

Fun and Resources for 06-18-2020





Apple Sandwiches



Ingredients

- 1 medium **apple**
- 2 Tablespoons **peanut butter**
- 1 Tablespoon **raisins**

Makes: 2 servings
Prep time: 10 minutes

Directions

1. Wash the apple under cool running water and dry. Cut in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
2. Spread 1/2 teaspoon of peanut butter on one side of each apple slice.
3. Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
4. Continue with remaining apple slices.

Notes

Sprinkle the peanut butter with grated carrot, chopped nuts, seeds or granola instead of, or along with, the raisins.

Try other nut or seed butters, such as almond, hazelnut or sunflower seed.

Use other dried fruit pieces, such as cherries or cranberries.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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Nutrition Facts

2 servings per container	
Serving size	1/2 apple (110g)
Amount per Serving	
Calories	150
% Daily Value*	
Total Fat 8g	10 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 70mg	3 %
Total Carbohydrate 19g	7 %
Dietary Fiber 3g	11 %
Total Sugars 13g	
Includes 1g Added Sugars	2 %
Protein 4g	
Vitamin D 0mcg	0 %
Calcium 15mg	2 %
Iron 0mg	0 %
Potassium 212mg	4 %
Vitamin A 2mcg	0 %
Vitamin C 4mg	5 %

*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.

Easing the Transition to the Toddler Bed

So she's giving up the crib? Or moving out of the family bed? You've been to the store and picked out the cutest toddler bed? All of you are totally excited?

Except instead of rolling over and falling asleep, now she comes out every two minutes to find you? All evening long? And the next day she's a basket case because she's so exhausted?



Welcome to the Toddler bed. Kids love the new-found freedom. They can't help but test the limits. And being all by herself with no sides can feel very scary.

So how can you get her to form the new habit of falling asleep in her new big-girl bed without you losing your mind?

Be aware, going into this transition, that this is a big move for your child.

Naturally, it makes her insecure. She needs your support to learn how to go to sleep in her big-girl bed. Sure, it comes naturally to you. But you've been doing it for many years. To her, this is a new skill, and she needs your help to get used to it. So cultivate a sense of humor. Tell yourself this is a test to show what a patient parent you are. Don't expect to have much of an evening for a week or so. Then, just stay calm and keep reinforcing the limit that it's bedtime. Here's how:

1. Before you make the big transition, be sure your child has a regular bedtime routine.

Then follow that exact routine when he moves to his new bed. (For help with bedtime routines, see [Helping Your Toddler Learn to Put Himself to Sleep \(/Ages-stages/toddlers/helping-your-toddler-learn-to-put-himself-to-sleep\)](#).)

2. Introduce the subject by pointing out any friends or cousins with

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“big kid” beds.



Get him excited before you get the new bed. Reading books is also a terrific way to introduce the idea; there are links at the end of this article to some good books to check out.

3. Don't initiate the transition from the crib while he's potty training, or when you're moving to a new house.

It might seem easiest not to move the crib, but that's more change than most little people can handle all at once, and you'll find it just isn't worth it.

4. If you're moving your child to make room in the crib for a new sibling, be sure the transition occurs a good three months before you expect the new baby.

You want your toddler to be happy in his new bed before he sees an interloper in his crib. If your child is not really ready to leave his crib, you can save yourself and him a lot of grief by borrowing a second crib for awhile, until he's ready.

5. It's a good idea if the toddler bed can be in the same place where his crib was.

If your kids will share the room, move the crib to a new place in the room if you can.

6. If at all possible, let your child pick the bed.

If someone is giving or loaning you a toddler bed, stress to your child that she gets Cousin Jane's bed now because she is almost as big as Cousin Jane. When the bed is delivered, let your child help unpack and assemble it.

7. If you're using a regular twin bed, start off with the mattress on the floor...

...rather than on a bedframe, for both safety and coziness. You can add the bed frame in a couple of years.

8. Make his new bed comfortable like a little den

Aha! Parenting (1)

It's important to make sure you use as many things from the crib as possible (blankets, for instance) so that he feels comfortable in the new bed. It's fine to let him pick out new superhero sheets, but his crib blanket is what he'll need most. Most kids love being surrounded by stuffed animals. Be sure to use guardrails; in addition to being more safe, they help kids feel more secure, so he's less likely to keep getting out of bed.

9. If your bedtime routine does not include audio, consider adding it.

Many toddlers fall asleep more easily while listening to familiar, calming music. Over time, as soon as they hear the music, it will become a cue for their body to begin settling into sleepiness. Depending on the age of your child, there are also wonderful bedtime story and relaxation audios, but you'll need to read reviews and listen in advance to be sure they're age appropriate. The great thing about a story, even one that's repeated every night, is that it keeps your child's attention so he doesn't get worried and keep coming to find you.

10. Before the big night, act out the scenario with stuffed animals.

Your toddler will watch avidly as the little elephant kisses mama or daddy goodnight and snuggles under the covers in his own bed. Have the parent sing the little elephant the same good night songs you sing to your little one. This will help him understand what's going to happen.

11. On the big night, initiate bedtime an hour earlier than usual.

Explain to your child that she is going to sleep in the big bed tonight. Go through the normal bedtime routine. What you do next depends on your child. Some kids can handle it if you sit in the doorway of the room, reading with a book light, while they fall asleep. But most kids need us to sit right next to them, on the bed. That way she feels your presence acutely, which will give her great reassurance. Of course, if you need to cuddle her so she feels safe enough to fall asleep, by all means do so. She doesn't need to get out of bed to find you, so she'll develop the habit of snuggling down and going to sleep rather than of getting out of bed to look for you.

12. If he tries to engage you in conversation, just say "We'll talk tomorrow. It's sleep time now."

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Keep your attitude positive, respectful, and detached. Be boring and consistent.

13. If he starts to get out of bed, say, "It's bedtime, you need to stay in bed."



Move closer so you can gently keep him in bed if he starts to get up. Stay calm, respectful, and empathic, as in *"It's a big change, sleeping in your new bed. Soon you'll be used to it."* But don't let him get out of bed. You don't want him developing that habit. Stay as close to the bed as you need to, to start. This eases the transition and lets your child learn to fall asleep in the new bed. Are you developing a bad habit? No, this is a transition, and you will be able to ease out of it, once your child is comfortable in the bed.

14. If your child cries, comfort him.

Some children are very frightened of their parent leaving, and will cling to you. In that case, remind yourself that this fear needs expression, and don't leave your child alone to cry. Instead, when she begins crying, stay with her and let her cry as much as she needs to. As she begins to stop, let her know that now you'll be leaving. In other words, you don't actually ever leave her crying. You simply remind her that you'll be leaving, and then help her with the anxiety that surfaces. Stay as close as you need to, to comfort her -- and move only as far away as you need to so that her fear comes up. After she "shows you" her fear, it will evaporate. Yes, that may take a few days, but sooner or later she will no longer be frightened when you say you need to leave.

Is this sleep training? It would be more accurate to say that your child was having a hard time separating from you to fall asleep, so you helped her surface and dissolve the fears that were causing her separation anxiety. Notice that you never left her alone to cry. Instead, you announced your plan to leave and then helped your child through her fearful reaction. Anxiety—another word for fear—is often at the root of children's sleep issues. While there is nothing at all wrong with a toddler sharing her parents' bed, children who can verbally understand are certainly capable of sleeping alone, once they get some help with their fears.

15. Give lots of positive acknowledgment when he does fall asleep in his own bed without trying to get out, and even for progress in the right direction.

Aha! Parenting (1)

"I noticed that I only had to remind you twice to stay in bed last night. You must be so proud of yourself. Soon you will feel so good in your new bed that you'll be able to snuggle right down and go to sleep all by yourself!"

16. If you've been in the bed until your child falls asleep...

... gradually move yourself so you're just holding hands and sitting in a chair. Then, stop holding his hand. Then, move your chair further away until you're sitting in the doorway. This could take you a month, but it might just be a week.

17. If your little one has a hard time falling asleep night after night, consider the possibility that he's over-tired from falling asleep later than usual, and move his bedtime earlier.

Toddlers have to pump themselves full of cortisol and adrenaline to stay up later than usual, and that makes it harder to fall asleep. Oddly enough, an earlier bedtime usually solves the problem when the child is just too wound-up to relax. Another helpful thing to try: roughhousing. Not right before bed, because it winds the child up, but earlier, before dinner or before bath. Laughter reduces the stress hormones circulating in the body and helps the child relax at bedtime.

18. Within a few days of your sitting in the doorway, your child will be falling asleep without trying to get out of bed, and you can begin leaving for a few minutes, and then for longer periods of time.

Just say you'll be right back, and keep checking back. It helps to leave the chair in place, like a sentinel, to reassure your child if she looks for you.

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Ok, got it

19. If your toddler just ~~can't seem to fall asleep~~, you might consider letting her take books ~~(not to go to bed with her)~~. **Aha! Parenting**.com

If you have a nightlight, or enough light from the hall, she can "read" herself to sleep. Lots of adults need to read a bit before they fall asleep. It isn't such a bad habit for her to develop, as long as she actually falls asleep. Just be sure the light is very dim, so it doesn't keep her up.

Recommended Resources

Lawrence Shapiro's book is specifically for kids who have been sharing the family bed and are moving to their own bed.

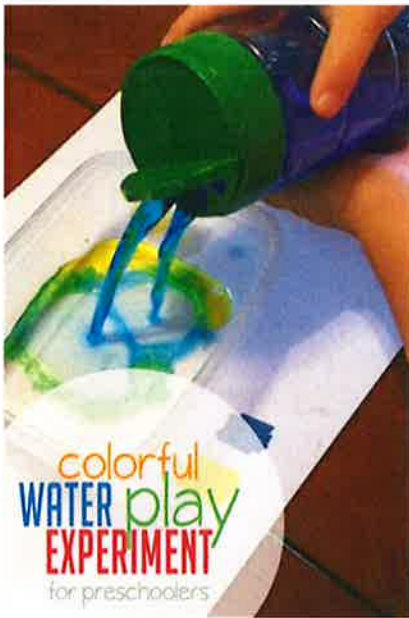
				
My Own Big Bed	It's Time to Sleep in Your...	Your Own Big Bed	Big Enough for a Bed (Sesame...	A Bed of Your Own
\$5.66	\$42.71	\$16.99	\$4.99	\$7.29
Shop now	Shop now	Shop now	Shop now	Shop now

Don't Miss:

[Your Game Plan for the Terrific Twos » \(/ages-stages/toddlers/toddlers-terrific-twos\)](#)

[Discipline: Managing Your Toddler So You Can Enjoy Him » \(/ages-stages/toddlers/discipline-managing-toddler\)](#)

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Colorful Water Play Experiment for Preschoolers

We were inspired by a [simple water play idea](#) and remixed it a bit. We wanted to add in some scientific thinking and hypothesizing for older children.

Our activity used just a few simple supplies that we usually keep stocked at home. To do this experiment, you'll need:

- white paper
- blue, red, and yellow markers or crayons
- blue, red, and yellow food coloring
- water
- three bowls or buckets
- three empty spice jars

I took out three sheets of white paper and colored little squares on each one with the markers.

On each paper, I drew different combinations of I drew squares of blue + one page, blue + yellow on another, and red + yellow last one.

We set one empty bowl on each paper.



colors.
red on
on the
top of

Next, my son helped me fill each empty spice jar with a bit of food coloring and water. I put just one color in each jar: red, blue, and yellow.

He had fun shaking up the jars to mix in the color!



I explained that today we were going to explore colors.

“Blue, red, and yellow are called primary colors. This means that with only these three colors we can make any other color in the world!”

We used the colored squares on each page to guide our experiment and mixing. I had him point to the colored square on the paper and choose the correct jar of colored water.

Be a Color Mixing Scientist with Your Preschooler

Before my son poured any water into the bowls, I asked him to make a hypothesis, or guess.

Which color will we create mixed up the three colors

After you make your hypothesis, you could it by adding a third colored your guess, to your paper.

We started by mixing blue yellow. He guessed that would create green!



when we we had?

“record” square,

+ we

I like to make sure I let him do the thinking so I said, “That’s a good hypothesis, let’s test it and see what happens!”

For our first mixture, he poured in yellow, and then blue. And it made...green!

Invisible Ink with Lemon Juice

Making invisible ink is a lot of fun, you can pretend you are a secret agent as you keep all your secret codes and messages hidden from others. All you need is some basic household objects and the hidden power of lemon juice.

What you'll need:

- Half a lemon
- Water
- Spoon
- Bowl
- Cotton bud
- White paper
- Lamp or other light bulb



Instructions:

1. Squeeze some lemon juice into the bowl and add a few drops of water.
2. Mix the water and lemon juice with the spoon.
3. Dip the cotton bud into the mixture and write a message onto the white paper.
4. Wait for the juice to dry so it becomes completely invisible.
5. When you are ready to read your secret message or show it to someone else, heat the paper by holding it close to a light bulb.

What's happening?

Lemon juice is an organic substance that oxidizes and turns brown when heated. Diluting the lemon juice in water makes it very hard to notice when you apply it the paper, no one will be aware of its presence until it is heated and the secret message is revealed. Other substances which work in the same way include orange juice, honey, milk, onion juice, vinegar and wine. Invisible ink can also be made using chemical reactions or by viewing certain liquids under ultraviolet (UV) light.

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Accidental Childhood Poisoning

Reviewed on January 20, 2019



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What's the best way to prevent your child from swallowing something dangerous? Poison-proofing your home. Here are the steps you can take to protect your child

Even if you've locked up the cleaning supplies and stashed the hazardous chemicals out of sight (and out of reach), your child might still find a way to get her hands on a poisonous product (and then put it in her mouth). In fact, roughly half of the incidents reported to poison-control centers involve kids younger than 6 years old. Most of these childhood poisoning injuries involve common household substances like cosmetics, plants and pain relievers — items you wouldn't necessarily think to stash in hard-to-find places. And any number of products can prove poisonous to your little one — from nail polish remover to glue — which is why knowing how to prevent accidental poisonings and what to do in case the unthinkable happens should be tops on your child-safety to-do list.

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And it's not just ingesting objects that aren't meant for each year more than 70,000 kids visit the emergency room because of unintentional medicine overdoses. So in addition to knowing the signs of poisoning, it's important to know the steps to take to prevent child poisoning in the first place.

The signs of poisoning

Besides finding an open container or bottle, look for these signs if you suspect your child has swallowed something dangerous:

- Burns or redness around the mouth and lips (a sign your child drank something caustic)
- Breath that smells like chemicals
- Burns, stains and smells on your child, her clothes or

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- Vomiting, difficulty breathing, sleepiness, confusion or other strange behavior
- Seizures
- Unconsciousness

What to do about childhood poisoning

If your child is awake and stable:

- Don't give ipecac syrup or try to make her throw up — doctors say this can do more harm to your little one. Instead, call the poison-control center at 800-222-1222 (in the United States).
- Tell the person who answers as much information as you know: What you think your child swallowed, when and how much. (It helps if you have the bottle that contains the poisonous substance.) Then follow instructions on what to do.
- If the poison-control expert tells you to go to the ER and you have the substance container, then take that with you to show the ER doctor exactly what your child ingested.

If your child is listless, having seizures or having difficulty breathing:

- Call 911 or your child's doctor.

How to prevent childhood poisoning

It's virtually impossible to guard against every danger, but the more steps you take to poison-proof your home, the safer you can keep your family.

More on Children's Health and Safety



Colds in Toddlers: Causes, Symptoms, Tips and Remedies



Spotting and Preventing Dehydration in Toddlers



Toddler Car Seat Safety
101

- Post the poison-control number (800-222-1222) in the kitchen, bedroom, and bathroom and program it into your phone. Also post your child's age and weight, as well as any

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case a babysitter needs to report that information to the poison-control center when you're gone.

- To avoid an accidental medication overdose, always get dosing instructions from your practitioner in milliliters (mL). Use a dosing syringe — not a dosing cup or spoon, and never a kitchen spoon — and be sure to turn on the lights and read dosage information carefully first. Ask your pediatrician if you're at all unclear on how the medicine should be taken.
- Store all medications, cleaning and laundry supplies, alcoholic beverages, cosmetics and other potentially dangerous substances in childproofed cabinets. Make sure to keep everything out of your baby or toddler's reach. A one-a-day pill dispenser or bottle of cough syrup can look like candy or a toy to a young child.
- Avoid taking medications in front of your little one, since little kids often try to imitate what you do.
- Never call medicine (like your tot's vitamins) "candy" since this could entice your toddler to try to eat more of it. Even vitamins can be toxic (nutrients like iron or vitamin A, for instance, can be harmful if taken in large doses).
- Don't throw medications away in open trash containers where your toddler or mobile baby can get to them. Follow the disposal instructions on the medication's label, but make sure it's disposed in a closed container that your child can't get into.
- Be sure to ask for child-resistant safety caps for prescription medications for *anyone* in your family and choose over-the-counter medicines with child-resistant tops (a good rule for all hazardous products — like cleaning supplies). Keep all medications in their original child-resistant containers, and always replace the safety caps after you've taken the medicine.
- Buy only child-friendly nontoxic art supplies.
- Be extra careful about visitors (who may not be thinking about the risks of childhood poisoning) — and make sure they don't leave their medication in places your little one can find them (like in Grandma's open purse or on the coffee table).
- Make sure your garage and utility room is childproofed. Store all dangerous substances like gasoline, antifreeze, fertilizer, pesticides, paint and windshield-washing fluid in locked cabinets. And as with medicine, keep these dangerous substances in their original containers.
- Know what kinds of plants you have and whether or not they could be poisonous. If you do have a dangerous plant, keep it far from your child's reach or consider getting rid of it.
- Beware of lead poisoning. Have the paint on the interior and exterior of your home tested for lead if your house was built before 1978. Also, stay up to date on toy recalls due to lead paint — you can get e-mail notifications from the US Consumer Product Safety Commission.
- Supervise your child as much as you can to avoid accidental childhood poisoning — especially if you're away from home.



Give Them More
of the
Good Stuff!

Winter Squash Basics

Shop and Save

- ❖ Choose squash that are firm and heavy for their size with dull skin. Avoid squash with soft spots or broken skin.
- ❖ Winter squash is usually available year round but may be cheaper and taste better in fall and winter.
- ❖ Canned winter squash are available year round and might be the best buy if you only need a small amount. Some squash are also available frozen.

*Most types
of winter squash
can be used in
any recipe
or dish*

*Winter squash is an excellent source
of vitamin A and also provides
many minerals.*



1 pound of squash makes about
2 cups cooked pieces or
1 1/2 cups mashed

Types of Winter Squash



Acorn - smaller and acorn-shaped with dark green skin and ridges.

Butternut - long and pear-shaped with smooth, beige skin that can be peeled or cut more easily.



Pumpkin - round, small to very large, orange or white squash.

Spaghetti - oval shaped with light yellow skin. The cooked flesh separates into strands similar to spaghetti.



Hubbard - large with thick, bumpy skin that is dark green, gray or blue. Sometimes sold in cut pieces at the store. The flesh has a smooth texture.



Delicata - oblong with striped cream and green skin. Thinner skin is easier to cut.



Store Well Waste Less

- Store whole squash in a cool, dark, dry place. If uncut, some varieties can last up to 3 months.
- Rinse squash under running water before peeling or cutting. Once cut, wrap tightly in plastic

wrap or seal in a bag; store in refrigerator for up to 1 week.

- You can freeze cooked squash to use later in main dishes, soups, chili or baked goods. Pack meal-sized amounts in freezer bags or containers. Use within 1 year.



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Cooking with Winter Squash

Cooking Winter Squash

Most winter squash have tough, hard skins. It is easier to cook them with the skin on.

1 Wash the skin and cut squash in half lengthwise or in 1-inch rings. If squash is too tough to cut, microwave or bake for a few minutes until squash is warm to the touch and soft enough to cut.

2 Remove seeds and stringy fibers with a spoon. Save seeds for roasting later! Cover and refrigerate seeds for up to 1 day.

3 Cook squash. The squash flesh should be easily pierced by a fork when done.

Microwave (shortest cooking time). Place squash cut side down on a microwave-safe dish with 1 to 2 tablespoons water. Cook on HIGH, checking for doneness every few minutes. Cooking time depends on amount of squash and power of the microwave.

Bake at 350 to 425 degrees. Line a baking dish with foil for easier clean up. For a "roasted" flavor, rub squash with a little vegetable oil and cook uncovered. For a "steamed" texture, add ½ cup water to the pan and cover with foil. Check for doneness after about 45 minutes. Larger squash may take longer to cook.

4 Season cooked squash with your favorite spices. For a "sweet" flavor, try cinnamon, nutmeg, allspice or ginger. For a "savory" flavor, use garlic powder, onion powder, chili powder, parsley or oregano.

5 Refrigerate or freeze leftovers.

Top Spaghetti Squash

with imagination. Try pasta sauce, parmesan cheese and mushrooms, sauteed vegetables, or chili.

Kids Can!

Kids Can help Roast Squash Seeds:

- Rinse seeds in a colander under hot water.
- Separate seeds from stringy fibers.

Roast Seeds in Microwave or Oven

Microwave in a covered microwave-safe dish until seeds are crispy, stirring occasionally.

Bake in the oven in a covered baking dish or on a flat baking pan:

- 250 degrees for a slower roast
- Higher temperature (400 degrees) for faster cooking
- Watch closely to avoid burning

Glazed Squash

Ingredients:

Cooking spray

2 pounds **winter squash** (try acorn, butternut, delicata or others)

3 tablespoons **brown sugar**

¼ teaspoon each **salt** and **pepper**

Directions:

1. Preheat oven to 400 degrees. Line a rimmed baking sheet with foil. Lightly spray foil with cooking spray.
2. Wash the squash, cut in half and scoop out seeds. Cut into 1-inch thick slices and lay on baking sheet.
3. In a small bowl, combine brown sugar, salt and pepper. Sprinkle squash with half the seasoning mixture.
4. Bake until sugar has melted, about 4 to 6 minutes. Remove baking sheet from oven and turn squash slices over. Sprinkle remaining seasoning mixture over squash and return to the oven. Bake until squash is tender, about 15 to 20 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

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