

# Fun and Resources for 06-24-2020





# Baked Cinnamon Tortilla Chips



## Ingredients

- 4 (8-inch) whole-wheat **tortillas**
- 2 teaspoons **margarine** or **butter**, melted or **cooking spray**
- 2 teaspoons **cinnamon**
- 2 teaspoons **sugar**

**Makes:** 24 chips  
**Prep time:** 10 minutes  
**Cooking time:** 10 minutes

## Directions

1. Preheat the oven to 350 degrees F.
2. Brush top of tortillas with melted butter/margarine or spray with cooking spray.
3. Combine cinnamon and sugar in a small bowl. Sprinkle each tortilla lightly with the cinnamon mixture.
4. Cut each tortilla into wedges or strips. Arrange the pieces in a single layer on a baking sheet.
5. Bake until the edges are dry and crispy, 8 to 12 minutes. Watch closely to avoid burning. Chips will crisp more as they cool.
6. Allow to cool and remove from pan.
7. Store leftovers in a closed bag or container.



## Nutrition Facts

4 servings per container	
<b>Serving size</b>	1 tortilla (45g)
<b>Amount per Serving</b>	
<b>Calories</b>	<b>140</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 5g	6 %
Saturated Fat 2g	10 %
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	0 %
<b>Sodium</b> 220mg	10 %
<b>Total Carbohydrate</b> 21g	8 %
Dietary Fiber 1g	4 %
Total Sugars 2g	
Includes 1g Added Sugars	2 %
<b>Protein</b> 4g	
Vitamin D 0mcg	0 %
Calcium 113mg	8 %
Iron 1mg	6 %
Potassium 113mg	2 %
Vitamin A 0mcg	0 %
Vitamin C 0mg	0 %

\*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.

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

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# Why Every Home Needs a Calm-Down Corner

Sometimes, despite your best efforts to express understanding, your child gets emotionally dysregulated. When you realize that your child is getting to that dangerously over-wrought place, suggest that the two of you take some “cozy time”—snuggle up and read a book. Often the connection and the shift to his “thinking brain” will help your child re-regulate.



But sometimes your child is too far gone for a book. He lashes out and hits someone, or throws himself on the floor and howls.

You might be inclined to put your kid in her room until she can calm down. But that's giving her the message that her emotions are shameful -- not allowed in your house. What you really

want is for her to learn that emotions are just part of being human, that she can notice and accept them -- and learn to express them in constructive ways.

That's not an easy thing to learn. Indeed, most adults aren't exactly constructive in how they express emotions. That's because most of us learned that our feelings were unacceptable, and we worked hard to repress them. So we still use food or screens to stuff them. But stuffed emotions don't stay stuffed -- they're always bubbling up to get healed. They're easily triggered -- and then they explode. That's when we adults have our own little temper tantrums.

## Brain Development



If you want to teach your child more constructive ways to self-regulate, start by offering calm understanding when they show you those big emotions. Give them the message that they're safe, that you love them even when they're upset, that you want to help them through this moment. Then, after they're more calm, support them to solve whatever problem they're having. This approach is the foundation for your child accepting and then learning to manage their emotions. And that's the foundation of what we call "EQ" or Emotional Intelligence.

This approach of soothing your upset child isn't just a psychological learning. It helps your child build the neural circuits to calm themselves more readily. Every time you soothe your upset child, her body releases soothing hormones and neurotransmitters, which strengthens those self-soothing neural networks. Your child begins to develop "vagal tone," which means that the vagus nerve becomes more effective in calming the child's emotions when they're upset. That's the beginning of resilience, the ability to bounce back.

So every time you soothe your child and help him feel safe and understood, you're helping him build a brain and nervous system that will allow him to calm himself in the face of upset and adversity -- for the rest of his life.

And -- if your focus is, understandably, just on getting through the rest of the day -- loving your child through his upset builds trust and strengthens your relationship with your child, so he's more cooperative.

## Co-Regulation

So you can see that when kids get dysregulated, they need a calm, warm adult to soothe them and help them feel safe. Experts call this "co-regulation." That just means that the child learns to self-regulate when the parent is self-regulated and helps the child feel safe, seen, soothed, understood. This starts in infancy, but kids are still learning it into the preschool years, and even older. (In fact, teens whose parents stay calm when they're upset develop better vagal tone, which means they learn to calm themselves faster.)

That's why I recommend using "time-in" when children get upset. That simply means that you stay with your child and help them calm down by loving them through their upset.

## The Cozy Corner

But there are times when you can't take that time with your child. And over time, your child is capable of learning to calm herself. That's why every home (and classroom) needs a "cozy corner" or a "comfort corner" where children can take themselves to calm down. This is simply a comforting place where people in your home go to calm down.

Of course, you can't just order your child to the cozy corner. That would feel to your child like a time-out, not an opportunity to feel better. The parent is an essential part of a young child's co-regulation, which means that your child needs you if she's going to calm down. So when your child gets upset, get in the habit of taking her to the cozy corner and helping her to feel safe, soothed, seen, and understood.

Once your child gets used to your calming her in this cozy place, she will initiate using it herself when she needs to calm down.

You can decide where you want to locate your cozy corner, but then get your child to participate in adding elements that he will find soothing. It can have a big easy chair, a stuffed beanbag chair, or simply a fluffy rug. I recommend:

- A photo of your family. Research shows that when children see a photo of their trusted adult, it helps calm them.
- Stuffed animals
- A chart showing faces with different emotions
- Books about emotions
- A small jar of glitter to shake
- Bubbles (because blowing shifts us into deeper, slower breathing)
- Calming activities like small figures or sensory bags or boxes.

It's also helpful for children to be able to play audios that take them through a guided meditation for children, which is a great soothing habit to begin in the early years. You could also make a short audio of your voice telling them how much you love them and singing a special song.

**Can you take two children at once to the cozy corner?** Sure. Just be sure there are two separate beanbag chairs or other cozy places, so they don't fight over who sits where. Then, insist that the rule in the cozy corner is only soft voices.

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But here's the most important thing to remember about a Calm-Down Corner. It's so important that I'm repeating **Aha! Parenting**<sup>(1)</sup>.com, it feels like banishment, and your child will react just as she would to a "Naughty Step." No child wants to be sent away to calm down. That feels like a rejection.

So always go *with* your child, so she develops positive associations to the Cozy Corner. In fact, don't wait until your child is upset. Go to the cozy corner for quiet times, so your child gets used to this space as a soothing place to be, where the activities feel calming.

Then, when YOU get upset, model going to the cozy corner to calm down! Of course, your child can come with you.

You'll notice that once your child gets used to going to the cozy corner with you and savoring the comfort of a time-in there, she'll begin to head there on her own when she's upset. And when you're busy calming her brother, you can actually give her hug and tell her you'll meet her in the cozy corner in a few minutes, and she'll go.

A miracle! But one that *you've* created.



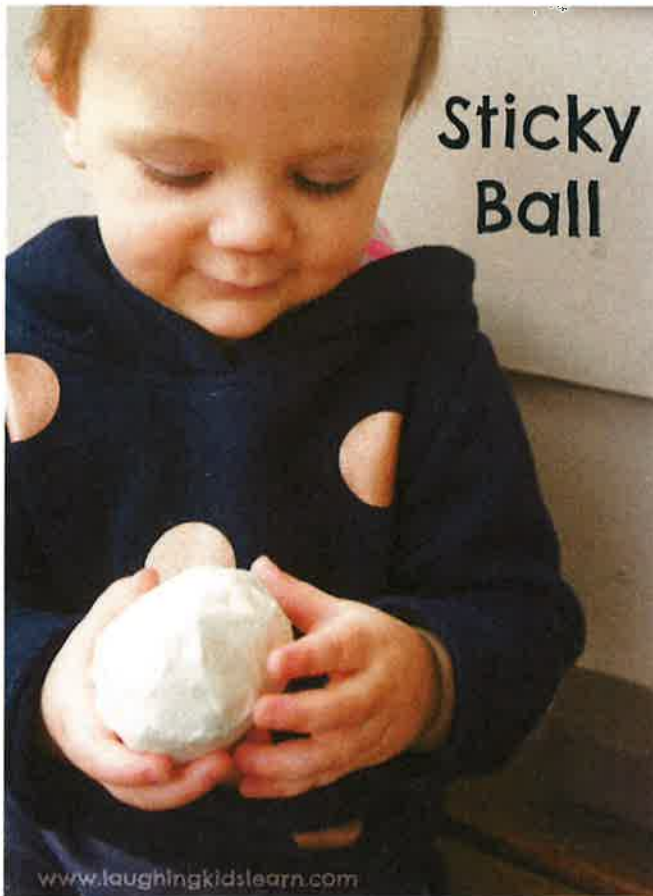
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## Sticky ball activity for babies and toddlers

The first five years of a child's life is absolutely critical to their development, however, sometimes it can be difficult finding ways to engage and entertain young children in educational play based activities. Well let me share with you a fabulous **sticky ball activity for babies and toddlers**. It's great for **sensory development** and **problem solving skills**. This activity is **super quick and easy** to put together, which is always a bonus.



### How to make a sensory sticky sensory ball for babies and toddlers

#### You will need –

- Sticky tape or masking tape
- ball

This really couldn't be simpler. Wrap the ball with masking tape, but be sure to have the sticky surface on the outside. I decided to wrap the ball a few times to ensure it was well covered. The

masking tape doesn't mold to the surface of the ball, being round, but it was easy to flatten as it stuck to itself!

**Recommended ages: 6 months +**

(Strict and active supervision is required at all times)



[www.taughingkidslearn.com](http://www.taughingkidslearn.com)



As you can imagine, this sticky ball for babies and toddlers is **wonderful fun**, even for Possum (aged 4 years). She



enjoyed watching it fall from the underside of her hand, which prompted us to **start talking about gravity** and **discuss possible scenarios** of what would happen if we dropped it from various heights.

It was lovely watching Boo (19 months) play with the sticky ball. She was very **curious** about the sticky surface and would grab at it before and pull her fingers away. She also **experimented** with **pressing the sticky ball against other surfaces to see if they would stick**, instead of to her own hands. You could almost see the thinking and sensory learning happen, which is always very heart warming.

# ORAL HEALTH

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

## You Can Promote Good Oral Health By:

- Knowing how to make sure you and your family have healthy mouths and teeth
- Helping your children learn good mouth and teeth habits

### Why Is It Important?

*When Children Have a Healthy Mouth, They:*

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves

*Having a Healthy Mouth Also Means:*

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth
- Lower dental care costs for your family



## Things You Can Do to Help Your Child

- Brush your child's teeth with fluoride toothpaste twice a day.
- If your child is younger than 3 years, brush with a smear of fluoride toothpaste.
- If your child is age 3 to 6 years, brush with a pea-size amount of fluoride toothpaste.
- Young children will want to brush their own teeth, but they need help until their hand skills are better. Brush children's teeth or help children brush their teeth until they are about 7 or 8 years old.
- Be a role model for oral health! Brush your teeth with fluoride toothpaste twice a day (in the morning and at bedtime) and floss once a day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products, whole-grain products, meat, fish, chicken, eggs, and beans.
- Limit the number of snacks your child has in a day.
- Do not give your child food for rewards.
- Take your child to the dentist for a check up by her first birthday and keep taking her.
- If your child has not gone to the dentist take him.
- Ask your dentist what you can do to keep your mouth and your child's mouth healthy.
- Make sure to go to the dentist as often as your dentist would like you to go.
- Let your child care, Early Head Start, or Head Start program know if you need help or have questions about oral health.



ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



NATIONAL CENTER ON  
Early Childhood Health and Wellness



## Give Your Family More of the Good Stuff!



# Radish Basics

## Shop and Save

- ✿ Choose radishes that are smooth, firm and brightly colored. The green leafy tops, if still attached, should be a deep green color.
- ✿ Avoid radishes that have cracks or cuts.
- ✿ Red and white radishes are sold in stores year-round, but generally cost less in the spring.

## Kids and Radishes

Radishes are great vegetables for kids to grow!

Here are some basic tips on planting radish seeds:

- ✿ Sprinkle seeds thinly over damp soil and cover with at least ½ inch of soil.
- ✿ Water seeds well after planting, and keep them moist until they sprout.
- ✿ Radish seeds prefer a slightly sunny semi-shaded spot.
- ✿ The seeds will sprout in 4 to 8 days and be ready to pick in a month.

**Raw radishes have a peppery taste but cooked have a mellow, sweeter taste.**

*Radishes are a good source of vitamin C, potassium and folate.*



## Types of Radishes

Not all radishes are red; they come in many colors from white to purple and even black!

They also come in different sizes, shapes and flavors! You can often find different kinds of radishes at Asian markets. An example is the daikon radish. You can eat it raw or add it to soups, stir-fries, and many other recipes!



Another low-cost way to try different radishes may be to grow them from seed.

## Store Well Waste Less



- Radishes do not store well with the leafy tops left on. Cut them off before storing.
- Store radishes in the refrigerator for up to 2 weeks. Put them unwrapped in the produce drawer of your refrigerator, or in an open plastic bag or bowl to let air in.
- Radishes do not freeze well.

# Serving up Radishes

## Oven-Roasted Radishes with Peas

### Ingredients:

- 1 bunch **radishes**, (approximately 10 radishes) washed, trimmed and cut into quarters
- 2 teaspoons **vegetable oil**
- ¼ teaspoon each, **salt** and **pepper**
- 1 cup peas (fresh, thawed from frozen, or canned and then drained)
- 1 tablespoon **lemon juice**
- 1 teaspoon dried **dill** (optional)

### Directions:

1. Preheat oven to 450 degrees.
2. In a rimmed baking sheet, mix radishes with oil, salt and pepper. Roast in the oven for 10 minutes.
3. Sprinkle peas over the radish mixture and roast until peas are heated through.
4. Remove from oven and sprinkle with lemon juice and dill, if desired.
5. Refrigerate leftovers within 2 hours.

## Quick Fix

- ✿ Add sliced radishes to a stir-fry recipe.
- ✿ Top salads or sandwiches with sliced radishes for added flavor and crunch.
- ✿ Add chopped radishes to potato or grain salads.
- ✿ Add finely chopped radishes to dips or salsa.

Kids can enjoy radishes sliced or whole with a tasty dip!

Try the Ranch Dip recipe on [FoodHero.org](http://FoodHero.org)

## Radish and Cucumber Salad

### Ingredients:

- ¼ cup plain nonfat **yogurt**
- ¼ teaspoon **garlic powder**
- ¼ teaspoon each, **salt** and **pepper**
- 10 **radishes**, washed and thinly sliced (about 1 bunch)
- 1 **cucumber**, washed and cut into thin rounds

### Directions:

1. In a large bowl, mix together yogurt, garlic, salt and pepper. Add radishes and cucumbers and stir to combine.
2. Cover and refrigerate for at least 15 minutes before serving.
3. Refrigerate leftovers within 2 hours.