

**Fun and  
Resources for  
07-3-2020**





# Ranch Dressing



## Ingredients

- 1/4 cup low-fat **mayonnaise**
- 1/2 cup low-fat **buttermilk**
- 1 teaspoon **dried parsley**
- 1 teaspoon **garlic powder**
- 1/2 teaspoon **onion powder**
- 1/4 teaspoon each **salt** and **pepper**

**Makes:** 12  
tablespoons  
**Prep time:** 5  
minutes



## Directions

1. Combine all ingredients in a small bowl and stir until smooth. Cover and chill until ready to serve.
2. Refrigerate leftovers within 2 hours.

## Notes

- For a thinner dressing, add an extra 2 to 3 tablespoons of low-fat buttermilk.

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

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## Nutrition Facts

Serving Size 2 tablespoons (31g)  
Servings Per Container 6

Amount Per Serving

**Calories 25**      **Calories from Fat 15**

% Daily Value\*

**Total Fat 1.5g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 210mg**      **9%**

**Total Carbohydrate 3g**      **1%**

Dietary Fiber 0g      **0%**

Sugars 2g

**Protein 1g**

Vitamin A 0%      • Vitamin C 0%

Calcium 2%      • Iron 0%

\*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





## End the Bedtime Blues

By Jim Fay

The challenges of adolescence can be harder for parents to deal with than for their kids

Bedtime is a time of frustration for many parents. They wish it could be a magical time to reconnect with children and share fond memories. Here are some easy ways to make those dreams come true:

### Bedroom Time vs. Bedtime

The journey to bedtime bliss starts with renaming bedtime. Kids need to think of this time as "bedroom time." It's a time for them to be in their rooms, but not necessarily with their eyes closed. Wise parents never try to control the uncontrollable. "You get in your bed and go to sleep, right now!" creates a power struggle over something parents cannot control. A skillful child can keep a parent engaged with this argument for hours.

### Slowdown Time

Bedroom time is a journey in itself. It starts with "slowdown time." A slowdown routine is essential. Children's brains operate at a high pitch and don't shut down as quickly as adult brains. Parents should announce the beginning of slowdown time about 40 minutes before bedroom time.

Slowdown time includes turning off stimulating activities such as television, exciting music, and family games. It also is a wonderful time to give kids choices:

"Do you want to go to bed right now or in 10 minutes?"

"Do you want to brush your teeth in the kitchen or the bathroom?"

"Do you want a story first or your bath first?"

"Do you want a drink in the kitchen or in your room?"

"Do you want a piggy back ride or walk on your own?"

"Do you want the light on or off?"

"Do you want to get tucked in or do it yourself?"

"Do you want to go to sleep right away or try to keep your eyes open as long as you can?"

There is magic in choices. They speak directly to the human need for control and can produce amazing results. Be sure to offer choices you like. Never give one choice you like and one you don't.

The kids are given no more than 10 seconds to make their decisions. If it takes longer, make the decision for them. Kids become quick decision-makers when they know their parents will be making the decision for them if they don't act quickly.

Some children like to negotiate in the face of choices. Resist the temptation to argue or reason at this time. Use Love and Logic® arguing neutralizers, such as "I love you too much to argue about that, maybe you'll like tomorrow's choices better." Repeat this phrase as often as necessary without sarcasm or anger.

Remember there is nothing more contagious than a yawn. Experiment with yawning and acting sleepy during story time. It's great fun to watch the drooping eyelids.

## Parent Time

Once the kids are in their room, that's where they stay. Announce that "kid's time" is over and it is now "parent's time." Stick to your guns on this.

Kids have been known to resort to, "It's scary in here. There's monsters in my room."

Just remember kids take their emotional cues from their parents. The best solution is to respond in a firm, yet loving way: "Well, sweetie, my advice is to make friends with them. See you in the morning. I love you!"

Give these Love and Logic® tips a try, and join thousands of parents who enjoy peaceful evenings with their kids!

People who are really successful implementing this skill purchased Painless [Parenting For the Preschool Years II](#)

[Printer Friendly PDF](#)

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For more information, call the Love and Logic Institute, Inc. at 800-338-4065.

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# HOW DID YOU HEAR THAT? SIMPLE SOUND SCIENCE FOR KIDS

Let's talk about sound. My children are very familiar with it, at least they are quite good at volume. Kids are really great at producing sound, and most of them enjoy being loud.

So why not take advantage of that interest and talk about how sound works. How do we hear sounds? What are sound waves? Can we see sound? Give your children an excuse to be loud for an afternoon. **Here are 4 easy and fun sound science experiments for toddlers and preschoolers.**

## How Does Sound Work?

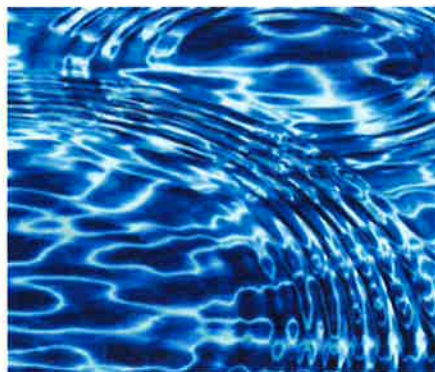
### What are Sound Waves?

Before we get into the fun activities, let's learn a bit about how sound works.

What is sound? Sound is carried by waves, not unlike [the waves we looked at when we learned about color](#). These waves require a medium to travel through, which on earth is the atmosphere that surrounds us.

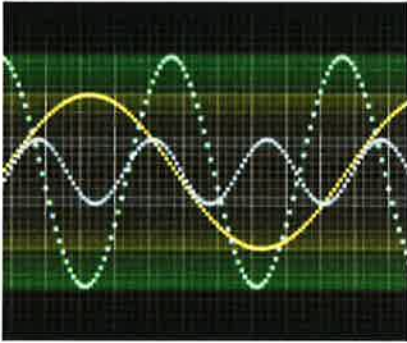
We can't see them, but there are millions of molecules floating around everywhere. These molecules transfer energy, which is how a wave moves.

This is the same way colors move as waves through the atmosphere. The difference between sound and color is that color comes from light waves and sound waves come from vibration.



Sounds originate through some sort of vibration. Think of hitting a gong. When you strike it, it vibrates. These vibrations are energy waves that travel through the air. Only unlike color, which is perceived with the eye, these waves interact with our eardrums. Our eardrums vibrate and pass on the waves to our inner ear, where our brain can perceive it as sound.

(There is more to the anatomical part of hearing, but our focus right now is on the sound waves outside of the ear.)



## Properties of Sound Waves

There are two big properties that describe sound waves: **frequency and amplitude**.

### Frequency

Frequency is how quickly the wave is moving. Is it a quick vibration that created the sound, or a slow one?

Frequency impacts pitch. A fast frequency will create a higher pitch. A slower frequency has a lower pitch.

This is a great time to explain pitch to little ones too. It's easy to demonstrate. Speak in a high voice (like you just had some helium), this is a high pitch. Have your child try it. Then have them speak in a very low voice (I told Ben to talk like Daddy), this is a low pitch.

Amplitude is how big the wave is, and this affects volume. (This is where the word amplifier comes from.) A big wave will have a loud sound. A small wave will have a quiet sound.

Here is an example to help visualize these. Think of a great big gong. When you hit it big slow vibrations are created. It makes a deep, loud sound. This is because it has big waves that are moving slowly.

Now think of a tiny gong. When you hit it you create small fast vibrations. It makes a high sound and is quieter than the big gong. This is because it has small waves moving quickly.

## Sound Wave Activities

Now that we know a bit about how sound waves work, let's explore them in action!



## **Balloon Amplifier**

Want to make the world's easiest amplifier?

### **You Need:**

1. A Balloon

### **To Do:**

Blow up a balloon, hold it up, and tap on it. It doesn't make a super loud sound. Next, hold the balloon up to your child's ear and lightly tap on it. It sounds pretty loud!

Why does this happen? When you blow up a balloon you are packing it with air molecules. They are very close together and transmit sound waves super well compared to the air just around us normally.

When we tapped the balloon while we were just holding it those waves had to move through the less compressed ambient air to get to our ears, and the sound is softer.

When we hold the balloon up to our ears the sound just has to get through the tightly packed molecules in the balloon and we hear a louder sound. It is amplified.



## Welcome to Group Care!



**H**ead Start and other programs that serve infants and toddlers provide your child a safe environment to learn. We believe you are your child's first teacher. Parents, grandparents, and other caregivers are viewed as partners. We promise to...

- Value individual culture, beliefs, and traditions in raising children
- Listen to any concerns you have as your child gets ready for kindergarten
- Support and encourage you through your child's enrollment
- Provide you with daily reports on how your child is doing

### Social and Emotional Development

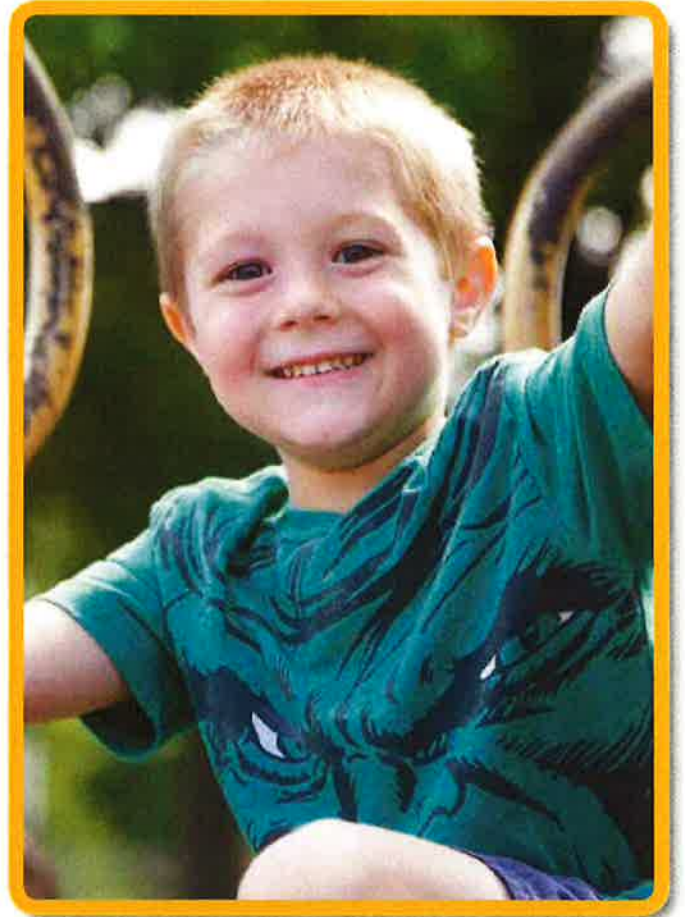
Now that your child is 4 years of age, he is working on managing his emotions and developing skills such as showing sympathy, problem solving, and smoothly joining group play.

- We help your child use his words to talk about feelings
- He enjoys being helpful
- We allow children to help with meal setting and transitions
- When your son asks, "Why...?" we explain in short and simple ways

### Learning through Play

Children with positive experiences in dramatic, pretend play are better able to cope with change later in life.

- We provide activities, toys, and games to encourage him to try new things
- His pretend play is more complex and imaginative, and he can pretend play for longer periods of time
- You can provide time for him to pretend play at home



### Physical Development

Your child has better control over muscles in his body. He also has muscle strength to perform challenging activities such as turning somersaults and doing a standing broad jump.

#### Gross motor development

- He strengthens his gross motor development when he
  - Walks on a line
  - Hops on one foot
  - Pedals and steers a tricycle
  - Balances on one foot
  - Catches, kicks, throws, and bounces a ball

*School readiness begins with health!*



### Fine motor development

- He strengthens his fine motor development when he
  - Copies shapes, letters, and numbers
  - Works on puzzles
  - Plays with toys that have small parts
  - Dresses and undresses without help
- Enjoy time as a family hopping, jumping, and playing catch
- He is ready for simple responsibilities, so give him time to dress and undress by himself

### Relationships

By 4 years of age, he is beginning to learn what it means to be a friend. He will have fun times as well as arguments and hurt feelings.

- We will model how to apologize and help him apologize if he hurts someone's feelings
- We will model how your child should treat others
- We will listen to him and treat him with respect
- You can be a great model at home too!

### Language and Literacy

Many people believe that children learn to read and write in kindergarten or first grade. However, basics for literacy start well before children enter school.

- Reading and writing skills develop as
  - Your child can sing a song from memory
  - He can communicate his needs clearly
  - He shows interest in words
- We read books every day! We ask questions to find out what your child understands

- Four-year-olds can answer what, why, and who questions about stories that have been read to them. Ask your child what, why, and who questions
- We point out letters, play with sounds, and make rhymes
- Be sure to ask your child about his day

### Creative Arts

Your child has more control over his hand and finger movements. Arts and crafts are becoming more exciting for him now. His favorite activities may include writing, drawing, painting, playing card games, and building blocks. He will be exploring music. At this age, he will notice changes in pitch, tempo, loudness, and musical duration.

- We turn on music so he can dance and move
- His art will be more realistic. It may include letters
- You can turn up music and dance with your child
- You can ask your child about his artwork

#### Questions to Ask Your Baby's Pediatrician

- “Is my child up-to-date with his immunizations?”
- “How do I know if my child is ready for school?”
- “What are appropriate portion sizes for my child?”



Give Them More  
of the  
Good Stuff!

# Salmon Basics

## Shop and Save

- \* Choose fresh salmon with a mild, ocean-like smell. The flesh and skin should be moist, firm and bright.
- \* Frozen salmon is often flash-frozen and vacuum packed soon after harvest to lock in flavor and texture.
- \* Wild salmon tends to be darker colored and often costs more than farmed salmon.
- \* Canned salmon is cooked and ready to use, and often costs less than fresh.
- \* Smoked or dried salmon often costs more than fresh or frozen unless you make it yourself.

*Omega-3 fatty acids found in salmon help reduce the risk of heart disease*



*Salmon is a lower-mercury fish. All adults and children can enjoy 2 to 3 servings of lower-mercury fish a week.*



## Canned Salmon

- \* Pink salmon has a light color and mild flavor.
- \* Red (Sockeye) salmon has a more intense color and flavor.
- \* Traditional pack includes skin and bones.
- \* Skinless and boneless packs are usually more expensive.

**Salmon bones** are soft after canning. They add calcium when mashed and mixed in.

**Salmon skin** also softens when canned and is a rich source of omega-3 fatty acids. It can be mixed in with other ingredients for extra nutrition.

## Store Well Waste Less

**Fresh salmon** must be kept ice cold (32 degrees F) at all times until cooked or processed. If unable to use within two days, pat dry, wrap tightly, label with the date and freeze.

**Frozen salmon** is best used within 6 months. Defrost in the



refrigerator and use within a day. You can also cook it from frozen. (See *No time to thaw?* on second page.)

**Canned salmon** can keep for 3 to 6 years. After opening, refrigerate any unused salmon for up to 3 days in an airtight container. Leftovers can also be frozen.



## Salmon Culture

Salmon are part of the cultural and spiritual identity of many Columbia River Basin tribes of the Pacific Northwest.



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# Enjoying Salmon

Go to  
**FoodHero.org**  
for easy, tasty  
salmon recipes

## Salmon Patties

### Ingredients:

- 1 can (14.75 ounce) **salmon**, drained
- 1 slice of **bread**, torn into very small pieces
- 1 Tablespoon **mayonnaise**
- 1 Tablespoon **lemon juice**
- 1 **egg**, lightly beaten
- 1/2 cup finely chopped **celery**
- 1/2 cup finely chopped or grated **carrot**
- 1/2 cup finely chopped **onion**

### Directions:

1. Remove skin from salmon if desired. In a medium bowl break up salmon and mash bones with a fork.
2. Add the rest of the ingredients. Mix well.
3. Firmly press about 1/2 cup of the mixture into a 1 inch thick patty. Repeat to make more patties.
4. Lightly spray or oil a large skillet and heat over medium heat.
5. Add the patties and cook until they are golden brown, about 5 to 7 minutes per side.
6. Refrigerate leftovers within 2 hours.

**Makes** 4 patties

**Prep time:** 15 minutes

**Cook time:** 10 to 15 minutes

## Oven Baked Salmon

### Ingredients:

- 1 Tablespoon **oil**
- 12-16 ounces fresh or thawed **salmon**, cut into 3 or 4 pieces of similar size
- 1/4 teaspoon **salt** and **pepper**

### Directions:

1. Preheat the oven to 450 degrees F.
2. Place the salmon, skin side down, on a foil-lined baking pan. Drizzle the flesh with oil and sprinkle on the salt and pepper.
3. Bake the salmon for 10 to 15 minutes, depending on the thickness and size of the fish pieces.
4. The salmon has cooked long enough when it is opaque on the outside and flakes when tested with a fork. If you have a food thermometer, check in the middle of a piece for a temperature of 145 degrees F.
5. Remove the pan from the oven and serve the salmon skin side down.
6. Refrigerate leftovers within 2 hours.

**Prep time:** 5 minutes

**Cooking time:** 15 to 20 minutes

**Makes:** 4 servings

## No time to thaw?

### Bake salmon from frozen:

Preheat the oven to 450 degrees F. Place the frozen salmon pieces in a foil-lined baking dish. Tightly cover the dish (without the cover touching the salmon) and bake for 15 minutes.

Remove the cover, drizzle the salmon with oil, season with salt and pepper and cook uncovered for 10 to 12 minutes until it is opaque on the outside and flakes when tested with a fork.

**Kids  
Can!**

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

- ✿ tear bread
- ✿ beat eggs
- ✿ measure ingredients
- ✿ mash soft bones with a fork