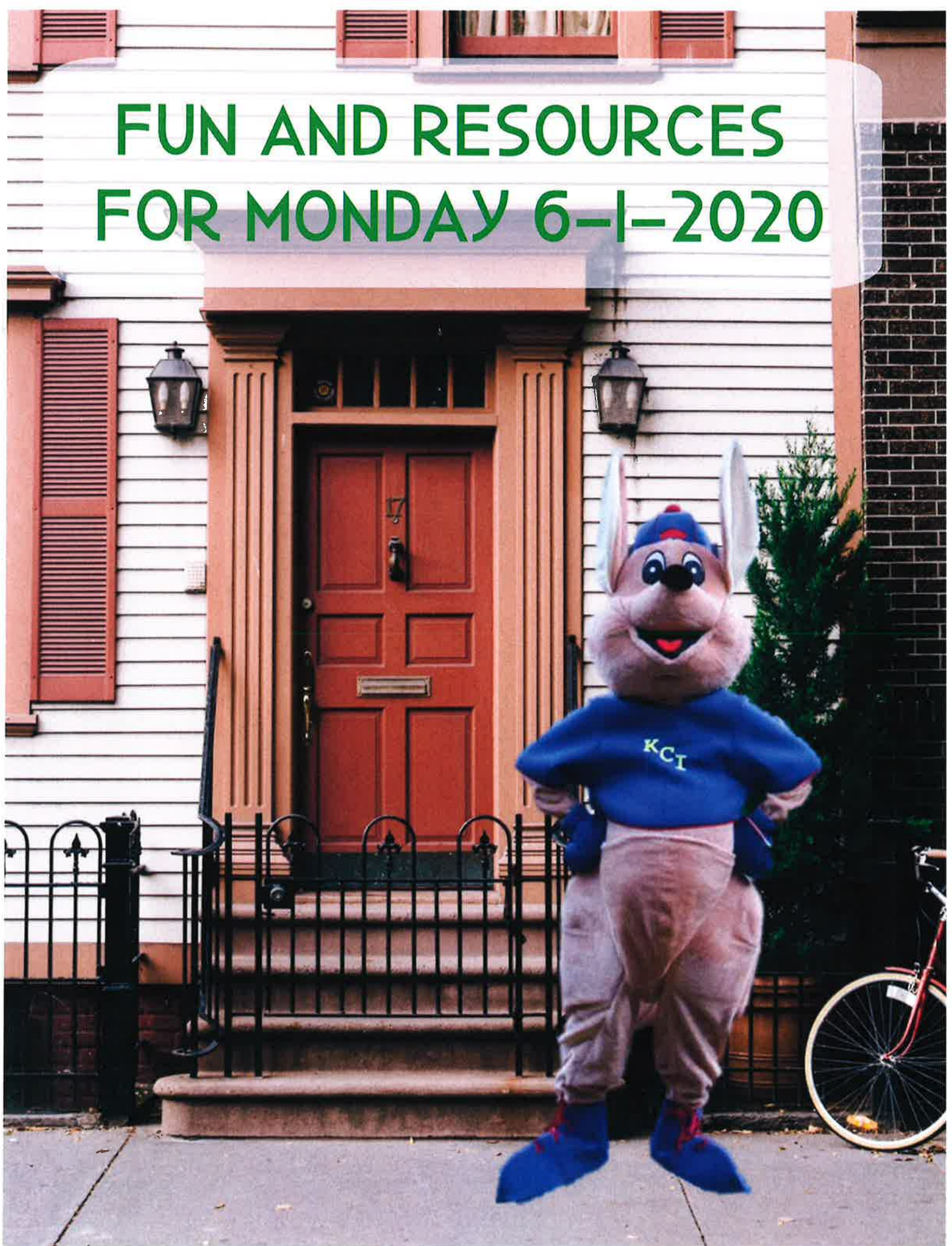


FUN AND RESOURCES FOR MONDAY 6-1-2020



BEANS



Taco Soup

INGREDIENTS

- 2 tsp vegetable oil
- 1 small **onion**, diced
- 1 **green pepper**, diced
- 3 (14 oz) cans diced tomatoes
- 1 pkg dry taco seasoning
- 1 pkg dry ranch seasoning
- 2 cups water
- 2 cups vegetable stock (or 2 cups water + 6 oz can tomato paste)
- 1 (15 oz) can corn
- 1 (15 oz) can **kidney beans**
- 1 (15 oz) can **garbanzo beans**

DIRECTIONS

- 1** Heat vegetable oil in large sauce pan in over medium heat. Cook onion and pepper until soft. Add remaining soup ingredients and simmer until heated through. Top individual servings with chips, **cheese**, and sour cream.
- 2** High sodium content: You can reduce the sodium in this recipe by using low sodium canned tomato products, choosing reduced sodium taco seasoning or ranch seasoning, and by rinsing the canned beans and corn multiple times with warm water before using them in this recipe.

Serves: 8 (1 1/2 cups per serving)

One serving: 232 Calories, 3 g Fat, 43 g Carbohydrate, 9 g Protein, 1,733 mg Sodium, 8 g Fiber

Building an evening routine for kids of different ages

Hi Dr. Laura,

I have difficulty setting a routine with my two children who have a 7 year age difference and are of different sexes. How can I incorporate a routine that will work for everybody? I grew up without routine and am used to doing things as they come spur of the moment but I want to change this as I understand it builds self confidence in children. Help!

Routines do indeed help kids feel more secure. They also have lots of other benefits, like helping kids feel more comfortable cooperating (because they don't feel so pushed around), helping kids learn good self-care habits, and developing responsibility. Here's a whole article on [why routines are terrific for kids](#).

[\(http://www.ahaparenting.com/parenting-tools/family-life/structure-routines\)](http://www.ahaparenting.com/parenting-tools/family-life/structure-routines)

Bedtimes are a great place to begin because they include real rewards for your kids -- time you spend with each of them. That means kids will be more accepting as you introduce the new routine. You can explain to them that you want to make sure you get "quality time" with each of them every night.

How do you figure out your desired routine? Start by deciding what time you want each child in bed. You shouldn't have to wake them up in the morning. If you do, then it means they aren't getting enough sleep. So keep moving bedtime earlier until they wake up by themselves in the morning.

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Ok, got it

Once you have your target bedtime for each child, count backwards, thinking about what each of them will be doing at **Aha! Parenting** (1) our kids are different ages, they will be doing different things, but your family as a whole can still have a routine.

Then talk with your kids about the routine. What do they think? Have you forgotten anything? Discussing the routine with kids helps them "own" the routine and reduces power struggles. Give them as much choice as possible.

Finally, print your new schedule out and post a copy on the bathroom door near their bedrooms, and another copy on the refrigerator. Add photos of your kids doing each activity. Most kids like to be involved in taking the photos and gluing them on the schedule, which again makes it "their schedule" instead of just "your schedule."

Your family schedule might look something like this.

6pm-6:30pm- Family Dinner

6:30pm-6:45pm- Everyone clears the table together so there can then be five minutes of "roughhousing. " Any physical activity that gets kids giggling will reduce the level of stress hormones in their bloodstreams and make it easier for them to fall asleep. (Just don't do this too close to "lights out " or they'll be too revved up.) Laughing with you also helps them connect with you, so they're more cooperative and can handle you turning your attention to getting a younger sibling to bed. And laughing with each other helps siblings bond.

6:45pm- 7:15pm

Bathtime for the three year old, followed by brushing teeth. During this time, you'll need to find something for your older child to do, and to check in frequently. This is usually a good wind-down time for your older child to play quietly in his room, after he has packed his backpack for the next day. TV and games are a bad idea because screens (including phones and ipads) reduce melatonin in the bloodstream, which is important to help your child relax and move toward sleep. It's much better if homework is already completed before dinner, but if not, then this is the time to complete it, if he can do it relatively independently. Otherwise, he'll need to do it on the floor outside the bathroom while you bathe the little one!

7:15pm-7:40pm

- Ten year old showers, brushes teeth, pjs, sets out clothes and packed back back for tomorrow. (To remember his list, he will probably need a sign on the wall.)
- Three year old - Pis, setting out clothes for tomorrow and story time with you.

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7:40pm-8pm

- Ten year old reads in bed.
- Lights out for the three year old. This gives you time to lie with your child for a few minutes in the dark, snuggling, before you extract yourself, and to do pre-emptive check-ins every few minutes after you leave the room, so your three year old feels safe and can fall asleep. This timing assumes that your child gets up at 7am, and still naps, so 11 hours of sleep is about right.

8pm- 8:30pm

Your ten year old, presuming he'll be getting up at 7am, still needs ten hours of sleep, so lights need to be off by 8:30pm to give him half an hour to fall asleep. Use the half hour between 8 and 8:30pm to connect with him. Read him a story -- Yes, even if he can read! It's great bonding, good for his intellectual development, and more restful for him than reading to himself. Lie on his bed with him and talk about his day. Snuggle, sing a song, say prayers if that's part of your tradition, and linger for a few minutes after lights out. As Rabbi Sandy Sasso says, in the dark together is when you see children's souls.

The great things about a bedtime routine like this:

- 1. You get special time to connect with each child alone**, that your kids can count on. This remains important as kids get older, because it gives the ten year old an opportunity to raise difficult issues and feel heard.
- 2. Each child gets the security of a safe, predictable, routine at bedtime**, which studies have shown is associated with better sleep for everyone in the family, as well as happier, more secure, kids.
- 3. As your kids get older, they learn self care:** to bathe themselves and brush their own teeth, because you have helped them develop the habit.
- 4. Packing a backpack and setting out clothes makes kids more competent and independent** by teaching them to think about the next day. This is invaluable, not just because it makes mornings calmer. It also allows them to suddenly remember things they have forgotten -- that tomorrow they need a change of clothes because the class is painting a mural, or that they forgot about a homework assignment. (Of course, if they remember these things at bedtime frequently, it's a sign that your after-school routine needs some attention!)
- 5. Having a routine with times attached keeps you from being the bad-guy bedtime cop.** It's just the schedule.

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6. Having a set bedtime as a youngster helps your kids, once they become teens, to think in terms of how much **Aha! Parenting** (1) care of their bodies. They are more likely to stay well-rested.

7. You get to check in with each child separately, which really helps if you've been apart all day. You have more chance of hearing what's bothering them. And you get that essential one-on-one time with your older child, which keeps you connected at that difficult moment when he's heading into the tween years -- and peer issues can crowd out his relationship with you, even though he desperately needs to stay anchored to you.

8. Bedtime routines that center around baths and reading calm kids and allow them to fall asleep faster so they don't toss and turn. (Many kids say they aren't tired when they are actually overly wound-up.) A bedtime routine that allows a child to stay up longer because he is reading creates the habit of reading. If a computer is nearby, most kids won't read. But computers and TV suppress melatonin, the sleep hormone, so kids should definitely not use them in the hour before bed. Reading relaxes kids, allows melatonin to flood their bodies (make sure their lights are not too bright), and is an easy way to raise kids' IQs and school grades.

Give your new routine a couple of months to get established. Then you'll be ready to tackle mornings, so everyone gets out the door peacefully. You'll be amazed at how much more smoothly everything runs!

COVID-19 SPECIAL EDITION:

Learning Activities for Young Children

“Let’s play!” Playtime is learning time with the hands-on activities and games in this guide. Below, you’ll find at-home ideas to try with your children. Page 2 features a fun bingo-card format—your youngsters will be excited to mark off each item as they complete it!



Editor’s note: Guidelines are changing rapidly. Make sure to follow all local, state, and federal laws and recommendations on social distancing and other practices when using these ideas.

Number writing

As your child learns to write numbers, a little creativity will add some fun.



Textures. Give him different materials. He might finger-paint numbers. Or spread shaving cream in a pan and let him make a number, “erase” it, and make another one.

Glitter letters. Encourage him to write numbers on construction paper and trace over them with glue. Then, have him sprinkle on glitter (or sugar). When the glue dries, he can shake off the extra glitter.

My post office

Making and delivering “mail” is a good way for your youngster to work on reading and writing.

Let each family member create a mailbox by decorating a file folder and stapling the sides closed. Hang your mailboxes on your bedroom doors, and add addresses (“Hallway Door 3”). Encourage everyone to write messages for each other. *Examples:* “Let’s read a book together” or “Thanks for playing Chutes and Ladders with me.” (If your child isn’t writing yet, he could dictate his messages to you.)

Seal each message in an envelope, and write the recipient’s name and address on it. Stickers can go in the corner for a stamp. Now, your youngster gets to deliver each letter to the correct mailbox. Help your child read his mail. Then, reply to each other’s messages—and send more mail!

ABC strips

Letter by letter, your child can spell and read with homemade alphabet strips.

Cut colorful paper into four long strips. Help your youngster write the alphabet in large letters, leaving about an inch of space between each letter. Have her tape the pieces into one long alphabet strip.

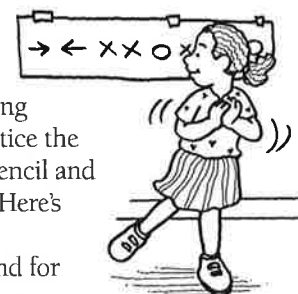
Now, say a short word (*car, box, sit*), and ask her to spell it by pointing to each of its letters on the strip. As she points, she can say the letters aloud (“c-a-r”) and then write the word on another strip of paper. (Give hints as she needs them.) Then, she could use those strips to work on reading the words.

Dance-step coding

Coding is not just for programming computers! Let your youngster practice the same problem-solving skills using pencil and paper—even if she isn’t writing yet. Here’s how to get her started.

Together, think of symbols to stand for different dance steps, and print them on paper as a key. For example, an arrow could mean to take a step forward, backward, right, or left, depending on the arrow’s direction. An X might mean “clap your hands,” while an O may mean “twirl around.”

Once she finishes, ask her to use the codes to write a “program” for you to follow. As you dance around the living room, be sure to tell her she’s thinking like a programmer. Then, make up one for her to follow. Put on music and →←XX→OXO →→X the night away!



continued



5 Simple Tips

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



Diapering and Toileting

- 1 Create a routine.**
"Li, let's sit on the potty and then we can wash our hands."
- 2 Know the signs.**
"Tamesha, I see you pulling on your diaper, do you need to be changed?"
- 3 Offer choices.**
"Grace, do you want to talk with Daddy while you are on the potty or be by yourself?"
- 4 Follow your child's lead.**
"Marcelo, you are upset right now, let's try again later."
- 5 Prepare for toileting.**
"Angela, do you want to read Once Upon a Potty?"

You Are Your Child's First Teacher!

Your child looks to you for support and guidance as they take on new challenges. As your toddler moves from diapers to using the potty they need your patience and support as there may be many accidents along the way. Each child moves at their own pace and when you read their cues and find ways to support them, this stage can be less frustrating for everyone, *"Shana nice job pulling up your pants! Thanks for trying, let's go wash our hands."*



The Benefits of Fiber for Kids

by **Maura Hohman**

Reviewed on February 28, 2019 ✓



Not only will fiber keep toddlers regular, it can help keep them slim and healthy too.

When you think about serving healthy foods to your kids, you probably pay close attention to the big three: fat, calories, and sugar. But there's another food factor you'd be wise to consider: Fiber — and not just because it helps keep kids regular. Fiber can also be one of your best weapons in the battle of the bulge — and when you take into account the fact that nearly one in five school age children and young people (6 to 19 years old) is obese, you could probably use fiber in your arsenal (especially if your tot is already packing on the pounds). Here's more on the benefits of fiber.

How Fiber Improves Health

Research shows that when kids eat more fiber, they eat less fat and sugar and they're more apt to be slender. That's because fiber-rich foods (those with at least 2.5 grams per serving) are low in calories and take a

long time to digest — which means kids stay full longer and don't overeat. Other benefits of fiber include keeping blood sugar and insulin levels steady, which prevents the body from storing unnecessary fat. How? The body converts carbohydrates into blood sugar (or glucose), which is our main source of fuel. When we eat simple carbs that are easy to digest (like white bread and plain sugar), blood sugar and insulin levels spike, causing the body to think that it has too much energy — and so it stores some of it as fat. Fiber-rich carbs, on the other hand, are not easy to digest, so they don't cause this sugar and insulin surge. As a result, when kids eat fiber, the body isn't signaled to store extra fat.

The benefits of fiber don't end with its fat-fighting capabilities. Studies suggest that fiber also helps control cholesterol and protect against some cancers. So with all of fiber's fabulous qualities, it's a must in your kid's diet.