



**Fun and  
Resources for  
06-19-2020**





# Any Berry Sauce



## Ingredients

- 1/4 cup cold **water**
- 1 Tablespoon **cornstarch**
- 1/3 cup **sugar**
- 4 cups **berries**, fresh or frozen (blackberries, raspberries, blueberries, sliced strawberries, or a mixture)

**Makes:** 2¼ cups  
**Prep time:** 5 minutes  
**Cooking time:** 15 minutes



## Directions

1. In a medium saucepan, mix together sugar, cornstarch, water, and 2 cups of berries. Mash berries if desired.
2. Heat over medium heat, stirring frequently, until sauce starts to thicken.
3. Remove from heat and stir in remaining berries. Mash if desired.
4. Serve over pancakes, waffles, oatmeal, or yogurt.
5. Refrigerate leftovers within 2 hours, for up to a week.

## Notes

### Notes:

- Serve with [Favorite Pancakes](#) or [Applesauce French Toast](#).
- To freeze the sauce, replace the cornstarch in the recipe with Clearjel or Clear Jel, a special type of cornstarch.

*For tasty, healthy recipes that fit your budget, visit [www.FoodHero.org](http://www.FoodHero.org)!*

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## Nutrition Facts

9 servings per container	
<b>Serving size</b>	1/4 cup (77g)
<b>Amount per Serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 16g	6%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 7g Added Sugars	14%
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 42mg	0%
Vitamin A 0mcg	0%
Vitamin C 8mg	9%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Managing Your Toddler: TANTRUMS!

Tantrums are normal for toddlers, even legendary. Toddlers feel so passionately about everything, and they simply don't have enough frontal cortex capacity yet to control themselves when they're upset.



That said, you'll be glad to know that many tantrums are avoidable. Since a good number of tantrums result from feeling powerless, toddlers who feel they have some control over their lives have fewer tantrums. And since toddlers who are tired and hungry don't have the inner resources to handle frustration, managing your toddler's life so he isn't asked to cope when he's hungry or tired will reduce tantrums.

An ounce of prevention really is worth a pound of cure.

Here's how to tame those toddler tantrums:

## 1. Stay calm and re-connect.

Remember that once your toddler is upset, her brain isn't capable of calming her down. She needs a calm adult to soothe her so she can re-regulate. So when she feels disconnected or overwhelmed, your priority is to calm yourself and reconnect with her.

## 2. Try to handle upsets so they don't escalate.

It's amazing how acknowledging your child's anger can stop a brewing tantrum in its tracks. Before you set a limit, acknowledge what your child wants.

Remember to keep your words pared down. It's hard for toddlers to follow language when they're upset.

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**  
"You are so mad!"  
"No hitting."

*"You wish you could have that juice, right?"*

(Look, he's already nodding yes!) Then set the limit:

*"You need to eat some eggs, too. We'll have more juice later."*

(As you move his cup out of sight.) If he responds with anger, acknowledge it:

*"That makes you so mad. You really want the juice."*

### 3. Since most tantrums happen when kids are hungry or tired, think ahead.

Preemptive feeding and napping, firm bedtimes, enforced rests, cozy times, peaceful quiet time without media stimulation -- whatever it takes -- prevent most tantrums, and reground kids who are getting whiny. Learn to just say no -- to yourself! Don't squeeze in that last errand. Don't drag a hungry or tired kid to the store. Make do or do it tomorrow.

*"I guess we can't do a big shop today. We'll just get the milk and bread and go home. And here's a cheese stick to eat while we wait in line."*

### 4. Make sure your child has a full reservoir of your love and attention.

Kids who feel needy are more likely to tantrum. If you've been separated all day, make sure you reconnect before you try to shop for dinner.

### 5. Sidestep power struggles.

You don't have to prove you're right. Your child is trying to assert that he is a real person, with some real power in the world. That's totally appropriate. Let him say no whenever you can do so without compromise to safety, health, or other peoples' rights.

6. When your child gets angry, remember that all anger is a defense against more uncomfortable feelings: vulnerability, fear, hurt, grief.

If you can get him to go back to those underlying feelings, his anger will dissipate.

*"You wish we could stay at the playground.... You're sad and mad that we have to go."*

## 7. Create Safety.

Usually at this point your child will cry. If he'll let you hold him, do so. If he won't, stay close, even if he won't let you touch him. He needs to know you're there, and still love him. Be calm and reassuring. Don't try to reason with him. Your goal is just to create safety, so he can let all those feelings come up. Once he gets a chance to show you his sad feelings, he'll feel, and act, a lot better.

Think about what you feel like when you're swept with exhaustion, rage and hopelessness. If you do lose it, you want someone else there holding things together, reassuring you and helping you get yourself under control -- but only after you've had a good cry.

## After the tantrum:

First, take some "cozy time" together to reconnect and reassure. (No, you're not "rewarding" the tantrum. She needed this connection with you or she wouldn't have had the tantrum to begin with! And of course, make sure that your child gets enough "cozy time" with you that she doesn't have to tantrum to get it.)

Second, tell the story of what happened, so that your child can understand and reflect, which builds the pre-frontal cortex:



## Butterfly Cookies

### SNACK CRAFT FOR KIDS



## Butterfly Fruit Cookies

**PREP TIME** 5 minutes

**COOK TIME** 10 minutes

**TOTAL TIME** 15 minutes

### Ingredients

- Sugar Cookies
- Cream Cheese Frosting
- Variety of Fruits
- Sprinkles

### Instructions

1. Bake sugar cookies in oven.
2. Allow cookies to cool.
3. Spread frosting on cookies.
4. Decorate cookie with fruit into the shape of a butterfly.





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Toddler

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News

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# Have a Pet? Don't Miss This Important Childproofing Step



by Jenn Sinrich  
Updated: February 7, 2017



Kristen Rogers/Stacksy

It's easy to treat our furry and feathered friends like family, but it's important to create some boundaries, especially when it comes to where you're stashing their meds. While you might not realize it, those pills you're giving Fido for his fleas, ticks or heartworm could pose some serious risks for young children in the home. In fact, according to a new study published in *Pediatrics*, pet medication mix-ups happen more often than you'd think.

## What the Study Found

The study from the Center for Injury Research and Policy and the Central Ohio Poison Center (COPC) at Nationwide Children's Hospital looked at calls to the COPC for pediatric exposures to medications meant for pets in the household from January 1999 through December 2013. It found that an average of 95 calls a year — or about two calls per week — were for children under the age of 19 who had digested or been exposed to animal meds, most meant for dogs.

Approximately 88 percent of these calls were about children age 5 years and younger who ate or swallowed the pet medicine after they'd found it through exploratory behavior. The most common behaviors included taking the medication off the counter or finding it in a bag (61 percent) and accidental exposures while the parent was trying to give the medication to the pet (23 percent).

While the majority of the calls concerned young children, the study also revealed that this can be an issue among teenagers. Nearly 56 percent of teens were accessing the pills intentionally, thinking they were intended for humans, not pets.

## What You Can Do

The best way to prevent anyone from mistaking pet medication

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Researchers also recommend taking the following actions to keep little ones safe.

- **Store pet meds out of sight.** In addition to keeping medications for pets out of the bathroom cabinets, find a place that's too high for your child to reach or, better yet, that you can lock for added safety.
- **Keep pet meds in original containers.** Especially if Fido's meds are recurring, it might be tempting to store them in a separate container that lacks labeling. But this can add to the confusion and cause someone in your home to mistake the medications for human ones.
- **Monitor your pet when administering meds.** Oftentimes vets will recommend mixing your pet's medication into his food so he's more likely to eat it. When doing so, make sure your child is away from the area and that your pet has finished the entire bowl so there's no residue that little hands can grab.
- **Allow pet fur time to dry.** If your pet takes medication that you need to apply to his skin or fur, try doing so when your child's not present so the medication has time to dry before the two play.
- **Have the Poison Help Line handy.** Post the national Poison Help Line number, 1-800-222-1222, to your fridge, or add it to your phone or a nearby notebook so you can call immediately should you think your child has swallowed pet medication.

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Give Them More  
of the  
Good Stuff!

# Whole Grain Basics

## Shop and Save

- ☀ Bulk bins allow you to buy just the amount you need or can use within a month or two. Cost may be less than packaged grains.
- ☀ Whole grains should smell faintly sweet and pleasant or have no odor at all. Avoid grains that smell unpleasant or musty.
- ☀ Pre-packaged whole grains may have “USE-by” dates.

Visit **FoodHero.org** for easy, delicious recipes using whole grains

Eating whole grains promotes healthy blood pressure, cholesterol, digestion, blood sugar and weight control.



## More Whole Grains!

- ☀ Look for the whole grain stamp on packaged foods.
- ☀ Use cooked whole grains for salads, breakfast bowls, or a dinner side dish.
- ☀ Try whole grain pasta. It is firm and has a nutty taste.
- ☀ Wheat, rye and barley contain gluten but corn, oats, quinoa, rice and buckwheat are naturally gluten free. To be sure that they are processed separately from grains containing gluten, look for “gluten-free” on the package.



## Store Well Waste Less

- Heat, air and light can make whole grains taste and smell rancid. Store whole grains in:
  - airtight containers or reclosable bags. Airtight packaging will also keep out any insects.
  - a cool, dry and dark location or choose a container that keeps light out. Freeze for longest storage.
- Stored properly, whole intact grains will keep for up to 6 months on a cool, dry shelf or up to a year in the



- Ground whole grains will keep for 1 to 3 months on a cool, dry shelf or 2 to 6 months in the freezer.



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# Cooking Whole Grains

## Choose a Whole Grain

Use suggested cooking times and amounts of liquid as a guide. Grains are done when you decide they are as tender as you like. Liquid can be water, broth, milk or a mixture.

### Barley - Hulled or hull-less:

Pearled barley is not whole grain.

1 cup barley + 3 cups liquid = 3½ cups cooked. Cook for 45 to 60 minutes.

### Corn - Grits/polenta:

Enriched grains are not usually whole grain. 1 cup grits/polenta + 4 cups liquid = 2½ cups cooked. Cook for 25 to 30 minutes.

### Oats -

#### Rolled oats:

1 cup oats + 2 cups liquid = 2 cups cooked. Cook for 5 to 20 minutes.

**Steel cut oats:** 1 cup oats + 4 cups liquid = 4 cups cooked. Cook for 20 minutes.

**Quinoa** - If not pre-washed, rinse with cold water before cooking. 1 cup quinoa + 2 cups liquid = 3 cups cooked. Cook for 12 to 15 minutes.

### Rice - Brown, red or black:

White rice is not whole grain. 1 cup rice + 2½ cups liquid = 3 to 4 cups cooked. Cook for 25 to 45 minutes.

### Wheat -

**Bulgur:** 1 cup bulgur + 2 cups liquid = 3 cups cooked. Cook for 10 to 12 minutes.

**Wheat berries:** 1 cup wheat berries + 4 cups liquid = 3 cups cooked. Cook for 45 to 60 minutes.

## Make Whole Grains Easy

Cook grains in large batches to use later:

- Divide cooked, cooled grains into single-use amounts in freezer bags or containers. Label and date. Refrigerate or freeze.
- Use refrigerated cooked grains within 3-4 days. Use frozen cooked grains within 2-3 months.
- Add frozen cooked grains to soups or skillet meals straight from the refrigerator or freezer. As the dish cooks, the grains will reheat.
- To quickly reheat refrigerated or frozen grains, add a small amount of water and heat in the microwave or in a saucepan on low until warmed. Stir as needed to prevent sticking.

## Kids Can!

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

- measure grains and liquids.
- package cooked grains for the freezer.

## Choose a Cooking Method

**Steamed:** Bring liquid to a boil in a large saucepan. Stir in grain. Cover. Reduce heat to low and simmer until tender. Drain extra liquid if needed.

**Pilaf-style:** Sauté in a little oil until lightly golden. Vegetables and seasonings can be added. Stir in liquid. Bring to a boil, reduce heat to low, cover and simmer until grain is tender and has absorbed all liquid.

**Rice cooker:** Follow rice cooker directions for other grains. Or try the white rice settings for grains that take 25 minutes or less and the brown rice settings for grains that require longer cooking. Use the same amount of liquid as if steaming.