



**Fun  
and  
Resources  
for  
07-1-2020**



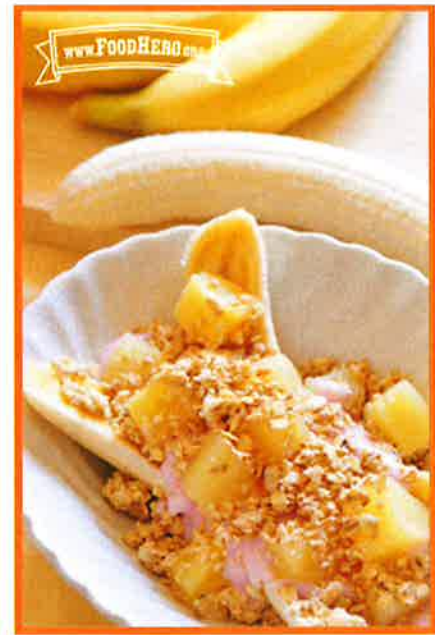
# Breakfast Banana Split



## Ingredients

- 1 small **banana**
- 1/2 cup oat, corn, or granola **cereal**
- 1/2 cup low-fat vanilla or strawberry **yogurt**
- 1/2 teaspoon **honey**, optional (skip for children under the age of one)
- 1/2 cup canned **pineapple** tidbits or chunks (drained)

**Makes:** 2 banana splits  
**Prep time:** 5 minutes



## Directions

1. Peel and split banana lengthwise. Place half in two separate cereal bowls.
2. Over each banana, spoon yogurt, sprinkle cereal and drizzle honey, if desired.
3. Top with pineapple and serve immediately.
4. Refrigerate leftovers within 2 hours.

## Notes

- Try other flavors of low fat yogurt or even cottage cheese.
- Try other fresh, frozen, or canned fruits.
- Some foods can cause choking in young children. Be sure that fruit pieces are very small and soft for toddlers. Avoid grapes, chunks of pineapple or melon. Instead, use softer canned fruit, such as fruit cocktail.
- Honey is not recommended for children under 1 year old.
- Add nuts or seeds for more protein.

## Nutrition Facts

2 servings per container	
<b>Serving size</b>	1/2 banana split (177g)
<b>Amount per Serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 45mg	2%
<b>Total Carbohydrate</b> 44g	16%
Dietary Fiber 3g	11%
Total Sugars 28g	
Includes 3g Added Sugars	6%
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 127mg	10%
Iron 1mg	6%
Potassium 477mg	10%
Vitamin A 4mcg	0%
Vitamin C 9mg	10%

\*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.

## Help Kids Cope with Tragedy

By Dr. Charles Fay

At a difficult time like this in our nation's history, parents all over this country-and the world-are wondering, "What do I tell my kids about this? What do I do?"

Children have an incredible capacity for strength, and parents can play a powerful role in helping their children cope with horribly difficult events. Here are some practical guidelines:

### **#1: Be honest about your emotions while modeling strength.**

Our children will cope only as well as we do. Children who see their parents overwhelmed with anxiety, fear, and grief also will become overwhelmed. On the other hand, kids will not have an opportunity to learn healthy expression of feelings if parents stuff their feelings inside.

The key is being honest about your emotions while showing that your family remains strong. For example, you might give your child a hug and say:

This is a very sad thing. Sometimes I feel like crying about it. It also makes me mad. But I know that we will be OK... because we are strong!

### **#2: Limit your child's exposure to media coverage of the event.**

Turn the television and radio off when your kids are in the room. Repeated exposure to the visual and spoken images of the tragedy will create more anxiety and fear. Younger children who don't understand that the scenes are being replayed often believe the actual events keep happening over and over.

### **#3: Give them the facts about the event.**

Don't try to keep the tragedy a secret! First, it's simply impossible to do. Second, humans create information when they lack it. When children get bits and pieces of bad news, they "fill in the blanks" with their imagination. Typically their fears, or rumors that float about at school, produce more anxiety than the truth.

Children, even as young as two-years old, may need you to lay out the facts about the event. Tell them the basics, while leaving out the more sensitive details. Remember, your tone of voice must communicate compassion and strength.

### **#4: Listen, listen, listen.**

There is nothing more powerful than an open ear, heartfelt understanding and a warm hug.

### **#5: Let them know that they are safe.**

Our children need to hear about the thousands and thousands of wonderful people who are working day and night to keep us safe. Despite any fears or doubts we may have, our kids need to hear that they are safe.

Make your reassurance short and to the point. When parents spend too much time, too many words, and too many emotions trying to reassure kids that they are safe, it backfires. Your message will be more powerful and believable if it is very brief and business-like:

There are thousands of people working to keep everyone safe. We are going to be OK. Have a good day at school. I love you.

### **#6: To the greatest extent possible, maintain daily routines.**

Daily routines give all of us a sense of predictability, control, and safety. When we stick with them, we also communicate to our youngsters that we are strong enough to keep going... and they are too.

### **#7: Involve them in helping others.**

There are few things more therapeutic than helping others. Even actions that may seem small, like writing letters of support or sending a box of food to rescue workers, can mean a great deal.

An elementary school principal who followed these tips voiced amazement at how they work. "I can't believe how well our school dealt with this yesterday. The teachers were calm, and so were the kids. Everyone is very saddened, but we are going to make it through!"

**One last thought:** Following these guidelines can help, but it is just as important to take good care of yourself. The healthier you are, the healthier your kids will be.

People who are really successful implementing this skill purchased [Grief, Trauma and Loss](#).

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## Transmit Sound Through String

Remember making telephones with your friends using cans and string? Yeah, me neither. I'm not that old. (And how did kids drill holes in the cans anyway?) But we can use this idea to show kids how sound travels through a medium.

### You Need:

1. A Long Piece of Yarn
2. 2 Spoons of Different Sizes
3. A Pencil

### To Do:

Take the yarn and tie it around the spoon so the spoon is in the middle of the piece. Take the two long pieces on either side and have your child hold them up to their ears.

You want to bunch up the string loosely and have them put it in their ears. Not too far (safety!), more like you are just trying to block out other sounds. Then tap on the spoon with the pencil. And watch their faces.

Hitting the spoon with the pencil causes the spoon to vibrate. Remember, sound needs a medium to travel through, and in this case, the yarn is that medium. It transmits the sound directly to your ears.

What makes it so much louder? In an open room, sound waves transmit in all directions. So what you hear is not everything that is being produced. Air molecules are not very tightly packed, which also makes the sound less intense.

With the yarn most of the wave is being sent right to your sound receptors, making it more distinct and louder.

Have your child try the other spoon. How do the sounds compare? Try different lengths of string. What does that do to the sounds?



# Head Start and Families Working Together—3 years

## Welcome to Group Care!



THE NATIONAL CENTER ON  
Health

**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 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 and medical care

### Social and Emotional Development

Your child is learning how to get along with others—how to share and be kind. We use simple games that encourage cooperative play. For example, playing make-believe enables your child to play with others and try out different roles.

- She is developing a sense of humor. She likes to laugh and repeat silly words
- She will seek attention and approval of adults
- She may be influenced by what she watches on TV
- You can spend a few minutes every day doing something together that both of you like. It could be reading, walking, talking, or playing a game together
- You can show her how to handle anger and frustration. Help her take time alone and show respectful actions



### Toilet Training

Most children will be toilet trained by this age. However, keep in mind that each child is unique and develops at her own rate. Let us know if you have concerns about toilet training. To be successful with toilet training, your child needs to:

- Sense the urge to go
- Understand what that feeling means
- Communicate the need to go to the toilet

*School readiness begins with health!*

## Oral Health

Tooth decay can develop when your child snacks frequently, does not have her teeth brushed twice each day, and/or is not exposed to fluoride in her drinking water or toothpaste.

- We assist her in brushing her teeth every day, using a pea-sized amount of fluoride toothpaste
- We provide healthy meals and regularly scheduled snacks that are low in sugar
- We encourage her to drink fluoridated water when she is thirsty
- We help you find a dental home for your child, if needed
- You can help her care for her teeth at home too

## Physical Development

As children interact with their environment, they practice decision-making, use their imagination, become more independent, and grow more confident in their physical abilities. Allow your child to do as much as she can for herself. She can:

### Gross motor development

- Throw and bounce a large ball
- Run, jump, dance, climb, swing, and ride a toy with wheels

### Fine motor development

- Start to hold a pencil or crayon better
- Pretend to write
- Learn to button, snap, zip, and put on her shoes
- Practice cutting with age-appropriate scissors

## Language and Literacy

Three year-olds seem to talk all the time. They enjoy repeating words and sounds, over and over. Your child may also pretend to read, write,

and enjoy books, particularly those of different sizes, shapes, and textures. At this age:

- She may frequently ask why
- We encourage reading and writing by sharing words in books, on signs, and on packages
- We spend at least five minutes of story time together
- We read books with simple stories about everyday life
- You can let her know why and how things happen
- You can read to your child in a comfortable place. Have your child retell the story

## Learning through Play

Your child uses play to learn about math and science concepts.

- She will start to count items that she is playing with, such as blocks, dolls, and cups
- She will find it easier to name similarities and differences in objects
- We provide simple science activities such as magnets, planting seeds, and flying kites
- We reinforce colors, counting, and shapes when we talk
- We will give your child simple tasks, such as carrying her garbage to the garbage can
- You can practice math ideas such as counting and shapes with her at home

### Questions to Ask Your Baby's Pediatrician

- “How can I make sure my child is getting enough physical activity?”
- “How often should I read to my child?”
- “What type of car seat should my child be using?”
- “When is my child ready for organized sports?”



# Give Your Family More of the Good Stuff!



## Spinach Basics

### Shop and Save

- Look for bright green, crisp, whole leaves. Bunches should have a small piece of root holding them together.
- Spinach by the bunch may cost less but buying pre-washed spinach may save you time when washing and preparing it. Check the 'Best if used by' date on packaged spinach.
- Spinach may cost less when it is in season (early spring through fall).
- Frozen spinach can be found year-round and may be a cheaper choice than fresh.

*Spinach is high in vitamins A & C, iron, and folate; it's also an excellent source of fiber.*



### Types of Spinach

Different varieties of spinach are determined by the size and types of leaves.

**Flat or Smooth leaf** has spade shaped, smooth leaves, typically used in canned or frozen packages.



**Savoy** has wrinkled curly leaves and is typically found fresh.



**Semi-Savoy** is slightly curly.

**Baby spinach** is harvested very young while leaves and stems are thin.



### Store Well Waste Less

- Wash spinach just before using. Storing wet spinach can speed spoilage.
- 1. Fill a bowl with cold water and swish loose leaves around.
- 2. Let leaves sit in the water to allow dirt to settle.
- 3. Lift leaves from water. Drain and rinse bowl.
- 4. Repeat steps 1 through 3 until there is no grit on the bottom of the bowl.
- 5. Pat leaves dry if needed.



- Keep fresh spinach in open plastic bags in the refrigerator vegetable drawer. Plan to use within 5 days. Pre-washed spinach can be stored for up to 1 week in the refrigerator.
- Spinach must be blanched (cooked briefly) before freezing for best quality.
- Use frozen spinach within 10 to 12 months.

1 pound fresh spinach =  
10-12 cups raw =  
1 cup cooked

10 ounce package frozen =  
2 1/2 cups frozen =  
1 1/2 cups cooked

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.

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# Cooking with Spinach

Go to  
[FoodHero.org](http://FoodHero.org)  
for easy, tasty  
spinach recipes

## Spinach Pasta Salad

### Ingredients:

- 2 cups cooked **pasta** (try whole wheat shells, bow ties, macaroni or other small shapes)
- 4 cups **spinach**, bite-sized pieces
- ¼ cup **dried cranberries**
- 2 Tablespoons **sunflower seeds**
- 1 can (15 ounces) **mandarin oranges**, drained
- 2 Tablespoons chopped **cilantro** or **parsley** (optional)

### Dressing:

- 2 Tablespoons **teriyaki sauce**
- 2 Tablespoons **vinegar**
- ¼ teaspoon **garlic powder**
- ⅛ teaspoon each **salt** and **pepper**
- 1 ½ teaspoons **sugar**
- 1 Tablespoon **vegetable oil**

### Directions:

1. In a large bowl, mix together teriyaki sauce, vinegar, garlic powder, salt, pepper, sugar and vegetable oil.
2. Add cooked pasta, spinach, dried cranberries, sunflower seeds, mandarin oranges and cilantro or parsley, if desired. Mix well. Cover and chill until ready to serve.
3. Refrigerate leftovers within 2 hours.

### Note:

Try a low fat Asian Salad Dressing from the store to replace the dressing ingredients.

## Spinach & Chicken Italian

### Ingredients:

- 1 cup **tomato pasta sauce**
- 1 pound **chicken breast** cut or pounded into ½-inch thick slices
- ¼ teaspoon each **salt** and **pepper**
- 1 package (10 ounces) **frozen spinach**, thawed and drained
- ¾ cup shredded **mozzarella cheese**

### Directions:

1. Preheat oven to 350 degrees.
2. Pour ½ cup of pasta sauce in a large baking dish. Sprinkle salt and pepper over chicken and add to the dish. Top with remaining ½ cup of pasta sauce, spinach and mozzarella.
3. Bake for 30 to 40 minutes until chicken is no longer pink inside and cheese begins to turn brown.
4. Refrigerate leftovers within 2 hours.

## Quick Fix

- ✿ Use fresh spinach in salads, sandwiches or wraps.
- ✿ Add fresh or frozen spinach to soups, pasta, dips or smoothies.
- ✿ Steam or saute spinach as a quick side dish - sprinkle with vinegar or a touch of grated cheese.