

FUN AND RESOURCES FOR TUESDAY 6-2-2020





Crock Pot Pulled Pork

INGREDIENTS

3 pounds pork shoulder 1-18 oz bottle barbecue sauce
1 cup Dr. Pepper 1-4 oz jar *baby food apples* or
1 *onion*, sliced *baby food pears*

DIRECTIONS

- 1** Place sliced onion on bottom of crock pot. Put pork shoulder on top of onion. Pour Dr. Pepper over. Cook on high for 4 hours.
- 2** Drain off excess liquid and fat drippings, careful not to lose the onion. Add baby food apples (or pears) and half the bottle of barbecue sauce. Stir well, cover, reduce heat to low and cook 2 more hours. Add the remaining barbecue sauce and stir. Cover and cook for 2 more hours.
- 3** Remove bone (if necessary). Using two forks begin to shred the pork as finely as desired. Add more barbecue sauce as desired. Remove any large pieces of remaining fat.

Serves: 15 (1/3 cup per serving)

One serving: 262 Calories, 13 g Fat, 12 g Carbohydrate,
23 g Protein, 494 mg Sodium, 0 g Fiber

Routines that Toddlers Can Understand

Young children function best with structured schedules. Toddlers and preschoolers, especially, feel small in the world. Most things happen TO them. They crave predictability, knowing what will happen, because it gives them some sense of control. A predictable routine allows children to feel safe, and to develop a sense of mastery in handling their lives.



[\(http://www.anajunecreative.com/\)](http://www.anajunecreative.com/)

Toddlers are famous for being oppositional, but kids who understand the routine, rather than feeling pushed around by what seems like arbitrary circumstance, are more likely to cooperate. Creating a regular routine is an essential way to give toddlers the security of knowing "what happens next" in their day.

Routines also develops the prefrontal cortex, the planning and executive function part of the brain, as children learn that things happen in a certain order during the day.

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Having a plan for the day can also be important for adults caring for kids. True, many of us love the freedom of deciding what comes next, and sometimes that's the basis of creativity. But that works best when WE decide what rules to break. Without a routine, life with children can overwhelm and derail us, leaving us feeling run over by life, rather than confident and in charge.

To help your toddler feel secure, talk about what comes next in his day. So in the morning, after some "good morning" cuddles, you might say *"Let's get dressed so we can have breakfast....Then we can go on an adventure!"* Maybe your adventure that day will be to the grocery store, and on another day, you'll go to the drugstore. If you treat it as an adventure and a learning experience, that's how your child will perceive it.

On the way home, you can review your morning.

"What a great morning we had....we had cuddles when we woke up...then we had oatmeal for breakfast....then we brushed teeth and got shoes on like we do every morning....then we went on an adventure to the grocery store. What was your favorite thing?"

Then, you can talk again about what comes next. *"When we get home, I will put these groceries away. Do you want to help me? Then we will make lunch, and have a story, and then it will be nap time. This afternoon, do you want to go to the playground or to the park?"*

Does that mean we "force" kids into a routine that isn't working, or keep them on a rigid schedule so they can't stop to examine that bug on the sidewalk? Of course not. A child's routine needs plenty of ease in it to allow them to accomplish some of their most important life tasks: exploration and experimentation. If you want a child who is able to feel joy, you need to let her seize those opportunities to smell the roses and enjoy watching the worm inch through the garden.

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And children also need plenty of opportunity to make their own decisions and choices about how to use their own time **Aha! Parenting** their schedule. But knowing what to expect allows toddlers to relax in the moment, rather than frantically casting about for the next entertainment.

To help your child develop a sense of his "routine" I strongly recommend creating a "Routine Chart." There are many ways to do this, but basically this is just a poster with photos of your child doing his usual activities. You can buy these commercially, but you can also easily make your own, modeled after the ones used by preschools but personalized with photos of your child.

Just take photos (or find pictures) depicting your child's daily routine (wake up, potty, dress, breakfast, errands, snack, play, lunch, nap etc). You can write the words next to the photo. Some people like to arrange the photos in a circle like a clock, but toddlers think of time as more linear, so the clock may not help your toddler as much as a simple timeline. Just arrange photos on a poster board in the order they usually happen. It's good to use tape or velcro instead of glue, to allow for schedule changes, and in case you need to exchange "errands" for "Visit Grandma." You can even buy a magnetized bulletin board and glue photos of your child doing these activities to magnets, so you can move them around.



As your child gets older, you might want two separate charts of the morning and evening routines, so that your child can begin to take charge of her own schedule. Keep the "tasks" of the morning in an envelope under the chart, so your child can arrange the tasks in the order that she wants to tackle them. This kind of chart empowers your child to take charge of her own routine, reducing power struggles and the need for you to be involved in every move

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to connect at the beginning of the routine and throughout the routine as necessary to keep your child on track, but **Aha! Parenting** (1) com the form of hugs and checking in, rather than barking orders. You might say *"I see you're dressed already! Wow! What's next on your chart?"*

Strong-willed kids especially love routine charts, because they get to be in charge of themselves and avoid the power struggles. But all children love the chance to feel less controlled and to master the demands of their lives. A child who takes charge of their routine early learns responsibility and becomes a self-starter. Which means you get to do lots less nagging, and lots more enjoying your child. What a great foundation to create before your child even gets to preschool!

(Thanks to San Diego peaceful parenting coach Lisa Howe for this photo of Morning and Evening Routine Charts.)

For more inspiration on creating a routine for your child:

[Structure: Why Kids Need Routines » \(/parenting-tools/family-life/structure-routines\)](#)

[Building an evening routine for kids of different ages » \(/ask-the-doctor-1/building-an-evening-routine-for-kids-of-different-ages\)](#)

[Starting a Family Routine » \(/ask-the-doctor-1/starting-a-family-routine\)](#)

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Layers of Liquids

Did you know that some liquids mix and some do not? This is a very cool way to learn about density!

Materials:

- Tall clear drinking glass
- A large spoon
- Water
- Oil, about 1 cup(vegetable works great)
- Syrup (Karo works great)
- Optional: Food Coloring
- Paper Towels

Instructions:

The great thing about this experiment is that you can mix the liquids in any order, but to begin with, this is our suggestion.

1. Fill the glass about half way with regular water.
2. Add a drop of food coloring, if you have some handy. Be careful not to add too much or you might not be able to see what is taking place.
3. Slowly pour some of the syrup into the water and observe what happens. Does it sink or float?
4. Slowly add some of the oil. It is a good idea to hold the spoon just above the water level, touching the side of the glass, then slowly pour the oil onto the spoon. Does the oil sink or float?

How It Works:

Each of these liquids have different densities (the amount of molecules per square inch). The denser liquids have more molecules, this causes them to sink to the bottom. The less dense liquids float.

Extra Experiments:

What happens if you add the food coloring last?

What happens if you switch the order or liquids?

What happens if you do this in a closed container (water bottle), put the lid on and shake it up?

It looks like you have some serious experimenting to do



5 Simple Tips

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



Rest Time

- 1 Create a routine.**
"Abia, In ten minutes we're going to read a book and then it's time for bed."
- 2 Use routines across settings.**
"Eden, don't forget your cuddle bear for grandma's house so you can have it at nap time."
- 3 Offer choices.**
"Keri, what pajamas do you want to wear tonight?"
- 4 Take care of the basics.**
"Justin, let's change your diaper before you rest."
- 5 Take time to refuel.**
"Neal, Daddy has to take a break too so we can play again later."

You Are Your Child's First Teacher!

Toddlers, need time each day to rest. Just like us! Gentle routines—doing the same thing every day, will help your toddler know what to expect and will help them ease into resting, *"Shana, it's time to pick out your stories for nap time."*



Fruits Versus Vegetables: Best Food Choices for Kids

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

Reviewed on February 4, 2019 ✓



iStock

"When my toddler refuses to eat her meat and veggies, I sometimes give her fruit because I know she'll eat it. But is that sending her the wrong message? Are veggies really more healthy than fruit for kids?"

Here's the thing about the fruits versus vegetables debate: Fruit can be just as nutritious as veggies, and sometimes, a lot easier (read: sweeter!) going down. And at this tender age, it's more important to make eating an enjoyable and nutritious experience than to try to force the meat-and-veggies issue.

So let her eat fruit — it's a **healthy solution for picky eaters!**

But if you really want to broaden her culinary horizons, try experimenting with other options aside from just fruit for kids. If you're concerned about the health benefits of vegetables versus fruits, keep in mind there are lots of veggies that eat like fruit (cubes of soft-cooked, skinless sweet potatoes or soft-cooked

carrots) and pack a lot of nutritional punch (the red and orange veggies, for example, provide just as much good stuff as broccoli and other green leafies). Meat's a good source of protein, but if you have **vegetarian kids** (or a tot who won't eat meat) you can also tap into whole-milk cottage cheese (believe it or not, that can be a finger food, albeit a messy one), yogurt, and cheese, as well as well-cooked whole-grain pasta, tiny, soft cubes of whole-wheat French toast (made with DHA eggs for extra nutrition), and whole-grain cereals (like Cheerios).

At the same time, continue to offer lean meat and veggies instead of solely serving fruit to kids. Keep in mind that you may have to offer a new food 15 times or more to a **picky eater** before she decides she's into it — just be low-key and don't force her to eat. Or let her decide about vegetables versus fruits by serving them alongside one another (who knows, she might take a bite of each!). You can also try these easy recipes to **get your toddler to eat vegetables**.