

FUN AND RESOURCES FOR WEDNESDAY 6-3-2020



WHOLE GRAINS



Chicken, Rice, & Black Bean Salad

INGREDIENTS

- 1 cup cooked **brown rice**
- 3 cups chicken, cooked & shredded
- 6 **roma tomatoes**, quartered, seeded and thinly sliced
- 1/2 cup white-wine vinegar
- 1 can **black beans**, drained and rinsed
- 6 Tbsp olive oil
- 2 **jalapeno pepper**, minced
- 6 **green onions**, thinly sliced
- 1 tsp cumin
- 1/4 cup parsley or cilantro, chopped
- 1 head of **romaine lettuce**
- salt/pepper

DIRECTIONS

- 1** In a large bowl, mix cooked rice, chicken, beans, and tomatoes.
- 2** In a small bowl, mix together vinegar, oil, jalapeno, onions, and cumin. Pour onto chicken mixture. Mix well. Sprinkle parsley/cilantro over mixture and mix well. Add salt and pepper to taste.
- 3** Chill for 1 hour before serving. Serve over a bed of romaine lettuce, or wrap up in whole romaine lettuce leaves.
- 4** Optional toppings: Drained and rinsed canned corn, avocado slices, shredded cheddar cheese, chopped bell peppers, chopped cucumber, chopped zucchini, salsa, or taco sauce.

Serves: 9 (1 cup per serving)

One serving: 243 Calories, 12 g Fat, 16 g Carbohydrate, 16 g Protein, 286 mg Sodium, 5 g Fiber

Recipe adapted from marthastewart.com

Social Intelligence for Toddlers

Any parent of a toddler knows it isn't easy to teach them social skills. That's because even though toddlers want to have happy, friendly, interactions with others, their own fears and desires get in the way. They can't help wondering: Will that child grab their toy? Can they get the truck before the other child? If they push the other kid off the trike and speed off, will they get away with it?



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

So the first step in helping toddlers develop social intelligence is helping them learn to manage their emotions, which is the foundation of interpersonal relationships. The second is helping them develop empathy for others. The third is helping them learn to express their needs and feelings without attacking others.

This skill set will be more critical to your child's happiness in life than academic success, financial success, or any of our other conventional measures. In fact, emotional intelligence -- defined as the ability to manage one's own emotions and relate well with others -- will be a crucial factor throughout your child's life in his or her eventual academic and career success, probably more important than IQ.

We use cookies to improve your online experience. If you continue on this website, you will be providing your consent to our use of cookies. [More information \(/privacy\)](#)

Ok, got it

So how do you get your toddler started learning social skills? Or at least stop him from clobbering the other kids in the



1. Empathize, Empathize, Empathize.

Kids who receive a lot of empathy for their own feelings from the adults in their lives are the earliest to develop empathy for others, and research has shown that empathy for others is the cornerstone of successful interpersonal relationships.

2. Stay close during playgroups.

Many kids hit during social interactions because they get overwhelmed and they just don't know what else to do. If you're there, you can coach him on how to stick up for himself without hitting: *"Yes, Ryan took your bucket....is that okay with you? No? You can say 'My Bucket!'"* If your child knows you're there for backup, hitting won't become a habit.

3. Don't force toddlers to share;

It actually delays the development of sharing skills! Kids need to feel secure in their ownership before they can share. Instead, introduce the concept of taking turns.

"It's Sophia's turn to use the bucket. Then it will be your turn. I'll help you wait."

4. Let the child decide how long his turn lasts.

If kids think adults will snatch a toy away once the adult's random idea of "long enough" has passed, you're modeling grabbing, and the child usually becomes more possessive. If the child is free to use the toy for as long as he wants, he can fully enjoy it and then give it up with an open heart. When he's allowed to give the toy to the other child of his own volition, he enjoys that feeling of bestowing; that's the beginning of generosity. If the same child uses the same toy every single time, you can either buy a duplicate toy since it's such a crowd-pleaser, or alternate turns visit by visit.

For more on how to manage sharing, see this article: [Teaching Kids To Share \(/parenting-tools/siblings/Teach-Share-Sharing\)](#). We use cookies to improve your online experience. If you continue on this website, you will be providing your consent to our use of cookies. [More information \(/privacy\)](#) **Ok, got it**

5. Help your child wait

If your child has a meltdown waiting for her turn, it's an indicator that she's got some big feelings to let out and is using this handy opportunity. Kids often get rigid about possession in an attempt to shore up their fragile equilibrium--just like adults! Empathize: *"It's hard to wait...You wish you could use the bucket now...You can handle this...I will help you wait"* and hold her while she cries. You'll be amazed to see that after "showing" you those pent-up emotions, she probably won't even care about the toy she was crying for, and will happily move on.

6. Intervene to stop compulsive grabbing.

Sometimes when kids grab, the other child doesn't even care. So don't rush to intervene. Instead, observe. Maybe they're playing a game. Most of the time, you don't need to interfere unless one of the children is unhappy. And if one child IS unhappy, you can coach them to stick up for themselves: *"You can tell him, 'I was still using that!'"*

However, if one child is grabbing constantly, then you probably do need to intervene. Often kids will grab anything the other child has, then drop the toy and go on to the next one. This compulsive need to take what the other child has is an effort to stave off their own unhappy feelings. They need help with those feelings.

So summon up all your compassion, put your hand on the disputed toy and say *"You want the truck?"* Then look at the child using the truck. *"Is that okay with you?"* If it is, great. You don't have to be the arbiter of fairness.

If not, say *"Cole's still using the truck...Trevon, you can ask him when he will be done so you can use it....Cole, will you give the truck to Trevon when you're done? Great, thanks! Trevon, let's find something else to do...Do you want to use the snowplow to make a road for the truck?"*

He may well fall apart, especially if he was grabbing to hold himself together. Nurture him through the meltdown. Afterwards, he'll feel so much better, he won't need to grab.

7. Teach assertiveness.

If your child often lets other kids take things from him and then seems unhappy, say

"You aren't ready to give that up, are you? You can say 'I'm still playing with this.'"

Practice acting this out at home with him, and demonstrate it with teddy bears. Until he develops the language skills, you'll need to be his "voice" when he plays with others.

8. Instead of praising sharing in the abstract, help her discover what's great about it.

Research shows that when we praise sharing kids do it more -- but only when we're watching! When we aren't watching, they actually do it less, because our praise doesn't give them any reason to share except that moment of attention from us. Instead, empower her to make the choice to share in the future by helping her see the effect of her choice:

"Look how happy Michael is that he gets a turn with your train."

When you adopt the policy of letting kids have a turn for as long as they want, they proudly give the coveted item to the other child at the end of their turn. They get to experience how wonderful it feels to give. So letting kids control their turns is the best way to promote sharing and generosity.

9. Before friends come over, toddlers should have a chance to put away their most special toys

...if they don't want anyone else to play with them. Use this ritual as an opportunity to explain that the visiting child will of course expect to play with Junior's other toys, just as Junior plays with his friends' toys at their houses.

We use cookies to improve your online experience. If you continue on this website, you will be providing your consent to our use of cookies. [More information \(/privacy\)](#) **Ok, got it**

10. Set clear limits on physical aggression



"You can tell us and show us how mad you are without hurting. Come, let's tell Henry how mad you are; I'll help you. You can yell NO and you can stomp your foot as hard as you want. You can yell MOM! and I will always help."

Kids are entitled to their feelings, which have a way of just showing up in human beings, like our arms and legs. But all humans, even little ones, are responsible for what they do with their arms and legs -- and feelings. Our job as parents is to teach them healthy self-management techniques without being punitive, which always makes kids more physically aggressive.

11. It's never too early to give children language for their feelings.

Labeling any emotion your toddler expresses helps their brain shift toward processing the emotion verbally instead of physically.

- *"That big dog's bark is scary, right? You're safe here with me. The dog can't get over the fence."*
- *"That's frustrating! You worked hard on your tower -- and it fell down!"*

The exception to this is when children are in the throes of big emotion, when too many words can take them out of their heart and into their heads. At those times, just reassure your child he's safe, and save the words for later.

And remember that "labeling" emotions is always secondary to empathy. Your goal is to help your child feel understood, not analyzed.

12. Remember that underneath anger is usually hurt or fear.

Acknowledging those feelings is always more effective to diffuse anger than simply

labeling the anger, which just seems to reinforce it. *"You're mad at Jimmy. It hurts that he won't play with you right now."*

We use cookies to improve your online experience. If you continue on this website, you will be providing your consent to our use of cookies. [More information \(/privacy\)](#)

Ok, got it

13. Remember that "parallel play" is common for toddlers.



Don't worry if your toddler doesn't really seem to have "friends" or to play with other kids. Toddlers don't yet know how to "play with" each other. You can expect them to play next to each other without a lot of interaction. This is a foundation for becoming comfortable engaging with each other; in fact, it is how most toddlers feel engaged.

14. Begin introducing the concept of noticing how other people feel as early as you can.

- *"Look at William. He's crying. I think you hurt his feelings."*
- *"That little girl is sure mad. I wonder why?"*
- *"Imani hurt herself. I wonder if we can do anything to help her feel better?"*



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

15. Stay Calm.

Research shows that one of the most important things parents can do to help kids learn to manage their emotions is to stay calm themselves. Kids need to experience their parents as a "holding environment" -- a safe harbor in the storm of their turbulent feelings. If you can stay calm yourself, and soothe your child, she will eventually learn to soothe herself, which is the first step in learning to manage her feelings.

16. Remember they're little

Aha! Parenting (1)

Just because James bites a playmate doesn't mean he'll be a thug. It's important not to permit bad behavior toward others, but that doesn't mean you don't offer understanding - and the confidence that your child will learn. *"All kids get mad at their friends sometimes. It will be easier, as you get older, to remember how to control yourself when you get mad, so you can work things out."* Kids need to hear from you that they aren't bad people, just little.

What about sibling sharing?

Of course, all of this applies to siblings. But siblings have their own intense dynamics of competition because they have to share more than toys -- they have to share you! The most important intervention for siblings is prevention, in the form of one-on-one time with you, the parent. For more info on siblings, [see the sibling section of this website \(/parenting-tools/helping-siblings-get-along\)](#) and my book [Peaceful Parent, Happy Siblings: How To Stop the Fighting and Raise Friends for Life](#) (http://www.amazon.com/gp/product/0399168451/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0399168451&linkCode=as2&tag=yourp20&linkId=SHLG2B7G3RYRFBRO).

COVID-19 SPECIAL EDITION:

Learning Activities for Children

While your children are at home with you, you want to spend time with them, support their learning, and get your own work done. This guide will help you do all three. Below, you'll find at-home activities they'll enjoy. And page 2 features a fun bingo card—they can check off the items as they complete them.



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.

Vocabulary art

Tap into your child's creative side while she studies her vocabulary words with these two projects.

Word collage. Ask your youngster to write a word and its definition at the top of a page. Then, let her cut out pictures from magazines that go with the word. For instance, if she's studying simple machines in science, she could find pictures of levers (seesaw, scissors) or *inclined planes* (wheelchair ramp, playground slide). Have her glue them on her paper and write a sentence to go with each one.



Rainbow words. Suggest that your child sort her words by writing them with different-colored pencils in the shape of a rainbow. Perhaps she could use a red pencil for nouns, a yellow one for verbs, and a blue one for adjectives.

Junk-drawer creativity

Look no further than your kitchen junk drawer to give your youngster's creative thinking a boost. Try these ideas.



Reuse

Suggest that your child come up with different uses for objects in the drawer. He could use rubber bands to make a ball or turn a cork into a pincushion, for example. Take turns thinking of ways to reuse a bottle cap, a handheld mirror, and other junk-drawer items.

Sort

Let your youngster sort items according to a secret criterion, and you try to figure out his rule. Say he puts a paper clip and a key in one group, and a coupon and a gift bag in another. You might guess that he's sorting by materials (metal, paper). Next, you sort objects into piles, and have him determine your rule.

Homemade scale

"My paperweight is heavier than my gymnastics medal!" This balance scale lets your child explore measurement by comparing weights.

Make a scale

Have your youngster tape two small paper cups to opposite ends of a ruler. Next, she should tape a toilet paper tube to a table (horizontally). Now ask her to balance the ruler on the tube.



Weigh objects

What does your child want to weigh? Suggest that she gather small items like a toothbrush, a leaf, and a pencil. She can choose two at a time, predict which is heavier, and put one in each cup to find out. The object in the cup that drops down toward the table is heavier than the one in the cup that goes up. If the scale balances, their weights are equal.

Idea: As she tests the items, she could line them up from lightest to heaviest.

continued



5 Simple Tips

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



Play Time

- 1 Join in!**
"Ashton, Mommy, will run with you, let's go!"
- 2 Stay close by.**
"Michael, I am right here, I see you playing with trucks."
- 3 Talk about what you see.**
"Mia, you are jumping up and down with a big smile! You are excited."
- 4 Show her how to do new things.**
"Dalia, you can hold the bowl with this hand and then stir!"
- 5 Have fun and laugh together.**
"Brady, that's so silly, you make me laugh!"

You Are Your Child's First Teacher!

Toddlers love to learn. Your toddler learns by looking, touching and interacting with things around them. When you join in and encourage learning through play, it supports your child's brain to grow—getting them ready for school and life! So, take time to have fun every day.





Give Your Family More of the Good Stuff!



Mushroom Basics

Shop and Save

- ✿ Fresh mushrooms may be available in bulk or pre-packaged for about the same price per pound. Bulk lets you select the amount and size you need.
- ✿ Fresh mushrooms should feel relatively dry and firm. Avoid dark spots.
- ✿ The stronger the sweet, earthy scent, the more flavorful the mushrooms. Closed caps have a more delicate flavor while open caps with gills showing are more robust.
- ✿ Buy an amount of fresh mushrooms that you can use within a few days.
- ✿ Canned and dried mushrooms are good options to store for longer times.

Mushrooms are a good source of B vitamins, which help the body produce energy from food.



Types of Mushrooms

Different varieties of mushrooms may be substituted in most cooked recipes.



White or button - excellent both raw and cooked.

Widely available.

Varies in color from white to light brown and in size from small to jumbo. Mild flavor intensifies when cooked and as the mushroom becomes more mature. Also available canned and dried.



Cremini, crimini or baby bella - firm texture.

Ranges in color from light tan to rich brown. Rich, earthy flavor is more intense than that of white mushrooms.



Portobello or portabella - large, mature cremini

mushrooms. Deep, meaty flavor and firm texture. Tough stems are removed.



Shiitake - large, broad, umbrella-shaped caps.

Varies in color from tan to dark brown. Rich, full-bodied, smoky flavor and meaty texture. Best when cooked. Use tough stems to flavor stock. Available dried.

Store Well Waste Less

- ✿ Store mushrooms in a paper bag in the refrigerator. Avoid airtight containers that can collect moisture and cause the mushrooms to spoil faster.
- ✿ For best quality use fresh mushrooms within a week. Canned mushrooms usually have a 'best by' date on the can. Dried mushrooms

keep their quality for up to a year in an airtight container in a cool, dry place.

✿ Dirt on mushrooms is normal. Clean mushrooms just before using. Use a soft brush or slightly dampened paper towel to brush off the surface or rinse very briefly under cold, running water and pat dry.

✿ Cooked mushrooms can be frozen. For best quality, use within 1 month.



Cooking with Mushrooms

Using Mushrooms

- Some wild mushrooms are very toxic. Be sure you eat mushrooms from a reliable source.
- Mushrooms can be eaten raw or cooked by many methods: sauté, roast, grill, broil, or microwave.
- Soak dried mushrooms before using.

Mushroom Math

- 1 pound fresh button mushrooms =
 - 20 to 24 medium mushrooms
 - 5 cups sliced
 - 6 cups chopped
 - 2 cups sliced and cooked
- 8 ounces sliced fresh mushrooms =
4 ounces canned sliced mushrooms,
drained ($\frac{3}{4}$ cup) = 1 $\frac{1}{2}$ ounces dried
mushrooms plus $\frac{3}{4}$ cup boiling water

Simple Sautéed Mushrooms

Ingredients:

- 1 Tablespoon **vegetable oil**
- 2 cloves **garlic**, minced
- 1 $\frac{1}{2}$ cups **onion**, chopped
- 3 cups sliced **mushrooms**
- $\frac{1}{4}$ teaspoon **salt**
- $\frac{1}{4}$ teaspoon **pepper**

Directions:

- Heat oil in a large skillet over medium high heat. Add garlic and onion; cook until onion begins to soften, about 3 to 4 minutes.
- Add mushrooms, salt and pepper. Cook with occasional stirring until liquid evaporates and mushrooms begin to brown.
- Refrigerate leftovers within 2 hours.

Makes: 1 $\frac{1}{2}$ cups **Prep time:** 7 minutes
Cook time: 10 to 15 minutes

Go to
FoodHero.org
for easy, tasty
mushroom
recipes

Mushroom Bulgur Pilaf

Ingredients:

- 1 cup **onion**, chopped
- 1 $\frac{1}{2}$ teaspoons **vegetable oil**
- 3 cups **mushrooms**, sliced or chopped
- $\frac{3}{4}$ cup **bulgur**
- 1 $\frac{1}{2}$ cups **water**
- 2 teaspoons **dry bouillon** (chicken or vegetable)
- $\frac{1}{2}$ teaspoon **garlic powder**
- $\frac{1}{4}$ teaspoon **pepper**
- 2 cups packed fresh **spinach**, roughly chopped

Directions:

- Use a medium saucepan or skillet with a tightly fitting lid. Over medium heat, sauté onions in oil in the open pan until they are softened.
- Add mushrooms and sauté until beginning to brown, stirring frequently.
- Stir in bulgur and continue to stir until lightly browned.
- Add water, bouillon, garlic powder, and pepper. Cover pan with lid.
- Reduce heat to low. Cook for 15 to 20 minutes or until bulgur is tender and liquids are absorbed.
- Remove from heat. Mix in the spinach and serve.
- Refrigerate leftovers within 2 hours.

Makes: 4 cups **Prep time:** 10 minutes
Cook time: 30 to 40 minutes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- gently wipe or rinse mushrooms.
- use a cutting board to slice or chop vegetables.
- measure dry or liquid ingredients.
- use a long handled spoon or spatula to sauté safely.