

**Fun and Resources
for
Thursday May 28, 2020**



YOGURT



No Recipe Needed!

1 Popsicles: Blend **fruit** and **yogurt**. Freeze in disposable cups.

2 Parfaits: Layer **yogurt**, **fruit**, and **cereal** in a cup.

3 Top whole grain pancakes or waffles with **fruit** and **yogurt**.

4 Spread **yogurt** on a graham cracker and top with sliced **bananas**.

5 Make a **yogurt** fruit dip by adding a little whipped cream and cinnamon.



Apple Cinnamon Spread

INGREDIENTS

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1-4 oz jar *baby food apples* 2 tsp brown sugar
1 Tbsp raisins 1/2 tsp cinnamon

DIRECTIONS

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1 Mix all ingredients in a microwave safe dish. Microwave for a total of 4 minutes, stirring after every minute. Makes a great topping for toast, pancakes, or even ice cream!

Makes 5 Tbsp (1 Tbsp per serving)

25 Calories, 0 g Fat, 8 g Carbohydrate, 0 g Protein,
2 mg Sodium, 1 g Fiber

How to Support a Child Who is Slow to Warm Up



Observe and Learn

Look for patterns in your child's behavior:

- **Times.** Are there certain times of day that are harder for your child to make transitions? Are mornings or evenings more difficult for her? Or when she's hungry or tired?
- **Places.** Is your child slow to warm up in all settings, or are some more difficult to adjust to than others? For example, some children find it easier to visit another person's home but are stressed in more busy, crowded places (the mall, a street festival, an amusement park).
- **People.** Are there people your child is more cautious with than others? Is he more comfortable with adults or children? Every child is different. For instance, one normally shy child who clung to her parents whenever meeting a new person immediately fell in love with her new pediatrician who looked a bit like her adored grandmother. You never can tell!
- **Stimulation.** Some children have a tougher time joining in an activity when there is a lot of stimulation: sounds, lights, movement, and so on. A birthday party at a children's gym—with music blasting, lots of people and activity, in bare feet and touching lots of new textures—might be very overwhelming for a cautious child. In fact, some research has found that being sensitive to textures and sounds is associated with a more fearful temperament.

Respond Based on Your Best Understanding of the Behavior

For example, if your young toddler has a difficult time separating at a babysitter's home or at child care:

- **Acknowledge your child's feelings.** This lets her know that you understand her. "It is hard for you to say good-bye. You don't like it when daddy leaves. I understand. Saying good-bye is hard."
- **Engage your child in an activity that he enjoys.** For example, you might sit on the floor and begin building a block tower with your child, or read part way through a book that you can finish when you reunite. (This can be a helpful strategy in bridging the time between when you part and when you reconnect.)
- **Invite another child or caregiver to join you in your activity to help make the transition.** Once the new person has joined, tell your child that you will be leaving shortly: "I will go to work in 5 minutes. Before I go, I will give you a big hug and kiss."
- **Be sure to say good-bye.** Consider creating a good-bye ritual to share with your toddler. For example, you might give each other kisses in the palms of one another's hands to "hold" all day long. These kinds of rituals can make separations easier.
- **Ask a trusted caregiver to stay with your child while you leave.** If your child is crying, reassure her and explain what will happen next: "I know you're sad. You will miss me, and I will miss you. But I need to leave to go to my job. And you will stay here and do your job—learning and playing. Miss Kathy will stay with you and take good care of you. I will come back after naptime to pick you up."
- **Avoid lingering or coming back in after you've said your good-bye.** This can be confusing to your child and make it harder for him to adapt to your absence. It sends the message that you are worried about him, which may make him think there is something to worry about. Your child picks up on your cues. If you act anxious, he is likely to feel anxious too. If you show confidence that you know he will be fine, he is likely to feel more secure and adapt more quickly to the separation.

Help Your Child Enjoy Social Interaction and Learn Social Skills Through Everyday Experiences

- **Make sure your child knows you love and accept her.** Respect her needs, when you can. For example, if she doesn't like being in big groups, keep her birthdays small with only a few close friends instead of that big bash with 15 kids and a magician.
- **Avoid labels.** Telling someone who is slow to warm up to "try not to be so shy" is like saying, "Try not to be yourself."
- **Look for opportunities to build your child's self-confidence and ability to assert himself.** Notice your child's interests, successes, skills, and milestones. Make time to play together doing things your child enjoys.
- **Provide comfortable opportunities for developing social skills.** These opportunities might include playtime with one or two other children. If your child is in child care, ask your child's caregiver for recommendations of children who would be well matched with your child.
- **Make time for your child to warm up to new caregivers.** Your child may never be the kid who runs right into the babysitter's arms as you are going out the door. So plan ahead and make sure you have enough time to help your child get acquainted and comfortable with the caregiver.

- **Give notice about new people, events, and places.** Let your child know that her Uncle Bob is coming to visit, her friend's birthday is later that afternoon at the park, or she is moving to the Bluebirds room at child care next week. Letting her know what to expect gives your child a sense of control, which can reduce her anxiety.
- **Put what you think your child is feeling into words.** "You are watching Marco build the castle with blocks. Want to see if we can join in?"
- **Provide regular opportunities for social interaction in your home.** Getting together with family and friends gives children an opportunity to practice social skills in a familiar, safe setting.
- **Read books about friendships.** Some good books to share with babies and toddlers include the following: *My Friend and I* (Lisa Jahn-Clough), *Big Al* (Andrew Clements), *Little Blue and Little Yellow* (Leo Lionni), *Gossie and Gertie* (Olivier Dunrea), *My Friends* (Taro Gomi), or *How Do Dinosaurs Play With Their Friends?* (Jane Yolen).

Knowing When to Seek Help

What's Going On With You?

Tuning in to your own approach to new people and situations is important. If you share a similar temperament with your child, his approach may feel natural and not be of any concern. But for parents who are more outgoing by nature, having a child who is slow to warm up may feel more challenging. You may wish, at times, that your child would not cry when others wanted to hold him, or that he didn't need quite so much comforting during a joyful, (but loud), holiday dinner. You may long for the day that your child runs onto the playground and starts exploring, instead of standing at the edge watching the other children for the first 20 minutes. These are all normal feelings.

What is important to remember is that to nurture your child's healthy development and self-esteem, your child needs you to accept her for who she is. This means encouraging her strengths (e.g., her ability to play on her own, or to observe what's going on around her carefully), and providing support when she needs it (visiting and exploring a new class in child care to help her feel comfortable).

When you notice and appreciate how you and your child are the same, and different, you can modify the way you parent in order to meet your child's individual needs. This helps your child feel loved, confident, important, and capable. Your sensitive parenting helps your child know and feel good about himself as he grows and learns.

When to Seek Help

If you see your child exhibiting any of the following behaviors, consider seeking the guidance of a trusted health care provider or child development professional to be sure your child's social development is on track.

- Doesn't smile back when you smile (by about 4 months).
- No back-and-forth sharing of sounds, smiles, or other facial expressions (by about 9 months).
- Does not babble (by about 12 months).

- No back-and-forth gestures, such as pointing, showing, reaching or waving (by about 12 months).
- Doesn't show that he knows the name of familiar people or body parts by pointing to or looking at them when they are named (by about 18 months).
- Poor eye contact.

Shows little pleasure in people and/or playful experiences.

(<https://www.zerotothree.org/resources/services/cuddlebright-experience>)

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Gorgeous Goopy Gobstoppers



Materials:

- Plate
- Water
- 10 Gobstoppers

Instructions:

1. Pour water until plate is covered. Don't pour so much that the water leaks over.
2. Place 10 Gobstoppers onto plate in any design you want.
3. Wait and observe for 2-3 minutes as the outer dye appears to melt into the water. What a masterpiece you have created!

How it Works:

Gobstoppers dissolve very quickly when wet. That's why our saliva breaks them down quickly. The outer layer, which has the different colored dye, is the first to dissolve. When this happens, the colors spread in the water and make a really cool design.

Extra Experiments:

1. Try using less Gobstoppers, are the colors able to spread to the edges of the plate?
2. With your parent's permission, taste one of the partially dissolved Gobstoppers, does it taste the same or different? Try a different color, do they taste the same or different?
3. Use vinegar instead of water, does it still have the same results?

5 Simple Tips

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



Play Time

- 1 Follow their interests.**
Lily, I see you bouncing to the music, let's dance together!"
- 2 Talk about what you see.**
"Sal, look at those big, red apples! Do you want to hold one for me?"
- 3 Sing and read.**
That's it David, snuggle in and let's look at this story together."
- 4 Offer encouragement.**
"Helena, you almost rolled over, come on big girl, let's try again!"
- 5 Have fun and laugh together.**
"Daddy loves your giggles, Talia!"

You Are Your Child's First Teacher!

Infants are wired to learn and connect with people they love. Playing with your baby every day builds your parent-child bond. When you sing, read and talk with your baby and look into their eyes, it helps their brain to grow.



The Facts on the Food Plate



by **Heidi Murkoff**, author of *What to Expect When You're Expecting*.

Reviewed on February 28, 2019 ✓



Stocksy

"I've heard that the Food Pyramid has been replaced with something called a food plate. Why did it change and what do I need to know about it to keep my toddler healthy?"

When was the last time you fed your toddler (or yourself) from a triangular-shaped plate? Exactly.

So now you see why the United States Department of Agriculture chucked its impractical Food Pyramid and introduced something that everyone can relate to: MyPlate, an image of a big circle (a plate) and a small circle (generally, a cup). The plate is split into four sections for fruits, vegetables, grains, and protein. The smaller circle beside the plate is for a dairy serving, usually that

glass of milk your child should be drinking. Feeding your toddler a balanced diet that'll help both his brain and body grow is a snap when you follow these simplified food-plate suggestions.

Fill half of each plate with fruits and vegetables. Unlike its pyramid-shaped predecessor, MyPlate doesn't ask you to envision how many spoonfuls of peas equal one toddler serving. Instead, the guidelines encourage you to look at your child's plate, picture a line dividing it down the middle, and then fill one of those sides (that's half of the plate) with fruits and vegetables. Aim for slightly more veggies than fruits because they tend to be more nutrient-dense.

Go heavier on whole grains. Next, take a look at that empty half of your child's food plate. You want to fill about two-thirds of that side with whole grains like whole-wheat bread, pasta, and tortillas; brown rice; or oatmeal (always check ingredient lists for the words "whole grain" or "whole wheat"). Refined-grain "white" foods like white bread, macaroni, and crackers lack fiber and aren't as nutritious, which is why at least half of the grains your child eats every day should be whole.

Complete the plate with protein. Fill the space that's left on your child's food plate with some type of toddler-friendly protein: lean beef, chicken, fish, or pork; peanut butter or nuts (if your tot's not allergic); beans or peas; or eggs. Choose lean cuts of meat (look for the words "loin" or "round" on the packaging) and skinless chicken. Trim away fat before grilling, baking, or broiling (and forgo frying altogether).