



**Fun and
Resources
for
Tuesday
May 19,
2020**

PEANUT BUTTER



Peanut Butter Oat Bites

INGREDIENTS

2 Tbsp butter	2/3 cup <i>creamy peanut butter</i>
1/4 cup powdered sugar	3 Tbsp honey
1 tsp vanilla extract	1 1/2 cups <i>crispy rice cereal</i>
1 cup <i>quick oats</i>	1/2 cup raisins or chocolate chips

DIRECTIONS

- 1 Melt butter in medium saucepan over medium heat.
- 2 Remove from heat and stir in peanut butter, powdered sugar, honey and vanilla. Stir in crispy rice cereal and quick oats and allow mixture to cool.
- 3 Stir in raisins/chocolate chips. Form mixture into 12 1-inch balls. Store in refrigerator.

Serves: 12 (1 oat bite per serving)

One serving: 195 Calories, 11 g Fat, 21 g Carbohydrate,
5 g Protein, 105 mg Sodium, 2 g Fiber

Recipe adapted from myrecipes.com

 PARENTING RESOURCE

Activity Level

 En español

Activity level describes to what extent a child uses movement and physical skills to learn and explore the world.



Some children are not action-oriented. They are “watchers,” and are happy to hang out and play quietly. These children prefer to take the world in by looking or listening, prefer exploring with their hands (using their fine motor skills) instead of their large muscles (arms and legs), and focus their attention intensively on an activity such as working to get a puzzle piece in place.

For the watchers in your care, try the following strategies:

- **Respect his pace and style.** Offer him lots of opportunities to play with the things that he enjoys—for example, books, dress-up clothes, puzzles, building blocks, toy figures, and so forth.

- **Add movement to activities she already enjoys.** Hold a favorite toy a little beyond her easy reach or play music while you are cleaning up—it's easy to shift from listening to dancing.

Other children are “movers and shakers” who seem to always be “on the go”—they like to reach out, grab, crawl, and explore. Movers and shakers love spaces that offer lots of opportunity for movement, tend to reach out for and touch anything they can get their hands on and may need lots of supervision, and aren't “bad” or “wild” or “out of control.” They just love to move.

For the children in your care who are movers and shakers, try the following strategies:

- **Offer lots of opportunities for safe, active exploration.** Baby proof your entire home. Create obstacle courses with pillows on the floor. Play hide and seek, freeze tag, and other active games. Have him help you with everyday activities like setting the table for lunch.
- **Don't expect children to lie or sit still for long.** Let them stand for a diaper change, allow them to turn the pages or act out the story when you read a book, or give them extra time to wind down before naptime.

Balloon Pop! Not!



Materials:

- A Balloon
- 2 pieces of tape, each about 2 inches in length
- Small needle or push pin (with adult supervision)

Instructions:

1. Blow up balloon.
2. Use the the two pieces of tape to make an "X" on your balloon.
3. Carefully (with parent supervision), push needle through the middle of your "X".
4. Leave needle in and see how long it takes your balloon to pop.

How it Works:

What causes a balloon to pop is called catastrophic crack propagation. This really complicated sounded phrase means that the hole in the balloon widening is what makes it pop, not the fact that air is slowly being let out. When the balloon's hole gets bigger, it rips and eventually the balloon pops. In this experiment, the tape slow down this process.

Extra Experiments:

1. Try blowing up the balloon in different sizes. Do the bigger, smaller, or medium sized balloons last the longest?
2. Try using different kinds of balloons. Water, regular, skinny, round, etc. Which one works the best?
3. Try doing it without the tape. What is the difference in time of it popping compared to the one with tape?

Breastfeeding FAQs: Sleep - Yours and Your Baby's

Whether you're a new mom or a seasoned parenting pro, breastfeeding often comes with its fair share of questions. Here are some answers to common queries that mothers — new and veteran — may have.

Where should my baby sleep?

There are many options for where your baby can sleep, but in your bed is **not** one of them. Putting your baby in bed with you, or bed-sharing, is hazardous and increases the risk of sudden infant death syndrome (SIDS).

While bed-sharing isn't a good idea, *room-sharing* (keeping your little one close by) can help make breastfeeding a whole lot easier. Here are ways to do that:

- Put a bassinet, play yard, or crib next to your bed. This lets you keep that desired closeness, which can be especially important if you're breastfeeding. The American Academy of Pediatrics (AAP) says that having an infant sleep in a separate crib, bassinet, or play yard in the same room as the mother reduces the risk of SIDS.
- Buy a device that looks like a bassinet or play yard with one side that is lower, which attaches to your bed to allow you to be next to your baby without the possibility of rolling over onto your infant.

Never let your baby sleep on a soft surface or in the same room with people who are smoking. Babies should always be put on their backs to sleep to help reduce the risk of SIDS.

To make nursing in bed more comfortable for yourself, it may help to keep a donut-type nursing pillow on or near your bed or to use a "husband" back pillow with arms on each side.

Keep the room dimly lit for nighttime feedings and also keep stimulation (talking, singing, etc.) to a minimum. This will help your baby to realize that nighttime is for sleeping — not playing — and will encourage your little one to return to sleep sooner.

My baby falls asleep while nursing. What can I do?

Newborns often fall asleep at the breast, especially after feeling satisfied from a good feeding. (You'll know if your baby isn't nursing if you don't hear swallowing sounds, like little clicks, or see the jawbones moving.)

If you think your baby is asleep and hasn't finished nursing, here are some tips to try:

- undress your baby and rub the back
- tickle the feet
- burp your baby
- try changing your baby's diaper or switching to the other breast

Babies who latch on incorrectly may fall asleep at the breast. If this happens, break the suction and reposition your baby onto your breast to include both your nipple *and* areola. You can break the suction by slipping your finger in the side of your baby's mouth (between the gums) and then turning your finger a quarter turn to break the suction. (If you just pull your baby off your breast, it will likely startle your little one and hurt your breasts as well.)

After you've broken the suction, try to burp your baby and switch your little one to the other breast. A lactation consultant can show you the right latch method and help you with any questions or concerns you might have.

Is it OK to nurse my baby to sleep?

In the first few months of life, it's practically impossible to keep a nursing baby awake who is satisfied with a full belly. Once babies get older, however, most doctors advise against nursing a baby solely for the purpose of getting him or her to sleep. Doing this regularly may prevent your baby from learning how to fall asleep on his or her own.

At nap times and bedtime, try to put your baby down slightly awake so that he or she will get used to falling asleep without having to nurse. Make breastfeeding sessions more about nourishment and less about pacifying.

If your baby is sick or has been separated from you, you may want to nurse for comfort, but try not to make it a habit.

If your baby has trouble falling asleep, consider giving him or her a pacifier. Experts recommend giving babies under 1 year old pacifiers at nap time and bedtime to reduce the risk of SIDS — but only after breastfeeding has become established, so no sooner than 3 weeks of age. But if your little one doesn't want a pacifier, don't push it.

Try to encourage your baby's sleep by establishing a bedtime routine that will be familiar and relaxing. Bathing, reading, and singing can soothe babies and signal an end to the day. Be consistent and your baby will soon associate these steps with sleeping.

When will my baby sleep through the night?

Newborns should be woken up every 3 to 4 hours until their weight gain is established, which typically happens within the first couple of weeks. After that, it's OK if a baby sleeps for longer periods of time.

But don't get your slumber hopes up just yet — most breastfed infants *won't* snooze for extended periods of time *because* they

get hungry. Remember, breast milk is much more easily digested than formula, so it passes through babies' systems faster and, therefore, makes them hungry more often.

Newborns' longest sleep periods are generally 4 or 5 hours — this is about how long their small bellies can go between feedings. If newborns do sleep for a while, they'll probably be extra-hungry during the day and may want to nurse more frequently.

And just when parents think that sleeping through the night seems like a far-off dream, things start to get a little easier. At 3 months, a baby averages a total of 5 hours of sleep during daytime naps and 10 hours at night, usually with an interruption or two. Most babies this age sleep "through the night," meaning 6 to 8 hours in a row.

It can help to stimulate your baby during the day, keep things calm at night, and have a regular bedtime routine. But every baby is different, so don't be surprised if your baby sleeps more or less than others.

Will it hurt my milk supply to let my baby sleep?

Letting your baby sleep through the night (usually at around 3 months of age) isn't going to hurt your breastfeeding efforts. Your body readjusts your milk supply based on when you nurse and how much your baby needs. Some babies will sleep through the night early but will make up for it during the day, so your breasts will accommodate that.

As your baby matures and starts taking solid foods, the need for breast milk will decrease and your body will adjust for that too.

Reviewed by: Elana Pearl Ben-Joseph, MD

Date reviewed: February 2015



Give Your Family More of the Good Stuff!



Ground Beef Basics

Shop and Save

- ✿ Color of ground beef can vary from dark purple-red to a bright red on surfaces exposed to oxygen. Darker color on the inside does not mean poor quality or spoilage.
- ✿ Watch for sale prices on meat. Stock up if you can cook or freeze within a few days.
- ✿ Large 'bulk' packages of ground beef may be cheaper per pound than smaller packages.
- ✿ Try ground beef that is 85% lean or higher. Leaner meat usually costs more per pound but there is less waste.

Never leave ground beef at room temperature for more than 2 hours

Store Well Waste Less

- Refrigerate raw ground beef and use within a few days after the 'sell by' date for best quality.
- Refrigerate cooked meat for up to a week. Freeze for longer storage; use within 2 to 3 months in any recipe using cooked ground beef.

3 ounces of lean beef supplies nearly half the protein most people need in a day.



- Freeze raw ground beef to store longer.
 - Divide into amounts that would be used at one time.
 - Flattened squares or circles about 1-inch thick thaw more quickly than a ball or tube shape.
 - Package in freezer-quality wrap. Exclude as much air as possible; label and date. For best quality use within 4 months.

Thaw Ground Beef Safely:

- 1 **Refrigerator:** Safest method. **Allow 12 hours** to thaw 1 pound. Meat does not need to be cooked immediately and could be re-frozen.
- 2 **Cold water:** Safe if water is kept cold and covers the package. **Allow 1 hour** to thaw 1 pound. Cook meat immediately after thawing.
 - Place the package in a leak-proof plastic bag. Submerge in **cold water**, changing the water every 30 minutes. Use a weight to hold the package under the surface of the water.
- 3 **Microwave:** Safe if cooked immediately. Do not re-freeze unless cooked first. Edges and corners may partially cook during thawing.
 - Remove from packaging; place in a microwave safe container. Use the automatic defrost setting or microwave for **about 3 minutes** at 50 percent power for a 1-pound package.



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 SafeNet at 211. USDA is an equal opportunity provider and employer.

2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Cooking with Ground Beef

Asian Beef and Noodles

Ingredients:

- ½ pound lean **ground beef** (15% fat)
- 2 cups **water**
- 2 packages oriental flavor instant **ramen-style noodles**, broken into small pieces
- 16 ounces frozen **Asian-style vegetables**, or any other frozen vegetables
- 2 **green onions**, thinly sliced
- 1 Tablespoon fresh **ginger**, finely chopped or ¼ teaspoon **ground ginger**
- 2 cloves **garlic**, minced, or ½ teaspoon **garlic powder**

Directions:

1. In a large skillet over medium-high heat, brown ground beef. Drain fat.
2. Add water and ONE seasoning packet to cooked beef and mix well.
3. Add frozen vegetables, green onion, ginger, and garlic. Bring to a boil over high heat.
4. Add ramen noodles, reduce heat to low, and simmer 3-5 minutes until vegetables are tender, stirring occasionally.
5. Refrigerate leftovers within 2 hours.

Makes 6 cups

Prep time: 10 minutes

Cook time: 15 minutes

Go to
FoodHero.org
for easy, tasty
beef recipes

Quick Chili



Ingredients:

- ½ pound lean **ground beef** (15% fat)
- 1 medium **onion**, chopped
- 1 can (15 ounces) **kidney beans** with liquid
- 2 cans (14.5 ounces each) diced **tomatoes** with liquid
- 2 Tablespoons **chili powder**

Directions:

1. Brown meat and onions in a large skillet over medium-high heat. Drain fat.
2. Add undrained beans, tomatoes with liquid and chili powder.
3. Reduce heat to low, cover and cook for 10 minutes. Serve warm.
4. Refrigerate leftovers within 2 hours.

Notes:

- Serve with shredded cabbage, low fat sour cream, cilantro or grated cheese.
- Add other vegetables such as bell peppers, carrots, celery, and corn, if desired.
- Add dried cumin, oregano or red pepper flakes in Step 2 for extra flavor!

Makes 6 cups

Prep time: 5 minutes

Cook time: 20 minutes

Kids Can!

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

- ✳️ safely handle the sharp lids when opening cans.
- ✳️ measure ingredients.
- ✳️ use a spatula to break up ground beef as it browns.