A photograph of a building with a rainbow in a window and a mascot character. The mascot is a tan rabbit-like creature wearing a blue baseball cap, a blue t-shirt with "KCI" on it, tan pants, and blue shoes with red laces. It is standing on a black metal railing. In the background, a window shows a rainbow. A sign on the building reads "KELVIN HOTEL".

**Fun and
Resources
for
Monday May
25, 2020**

BABY FOOD



Carrot Bread

INGREDIENTS

2 cups flour	1/3 cup oil
1 tsp baking powder	2 eggs
1 tsp baking soda	2-4 oz jars <i>baby food carrots</i>
2 tsp cinnamon	1/4 cup <i>milk</i>
1 cup brown sugar	1 cup <i>carrots</i> , shredded

DIRECTIONS

- 1** Preheat oven to 350° F. In a large bowl, sift together all dry ingredients.
- 2** In a medium bowl, cream together sugar and oil, add in eggs, milk and baby food carrots. Mix until smooth.
- 3** Pour liquid mixture into large bowl with dry ingredients. Mix until thoroughly blended. Add in shredded carrots. Continue to mix until carrots are evenly distributed.
- 4** Pour into 9 by 5 inch loaf pan, bake for 55 to 60 minutes or until toothpick inserted into loaf comes out clean.

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

One serving: 213 Calories, 7 g Fat, 42 g Carbohydrate,
3 g Protein, 175 mg Sodium, 2 g Fiber




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 Give Clear Directions

Brooke Brogle, Alyson Jiron & Jill Giacomini

"Why do I have to repeat myself time and again?" "Why won't she listen to me?" Listening and following directions are important skills young children must learn. There are many reasons why children do not follow directions.

- **The child does not hear the direction.** Parents often give directions from a distance or in passing. "Lauren, get your shoes on." Did your child actually hear what you said? Just as adults often don't hear what their partner has said to them because they are focused on reading, email or talking on the phone, children too often don't hear what a parent has said because they are focused on a task such as building a tower or drawing a picture.
- **The parent gives too many directions at one time.** When you give your child too many directions at one time, it reduces the chance that she will follow the directions and increases the chance that she will be confused. "Lauren, please go upstairs, brush your teeth and pick up your blocks while I finish the dishes." This multi-step direction is too long and complicated for your child to easily understand. Instead, try giving one direction at a time.
- **The child doesn't understand the direction or the direction is too vague.** Directions such as "Settle down," "stop," or "be nice" might be too vague and difficult for your child to understand. If she is throwing toys out of the bathtub and you simply say, "Lauren," you have not actually told her what you want her to do. If you say, "stop it," it may temporarily stop the behavior, but she still may not know what you want her to do. If what you mean is, "Lauren, toys stay in the tub," then you need to explicitly tell her so.
- **The direction does not tell the child what to do.** Parents often tell children what not to do, rather than what they should do. It is important to state directions positively in order to teach your child the expectation. Instead of saying, "Stop running!", state the direction positively by saying, "Use walking feet."
- **The direction sounds like a suggestion or question.** Daily conversation is filled with questions, suggestions and directions. When you say, "Will you put your shoes away?" you are not giving your child a direction—you are asking her a question. When you give your child a direction that needs to be followed, it is essential that you tell your child what to do rather than ask. For example, "Lauren, put your shoes by the door."

Try This at Home

- It is important to follow through when you give your child a direction. A technique you can use to make sure you do follow through when your child has difficulty complying, or following directions is Do-WAWP.
 - » Do—State the "do" direction.
 - » W—Wait for compliance (silently count to 5).
 - » A—Ask the child to restate the direction.
 - » W—Wait for compliance (silently count to 5).
 - » P—Provide encouragement or help (helping will ensure success).

- **Make sure that you have your child's attention.** Eye contact is a great indicator! When you state the "do" direction you



are teaching your child the desired behavior. For instance, "Lauren, go brush your teeth." When you count to five, you are giving her the opportunity to hear and process the direction. Parents often repeat the same direction over and over in that five second period. When you repeat the same direction to your child time and again, it teaches her that she does not have to follow the direction the first time. Instead, state the direction once and then have your child restate the direction back to you. This way you can confirm that she heard you and understood what you were saying. Finally, offering help may simply mean that you take her hand and lead her to the bathroom. Don't forget to encourage your child by saying something like, "Wow, Lauren, what great listening ears! Thank you for brushing your teeth."

Practice at School

In addition to verbal instructions, teachers use many methods to give directions and help children understand expectations. These methods may include using symbols or pictures, sign language or gestures, songs, puppets, instruments, sand timers, or other tools. The more opportunities children are given to see or hear the instructions, the more likely they are to complete the task. For example, when teachers need to tell the class that it is time to go inside from the playground, in addition to words they may use a sound (e.g., ring a bell) to alert the children about this event. Children know that the sound means that it is time to line up at the door, even if they do not hear the verbal instructions. When teachers pair words with other signals, they help children to confidently and successfully participate in activities.

The Bottom Line

Listening and following directions are skills that children learn through their daily interactions. When children do not follow directions, for any reason, it can be extremely frustrating for parents. You can increase the chances that your child will listen and successfully follow your directions when you make sure that your direction is clearly stated and you follow through.

An important consideration for parents when teaching their child to follow directions is to "pick your battles". You want to avoid insisting that your child follow directions that are not important or can escalate to a major struggle when the direction is not critical. Pick a few, very important directions that you will follow-through with your child.

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Floating Egg

What happens when you put an egg in a glass of regular water?

This is a cool way to learn about density.

Materials:

- One egg
- Water
- Salt (1 – 2 cups)
- A tall drinking glass

- A spoon

Instructions:

1. Pour water into the glass until it is about half full.
2. Place an egg in the glass of water and see if it sinks or floats (it should sink).
2. Stir in lots of salt. Start with 1 tablespoon and stir it until the salt dissolves. Keep adding more salt until the egg floats.
3. Next, carefully pour more fresh water until the glass is nearly full (be careful to not disturb or mix the salty water with the plain water). If you're very careful, you can get the egg to float between the fresh and saltwater!

How It Works:

The egg is denser than the fresh water (more molecules per square inch), this causes it to sink. When you start dissolving salt in the water, this is increasing the density (adding more molecules per square inch). Eventually the water becomes denser than the egg causing the egg to float. When you carefully add fresh water again, this fresh water is less dense than the salt water so it floats right on top!

Extra Experiments:

Are there other liquids you can add to make the egg sink or float?
What else can you dissolve in the water to make the egg float?

5 Simple Tips

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



Dressing

- 1 Talk about what you are doing.**
"Mila, Daddy is going to put your shirt on now."
- 2 Practice patience.**
"David, this shirt is hard for mommy to get over your head, I am going to try a different way."
- 3 Leave extra time.**
"It will be time to go to child care soon, let's get you ready Sasha."
- 4 Offer positive words.**
"Ellen you wiggled your foot into the sock. Way to go!"
- 5 Have fun.**
"We got your shirt on Dedrea, let's clap your hands!"

You Are Your Child's First Teacher!

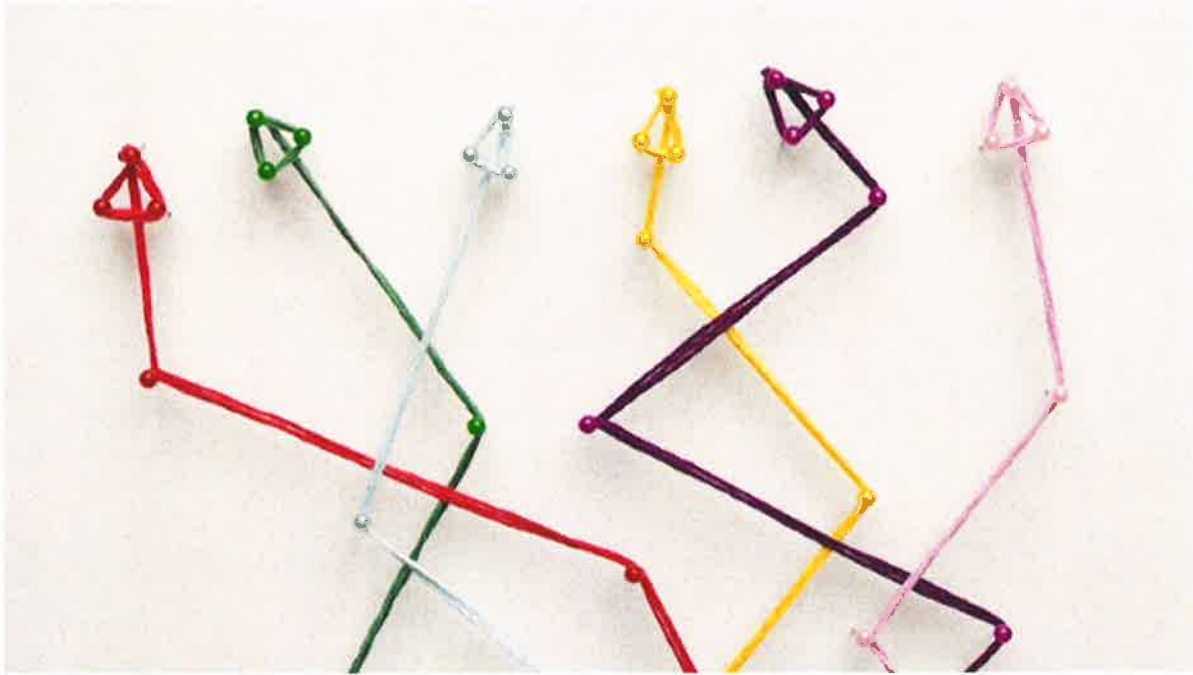
Together, you and your infant can make dressing a special time for connecting. When you show patience and use gentle words, your infant learns from you how to be kind and patient. When you talk positively about what you are doing together your child learns that you like taking care of them, *"Daddy is going to dress you in warm clothes today for our walk, it's chilly outside."*



Immunity-Boosting Foods for Kids

Reviewed on March 17, 2019 ✓

You may not be able to get rid of their sniffles with the snap of a finger, but you can help fend them off with these healthy, power-packed foods.



Every mom wants to help her child stay healthy and fight off infections, especially during cold-and-flu season — but you can't lock your toddler or preschooler away and hope the germs don't find him. One thing you can do is fill his plate with immunity-boosting foods. Research shows a balanced diet with lots of different kinds of fresh fruits and vegetables — particularly those high in vitamins A and C — can help rev up a body's natural ability to fight off disease. Want to supercharge your sweetie's immune system? Serve up these kid-friendly nutrition powerhouses.

Rainbow-Bright Veggies



Foods rich in vitamin A, like carrots, cantaloupe, sweet potatoes, spinach, and kale (as well as eggs, meat, and cheese) help the body fight infection. So serve up mashed sweet potatoes (a dash of maple syrup makes them irresistible), or steam some baby carrots (try adding a little orange juice to the cooking water). Feeling a little sneaky? Whip up a fruit-based smoothie with some hidden spinach or kale (your kids won't even know they're eating their greens). But steer clear of giving your tot vitamin A in pill form: Kids between the ages of two and five need only 300 to 400 micrograms of vitamin A each day, and they could become sick if they overdo it by taking vitamin A supplements. In fact, ask your pediatrician before adding *any* supplements to your toddler's or preschooler's diet.

Berries Blast



Bright, juicy berries like strawberries, blueberries, blackberries, and raspberries are high in vitamin C and flavonoids, which are antioxidants that help protect cells against injury. More good news: Naturally sweet berries don't need much dressing up to make them tempting: Just cut up a mix of whatever berries you've got on hand and serve 'em up, maybe with low-fat vanilla yogurt as a dip. And speaking of yogurt...

Get Cultured



Live cultures such as lactobacillus in yogurt protect against gastrointestinal illnesses and may help increase the body's resistance to colds and other infections. Opt for Greek yogurt, which has more protein than the regular kind, and serve it with granola, fruit, nuts, or honey drizzled on top.

Citrus Crush



Vitamin C helps to slow down cell damage and heal wounds, in addition to protecting the body against disease. To help your child get the vitamin C she needs, offer citrus fruits like oranges as well as cantaloupe and kiwi. Other good sources of vitamin C include sweet peppers, baked potatoes, and broccoli.

Dairy Dip



Besides helping build bones and keep them strong, vitamin D is also important for the immune system. Some of the best sources are milk (which is fortified with vitamin D), salmon, and tuna. Sardines and cod-liver oil also contain high amounts of vitamin D, but good luck trying to get your kids to eat those. One easy way to give 'em a dose of D: Take them outside. The body makes its own vitamin D when exposed to sunlight, but don't forget the sunblock, especially between 10 a.m. and 4 p.m., when the sun is at its strongest.

E-Rich Foods



The body needs vitamin E to fight off bacteria and viruses, plus it can protect your youngster's cells and tissues from damage. Where to find this super immunity-strengthener? Stock up on whole grains, oats, nuts, seeds, and leafy green vegetables like spinach and broccoli. For kid-palatable ways to get more E into your wee ones, serve oatmeal drizzled with cinnamon and honey, whole-grain toast with jam and nut butter, or steamed broccoli florets with a dollop of melted cheese.

Go Fish



When it comes to big-time immunity boosters, foods containing omega-3 fatty acids, like salmon and tuna, are right up near the top of the list. Omega-3 fatty acids help supercharge our white blood cells, which is what the body uses to fight infection. These healthy fats are also found in flaxseeds, flax oil, and walnuts, so add a tablespoon of flax oil to a berry smoothie (your pipsqueak won't know the difference) or offer a tuna sandwich or a yogurt parfait with berries and walnuts sprinkled on top.

Lean on Meat



Zinc helps the body grow, which is why it's so important that pregnant women and kids get ample amounts of this key mineral. Zinc increases our number of infection-fighting white blood cells and T-cells, which also help fight infection and heal wounds. Zinc-rich foods include fortified cereals, lean meats, poultry, nuts, whole grains, and beans. Guess which kid favorite is chock-full of zinc? Chicken noodle soup, especially when seasoned with plenty of garlic, another immunity-boosting superstar.

Get Nutty



Nuts are loaded with immunity-boosting vitamins and minerals, so they definitely deserve a spot in your sweetie's diet. Try almond butter slathered on apple slices or a good old peanut-butter and jelly sandwich. Always buy all-natural nut butters to avoid hydrogenated oils, and don't give young toddlers whole nuts or spoonfuls of nut butter since either could pose a choking hazard: Instead, spread a thin layer of nut butter on toast or crackers. And be sure to check with your pediatrician before giving your child any nut products for the first time — nut allergies can be very serious, even life-threatening.