advance notice when an activity is about to end: “When this book is finished, we’re going home.”

Notice and comment when your child has made a transition: “You got into the car seat so quickly. That’s great!”

Give your child a sense of control about how he wants to make transitions. For a toddler, you might say, “Would you like to kick the ball one more time before we leave?”

Strategies for a Child Who Takes Change in Stride

Offer your child a variety of experiences. Try a new park, check out the local pool for water play, visit the library for story hour.

Be sensitive to your child's signals. When a child is extremely easygoing, we can sometimes take for granted that any change is okay. Offer her extra support during the times when she is having trouble with a transition.

Let your child know about new situations ahead of time. For example, tell him before going to a new place or meeting someone new. Children who enjoy new situations also enjoy talking about them and looking forward to them.

Be sure to find some one-on-one quiet time to enjoy together. No matter how much a child enjoys being out in the world, there's nothing like snuggling at home with our favorite person and our favorite story.

Cool Crystals



Materials

- $\frac{1}{4}$ cup Epsom salt
- $\frac{1}{4}$ cup hot water
- Food coloring
- A cup
- A plate
- Optional: a small jar

Instructions

1. In the cup, measure out $\frac{1}{4}$ cup Epsom salt and $\frac{1}{4}$ hot water from the sink. Stir them together.
2. If all the salt doesn't dissolve, heat the cut in the microwave for 20-30 seconds.
3. When all the salt is dissolved, put a drop or two of food coloring in the cup and stir to mix.
4. Place the cup in the refrigerator. Check on it every half hour or hour. Within 4 hours, crystals should form in the bottom of the cup.
5. Scoop the crystals onto a plate using a fork.
6. If you want the crystals to last longer, put them in a jar with a lid (the small jars that baby food comes in work well).

How does it work?

More salt can dissolve in hot water than cold, so when the hot water cools in the microwave, the Epsom salts create crystals on the side of the cup. The unique shape of Epsom salt molecules makes them form long crystals that almost look like needles. Different crystals have different shapes. If you look at sugar or salt crystals under a magnifying glass, you can see their cool crystal shapes, too!

Further Exploration:

- When crystals form after being dissolved, they will cling onto anything they can. You can drop a bottle cap into your cup of dissolved salt and they will form on it. You can make a sculpture out of pipe cleaners and they will form on that, too.
- Does the experiment work with room temperature water? Cold water?

Night Terrors

What Are Night Terrors?

Most parents have comforted their child after the occasional nightmare. But if your child has ever had what's known as a night terror (or sleep terror), his or her fear was likely inconsolable, no matter what you tried.

A night terror is a sleep disruption that seems similar to a nightmare, but is far more dramatic. Though night terrors can be alarming for parents who witness them, they're not usually cause for concern or a sign of a deeper medical issue.

What Are the Signs and Symptoms of Night Terrors?

During a night terror, a child might:

- suddenly sit upright in bed
- shout out or scream in distress
- have faster breathing and a quicker heartbeat
- be sweating
- thrash around
- act upset and scared

After a few minutes, or sometimes longer, the child simply calms down and returns to sleep.

Unlike nightmares, which kids often remember, kids won't have any memory of a night terror the next day

because they were in deep sleep when it happened — and there are no mental images to recall.

What Causes Night Terrors?

Night terrors are caused by over-arousal of the central nervous system (CNS) during sleep.

Sleep happens in several stages. We have dreams — including nightmares — during the rapid eye movement (REM) stage. Night terrors happen during deep non-REM sleep. A night terror is not technically a dream, but more like a sudden reaction of fear that happens during the transition from one sleep stage to another.

Night terrors usually happen about 2 or 3 hours after a child falls asleep, when sleep moves from the deepest stage of non-REM sleep to lighter REM sleep. Usually this transition is a smooth one. But sometimes, a child becomes upset and frightened — and that fear reaction is a night terror.

Who Gets Night Terrors?

Night terrors have been noted in kids who are:

- overtired, ill, or stressed
- taking a new medicine
- sleeping in a new environment or away from home
- not getting enough sleep
- having too much caffeine

Night terrors are relatively rare — they happen in only 3%–6% of kids, while almost every child will have a

nightmare occasionally. Night terrors usually happen in kids between 4 and 12 years old, but have been reported in babies as young as 18 months. They seem to be a little more common among boys.

Some kids may inherit a tendency for night terrors — about 80% who have them have a family member who also had them or sleepwalking (a similar type of sleep disturbance).

A child might have a single night terror or several before they stop. Most of the time, night terrors simply disappear on their own as the nervous system matures.

How Can I Help My Child?

Night terrors can be very upsetting for parents, who might feel helpless when they can't comfort their child. The best way to handle a night terror is to wait it out patiently and make sure your child doesn't get hurt if thrashing around. Kids usually will settle down and return to sleep on their own in a few minutes.

It's best not to try to wake kids during a night terror. This usually doesn't work, and kids who do wake are likely to be disoriented and confused, and may take longer to settle down and go back to sleep.

There's no treatment for night terrors, but you can help prevent them. Try to:

- reduce your child's stress
- create a bedtime routine that's simple and relaxing
- make sure your child gets enough rest

- help your child from becoming overtired
- don't let your child stay up too late

If your child has a night terror around the same time every night, you can try waking him or her up about 15–30 minutes before then to see if that helps prevent it.

Understanding night terrors can ease your worry — and help you get a good night's sleep yourself. But if night terrors happen repeatedly, talk to your doctor about whether a referral to a sleep specialist is needed.

Reviewed by: Elana Pearl Ben-Joseph, MD

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Give Your Family More of the Good Stuff!



Green Bean Basics

Shop and Save

- ☼ Choose fresh green beans with a bright green color and firm texture; they should snap easily when bent. Avoid beans with brown spots or bruises.
- ☼ Beans should be mostly smooth on the surface. Large bumps may mean that the bean is more mature and less tender to eat.
- ☼ You can use fresh, frozen or canned green beans in most recipes. Choose what is cheapest.
- ☼ If larger bags of frozen green beans are cheaper per ounce, use what you need then press out the air and reseal the bag carefully. Return to the freezer immediately.

Green beans are a good source of vitamin K and vitamin C.



1 pound fresh green beans = about 3 cups when cut or 2 cups cooked

Types of Canned and Frozen Green Beans

Whole



Cut - Beans sliced crosswise.



Julienned or French Cut - Beans sliced lengthwise.



For color variety, try **yellow wax beans**. Use them just like green beans.



Green beans are also known as string beans or snap beans

Store Well Waste Less



- Refrigerate fresh green beans in an open plastic bag; use within 1 week.
- Store canned green beans in a cool, dry place at room temperature and use within 8 to 12 months for best quality.
- Frozen green beans should be used within 8 to 12 months. Freeze your own green beans. Blanch the beans in boiling water for 3 minutes. Cool quickly in ice water. Drain. Freeze separated beans on a cookie sheet before packaging and package in labeled containers or freezer bags and freeze right away.

Cooking with Green Beans

Honey Mustard Green Beans

Ingredients:

- 1 tablespoon **yellow mustard**
- 3 tablespoons **honey**
- 3 tablespoons **vinegar**
- 4 cups **green beans**, canned, frozen or cooked from fresh

Directions:

1. For fresh green beans, cook until tender.
2. Heat a medium saucepan or skillet over medium-low heat. Add mustard, honey and vinegar and mix well. Cook until sauce boils and becomes thick, about 10 minutes.
3. Add green beans and stir to coat evenly. Cook until beans are heated through. Serve warm.
4. Refrigerate leftovers within 2 hours.

Notes:

- ✿ 4 cups of green beans is about 1½ pounds fresh or 16 ounces frozen or 2 cans (15 ounces each) drained.
- ✿ Honey is not recommended for children under 1 year old.

Cook Fresh Green Beans

Wash beans under running cool water; snap or cut off the tips of both ends; leave whole or cut or snap to desired size.

- ✿ **Boil** - Add beans to boiling water, cover, cook to desired tenderness (3 to 8 minutes).
- ✿ **Microwave** - Place beans in a covered dish with 2 tablespoons water. Microwave on high for 2 minutes and test for doneness. Continue cooking for 30 seconds at a time until desired tenderness is reached.
- ✿ **Steam** - Add beans to a steamer basket over boiling water. Cover and steam to desired tenderness (3 to 7 minutes).
- ✿ **Sauté or Stir-fry** - Heat beans in a small amount of oil over medium-high heat, stirring occasionally, until desired tenderness is reached (5 to 10 minutes).

Go to FoodHero.org for easy, tasty green bean recipes

Bean Salad

Ingredients:

- ¼ cup **vinegar**
- ¼ cup **sugar**
- 2 tablespoons **oil**
- ¼ teaspoon **salt** and **pepper** (optional)
- 6 cups **beans**, about 4 cans (15 ounces each) drained and rinsed (try a mixture – green beans, wax beans, kidney beans, garbanzo beans)
- 2 cups chopped **vegetables** (try a mixture – onion, carrot, celery, bell pepper)

Directions:

1. In a large bowl, combine vinegar, sugar and oil. Mix well. Add salt and pepper, if desired.
2. Add beans and vegetables and gently stir to coat. Cover and refrigerate until ready to serve. For more flavor, make a day ahead.
3. Refrigerate leftovers within 2 hours.

Green Bean Topping Ideas

- Lemon juice or vinegar*
- Minced garlic or onion, fresh or dry*
- Dried cranberries or chopped nuts*
- Chopped ham or crumbled bacon*
- Lowfat Italian salad dressing*
- Dill or basil, fresh or dry*