

Fun and Resources for Tuesday May 26, 2020



BABY FOOD



Chicken Broccoli Alfredo

INGREDIENTS



Soup or Sauce Mix

2 cup powdered non-fat dry milk	1/4 cup instant chicken bouillon
3/4 cup corn starch	2 Tbsp dried onion flakes

Broccoli Alfredo

2 cups steamed broccoli florets	1/3 cup sauce mix (see recipe above)*
1 cup cooked chicken breast, cubed	
4 cups whole wheat fettuccine noodles	1 1/4 cups cold water
	2-2.5 oz jars baby food chicken
2 Tbsp reduced fat cream cheese	
1/4 cup Parmesan cheese	1-2 dashes of pepper

*Note: This will make 3 cups + 2 Tbsp of soup mix (9 portions). Store in an air-tight container. Ask a WIC staff member for more recipes using this soup or sauce mix.

DIRECTIONS



- 1** Mix the "Soup or Sauce Mix" and cold water in a medium pot. When soup or sauce mix is completely dissolved, place over medium heat and cook until bubbly.
- 2** Stirring frequently, add in parmesan cheese and cream cheese. Cook until cheese has melted. Add in baby food chicken.

BABY FOOD



Chicken Broccoli Alfredo

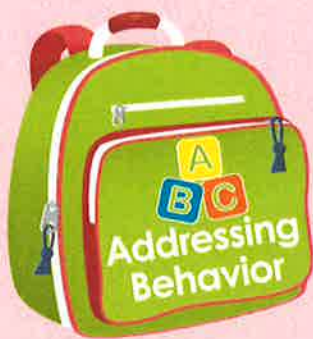
DIRECTIONS (CONTINUED)

3

On four separate plates, place 1 cup fettuccine noodles on plate, top with 1/2 cup broccoli and 1/4 cup cooked chicken. Pour 1/2 cup sauce over top, sprinkle with more Parmesan cheese, and black pepper to taste.

Serves: 4 (1 cup fettuccine with 1/2 cup broccoli, 1/4 cup chicken, and 1/2 cup sauce per serving)

One serving: 380 Calories, 8 g Fat, 49 g Carbohydrate, 27 g Protein, 373 mg Sodium, 3 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

Teachable Moments: How to Help Your Child Avoid Meltdowns

Brooke Brogle, Alyson Jiron & Jill Giacomini

Does this sound familiar? Your children are playing in the living room while you clean up the kitchen. You answer the phone, and a few minutes later, one child is angry and screaming because someone took her toy and the other is in tears because her sister hit her. It is in escalated moments like this that parents often find themselves trying to teach rules or give long explanations. Unfortunately, in moments such as this, your child usually is not even hearing your words let alone learning the rule. This is not a teachable moment.

There are countless teachable moments daily when skills can be taught and emotions discussed, such as during play time, in the car, at bath time or while reading together. As a parent, you can reduce challenging behaviors such as hitting, biting, pushing and whining when you 1) concentrate on calming your child during a challenging behavior incident and 2) wait until an appropriate teachable moment to actually teach your child.

Think again about the scenario when you are on the phone and your children are fighting. Below are several examples of how you could use teachable moments throughout the day to reduce the chance that the challenging behavior occurs in the first place.

- **Teachable Moment #1** – During morning reading time, read the book *Hands Are Not for Hitting* by Martine Agassi. For additional activities to do with this book, go to <http://csefel.vanderbilt.edu/resources/strategies.html#booknook>.
- **Teachable Moment #2** – During breakfast time, intentionally teach the skill of sharing by saying, "Thank you for sharing the syrup with your sister!"
- **Teachable Moment #3** – When your children are playing on the floor quietly, sit on the floor, make eye contact and say, "Wow, you girls have been playing for 10 minutes quietly! Tell me about what you are building." This teaches the desired behavior of playing quietly together.
- **Teachable Moment #4** – When the phone rings. Put the phone down, tap both girls on the shoulder and say, "I am going to be on the phone for 10 minutes. When this timer is done, come tap me on my leg and show me the timer."



Try This at Home

Find teachable moments throughout the day!

- **Play Time (responding to common challenging behavior):** "Oh, no! I see that your bunny is super sad. Her sister is trying to take her toy. I wonder what she can do?" You can teach appropriate ways of getting her needs met. She

can ask for help, get a timer or trade her sister for another toy.

- **Bath Time (teaching rules):** "The water stays in the tub. You can use the cup and pour water into another cup or you can pour water on your body."
- **Car Time (teaching friendship skills):** "I saw that your friend, Bella was sad at school today and you made her a picture. I bet that made her feel better. What a great friend you are!"
- **Story Time (teaching emotions):** "Wow, that little girl in this book is really angry! I saw that she asked her mom for a hug. That is a great way to feel better. I wonder what you can do when you feel angry?"
- **Meal Time (teaching expectations):** "Let's practice asking for more milk." Role play with whining, yelling or just banging your cup. Then, teach the expected behavior. "You can ask nicely, say, 'Mommy, milk please.' When she does this, jump up and say, 'I'm happy to get you milk!'"



Practice at School

At school, teachers prepare students to solve social problems in appropriate ways before problems occur. Teachers use role playing, puppets or circle time to discuss emotions and possible solutions. Teachers provide opportunities to practice and reinforce skills during class. For example, children may practice how to trade a toy at circle time with a puppet. Later, teachers can compliment a child when they see him trade during play time. "Wow! You remembered that when a friend is using a toy, you can ask him to trade!" Teaching skills in advance gives children the confidence to successfully manage a situation and allows caregivers the opportunity to praise a child for making a wise choice.



The Bottom Line

Young children are learning in every moment. They are actively discovering the world around them. You are always teaching your child. Strolling in the park, reading books and giving her a kiss before bed all teach her about her world. You can use the many calm and happy moments in your day to intentionally teach expectations, rules and skills that will help your child be successful and reduce challenging behavior.



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Polishing Pennies

Materials:

- Lemon Juice
- Dirty Pennies
- A cup
- Paper Towels
- Taco Sauce (optional)

Instructions:

1. Put a dirty penny in the cup and cover it with lemon juice.
2. Wait about five minutes then remove the penny and wipe it off with a paper towel.
3. Try the taco sauce to see which works better.

How it Works:

Pennies are made out of a metal called copper. The copper mixes with oxygen, the same gas that we breathe. This causes something called oxidation and makes the penny look dirty. Lemon juice has acid in it that removes the dirty color or oxidation and makes the penny nice and shiny again!



Extra Experiments:

Does vinegar work?

If you color the penny with marker does it come off?

Does it work with nickels, dimes or quarters?

5 Simple Tips

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



Diapering

- 1 Create a routine.**
"Hi Derry, you had a good nap! Let's check your diaper."
- 2 Know the signs.**
"Eli, I see you pulling on your diaper, do you need to be changed?"
- 3 Take time to Connect.**
"Look at that big smile Henry! You make mommy smile too!"
- 4 Offer choices.**
"Kia do you want the red ball or the bear to hold while Daddy changes you?"
- 5 Practice patience.**
"I know you don't like to be changed but we need to take good care of you. Mommy is almost done."

You Are Your Child's First Teacher!

Diapering is an every day routine that creates an opportunity for connecting with your infant. When you coo, babble and talk with your infant it sends a message that they are important. They love your voice and face! Creating a simple routine for diapering—doing some things the same every day, can help your infant know what to expect and will make the experience smoother for each of you, *"Daddy is going to change your diaper and sing our song and then we will go play with our toys!"*



8 Ways to Pack Protein Into Your Child's Diet



by **Jenn Sinrich**

Reviewed on March 19, 2019 ✓

Looking for a protein-fix for your pipsqueak? Try these fun, quick and easy foods to balance her nutrition and keep her tiny taste buds happy.



If your little one loves carbs, but turns up her nose when it comes to meat, you may worry that she's not getting enough body-building protein. Need a fast fix for your worrying woes? Serve up some of these fun and easy-to-make foods to make sure your toddler gets all the protein she needs.

Know his protein needs

You can relax a bit about your pipsqueak's protein requirements. A to 3-year-old only needs about 13 grams (g) of protein daily, according to the United States Department of Agriculture (USDA), while a 4- to 5-year-old requires about 19 g. To put things in perspective,



one egg has about 7 g of protein, a cup of milk has about 8 g, half a cup of yogurt has about 5 g, and a tablespoon of peanut butter has about 4 g. A typical serving of protein for a toddler is half an egg, half a cup of milk, one-third cup of yogurt or one tablespoon of peanut butter; so if you space out four or five little protein servings over the course of a day, you'll meet that protein quota easily.

Milk it



Milk is a good source of protein, but not all kids are fans. So get creative and disguise milk by mixing it into other foods. Soak whole grain bread in milk and a beaten egg, then fry it in a little butter to make French toast. Whip up a smoothie for an easy breakfast; to sweeten the drink, add a little fresh fruit (frozen bananas work great and give an extra boost of nutrition) and a drizzle of maple syrup.

You can also serve your little puddin' some homemade pudding (with milk). Another easy option: Make a can of tomato soup with milk and serve it with whole grain crackers for a hearty lunch. The American Academy of Pediatrics (AAP) recommends whole milk for children ages 1 to 2, and while older kids can switch to 2 percent or 1 percent, some recent research shows that whole milk might be the healthiest kind for all ages.

Get cultured



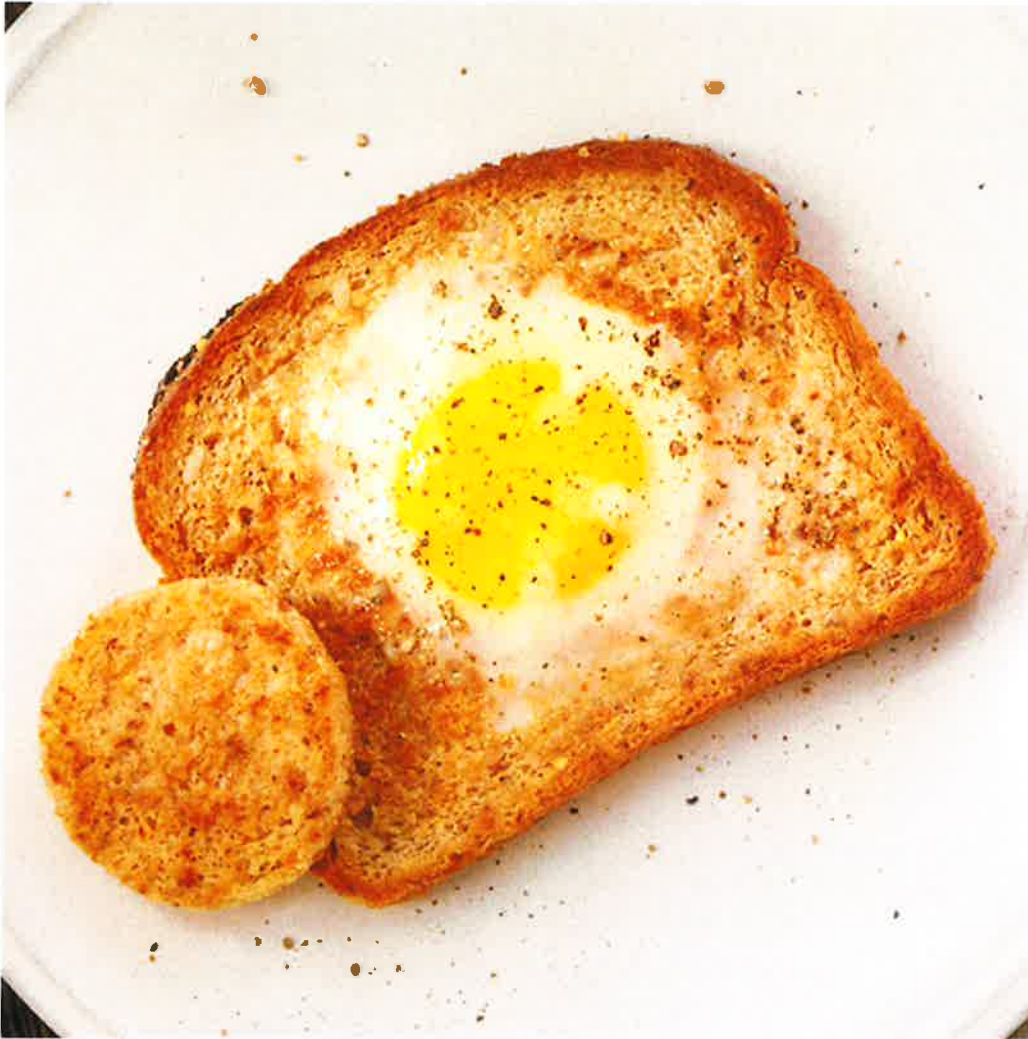
Introduce your child to yogurt by making a sweet and colorful parfait. Layer Greek yogurt (which contains twice as much protein as regular yogurt) with cut-up fresh fruit in a parfait dish and top it off with your little one's favorite crunchy cereal. You could also serve dip (vanilla yogurt or another low-sugar fruit-flavored yogurt) with some sliced apples, pears, peaches or plums. If your small fry likes baked potatoes, use plain Greek yogurt and grated cheddar cheese as a topping. You can also use yogurt in place of milk when you make pancake batter — as well as in any recipe that calls for sour cream.

Shape up.



Kids love all kinds of shapes — so present cheese and meat in all different ways. Alternate cubes of cheese and fruit on kid-friendly kebab skewers and your child just may ask for seconds. Cut string cheese, baby meatballs and oven-fried chicken breast into quarters and spear the cheese and meat on her little toddler fork so she can feed herself. Instead of cooking the typical burger, prep some tiny sliders and pop them into slider buns. Serve with dipping ketchup and watch your child's appetite wake up. Make quesadillas by melting cheddar between two flour tortillas, then cutting them into small wedges for Mexican pizza.

Play the name game



If you give a cute name to your dish, your cutie-pie may be willing to give it a try. If he doesn't like eggs, try making a Toad in the Hole: Let him punch out a small circle from a slice of bread using a two and one-half-inch cookie cutter. Then melt a teaspoon of butter over medium heat in a small skillet and place the slice in the pan. Break an egg in the middle and cook until the egg is set. Then flip it over until the egg has finished cooking and the bread is golden. You can also make Scrambled Pizza by scrambling eggs and adding some grated mozzarella cheese, then sliding it onto a plate and topping off with tomato sauce. Or take a page from Dr. Seuss' *Green Eggs and Ham*, and let your child help you make it (eggs scrambled with pesto and Parmesan, with ham diced into tiny pieces).

Spread it on.



Peanut butter is a good protein source, but make sure to spread it thinly — as it can be a choking hazard. Introduce your little one to some of the other nut butters, such as almond and cashew, by spreading some thinly onto a whole-grain cracker or piece of toast and topping it with a fruit spread or some mashed-up fresh berries. Nut butters are also good on apple and pear slices or raw vegetables. If your child has a peanut allergy, ask your pediatrician if she can eat other types of nuts or seeds.

Fish for seafood



Smaller fish usually have a lower risk of mercury contamination; choose mild, flaky varieties like sole, flounder, tilapia, salmon and pollack. Make fish fingers by coating small chunks of fish with a mix of bread crumbs, a little grated Parmesan and salt and pepper. Drizzle with olive oil and bake at 400 degrees F for at least 10 minutes, or until the fish flakes easily with a fork and the coating is crisp. Canned chunk-light tuna from a can or pouch is fine in moderation, but it's important to keep track of your child's mercury intake. Make tuna salad with light mayo and finely chopped carrot and celery, spread on whole wheat bread, and cut into quarters.

Choose carbs carefully



Even if your little one refuses to *mangia* meatballs, whole wheat spaghetti alone is a great source of protein — just an ounce of uncooked whole wheat pasta is the equivalent of a toddler-sized protein serving. Top some whole wheat macaroni with cheese or add some broccoli or peas for an easy main course, or boost the protein content of pasta by making an Asian peanut sauce. Mix cooked linguine with pesto and either sprinkle with grated Parmesan or serve with a side of tomato sauce. Make vegetable fried rice with brown rice (one-third of a cup of cooked brown rice is a good toddler serving size and contains nearly 2 g protein) or rice pudding with brown rice.