

Fun and Resources for 06-29-2020





No-Yeast Pizza Crust



Oregon State University

Ingredients

- 1 1/3 cups all-purpose **flour**, try half whole wheat
- 1 teaspoon **baking powder**
- 1/2 teaspoon **salt**
- 1/2 cup nonfat or 1% **milk**
- 2 Tablespoons **oil**

Makes: 1 12-inch crust
Prep time: 15 minutes
Cooking time: 20 minutes

Directions

1. Mix flour, baking powder and salt in a bowl. Stir in milk and oil until a soft dough forms.
2. Turn dough onto a clean, lightly floured surface and knead 6 to 8 times. Dough should feel soft but smooth; not sticky. Shape dough into a ball. Turn the bowl upside down over the dough. Let sit for 10 minutes.
3. On a baking sheet, roll or press dough into a 12 inch circle.
4. Bake crust at 400 degrees F for 8 minutes.
5. Remove from oven and add your choice of sauce and toppings.
6. Return to oven and bake until light golden brown, 12 to 20 minutes. Serve hot.
7. Refrigerate leftovers within 2 hours.



For tasty, healthy recipes that fit your budget, visit 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

6 servings per container	
Serving size	1 slice (63g)
Amount per Serving	
Calories	140
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 1mg	6%
Potassium 94mg	2%
Vitamin A 12mcg	1%
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.

Nutrition Facts

6 servings per container

The Delayed or "Anticipatory" Consequence

By Jim Fay

Immediate consequences work really well with rats, pigeons, mice, and monkeys. In real-world homes, they typically create more problems than they solve.

Problems with Immediate Consequences

Most of us have great difficulty thinking of an immediate consequence in the heat of the moment.

We "own" the problem rather than handing it back to our child. In other words, we are forced to do more thinking than our child.

We are forced to react while we are still upset.

We don't have time to anticipate how our child will react to our response.

We don't have time to put together a reasonable plan and a support team to help us carry it out.

We often end up making threats we can't back up.

We generally fail to deliver a strong dose of empathy before providing the consequence.

Take care of yourself, and give yourself a break!

The next time your child does something inappropriate, experiment with saying, "Oh no. This is so sad. I'm going to have to do something about this! But not now...later."

It's even okay to say, "I'm so angry about this right now that I better calm down before I talk with you about it. I make better decisions when I'm calm."

The Love and Logic® Anticipatory Consequence allows you time to "anticipate" whose support you might need, how your child might react, and how to make sure that you can actually follow through with a logical consequence. This technique also allows your child to "anticipate" or think about a wide array of possible consequences.

This technique gains its power from basic conditioning. When we consistently follow, "I'm going to have to do something about this. We'll talk later," with empathy and consequences, "I'm going to have to do something," becomes a consequence in and of itself...an "anticipatory" consequence.

People who are really successful implementing this skill purchased [Parenting with Love and Logic](#)

[Printer Friendly PDF](#)

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Threading activity for toddlers using large cardboard beads

For some children, threading can be an incredibly difficult task. Small beads and undeveloped fine motor skills can make it incredibly challenging and cause them a lot of frustration. Instead, you might like to consider this threading activity for toddlers using large cardboard beads!

Boo (aged 2 years) loves all kinds of threading activities and she was particularly taken with this larger style threading activity. The large, **sturdy beads** seemed to fit her hand comfortably and the task of threading each bead onto the thick string was a **challenge** she looked forward to completing.

Recommended age: 2 years +
(Strict and active supervision is required at all times)





Threading activity for toddlers using large cardboard beads

To prepare this activity you will need –

- Cardboard rolls x 6 (paper towel rolls)
- Thick string or garden stocking x 1m
- Colored paper (optional)

To create your beads

Begin by cutting each cardboard roll so it creates a circular bead, about 3cm thick. Each cardboard bead can be colored using decorating pens or pencils, however, I carefully wrapped some of the beads in colored paper, which was as easy and I just pushed the overhanging paper into it's middle.

To prepare your stocking for threading

I simply used a 3 feet of garden material and knotted one end with one of the beads. This was going to help the beads from falling off as Boo was threading extra beads onto it.

Fine Motor Skills

There is no denying the wonderful challenge threading gives to those small fine motor muscles in a child's hands. The pinching of the cardboard beads between the fingers



and keeping the stocking steady for threading are all tasks that involve the use of fine motor skills.

These **larger beads certainly suit those children who struggle to hold smaller plastic beads.** Children also feel a **sense of satisfaction** doing this threading task as it is quite **achievable for all ages.**

Adding some color

You know me, I love adding a bit of color to anything that I do. I especially like to add color to any activity that is mostly suited for children who



are toddlers or preschool age, as it gives them an opportunity to **learn more about colors**, color names and **creating patterns.**

This threading activity for toddlers using large cardboard beads is ideal for those children who are still learning how to coordinate their hands to complete a threading task and **suit shorter**



activities that come with a **quick final result.**

Head Start and Families Working Together—2 years

Welcome to Group Care!



THE NATIONAL CENTER ON
Health

Head Start and other programs that serve infants and toddlers provide your child a safe environment to learn. We believe that 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 your concerns and share ideas on healthy child development
- Support and encourage you through your child's enrollment
- Provide you with daily reports on how your child is doing
- Assist in helping you locate community resources, such as food, medical care

Guidance

Setting limits and being consistent is key. Guiding your child to follow simple rules will help him understand and follow the rules on his own.

- We prepare him for transitions between activities during the day. For example, "You have 5 minutes before it is time to clean up"
- When possible, we offer him choices. "Do you want to put the toys on the shelf or in the box?"
- We praise his efforts and successes by telling him what he did right and reinforcing positive behavior right away

Learning through Play

Your child is learning as he plays. Two year-olds learn a lot from mixing, sifting, pouring, stirring and shaping sand, mud, and clay. We encourage you to bring extra clothes with your child, in case learning gets messy.

- We plays games like "follow the leader," to reinforce following directions



- We sings songs and listen to stories and rhymes to increase his vocabulary
- You can make time at home for simple games and messy play
- He also enjoys helping with simple tasks around the house

School readiness begins with health!

Toilet Training

Let us know when your child is ready to be toilet trained. Some signs that your child is ready are:

- Remains dry for 2 hours
- Knows if he is wet or dry
- Can pull his pants down and up
- Wants to learn
- Can tell you if he is going to have a bowel movement

Physical Development

As children interact with their environment, they practice decision-making, use their imagination, and grow more confident in their physical abilities.

Gross motor development

- We assist him to walk up and down stairs by himself
- We offer toys and games that promote his desire to push, pull, collect, gather, give, hide, seek, stack, fill and dump
- When you play with your child, find ways to have him push, give, pull, stack, fill and dump

Fine motor development

- We will give him large size crayons and paintbrushes to make colorful artwork
- When we read to him, we allow him to turn the pages

Relationships

Two year-olds are possessive. It is typical development for your child to offer toys to other children and then want them back. During these times, you can remind him how to take turns. We also know that two-year-olds are capable of frequent tantrums. Tantrums

often happen because a child does not know how to share their thoughts or needs. Keep in mind that:

- As he grows in independence, he will use the word “no” quite a bit
- He will begin to show more interest in other children. Soon, he will play simple games with other children
- Provide routines for him each day, this provides order to his world
- Catch your child being good and tell him what you love about him. Your praise is a powerful reward
- Provide him with words for his feelings

Literacy & Language

Children need many opportunities to talk with other children and adults. This helps to develop their language and reading skills. At two years-old, children should be talking in short sentences.

- He likes to carry around a favorite book and pretend to “read” it
- By singing songs, such as “Old MacDonald,” he will learn sequences
- Two-year-olds will confuse words like “yesterday” and “tomorrow”
- He will repeat words that he hears in our program and at home
- We encourage you and your child to talk about events in your lives

Questions to Ask Your Baby's Pediatrician

“How do I handle a picky eater?”

“How many words should my child know by now?”



Give Your Family More of the Good Stuff!



Strawberry Basics

Shop and Save

- Choose shiny, firm strawberries with a bright red color. Berries at room temperature should smell like strawberries. Attached green caps help berries stay fresh longer.
- Choose local berries when possible. They may be riper and more flavorful. Peak season is May, June and July. Smaller amounts are also available through September.
- Avoid dull, shriveled, mushy or moldy berries.
- Size of the berry doesn't matter. Small berries can have great flavor.
- Frozen berries may be a good choice for best flavor when strawberries are not in season. Look for those with no sugar added.

Strawberries are an excellent source of vitamin C that helps our bodies heal.



Store Well Waste Less



- For best flavor and texture, plan to eat or freeze strawberries very soon after picking.
- To store for 1 to 3 days, refrigerate without washing or removing the green cap. Keeping the berries dry helps delay spoilage.
- Wash strawberries under cool running water just before serving. Drain. Remove caps by twisting or cutting them off.
- For longer storage, freeze cleaned, whole berries on a baking sheet. When firm, transfer to a freezer bag or container. Label and date. Use within a year for best quality.

Strawberry Math

1 pound



4 cups whole



3 cups sliced



1 3/4 cup mashed



Cooking with Strawberries

Frozen Strawberry Yogurt

Ingredients:

- 4 cups **frozen strawberries** (unsweetened)
- 1 cup nonfat **plain yogurt**
- 3 Tablespoons **sugar**

Directions:

1. Combine frozen strawberries, yogurt and sugar in a blender or food processor. Blend until creamy, about 2 to 4 minutes.
2. Serve immediately or freeze in an airtight container or frozen treat molds for up to 1 month. Frozen leftovers will be very firm. Scrape into serving bowls with a spoon.

Makes 4 cups

Prep time: 5 to 10 minutes

Go to
FoodHero.org
for the
Yogurt Fruit Dip
recipe

Strawberry Salsa

Ingredients:

- 1 ½ cups fresh **strawberries**, chopped small (about ½ pound)
- ½ **jalapeno pepper**, minced
- ¼ cup **onion**, minced
- 2 Tablespoons **cilantro**, finely chopped
- 1 ½ teaspoons **lime juice**

Directions:

1. Mix all ingredients together in a bowl. Flavors will blend if refrigerated for 30 minutes or more before serving.
2. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 20 minutes

Note: See directions for **Baked Cinnamon Chips** on **FoodHero.org**

Banana Berry Smoothie



Ingredients:

- 1 cup sliced **banana** (1 medium banana)
- 1 cup frozen **strawberries** (unsweetened)
- 1 cup nonfat or low-fat (1%) **milk**
- 1 cup **orange juice**

Directions:

1. Place all ingredients in a blender.
2. Blend until smooth. If too thick, add a small amount of cold water and blend again.
3. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 5 to 10 minutes

Kids Can!

- When kids help make healthy food, they are more likely to try it. Show kids how to:
 - ✿ wash strawberries under cool running water and pull off the green caps.
 - ✿ cut strawberries into slices, chunks, or even fun shapes. Ripe strawberries cut easily.
 - ✿ fill a blender only about half full and be sure the lid is on tightly.