



**Fun and  
Resources for  
06-15-2020**



# Asian Beef and Noodles



## Ingredients

- 1/2 pound lean **ground beef** (15% fat)
- 2 cups **water**
- 2 packages oriental flavor instant **ramen-style noodles**, broken into small pieces
- 16 ounces frozen **Asian-style vegetables**, or any other frozen vegetables
- 2 **green onions**, thinly sliced
- 1 Tablespoon **fresh ginger** or 1/4 teaspoon ground ginger
- 2 cloves **garlic**, minced, or 1/2 teaspoon garlic powder

**Makes:** 6 cups  
**Prep time:** 10 minutes  
**Cooking time:** 15 minutes



## Directions

1. In a large skillet over medium-high heat (350 degrees in an electric skillet), brown ground beef and cook until no longer pink. Drain fat.
2. Add 2 cups of water and **ONE** seasoning packet to cooked beef and mix well.
3. Add frozen vegetables, green onion, ginger, and garlic and bring to a boil over high heat.
4. Add ramen noodles, reduce heat to low, and simmer 3-5 minutes until vegetables are tender, stirring occasionally.
5. Refrigerate leftovers within 2 hours.

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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

## Nutrition Facts

Serving Size 1 cup (217g)  
 Servings Per Container 6

Amount Per Serving	
Calories 210	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	

**Protein** 11g

Vitamin A 2% • Vitamin C 40%  
 Calcium 4% • Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

# The Cure for Whining

Should children get what they want by whining? Absolutely not.

Should they learn that they can get their way by marshaling good arguments and making them in a reasonable, humorous, charming way that meets your needs as well as theirs? Absolutely, if you want them to get anywhere in life.

But how to help them make that transition?

Whining is common with toddlers and preschoolers. Parents are usually advised to tell their kids to ask in a "nice"

voice, because they can't hear the whiny voice. But whining is a symptom of a deeper issue. So if you want to eliminate whining, you have to address what's underneath.

If your child's whining is driving you crazy, here are six parent-proven secrets to stop the whining. Which secret you use depends on why he's whining.

## 1. Whining because he doesn't have the internal resources to cope with what's being asked of him:

When humans feel overwhelmed, they get whiny. (As a toddler, he would have thrown himself howling to the ground, but by three or four he can often whine instead.) Meet his basic needs for food, rest, down time, run-around time, and connection with you, or you can count on whining. He may not tantrum as much as he used to, but he will certainly whine if you force him to endure that shopping trip while he's hungry and tired. Why

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**



## 2. Whining because she needs more connection:

Aha! Parenting.com

Be pre-emptive. Make sure that your child gets enough of your positive attention, unprovoked. Pre-empt whining by giving attention BEFORE she gets demanding. Anyone who's had to ask a romantic partner "Do you love me?" knows that attention given after you ask can never really fill the need. The secret is to take the initiative and give attention the child hasn't asked for, often, so she feels your support and connection.

And of course it's particularly important to connect when she shows the first sign of needing your emotional support, before that quick downhill slide. (No, you're not rewarding "bad" behavior by giving her attention when she's whining. If she were whining from hunger, would you think you were rewarding that by feeding her? It's our job to meet kids' needs so they have the internal resources to cope. Connection is a basic human need, and children can't function well without it.)

## 3. Whining because she doesn't like what's happening but feels powerless to get her way:

Lawrence Cohen, author of the wonderful book [Playful Parenting](http://www.amazon.com/gp/product/0345442865/ref=as_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0345442865&linkCode=as2&tag=yourr-20) ([http://www.amazon.com/gp/product/0345442865/ref=as\\_li\\_ss\\_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0345442865&linkCode=as2&tag=yourr-20](http://www.amazon.com/gp/product/0345442865/ref=as_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0345442865&linkCode=as2&tag=yourr-20)), says:

*"When children whine they are feeling powerless. If we scold them for whining or refuse to listen to them we increase their feelings of powerlessness. If we give in so they will stop whining, we reward that powerlessness. But if we relaxedly, playfully, invite them to use a strong voice, we increase their sense of confidence and competence. And we find a bridge back to close connection."*

Remember, you're not out to manipulate her, but to connect. Start by letting her know that you hear what she wants, and you see her point of view: "*You really want to go to the playground, and you keep telling me that, and here I keep stopping at all these stores that you aren't expecting, and you're disappointed, right?*" Sometimes just feeling heard is enough to stop whining in its tracks.

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**

Then, if she keeps whining, you can say playfully, "You don't sound like yourself. I wonder where your usual strong voice **Aha! Parenting** (1)  
.com

Express confidence that your child can use her "strong" voice and offer your assistance to help her find it, by making it into a game:

*"Hey, where did your strong voice go? It was here a minute ago. I LOVE your strong voice! I'll help you find it. Help me look. Is it under the chair?  
No...behind the door? No.... HEY! You found it!!  
That was your strong voice!! Yay! I love your strong voice! Now, tell me again what you need, in your strong voice."*

Finally, give her alternate tools by teaching her how to ask appropriately for something and negotiate with you. Since whining is so often a function of powerlessness, helping your child to feel that she can get what she wants through reasonable measures will carry over into the rest of her life.

In other words, you don't want her to learn that she gets her way in life by whining or tantrumming, but you do want her to learn that she can get what she wants through managing her emotions, seeing things from the other person's point of view and setting up win/win situations. (And of course, that's what you always try to model.)

So if you simply don't have time to go to the playground today, then don't. Be empathic about his desire, and nurture him through the meltdown, as described in #4 below. But if your objection is to his whining, rather than his request, and he manages to pull himself together and ask in a reasonable way for what he wants, then you'll be able to engage in the kind of conflict resolution that finds a win/win solution.

Are you "rewarding" whining? No, you're empowering him by demonstrating that finding solutions that work for both of you is the way to get what he wants in life.

I often hear from parents that this "empowering with the strong voice game" strategy

works like a charm the first time or two, but that after that the child refuses to play. If

We use cookies to improve your online experience. If you continue on this website, you will be that's the case, it's because he actually needs something else -- to cry. Which brings us to: providing your consent to our use of cookies. [More information \(/privacy\)](#) **Ok, got it**

*"Ok, you want to go to the playground, and I need to stop at the hardware store. Let's do this: If we're really quick at the hardware store, we'll have time to stop at the playground on the way home. Think you can help me be quick? And if you are really fast about getting in and out of your car seat, we can stay a bit longer at the playground."*

#### 4. Whining because he needs to cry:

He has a lot of pent-up emotions about things that are stressing him -- the new babysitter you left him with on Friday night, that kid who grabbed the truck away in the sandbox, potty training, the new baby -- there's no end of stressful developmental challenges! Toddlers let off stress by simply having a meltdown, but as they get older they gain more self-control, and begin to whine instead. Be kind in response to his whining until you get home and have a few minutes to spend with him. Then draw him onto your lap, look him in the eye and say

*"I notice you were feeling so whiny and sad, Sweetie. Do you just need to cuddle and maybe cry a bit? Everybody needs to cry sometimes. I'm right here to hold you."*

#### 5. Whining because it works:

Don't reward whining, meaning don't give in and buy the candy. But there is never a reason to be less than kind about it. Responding to his desire with empathy (*"You are so disappointed that I said no; you really wish you could have that candy..."*) helps him feel less alone with his disappointment. And there's nothing wrong with finding something else that will make him happy, like a shiny red apple or a trip to the playground. That teaches him to look for and propose win/win solutions. If, by contrast, he feels like he only gets what he wants by whining, he'll become an expert whiner.

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**

## 6. Whining because you'll do anything to stop it:

Why do parents hate whining so much? Because whining is your little one's more mature form of crying. She's letting you know she needs your attention. And human grownups are programmed to react to whining much as we do to crying, so the needs of tiny humans get met. So the minute you hear that whine, you react with anxiety. You'll do anything to stop it.

But if you can take a deep breath and remind yourself that there's no emergency, you'll feel a lot better, and you'll parent better. Don't let your automatic crisis mode of fight or flight kick in. Don't feel like you have to solve the problem, or do anything at all except love your child. Just smile at your child and give her a big hug. Most of the time, the whining will stop.



FREE WEEKLY INSPIRATION IN YOUR INBOX

**LAURA'S PARENTING TIPS**

YES I WANT THIS SUPPORT! (/NEWSLETTER)

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**



## **MAIL A HUG**

How to mail a hug, a thoughtful handprint gift to send to someone you love.

### **WHAT YOU NEED**

- Cardstock
- Ribbon
- Scissors
- Tape or Glue
- Paint or Markers

### **DIRECTIONS**

1. Begin by tracing each of your child's hands on the paper.
2. Next cut each hand out of the paper.
3. Now let your kid have fun decorating their hands (decorate both sides). We used paint, but you could use markers, glitter, or whatever your heart desires.
4. Take the ribbon and measure your child's wingspan.
5. Using tape or glue add the ribbon to each hand.



6. You can write a special message on each hand or just write,  
"A hug from (child's name)."

## Toddler Safe Sleep Practices



by **Marygrace Taylor**

Reviewed on June 2, 2019 ✓



Lauren Naefe/Stocksy

Now that your baby is a toddler, you may be wondering what the safe sleep rules are for a child of his age. Here's what you need to know to keep your little one sleeping safely.

Your little one has entered toddlerhood, and both of you have finally started to master the whole sleep thing. You know what your child needs to snooze soundly (most of the time, anyway!), and he's gotten pretty good (or better, at least) at sleeping through the night.

But just as you've gotten the hang of things, the rules start to change. The guidelines for helping your toddler sleep safely are different from the ones you had to follow when he was a baby. The good news is that now that he's older and no longer at risk for Sudden Infant Death Syndrome (SIDS), the guidelines aren't as strict as they used to be.

**What are the safe sleep guidelines and tips for toddlers I need to follow?**

## what to expect.



there are still some important things to consider to ensure that your toddler stays safe while he sleeps:

- **Your toddler should move to a bed when he's tall enough.** You should start transitioning to a toddler bed or a twin bed with a side rail when your little one gets to be 35 inches tall, or when the height of the side rail is less than three-quarters of his height. Ideally, you should make the switch when he's as close to age 3 as possible. Most children move to a toddler bed any time between 18 months and 3 1/2 years old, though younger toddlers may not really be ready for a big bed.
- **Create a safe sleeping space.** Make sure your child's crib or bed is far away from any objects with ties or strings, like window blind pulls, curtains or electrical cords; likewise, watch for items that your toddler might be able to pull into his crib or bed, like picture frames, mobiles or other hazards. The good news: Blankets, pillows and stuffed animals no longer pose the risk that they did when your child was a baby. Now, it's fine for your toddler to sleep with a thin blanket and a small pillow — but make sure the pillow isn't big enough for him to use as a makeshift step stool to climb out of his crib. And it's still a good idea to steer clear of big stuffed animals or soft toys.
- **Take steps to protect crib climbers.** Toddlers love moving around and exploring their environment — which can mean trying to climb out of their cribs. If your child is still in a crib, keep his crib mattress on the lowest setting to make it harder for him to get out. And avoid putting anything in the crib that your child could step on to help climb out, like stuffed toys or crib bumpers. Even with these precautions in place, your toddler might still be able to climb out of his crib anyway. If that's the case, and he's doing it frequently, it's probably time to move him into a toddler bed or a twin bed with a side rail.
- **Let your toddler sleep in a position that's comfortable for him.** After his first birthday, you no longer have to put your child to sleep on his back. He's old enough to sleep safely on his back, stomach or side — so let him stick with whatever position he picks.

# ACTIVE PLAY



NATIONAL CENTER ON  
Early Childhood Health and Wellness

Tips for Families from the National Center on Early Childhood Health and Wellness

## Healthy Habits Start Early

Good activity habits begin early in your child's life. As early as infancy, you can help your child grow lifelong healthy play habits. Your child learns from you, so while you help him be active, try to do the same activities!

### Play Time Can Be Active Time!

#### *For Your Infant*

- Keep your baby active with tummy time and time spent out of the swing or bouncy chair. This will give him plenty of chances to stretch, reach, and kick so he can reach important milestones like crawling and sitting up.
- Avoid putting a TV in your baby's room. The more YOU talk to and play with your baby, the more likely he is to be healthy as he grows.

#### *For Your Toddler*

- Even very active toddlers need physical activity. Keep moving by dancing, jumping, and walking together.
- Try to limit screen time to 2 hours or less a day. Children who have lots of active play time outside and indoors are more likely to stay healthy and active as they grow up.

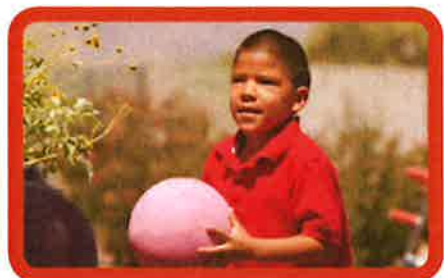
#### *For Your Preschooler*

- Help your child to stay active and learn at the same time by spending time outdoors.

- Try to limit TV, video games, and computer time to 2 hours or less a day. Children who watch more than 2 hours of TV a day are more likely to be overweight as they get older.

#### *For Yourself and Your Family*

- When you spend time being active, your child learns healthy habits from you.
- Set playtime, mealtime, and bedtime routines to make daily life easier to handle.
- Talk with your child's pediatrician, early care and education staff, and other parents to get ideas for making playtime active time.



NATIONAL CENTER ON  
Early Childhood Health and Wellness