

**Fun and Resources
for
Friday May 29, 2020**





Pear Butter

INGREDIENTS

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1-4 oz jar <i>baby food pears</i>	1/2 tsp lemon juice
1 tsp honey	1/4 tsp cinnamon
1/8 tsp ginger	dash of ground nutmeg
dash of ground cloves	

DIRECTIONS

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- 1** Mix all ingredients in a microwave safe dish. Microwave for 2-3 minutes total, stirring after every minute. Will thicken as it cools. Makes a great topping for toast, pancakes, or even ice cream!

Makes 4 Tbsp (1 Tbsp per serving)

26 Calories, 0 g Fat, 4 g Carbohydrate, 1 g Protein,
3 mg Sodium, 1 g Fiber

BABY FOOD



Peach Spread

INGREDIENTS

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1-4 oz jar <i>baby food peaches</i>	2 dashes nutmeg
1/2 tsp honey	1/2 tsp vanilla
2 dashes cinnamon	

DIRECTIONS

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- 1** Combine all ingredients in a microwave safe dish. Microwave for 2-3 minutes. Stir after every minute. Makes a great topping for toast, pancakes, or even ice cream!

Makes 4 Tbsp (1 Tbsp per serving)

25 Calories, 0 g Fat, 6 g Carbohydrate, 0 g Protein,
0 mg Sodium, 0 g Fiber

Potty Training: Learning to Use the Toilet

There is not one “right” way or one “right” age to learn how to use the toilet. Here are some questions and thoughts to keep in mind as you help your child learn to use the toilet.



When and how to help your child learn to use the potty depends on how ready your child is, as well as your own beliefs and values about toilet training. There is not one “right” way or one “right” age to learn. Here are some questions and thoughts to keep in mind as you help your child learn to use the toilet.

Signs That Children Are Ready for Potty Training

Most children develop control over their bowel and bladder by 18 months. This skill is necessary for children to physically be able to use the toilet. How ready a child is emotionally to begin learning to use the potty depends on the individual child. Some children are ready at 18 months, and others are ready at 3. While every child is different, about 22% of children are out of diapers by 2½, and 88% of children are out of diapers by 3½.

Your child is ready to learn to use the toilet when he or she:

- Stays dry for at least 2 hours at a time, or after naps
- Recognizes that she is urinating or having a bowel movement. For example, your child might go into another room or under the table when she has a bowel movement. This is important—if your child does not realize she is having a bowel movement, she won't be successful at potty training.
- Is developing physical skills that are critical to potty training—the ability to walk, to pull pants up and down, and to get onto/off the potty (with some help).
- Copies a parent's toileting behavior.
- Can follow simple instructions.
- Most important, your child wants to use the potty. He may tell you that he wants to wear "big boy" underpants or learn to go potty "like Daddy does." He may feel uncomfortable in a soiled diaper and ask to be changed or ask to use the toilet himself.

When Not to Start Potty Training

There are some issues that can sometimes get in the way of successful potty training. For example, when children are going through a significant change or several changes at once (see list below) it might be smart to hold off on adventures in potty training. At these times, children often feel overwhelmed and sometimes lose skills they have already learned or were making progress on, like potty training. Common situations that can cause stress and are generally not good times to start training include:

- An upcoming or recent family move
- Beginning new or changing existing child care arrangements
- Switching from crib to bed
- When you are expecting or have recently had a new baby.
- A major illness, a recent death, or some other family crisis

If your child is in the middle of potty training during a stressful time and seems to be having more accidents than usual, know that this is normal. Your child needs all of your patience and support right now. She will return to her previous level of potty training once things have gotten back to normal.

Starting Potty Training

It can be helpful to think of potty training as a process in which both you and your child have your own “jobs” to do.

It is the parent’s responsibility to create a supportive learning environment. This means that you:

- Recognize that your child is in control of his or her body
- Let your child decide whether to use the potty or a diaper/pull-up each day
- Teach your child words for body parts, urine, and bowel movements
- Offer your child the tools she needs to be successful at toileting (such as a small potty, potty seat, stool, etc.)
- Expect and handle potty accidents without anger
- Avoid punishment as well as too much praise around toilet use. (This can make children feel bad when they aren’t successful.)

It is your child’s responsibility to:

- Decide whether to use the toilet or a diaper/pull-up
- Learn his body’s signals for when he needs to use the toilet
- Use the toilet at his own speed

Finding a toilet training method that works for your family is the key. No matter how you do it, remember this is a learning process that takes time, with many accidents along the way. Being patient is the best way you can support your child as she learns.

Keep in mind that children with special needs may take longer to learn to use the potty. They may also need special equipment, and a lot of help and support from you. If you need assistance with your child’s toilet training, talk with your child’s health care provider or community service coordinator.

What to Avoid When Potty Training My Toddler

Toddlers are all about trying to gain some control over their world. They are using their growing physical, thinking, and language skills to gain some power over themselves, their bodies, and their surroundings. This natural and healthy desire for control can lead to power struggles, as children quickly figure out that one way to feel in charge is by refusing to do something they know their parent wants them to do. And, for better or worse, learning to use the potty is way up there on most parents’ list of what they really, really, really want their children to do—and children quickly pick up on that. (Just picture mom and dad clapping and jumping up and down when they see their child’s first bowel movement in the potty.) Toilet training is particularly ripe for power struggles because it is so tied up with toddlers wanting to have control over their own bodies.

So it's important to approach toilet training matter-of-factly and without a lot of emotion. Think of it as just another skill you are helping your child learn. If you show anger or disappointment when it's not going well, or overwhelming joy when it is, it lets your child know this is something you want him to do badly. Refusing to do it becomes a very powerful way for your child to feel in control. The more emotional you are, the more it shows your child how much it matters to you that he use the potty.

It is also very important not to force your child to use the potty because it can cause intense power struggles. These power struggles sometimes lead to children trying to regain control over their bodies by withholding urine or bowel movements. This can create physical problems, like constipation. So if you are starting to see power struggles developing over potty training, it might help to take the pressure off. Stop talking about potty training or doing anything about it for a little while, until your child shows signs of readiness and interest again.

To Use Rewards for Potty Training or Not

Many parents wonder about offering rewards for using the potty—a sticker, an extra sweet, or a little toy every time their child is successful on the toilet. Although these kinds of rewards may encourage progress in the short run, the concern is that for some children, the pressure of “success” in the form of the reward creates anxiety or feelings of failure when they have a (very normal and even expected) potty accident. The other risk is that the use of rewards for toileting can lead children to expect rewards for doing almost anything—finishing a meal, brushing teeth, etc. When parents are matter-of-fact about potty training and don't make a big deal about it, children are more likely to follow their own internal desire to reach this important milestone.

When Preschoolers Are Still Not Interested in Potty Training

Reach out to your child's health care provider with your questions or concerns about potty training. Occasionally, children have physical issues that make potty training more difficult, so a check-up is always a good idea. You may also want to sit down with a child development specialist who can help you figure out what the challenges around potty training might be for your individual child and can help you identify toilet learning strategies that might be more successful.

(<https://www.zerotothree.org/resources/services/lessons-from-toilet-school>)



Dyed Flowers

Materials:

- 3 White Carnations
- 3 Bottles of Food Coloring in Assorted Colors
- 3 Clear 16 oz Plastic Cups
- Water
- Scissors

Instructions:

1. Fill each cup with water half way.
2. Add 3 drops of food coloring into each of the cups. Each cup should be a different color.

3. Carefully cut the end of each of the flower's stem.
4. Place each stem in a different colored water cup.
5. Wait one hour and observe your flowers' petals.
6. Wait one day and observe your flowers' petals.

How it Works:

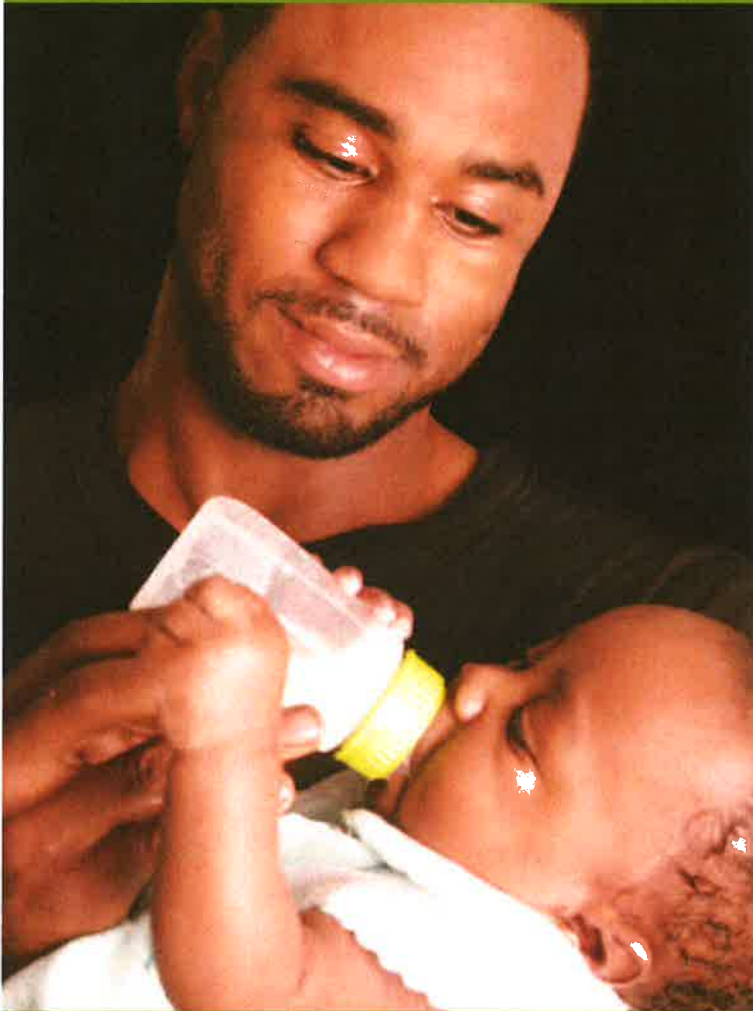
The Xylem of the flower works like an elevator and brings the water from the cup all the way up the plant's stem and into the plant's petals. When it brings the dyed water up it ends up dying the plant's petals. The Xylem is what allows the plant to get water from the roots all the way to the petals.

Extra Experiments:

1. What happens if you try doing 5 drops of food coloring instead of 3 drops?
2. Keep a picture log of your flower. Take a picture each day, and see how many days does it take for your flower's petals to look the most saturated in color.
3. Try using other types of flowers. Do they work as well? Why do you think we suggested using white flowers?

5 Simple Tips

To Support Your **Infant's** Social Emotional Health During



Meal Time

- 1 Hold your baby while feeding.**
"I am going to feed you now Brayden. Mommy is going to find a comfortable spot for us."
- 2 Look in their eyes and connect.**
"I see you looking at me Gabe, I love looking at you too."
- 3 Talk and sing to your baby while feeding.**
"You like the orange carrots Calvin, I see that smile!"
- 4 Consider breastfeeding.**
"Let's find a cozy spot for mommy to feed you Jeremiah."
- 5 Notice signs from your baby that say, "I am done" or "I need more."**
"Kara you are turning your head away, I think you are all done eating."

You Are Your Child's First Teacher!

You and your baby can connect during mealtimes through cooing, singing and looking at each other. Babies love your face and voice. You help them to feel safe when you speak gently. When you know what your baby needs and react, for example by feeding them, it sends a message to your baby that their needs are important.



Foods and Drinks That Can Cause Tooth Decay in Children



by **Maria Masters**

Reviewed on March 19, 2019 ✓



Want to keep your tot's pearly whites shiny, bright and cavity-free? These tips will help you to be savvy about the foods you're serving up.

They're just the first set of precious pearlies — if arguably the cutest — but chew on this: Your tot's baby teeth are also vital to a lifetime of happy smiles and healthy eating. So how do you protect that toothy grin for the future? Even if you brush your little one's teeth twice a day (and floss at night), there's plenty of sipping and snacking going on in between — and the reality is, your little one's teeth are what he eats...and drinks.

To keep his chompers in tip-top shape, you'll need to serve up a menu that's as good for his teeth as it is for his body. Fortunately,

nutritious usually means tooth-friendly, too. Not surprisingly, a diet heavy in sweets and refined carbs is neither — sugars and starches are manna to mouth bacteria, producing a tooth-eroding acid bath that can harm those pearly whites between brushings. To prevent tooth decay, try these teeth-saving tactics.

The culprit: juice in a sippy cup

Juice is a darling of the sippy-cup set, but serving it up sippy-style is a recipe for cavities. Most sippies, like bottles, release liquids slowly, which means that there's more time for that juice (and its sky-high sugar content) to pool in the mouth. Round-the-clock sipping adds to the mayhem, giving bacteria all the time they need to break down tooth enamel and trigger decay.

Teeth-saving tactic: Don't give juice to your child every day — and when you do serve it up, dilute it half and half with water, and stick to no more than 4 ounces a day. Serve juice only with meals and snacks to cut down on tooth enamel wear and tear, and limit on-the-go sippy use to just water. Also consider swapping the sippy for a cup with a straw. Instead of encouraging fluids to pool in the mouth, a straw sends them on the fast track to being swallowed, so teeth are largely bypassed and protected.