



**Fun and Resources
for
Wednesday May 27, 2020**

YOGURT



Guacamole Dip

INGREDIENTS

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2 avocados	1/2 cup salsa
1 garlic clove , minced	1 tsp lemon juice
1/4 cup plain yogurt	salt, to taste

DIRECTIONS

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- 1 Remove pit from avocados, scrape out pulp and mash it in a mixing bowl. Add salsa, garlic, lemon juice, and yogurt. Season with salt to taste. Mix well to combine.

Makes 2 cups (2 Tbsp per serving)

One serving: 40 Calories, 4 g Fat, 3 g Carbohydrate,
1 g Protein, 38 mg Sodium, 2 g Fiber

Recipe adapted from prevention.com

Children with Shy or Slow to Warm Up Temperaments

Feb 18, 2016

By Claire Lerner and Rebecca Parlakian

Every child is born with his own way of approaching the world. Learn how to help your child cope with new people, new experiences, and change in ways that suit their temperament.

There are many, many children who are shy or “slow to warm up,” meaning they are uneasy or cautious in new situations or with unfamiliar people. As babies, they didn’t like being held by just anyone; they wanted to be cuddled by only a few special, trusted people. As toddlers, they stay on the “sidelines” for a while, watching what others are doing until they feel comfortable enough to join in. They may have a difficult time with changes like a new child care provider, and protest when a relative they don’t see often offers a big hug.



Consider Your Family

No two children or families are alike. Thinking about the following questions can help you adapt and apply the information and strategies below to the unique needs of your child and family.

- How would you describe your temperament? What’s it like for you to meet new people or deal with a new situation?
- How are you similar to or different from your child in this way? How do these similarities or differences impact your relationship?

Temperament and Children Who Are Slow to Warm-Up

Every child is born with his own way of approaching the world, which we call “temperament.” A child’s approach to new situations and unfamiliar people is one very important temperament characteristic. The fact is that some children are naturally more comfortable in new situations and jump right in, whereas others are more cautious and need time and support from caring adults to feel safe in unfamiliar situations.

At the same time, these children are often very careful observers who learn a lot from what they see, and who may be more inclined to think through situations before they act—an important skill.

Temperament is not something your child chooses, nor is it something that you created. There is not a “right” or “wrong” or “better” or “worse” temperament. But temperament is a very important factor in your child’s development because it shapes the way she experiences and reacts to the world. A child who is cautious and a child who jumps right in are likely to have very different experiences going to your annual family reunion, for example, and will need different kinds of support from you.

Also, keep in mind that cultural expectations play a role in a child’s sociability as there are cultural differences around how “shyness” is valued. For example, in some cultures, shyness is seen as a positive attribute and is encouraged and expected. In others, being more assertive is more highly valued.

Coping with new people and experiences

Some children seem to come out of the womb waving hello. Others are more hesitant around people they don’t know, beginning even as young babies. As they grow, these children often prefer to play with just one or two close friends, instead of a large group. Children who are slow to warm up often need time and support from trusted caregivers to feel comfortable interacting in new places or with new people.

Remember that a child’s behavior can vary in different situations. You may find your toddler is very quiet at a friend’s birthday party but is chatty as can be with his grandparents, whom he knows well and adores. Children who are slow to warm up are often very happy playing by themselves or just hanging out with you. Although they may need less, or different, kinds of social interactions, these children are just as happy as their more outgoing peers.

Coping with change

Young children are known for being inflexible about their routines and are generally not crazy about change. However, some children seem to have an easier time with transitions, are more flexible, and can move from one activity to another more easily than others. Children who are slow to warm up often prefer things to stay the same and are more resistant to trying something new, such as a new babysitter or even a new car seat. It’s not uncommon to hear lots of “No, No, No!” in these situations. Cautious kids often need time and support before they are ready to make a transition. Routines are especially important and comforting. They help children feel in control of their world.

What to Expect from Birth to Three

Birth to 18 Months

Beginning at about 8–9 months of age, almost all babies are coping with separation and stranger anxiety. These are important developmental stages that most babies go through and are not the same as shyness. However, it is important to keep in mind that babies who are by nature more slow to warm up, often experience difficulty with separations and may have a harder time being soothed.

- Separations are a big issue at this stage because babies now:

- Understand that they are their “own person,” separate from their parents.
- Recognize the difference between familiar people and unfamiliar people.

Understand that people and things still exist even when out of their sight (object permanence). You see that your baby understands this concept when she looks for a toy that is hidden in a toy box, or for a ball that has rolled under the couch. Babies’ ability to grasp this idea is why, at this time, they often begin protesting at bedtime, crying out when put to sleep. They now know that you are still out there somewhere after saying good night, and naturally, want to make you come back!

During this period, babies who previously had separated easily may start to cry and protest more at partings (such as drop-off at child care or bedtime) than they did before.

You can help reassure your baby by always saying good-bye. Give her a big hug and tell her she is in really good hands. With a smile, let her know that she will be just fine and you will see her later. Also, be sure your baby (over one year of age) has a “lovey” or special stuffed animal/blanket to cuddle while you are away. Although tempting, avoid sneaking out when you have to leave your little one in someone else’s care. Sneaking out sends the message that you think you are doing something wrong by leaving her. This can increase any fearfulness she has about separations and being cared for by others.

Even at this young age, babies differ in their approach to social situations. Some seem eager to interact with anyone they meet. They coo and babble to the person behind you in the grocery line, and crawl or run up to another mom reading books to her own children at the library. Other babies are more cautious around new people. They don’t seem to like being held or cuddled by people they don’t know well. They cling to you, or hide behind your leg, when meeting someone new. They are slow to warm-up and need time to get adjusted to and feel comfortable with new people.

It’s important to keep in mind that the goal is not to change your baby’s temperament. It is critical that he feel accepted and respected for who he is. You support your baby when you help his caregivers understand who he is and what he needs. Talk with them about your child’s temperament, how he likes to be soothed, what comforts him, and how he prefers to be held. This information is important because it helps your child’s caregivers provide the care he needs and deserves, and makes your child feel safe with and trust them.

18 to 36 Months

You may see your slow-to-warm-up toddler:

- Stick close to you when meeting new people or at activities like story hour at the library.
- Need some time to get comfortable in a new setting, such as a friend’s house or new playground, before she settles in and starts to play.
- Rarely talk to people he doesn’t know.
- Prefer to play with you, or have you close while she plays with others.
- Have a difficult time transitioning to a new caregiver, such as a new babysitter.
- Appear overwhelmed (cry, protest, want to leave, etc.) in busy, social settings like a mall, playground, or birthday parties.

Seem fearful at activities like parent–baby music or gymnastics classes.

Between ages 2–3, as your child starts to play more interactively with other children, you may find that he prefers to play with just one or two other good friends, rather than with a large group. This is very common. Remember, there is no right way to be social. What makes a child happy can be quite different depending on the child. The number of friends a child has is not necessarily an important factor. The quality of the friendship is.

Toddlers who are slow to warm up may also benefit from structured activities to help them transition to playing with others. For example, at the beginning of play time or a party, you may suggest making music (a wooden spoon and pot is perfect) or playing outside in a sandbox. This type of play gives children some time to engage in side-by-side play before getting into more interactive activities. It can also help to schedule playtimes and parties at your home when possible so that your child is somewhere she feels safe, secure, and confident.

Remember—temperament is not destiny. You can respect your child's slow-to-warm-up nature while helping him learn the skills he needs to adjust to new situations and new people successfully. For example, when you arrive at a new playground where there are lots of children playing, follow your child's lead and just watch the action for a while. Then, when you see your child feeling more relaxed and interested in what is going on around him, suggest that you push him in the swing or go down the slide with him. Ask him to pick a piece of equipment to explore next. Step by step, with time, you help your child adjust to this new place—and enjoy himself.

water cycle
IN A BAG



Water Cycle in a Bag

Activity for ages 3 to 7.

If you're on the lookout for a simple, fun **kids' science** activity, you're in the right spot!

This water cycle in a bag is a quick prep activity with a BIG payoff – my boys watched the water do its thing for days.

Getting Ready

1. I grabbed a Ziploc sandwich bag from our pantry and used a black Sharpie to draw a sun, cloud and water.
2. Then I filled a small measuring cup with 1/4 cup of water and pulled out our blue food coloring.
3. We unscrewed the lid to the food coloring and squeezed four big drops into the water.
4. Then we sealed the baggie and taped it to a window that gets plenty of sun.



The Science Behind It

Since the Earth has a limited amount of water, it has to change around and around in something called the water cycle.

Over the next few days, the boys saw the water warm in the sunlight and evaporate into vapor.

As that vapor cooled, it began changing back into liquid {condensed} just like a cloud.

And when enough water condensed, the air couldn't hold it anymore and the water fell down in the form of precipitation.

In the real water cycle, rain, sleet or snow might land in a body of water like a river or ocean. But it also might fall on dirt where it soaks into the soil and either becomes ground water that animals and plants drink or it runs over the soil and falls into rivers, oceans or lakes {aka collection}.

5 Simple Tips

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



Rest Time

- 1 Create a routine.**
"Time to take a bath Gia and then we'll get ready for your nap."
- 2 Use routines across settings.**
"Let's pack your favorite book and blanket for Ms. Joslyn to use with you at child care today Jayden."
- 3 Leave time for transitioning.**
"We have had fun playing Hanna, let's go for our walk before bed time."
- 4 Take care of the basics.**
"Justin, let's change your diaper before you rest."
- 5 Take time to refuel.**
"Nina, daddy has to take a break too so we can play again later."

You Are Your Child's First Teacher!

Infants, need time each day to rest. Just like us! Gentle routines—doing the same thing every day, will help your infant know what to expect and will help them ease into resting. Planning ahead to meet your infants needs each day will make it easier for them and for you, *"Sara, we will be out with your grandmother today, I will pack some extra diapers for you and snacks for us."*



Easy Food Safety Tips for Your Home

Updated: September 16, 2014



Stocksy

You've probably baby-proofed the kitchen, but have you thought about how to protect your family from food-borne bacteria? These eight food safety tips will go a long way toward keeping your family healthy at mealtimes (and other times too).

You've childproofed the cabinets, stashed away the sharp knives, and are vigilant about keeping your child's curious little fingers away from the hot stovetop. But there's another potential hazard lurking in your kitchen — food-borne bacteria. Every year, there are more than 75 million cases of food-borne illnesses. Luckily, most of those cases are mild, but they're potentially more serious for a young child, whose immune system isn't as strong as an adult's — which is why you need to be extra-careful about food prep (and storage). Here's how:

Wash your hands. It's the simplest food safety tip and the most important. Washing your hands with hot, soapy water before you prepare a meal, a snack, or a bottle is your best line of defense against the spread of bacteria.

Stay a cut above. Keep separate cutting boards for produce and for meat, poultry, and fish. Wash them thoroughly after each use (in the dishwasher or with hot, soapy water) and toss them once they get scarred from too much use. Bacteria hide (and multiply) in the little crevices.

Be mindful of raw materials. Never place cooked food on the same plate (or bowl or cutting board) that previously held raw food (especially meat, but also vegetables and fruit). So when you take a plate of hamburger patties to the grill, make sure you bring an extra for the cooked burgers.

Scrub those surfaces. Or at least wipe them down with a disinfectant wipe. Bacteria are fast breeders, especially on kitchen surfaces, so thwart their reproductive efforts with soapy water or disinfectant cleaners often. Pay special attention to counters, the sink, and the dish drainer — and don't forget about appliance handles and trash-can lids.

Don't overlook the dish towel or sponge. Moist dish towels and sponges are the perfect breeding ground for bacteria. So wash both often. Throw towels and washcloths in the washing machine with a little bleach. Try to replace sponges once a month, and wash them in between uses. You can put them in the dishwasher overnight. Or pop them in the microwave for 30 seconds to kill germs.

Practice safe storage. You want to make sure the meals you're feeding your family are as safe as they are nourishing, so follow these food safety tips when you're storing leftovers:

- **Cold means cold (at or less than 40°F):** Refrigerate food that won't be served or eaten immediately. Once you're done eating, wrap those leftovers and place them in the fridge (or freezer). This way those leftovers will be safe to serve again.
- **Hot means hot (at or above 140°F):** When reheating leftovers, zap those germs with plenty of heat. Microwave food until it is hot and steaming. Reheat soups until they begin to boil again.
- **Don't refreeze foods:** If you've thawed out something at room temperature or left it in the fridge overnight, don't stick it back in the freezer.

Keep your baby's food safe. Whether your little one is drinking breast milk, formula, or chowing down on solids, remember these food safety tips:

- Throw out any leftover breast milk, formula, or jarred baby food. Your baby's saliva (from the nipple or spoon) can turn that jar of pureed peas or that bottle of formula or breast milk into a breeding ground for bacteria.
- Store breast milk right away if you're not using it. It'll keep up to four days in the fridge (if you store it at 39°F). Or you can freeze it.
- When you're buying formula, always check the expiration date and make sure the container isn't dented (or leaking). Don't store formula for more than 48 hours in the fridge.

And finally, trust your senses. You'll know better than anyone else if something seems funky with your food, especially if it has an unusual smell or off color. And even if there are no outward clues, remember that other important food safety tip: When in doubt, throw it out.