

FUN AND RESOURCES FOR THURSDAY

Paper & Cleaning

6-4-2020

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Year's
PRICE
LEADER





Veggie Lasagna

INGREDIENTS

- 1 tsp olive oil
- 1/2 cup **carrots**, sliced
- 1/2 cup **red bell peppers**, chopped
- 1-24 oz bottle pasta sauce
- 6 cooked **lasagna noodles**, cut in half
- 3/4 cup shredded **mozzarella cheese**
- 3/4 cup **zucchini**, chopped
- 1/2 cup **onion**, sliced
- 1-15 oz carton ricotta cheese

DIRECTIONS

- 1 Preheat oven to 375° F. Heat oil in saucepan. Add vegetables and cook for 5 minutes, stirring frequently. Add pasta sauce. Bring to a boil, then reduce heat and simmer for 10 minutes.
- 2 Spread 1/2 cup sauce in bottom of a greased 8 by 8 inch baking dish. Arrange 4 noodle halves over sauce. Top noodles with 1/2 of ricotta and 1 cup sauce. Repeat layers, ending with noodles. Spread remaining sauce over noodles, sprinkle with mozzarella.
- 3 Cover and bake for 30 minutes. Uncover and bake an additional 20 minutes. Let stand 10 minutes before serving.

Serves: 8 (2" x 4" piece per serving)

One serving: 241 Calories, 8 g Fat, 30 g Carbohydrate, 12 g Protein, 542 mg Sodium, 4 g Fiber

Recipe adapted from myrecipes.com

Social Intelligence for PreSchoolers

Preschoolers are social creatures, generally very interested in other kids and quick to notice and adopt social norms. They're becoming more able to control themselves, and more able to verbalize their feelings, opening up a host of options beyond hitting and screaming. It's the perfect opportunity to teach them social habits that will support them throughout childhood.



[\(http://www.flickr.com/photos/cobalt/sets/\)](http://www.flickr.com/photos/cobalt/sets/)

If you start talking with your child about their friendships in toddlerhood, you'll give him or her valuable emotional tools -- and they'll be more open to talking with you about these issues as they get older.

1. Continue sensitizing your child to other people's experience.

It's crucial that children develop empathy, not just so that they're nice people (although we all want that for our kids) but because reading the social cues of others is the only way to function in a complicated social world. Researchers watching children join new social groups found that kids who observe and pick up the rules of the group are more readily

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Ok, got it

2. Introduce the problem-solving concept of "We can find a solution that works for everyone."



For instance, *"Tiffany wants to play dress-up. Jade wants to play dolls. What could you both enjoy doing?"* They may decide to play house, which could involve both dress-up and dolls. Or they may go outside to the swings. Either way, no one loses.

3. Supervise playdates as closely as required, but as loosely as possible.

The more kids have opportunities to work through issues themselves, the more they learn to do so. But you may well need to intervene at times. Kids do need adult help to learn successful interpersonal conflict resolution. That doesn't mean lectures. It often means modeling, with you right there in the sandbox.

4. Keep enforcing the "no-hitting- no-matter-what" rule.

Help him verbalize his anger and express his needs without attacking others. Teach your child that if another child provokes them and they can't diffuse the situation, they need to seek adult help. Then practice by role playing. Or act it out with Teddy Bears and have him explain to his Bear what to do when the Bear feels like hitting.

5. Be aware that preschoolers are exploring how power works.

In other words, they want to get what they want, and they are still learning how to do that in social interactions without hurting others. That's why it's common to hear four year olds threaten *"You can't come to my birthday party if you don't do it my way."* Be aware that kids will follow the example you set of how to use power, so if you're punishing, they will almost certainly lord power over others. Don't hesitate to step in when necessary to help kids learn to negotiate with each other. If you fear that your four year old is a bully, I want to reassure you that those are commonly googled words -- you aren't alone. Here's a whole article of advice for you: [Help, My 4 Year Old Is a Bully \(/ask-the-doctor-1/4-year-old-is-a-bully-help\)](#).

6. Bossiness is often a challenge with preschoolers.

All kids both want to get their own way and still have other kids play with them. Try asking questions: *"Is it more important to you to play the game your way or to have Catherine play with you?"* When another child is bossy, your daughter may need suggestions from providing your consent to our use of cookies. [More information \(/privacy\)](#) **OK, got it**

you about tactful ways to negotiate with her friends. Help her with scripts: *"I really want to play with you, Jasmine, but we have to go to school in the morning, and I don't feel like it anymore. What can we do that we both want to do?"*

7. Take turns instead of sharing.

When one child has a toy, it's my opinion that she should be able to keep using it for as long as she wants. If another child wants the toy, suggest that he ask her if she'll give it to him when she's finished with it. That accomplishes a number of important goals. First, when she does give the toy to the other child, she experiences that wonderful feeling of generosity, which increases the likelihood that she'll seek that feeling again. (Notice that this is very different than when she's forced to share, which increases hoarding.) Second, the other child learns to wait. (Yes, that's very hard. But usually once he cries about how hard it is to wait, he doesn't even care about the toy. Usually, such desperation isn't really about the toy.) Finally, instead of you constantly modeling grabbing by making kids give up the toy, they learn to work it out with each other.

Of course, it's much more realistic to have this be a policy between siblings than between friends. The friend presumably won't be back tomorrow, so waiting isn't feasible. In that case, talk with your child in advance about the need to take turns, and encourage her to put away any toys she doesn't feel comfortable letting her friend use.

Recommended Books for Kids:

PLEASE NOTE: These books are Amazon links with photos of the books. If you are not seeing them on your page, it may be that your browser is not picking them up. Please try a different browser. Enjoy!

Aha! Parenting com

				
Two Monsters	Shapesville by Andy Mills...	A Little Book About...	Casey Caterpillar...	Ruby's Studio: The Friendship...
\$10.18	\$19.51	\$12.95	\$12.95	\$10.49
Shop now	Shop now	Shop now	Shop now	Shop now

Recommended Books for Adults:



[It's OK Not to Share and...](#)

\$17.00

[Shop now](#)

EGGS



No Recipe Needed!

1 Scramble up an omelet with **eggs**, **cheese** and **veggies**.

2 Scramble or fry an **egg**. Place it on a piece of **whole wheat toast** and top with **cheese** and/or **tomato** slices.

3 Breakfast Burrito: A **whole wheat tortilla** stuffed with scrambled **eggs**, **hash browns**, and fresh **salsa**.

4 Egg salad sandwich: Mash up hard boiled **eggs**, mix with mayo and mustard. Serve on **whole wheat bread**.

5 Hard boil an **egg** and add to **salads** or sandwiches.

Craft: How to make a bird feeder

Welcome feathered friends to your yard with a recycled bird feeder.

By **Kate Stewart** November 26, 2013

Photo: Tony Lanz. Illustrations: Alex Mathers



Materials:

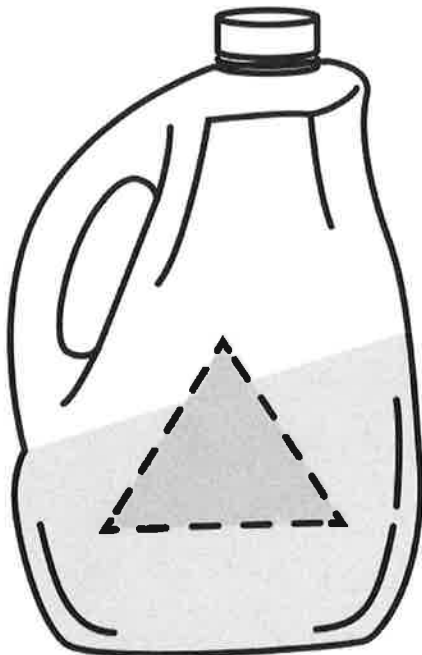
- Juice or milk jug
- Non-toxic white outdoor spray paint
- Non-toxic colorful outdoor paint
- Small wooden dowel
- Exacto knife
- Paintbrush
- Hemp or rope
- Glue gun
- Birdseed

Step 1:



Rinse out an empty juice or milk jug. Paint over the jug's label with the spray paint and allow it to dry. Paint the wooden dowel with the colorful outdoor paint and set aside to dry.

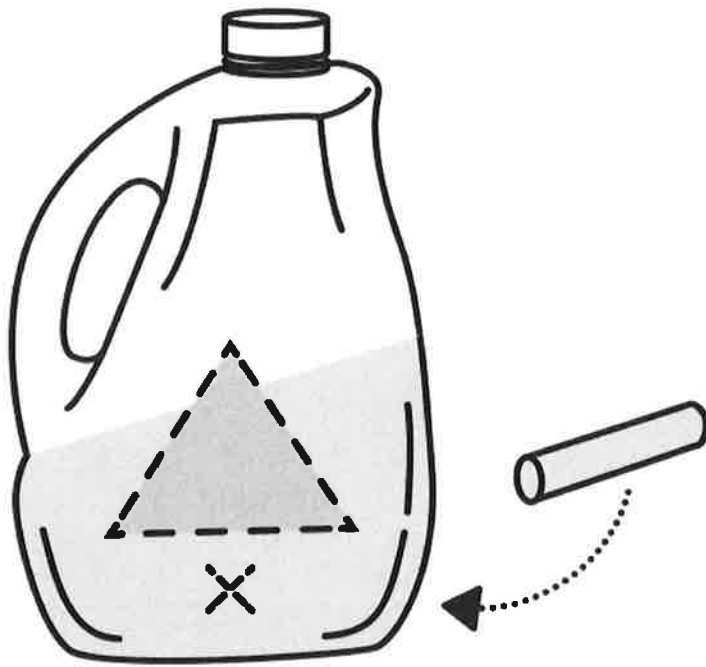
Step 2:



Use an exacto knife to cut out a shape 2 to 3 inches from the bottom of the jug. Paint a diagonal line across the jug with the outdoor paint, then fill in the bottom half and let dry. (Tip: If there are sharp edges, cover them with decorative tape.)

Step 3:

Cut a small X just under the triangle and push the wooden dowel a quarter of the way into the jug. Use a glue gun to attach 3 or 4 lines of hemp across the top of the painted area, and around the tip of the wooden dowel.



Step 4:

Cut a long piece of hemp. Wrap around the lid, gluing to secure, and leaving two long

ends on either side. Fill the jug with birdseed to just under the triangle, then tie to a tree branch in your yard.

5 Simple Tips

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



Meal Time

- 1 Let them help.**
"Hey Talia, I bet you could hold your spoon!"
- 2 Offer choices.**
"Derek, do you want the red cup or the blue cup?"
- 3 Eat together.**
"Daddy likes his rice; do you like your rice Jayden?"
- 4 Know when your child is hungry.**
"Maria, I see you frowning and you are getting frustrated, let's have a snack that is good for our body."
- 5 Be a role model for healthy eating.**
"Dana, let's share this banana."

You Are Your Child's First Teacher!

Meal Time offers an opportunity to connect and learn with your toddler. Take time to talk about the day together. Offering choices lets toddlers feel in control. Noticing cues that let you know your toddler is hungry or full—fussing, crying, etc. helps them feel understood.



Active Kids = Healthier Kids

When your youngster gets plenty of physical activity, she not only will be healthier, she'll also be more likely to stay focused and behave well in school. Encourage your child to get at least an hour of exercise a day with these fun games and activities.

Zigzag hopscotch

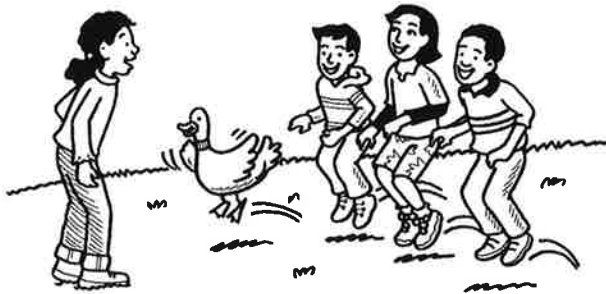
Have your youngster use sidewalk chalk to draw a staircase-shaped hopscotch board on a sidewalk, driveway, or blacktop. To play, she should hop on one foot from start to finish, landing on one square at a time. If she makes it without putting her other foot down, she writes her initials in any square. On your turn, you must hop over the square she initialed. If you get to the end, you initial any empty square. Keep taking turns, hopping only on empty squares or ones with your own initials, until every square is claimed or no one can hop across. The player with the most initials wins.

Kick and block

Form a garden hose into a large circle, and place a soccer ball in the center. Two players stand in the circle. One person is the "kicker," and the other is the "blocker." The kicker attempts to kick the ball out of the circle—kicking in the direction of the blocker. The blocker uses his feet to try to keep the ball in. When the ball goes out of the circle, swap roles, and play again.

Fish or fowl

You can play this game on sidewalks or grass. One player is the caller. If the caller names a fish (bass, perch, tuna), the other players jump backward. If she names a bird (robin, woodpecker, seagull), players jump forward. The caller keeps naming fish or fowl, trying to trick the jumpers. If you jump in the wrong direction, you're out. The last person in the game becomes the new caller. Play until everyone has had a turn being the caller.



Slow-motion race

When you take a walk, try this race where the slowpoke wins. Challenge your family to walk in s-l-o-w m-o-t-i-o-n from one end of a block to the other. Your children will build balance and muscle control as they try to make each step last as long as possible. There's only one rule to follow: Everyone must keep moving—no stopping allowed. The last person to reach the end wins.



Penny hunt

Ask your youngster to count out 15 pennies. Then, have her cover her eyes while you hide them around the house. Set a timer for two minutes, and let her race to find the pennies before the buzzer rings. Next game, she can hide the pennies, and you hunt. Help each other find the pennies by saying "You're hot" when someone gets close to a hiding place and "You're cold" if she's moving away from one. *Idea:* Move the game outdoors, and hide pennies in bushes, under rocks, or in sidewalk cracks.

Nutrition Nuggets™

continued



Beanbag tag

The object of this game is to tag the other person's feet with a beanbag. Choose an open space with a wood or tile floor, such as a hall or basement. Have your child stand at one end of the room while you stand at the other. Now, take turns sliding the beanbag across the floor at the other person's feet. Try to dodge the beanbag by jumping over it. Score a point each time you tag your opponent with the beanbag. The first one to score 10 points wins. *Variation:* To make the game more challenging, slide the beanbags toward each other's feet at the same time.

This way or that

There are lots of ways to cross a playground. Let your youngster start this game by saying, "Come across the playground like this..." and then crossing in a funny way (spinning like a top, walking on her heels). All the other players must cross in the same way. Then, the next leader says, "No, no, no. Come across like this..." and leads players across the playground a different way, perhaps walking sideways. How many ways can everyone think of?



Fitness island

Turn a sidewalk or driveway into an island. With sidewalk chalk, your child can draw a landscape full of fitness challenges. He might create a stream, a bridge, and stepping-stones, for instance. Then, he can pretend to wade through the stream, walk heel-to-toe on the narrow bridge, and jump from stepping-stone to stepping-stone across a make-believe swamp. When he finishes, it's your turn to take the island challenge.

Rainbow walk

Walk laps up and down a shopping strip or around a mall until you've spotted one item for every color of the rainbow. For example, you may find red shoes, an orange safety cone, a yellow sundress, green shampoo, blue jeans, indigo earrings, and a violet rug. Or take a rainbow walk in the neighborhood, and see who can find a red flag on a mailbox, an orange flower, and so on.

Five-minute ideas

Here are everyday ideas for short bursts of activity.

Inside

- Put on music, and lip-sync while doing your best dance moves.
- Play with a pet.
- Do a "routine" like five forward rolls, five push-ups, and five backward rolls.
- Stand in a line, and have each person put his hands on the shoulders of the person in front of him. See how fast you can snake your way through the house without breaking the chain.



Outside

- Practice basketball free throws.
- Play a game of catch.
- Take turns throwing a Frisbee and measuring the distance you tossed it.
- Pick a starting point and a finish line. Have a race.

Editor's Note: Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

Nutrition Nuggets™

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