

Fun and Resources for 06-17-2020





Apple Spice Baked Oatmeal



Ingredients

- 1 **egg**, beaten
- 1/2 cup **applesauce**
- 1 1/2 cups **nonfat** or **1% milk**
- 1 teaspoon **vanilla**
- 2 Tablespoons **oil**
- 1 **apple**, chopped (about 1 1/2 cups)
- 2 cups **old fashioned rolled oats**
- 1 teaspoon **baking powder**
- 1/4 teaspoon **salt**
- 1 teaspoon **cinnamon**

Makes: 9 squares
(2.5 inches x 2.5 inches)
Prep time: 10 minutes
Cooking time: 30 minutes

TOPPING

- 2 Tablespoons **brown sugar**
- 2 Tablespoons **chopped nuts** (optional)

Directions

1. Preheat oven to 375 degrees. Lightly oil or spray an 8" x 8" baking dish.
2. Combine the egg, applesauce, milk, vanilla and oil in a bowl. Mix in the apple.
3. In a separate bowl, mix the rolled oats, baking powder, salt and cinnamon. Add to the liquid ingredients and mix well.
4. Pour mixture into baking dish, and bake for 25 minutes.
5. Remove from oven and sprinkle with brown sugar and (optional) nuts.



Nutrition Facts

Serving Size 2.5 inches x 2.5 inches (107g)
Servings Per Container 9

Amount Per Serving

Calories 150 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 150mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **12%**

Sugars 9g

Protein 5g

Vitamin A 2% • Vitamin C 2%

Calcium 10% • Iron 6%

*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

Game Plan for Peaceful Parenting Your Preschooler

Ages three to five have been called The Wonder Years, and wondrous they are, ping-ponging from exuberance to whining, from tantrums to cuddling, from belief in fairy tales to mind-boggling intellectual leaps.

Preschoolers are explorers, scientists, artists and experimenters. They're experiential learners, so they keep pushing on limits to find out what's solid. They're still learning how to be friends, how to engage with the world, and how to control their bodies, emotions and minds.



With a little help from you, these years will build a secure and unlimited foundation for your son or daughter's entire childhood.

What Your Preschooler Needs to Thrive:

1. Structure.

Regular routines help kids feel safe, and are vital for preschoolers, who grapple with big fears on a daily basis. The world is chaotic and scary to them; their household should be predictable. A calm, orderly and fun atmosphere, with regular meal and bedtime routines,

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**

will produce happier children who have the internal resources to meet daily developmental challenges. No **Aha! Parenting** ⁽¹⁾ to be rigid. But your child does need to know what to expect.

2. Enough sleep.

Preschoolers may resist bedtime, but without sufficient sleep, three to five year olds simply do not have the resourcefulness to cope with the demands of their day. Develop a regular routine that helps her wind down and start relaxing well before bedtime. When he gives up his nap, be sure he still gets some downtime to rest every day.

3. Control over her own food intake.

You decide what food is accessible in your house, but your child needs the responsibility to decide how much she eats. Remember that children need frequent small meals, and if you don't provide that, they'll end up snacking all day. If you always provide a variety of healthy food, you can feel comfortable letting them choose which foods they eat and how much.

Worried about a picky eater? Serve a variety of healthy foods and avoid power struggles; your child will eventually enlarge her choices as her taste buds mature. As long as sweets aren't available (except as rare -- not daily -- treats), preschoolers will naturally choose healthy foods that meet their physical needs, over a period of time. Never set up a clean plate as the goal; instead, when they say they're done, ask them how their body feels. (Obesity starts in preschool!) If you're bothered by throwing the food away, ask yourself why not wasting food is more important than your child's future physical health and body image?

4. Help with Emotions.

While your child may no longer have frequent tantrums, he still has big feelings, and he still needs you to "listen" to those feelings on a regular basis. All kids need daily laughter to vent the anxieties that inevitably build up in a small person grappling to manage herself in a big, often overwhelming world, so be sure to build daily roughhousing into your schedule.

And you can expect your preschooler to sometimes express his needs as an attack, meaning that a child who is h **Aha! Parenting** ⁽¹⁾ *u, I want a new Mom!*" Don't take it personally. Instead, empathize even while you set limits. *"You must be so upset to speak to me that way...I guess you're very disappointed...You really wanted to, and I said No....I'm sorry this is so hard, Sweetie."*

5. Empathic limits.

If you want well-behaved kids, resist any impulse to punish. Kids this age need guidance and limits, because they are actively learning the rules and how the world works, and naturally they will test to see just where those limits are. Remember, though, that their brains are still developing. They get flooded with emotion very easily. When you set limits, they get upset, partly because they want what they want, but partly because they worry about your disapproval. It helps them to calm themselves if you empathize with their disappointment or anger. Doing this now will help them learn to control their own emotions over time, and to maintain their equilibrium in the face of upsets as they get older. Research shows that when young children are punished, their behavior actually worsens. (For more on why, see [Why Positive Parenting » \(/parenting-tools/positive-discipline/positive-discipline\)](#).) Instead, set limits and empathize with feelings to help your child WANT to behave. This helps him develop self-discipline, rather than relying on you to regulate him.

6. Interaction time with parents.

Your preschooler's brain is experiencing rapid growth and consolidation, both in learning facts and in learning emotional self-regulation. Lots of intimate time with physically and emotionally affectionate parents is critical for your preschooler's emotional -- and even brain -- development. This means what psychologists call "Floor Time," which is getting down on his level to work together building that train track or tower. The point isn't the intellectual work of the building, but the emotional connection you make over it -- and the nurturing support you offer when the project inevitably runs into snags. Daily, unstructured "Special Time" with your child during which you let your child take the lead will build your relationship. If you can't bear one more game of superhero or dollhouse, offer your child "Cozy Time" instead. Just snuggle up on the couch with a pile of books for a lazy half hour, and make sure you take plenty of time out to talk about what you're reading, or about her day. [Here's a whole page of Games to build closeness & emotional intelligence \(/parenting-tools/connection/play-child-emotional-intelligence\)](#) you will be

7. To be Heard.

Preschoolers are famous for asking questions, from the incessant "WHY?" to badgering parents to change their minds about a limit. This can drive a parent crazy, unless you look under the surface at the reason for the question. Your child wants more than information; he wants to feel heard, to be acknowledged, to tell you what he thinks, to weave together his world view with your help, and to have you respond to the turbulent emotions that often threaten to overwhelm his emerging intellectual control. When your child pesters you with WHY? questions and doesn't seem satisfied with your answers so she keeps on asking, turn it around and ask her the question.



8. Help in learning to express herself without whining.

Whining can drive even the most patient parent crazy. But whining is a signal that your child needs help, either in processing emotions that are weighing on her, or in meeting other needs. She's not just trying to get her way; she's expressing the need all preschoolers have to begin to master their environment by asserting some control. Luckily, there are some [secrets to stop your child from Whining. \(/Ages-stages/preschoolers/Life-Preschooler/pre-empt-whining\)](#)

9. Social Time.



Preschoolers are biologically designed to look up to older kids. In the tribal cultures natural to humans, young children who are old enough to leave the parent tag along with the big kids and learn social skills. Since our children are usually in groups of same-age peers, they often need adult help and modeling to learn to "take turns" or refrain from bossiness. Four year olds are experimenting with appropriate use of power, so they're famous for bossiness and even bullying. Don't feel bad about stepping in at the playground to model appropriate social behavior. How else are they supposed to learn?

[For help with social skills » \(/parenting-tools/raise-great-kids/socially-intelligent-child/preschoolers\)](#)

[For help with bossiness » \(/ask-the-doctor-1/how-to-handle-four-year-old-who-says-i-wont-be-your-friend\)](#)

[For help when your child is starting to bully » \(/ask-the-doctor-1/4-year-old-is-a-bully-help\)](#)

[To empower your child against bullying » \(/parenting-tools/raise-great-kids/socially-intelligent-child/Helping_Bullied_Child\)](#)

10. Downtime.

Everything is stimulating to your preschooler, from seeing the dump truck on the street to the candy in the grocery store. While playdates and field trips stimulate his emotional and intellectual development, he needs substantial unstructured time at home to simply play and regroup in the safety of his cozy home base, where he can let his hair down and take a deep breath in a quiet place.

Parents of preschoolers in our culture face a big challenge. Most three, four and five year olds don't have lots of siblings or cousins readily accessible to play with, and they can't read yet. Parents have other things to do. How to keep kids constructively occupied?

Many parents solve this by letting their kids spend many of their awake hours watching TV or playing with an Ipad. Because preschoolers' brains are still in a critical developmental phase, engaging with screens changes the way their brains develop, literally shortening their attention spans for life. Screens are also so easy to use that kids who come to depend on them for fun are less likely to become motivated readers. What's more, creating this habit early in life deprives children of the essential skill of structuring their own time. But there are [alternatives to screen time \(/ages-stages/toddlers/toddler-preschooler-tv-computer\)](#) for your kids, and the good news is that once kids get used to structuring their own time, they'll be much less interested in screens.

We use cookies to improve your online experience. If you continue on this website, you will be

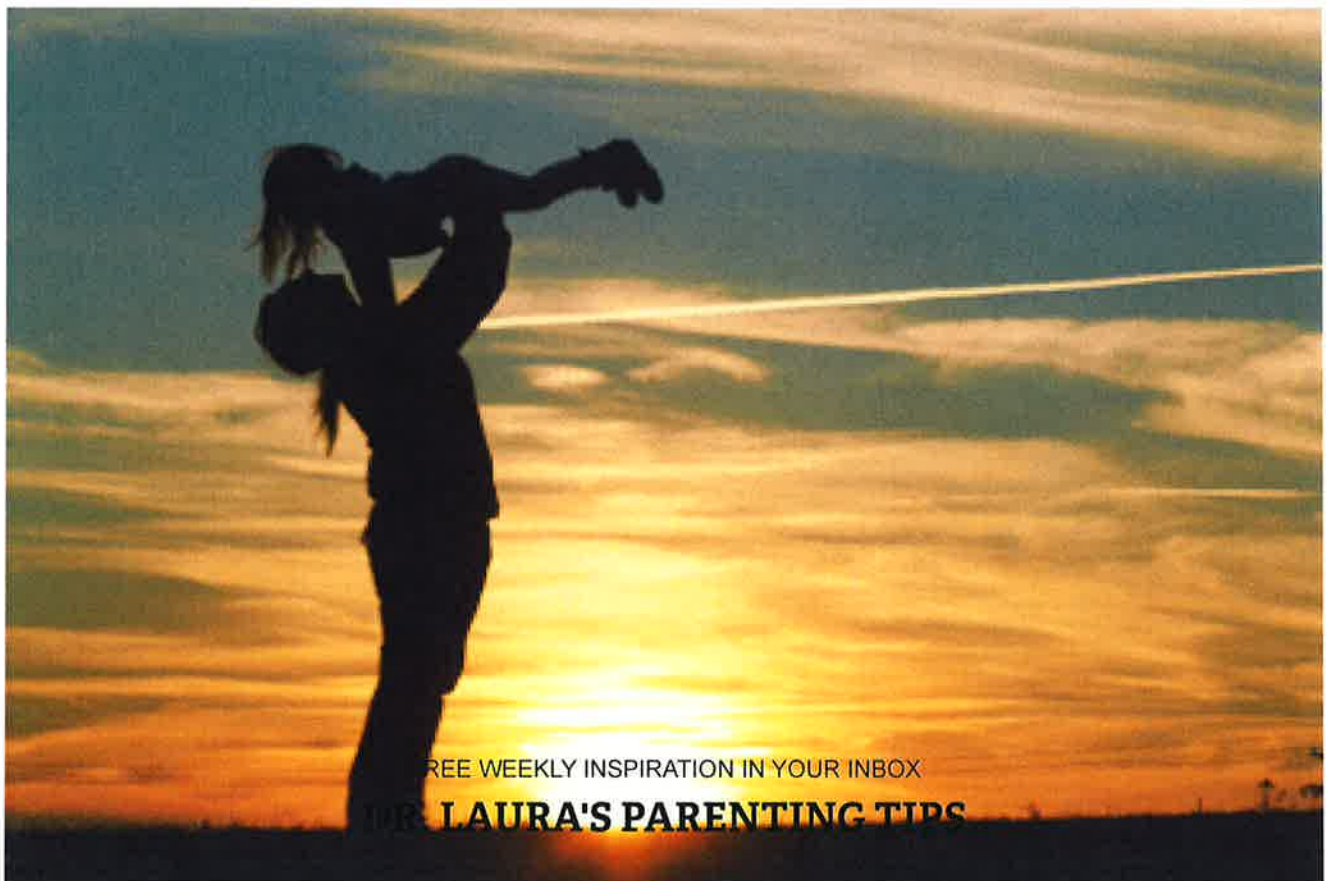
providing your consent to our use of cookies. [More information \(/privacy\)](#)

Ok, got it

11. School

Aha! Parenting ([/](#))

Children three and older usually thrive at school, and for most of them, it is preferable to a full day at home with a parent or caregiver. But we need to remember that kids under the age of five have to work very hard to hold it together in a group setting. Their cortisol levels -- that's the stress hormone -- become elevated when they stay at school in the afternoon, compared to children who go home after lunch, indicating that they're under stress. Happily, this effect is much less pronounced in settings where the caretakers are stable and the child feels connected, so it's worth the effort to be sure your child feels "at home" at her school.



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**



LAUNDRY BASKET TOY RESCUE

Team-Cartwright.com

Laundry Basket Rescue Mission

Toddlers are busy. They are learning at such a fast pace, it can be hard to keep up! And personally, I have found if I don't find ways to channel this inquisitiveness it can end up with less than stellar results.

This sounds like a silly activity, but trust me, it works. The best toddler games have an element of silly anyway. It is a simple set up, but this activity keeps my toddlers busy for a good chunk of time.

Here is how to create a rescue toddler learning activity your child will love.

You Need:

1. Laundry Basket
2. Yarn or String
3. Stuffed Toys

The Set Up:

Take a laundry basket and fill it with stuffed toys. I prefer to use toys of all different sizes. You can toss in little blankets, burp cloths, and other smaller toys to help fill it out too.

Take the yarn and tie pieces of it across the basket. Yep, tie it to one side and then pull it across and tie it to the other. Do this over and over until you have a latticework of yarn over the top of the toys. (Almost like a spider web over the top.)

The Rescue:

Set the basket out and have your toddler rescue the toys! They need to use all the skills we mentioned to maneuver the yarn and the toys to get them to freedom.

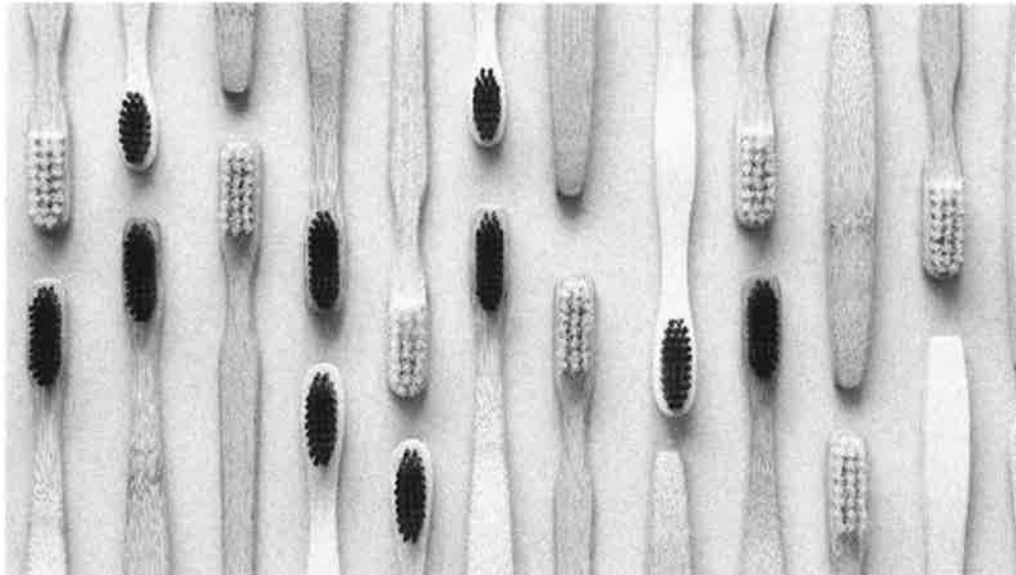
I let my kids use teamwork on this, but it is great if you can set up one per child. It is a really easy set up, but it did take me about 15 minutes to put together. I recommend putting it together the night before you want to use it, or during a nap time.

Toddler

Toddler Dental Care

by **Maria Masters**

Reviewed on March 15, 2019 ✓



Stocksy

Now that your smiling sweetie has more teeth, it's time to learn the basics of toddler tooth care. Here's what you need to know about keeping those pearly whites polished.

Cleaning your baby's teeth wasn't such a big task — after all, there weren't many to worry about. But since the second and third years are busy times in terms of your tot's tooth development, get ready to step up the toddler dental care. First, give your cutie plenty of good-for-you foods and beverages to keep those tiny teeth healthy and strong. Then get your child into an oral hygiene routine by following these steps.

Toddler dental care basics: toothbrushing

Brush twice a day. Baby teeth are vulnerable to decay as soon as they break through the gums. The best line of defense? Brushing regularly — and optimally, for two minutes at a time — in the morning after breakfast and in the evening after bedtime

what to expect.



streak by making her your dental deputy. Then teach your toddler to brush using toothbrushing games that make cleaning her teeth a whole lot more fun.

Get the right brush. What's best depends on how cooperative your cutie is at brushing time. Is she happy to open wide? Then use a brush with a long handle that lets you maneuver around your eager brusher's mouth. Got a case of bathroom lockjaw? Try finger brushing. Finger toothbrushes slip onto your index finger and have soft bristles at the tip, which may help get a stubborn toddler used to having her teeth cleaned. Or buy a colorful brush with her favorite character — maybe she can even choose it herself. Does two minutes seem like forever to your wee wiggler? Sing a song, tell a story or ask a nightly riddle as you brush — anything to distract and make the time pass more quickly. Or buy a fun toothbrush that lights up, plays music or makes a noise after the job's done. Whatever type of toothbrush you use, replace it every three to four months.

Continue Reading Below ▾

More About Toddler Teeth

Toddler Tooth Decay and Other Dental Concerns

Toddler Tooth Care

Teaching Toddlers to Brush Their Own Teeth

Get the right toothpaste and mouthwash. The American Academy of Pediatrics (AAP) recommends using a smear of fluoride toothpaste to brush your toddler's teeth. When she's around 2, you can show her how to rinse post-brushing, and she'll probably be a fast — and most enthusiastic — student when it comes to spitting.

Get the right technique. You want to teach your toddler the proper tooth care habits, so give her lots of chances to nix in the best technique. Stand your child

what to expect.



your hand over her's. This way, she can watch you and learn how to brush more easily. Work on one tooth at a time, using a gentle back-and-forth motion across the chewing and inner surfaces, then switch to a circular motion along the sides, holding the brush at a 45-degree angle. On areas that don't have teeth yet, lightly brush the gums, and don't forget the tongue — a popular hangout for bacteria.

Toddler dental care basics: flossing

As soon as two teeth grow in side by side, you and your tot can go on a plaque hunt with some trusty floss as your weapon — she'll love pulling it out of the little box and cutting the string, too.

Choose your floss. You can use your regular (or flavored) floss on your toddler's teeth or try one of those handheld plastic flossers shaped like a dino or other kid-friendly character.

Teach the technique. For early flossing sessions, sit your toddler on your lap, facing you. Floss her teeth as you would your own, using your index fingers and thumbs to guide floss gently in between the teeth. Slide the floss up and down against the tooth surface and (carefully) under the gum line, flossing each tooth with a clean section. You probably won't be able to get to all those teeth — it's the rare tot who can last through a flossing session without fidgeting — and that's just fine. Focus on the molars first (if there are any) and work your way from the back of her mouth to the front. You can even let her have a go at it. Although your toddler may lack the finesse to floss efficiently (which she probably will — it's hard work for those little fingers), she'll be getting into the habit, and when it comes to toddler dental care, that's the most important thing of all.



Give Your Family More of the Good Stuff!



Shop and Save

- ❁ Store brands can be less expensive than national brands.
- ❁ Buying yogurt in larger containers instead of single serving containers can save you money. Check the cost per ounce on the grocery shelf price tag.
- ❁ Check the 'best by' or 'use by' date on the package and choose the longest time for use.
- ❁ Greek yogurt may cost more than regular yogurt.



Yogurt Basics

Yogurt provides calcium, protein and healthy (probiotic) bacteria.



Types of Yogurt

Traditional yogurt has a tart taste and smooth texture. It can be thickened with milk solids, gelatin, agar, guar gum or starches.

Greek style yogurt has been strained to separate out the liquid whey. This makes it thicker and concentrates the protein. It also reduces the calcium, sodium and sugars.

Plain yogurt is especially tart because it has no added fruit or sugar.

Flavored yogurts may contain fruit or other natural or artificial flavorings, sugars or artificial sweeteners.

Non-dairy yogurt can be made from soy, coconut or almond milk.



Store Well Waste Less

- Keep yogurt in the refrigerator. Cover tightly to keep it from drying out, spoiling, or taking on the flavors of other foods in the refrigerator.
- If stored well (refrigerated and covered), yogurt is safe to eat after the 'use by' date but the flavor may be more tart and the liquid may

have separated out. (It will need to be stirred.) Discard the entire container if any mold has appeared.

- Freezing yogurt is safe but the texture will not be the same after thawing.



Yogurt may be easier to digest for people with lactose intolerance.

Using Yogurt

Quick Fix

- ✦ Use yogurt in smoothies and frozen fruit yogurt.
- ✦ Substitute for mayonnaise and sour cream in salad dressing or dips.
- ✦ Add to fresh or frozen fruit and granola.
- ✦ Substitute for buttermilk in baked goods.
- ✦ Top waffles or pancakes with yogurt and fruit.

Yogurt Fruit Dip

Ingredients:

- 1 cup nonfat **plain yogurt**
- 1 teaspoon **vanilla extract**
- $\frac{1}{2}$ teaspoon **cinnamon**
- 1 teaspoon **brown sugar**

Directions:

1. In a bowl, combine yogurt, vanilla, cinnamon and brown sugar. Mix well.
2. Serve with sliced apples or other fruit.
3. Refrigerate leftovers within 2 hours.

Makes: 1 cup **Prep time:** 5 minutes

Peanut Butter Yogurt Dip

Ingredients:

- $\frac{1}{2}$ cup nonfat **plain yogurt**
- $\frac{1}{4}$ cup **peanut butter**
- $\frac{3}{4}$ teaspoon **cinnamon** (optional)

Directions:

1. In a small bowl, mix together yogurt and peanut butter. Add cinnamon, if desired.
2. Serve with slices of fruit or vegetables.
3. Refrigerate leftovers within two hours.

Makes: $\frac{3}{4}$ cup **Prep time:** 5 minutes

Drinkable Yogurt

Ingredients:

- $\frac{1}{2}$ cup low fat **plain yogurt**
- $\frac{1}{2}$ cup **100% fruit juice**

Directions:

1. Add yogurt and juice to a clean jar or other container with a lid. Close lid and shake.
2. Serve cold.
3. Refrigerate leftovers within 2 hours.

Makes: 1 cup **Prep time:** 5 minutes

Kids
Can!

Go to
FoodHero.org
for easy, tasty
recipes
using yogurt

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

- ✦ measure yogurt or other ingredients.
- ✦ mix or shake the ingredients.
- ✦ use a rubber scraper to get peanut butter out of a cup.
- ✦ wash and slice fruit.