

*Fun and Resources for
07-17-2020*





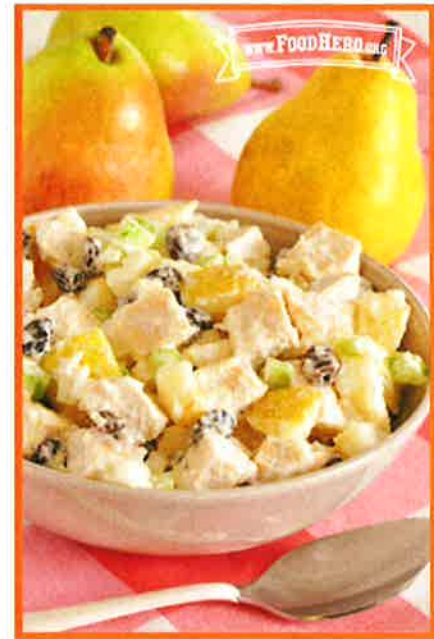
Chicken and Pear Salad



Ingredients

- 2 cups **Pears**, diced (fresh or canned)
- 1/4 cup **celery**, chopped
- 1/2 cup **onion**, chopped (sweet onion will be most mild)
- 1/4 cup **raisins**
- 1 cup cooked **chicken**, diced
- 2 Tablespoons low-fat plain **yogurt**
- 2 Tablespoons **mayonnaise**
- 1/8 teaspoon **salt**
- Dash of **Pepper** to taste
- 1 Tablespoon **lemon juice**

Makes: 2½ cups
Prep time: 15 minutes



Directions

1. In a large bowl, combine all ingredients. Mix well. Serve now or chill.
2. 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

Serving Size about 1/2 cup (137g)
 Servings Per Container 5

Amount Per Serving	
Calories 130	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 135mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 10g	
Vitamin A 2%	• Vitamin C 10%
Calcium 4%	• Iron 4%

*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



Identifying and Describing Objects using Touch

This experiment will help kids discover how powerful their sense of touch can be. They will identify different objects using the sense of touch alone. They will also practice using descriptive words to describe the object's feel. This is a fun experiment for kids of all ages: babies and young toddlers will like to touch the objects, and older toddlers and preschoolers are challenged by being asked to describe and guess the identity of the object.

Materials needed:

- blindfold (optional)
- Pick 5 or 6 different objects, some suggestions are:
 - soft plush toy
 - polished rock
 - rough shell or rock
 - sticky tape
 - slime or play-dough
 - paper
 - crayon
 - fruit



Safety:

Chose items that are safe for the kids to handle (avoiding rocks with sharp, jagged edges, etc). If your child is uncomfortable with a blindfold on you can ask them to close their eyes instead, or do the experiment with eyes open.

Procedure:

1. Blindfold your child or ask them to close their eyes. (optional)
Closing his eyes worked a lot better for my son than the blindfold
2. Hand your child the first item.
3. Instruct your child to feel the object carefully with their fingers first, then they can also touching it with the palm of their hand, rub it on their cheeks, arms, back, feet, etc. Ask if their touch feels stronger in their fingers than other areas of their body?
4. Ask them to describe the object to you: is it soft, hard, rough, smooth, sticky, thin, thick, wet, slimy, dry, big, small, cold, hot, etc.? Ask them to use as many words to describe the object as possible. For example, a polished rock could be described as: hard, smooth, heavy, cold, and small. **For babies and young toddlers see my tips below.*
5. Ask your child to guess the identity of the item.



6. Remove the blind fold or have them open their eyes to see if their guess was correct.

7. If guess was correct, congratulate your child! If their guess was not correct congratulate their effort, and then discuss why they guessed what they did and what the differences are between what the item actually is and what they guessed it was. Make sure this is done in a positive and learning way. For example if for the plush toy they guessed Mickey Mouse stuffed animal, but it was actually Simba stuffed animal, you'd say: "Great job on identifying it was a stuffed animal though touch! You were correct that it is a stuffed animal and your Mickey toy is the same size as Simba. The difference between them is Simba has a furry mane around his head and Mickey has much larger ears. You did a great job guessing!"

8. Blindfold your child again and move on to the next item, repeating steps 3-7.



"It's smooth, hard, heavy..."

**Tips for babies and young toddlers:* Don't worry about the blindfold (unless they like it). Hand them the objects and then you can help describe to them what they are likely feeling. You can say, "This stuffed animal is soft, squishy, large, and warm." This is helping your child learn the descriptive words associated with what they are feeling through their sense of touch.

What Happened:

Your child discovered the power of their sense of touch. They were able to describe and identify an item based on feel alone. They likely used all of their somatosensory system receptors in combination for this activity. Your child also practiced using descriptive words to describe the object's feel.

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 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
- Contact you in case of an emergency, so remember to update your child's emergency contact list if numbers change

Nutrition

We encourage family meals whenever possible. Eating together on a regular basis will have a positive effect on you and your child.

- Everyone sits together during meals to promote social, emotional, and motor development
- She will be encouraged to feed herself
- Healthy foods are given for meals and snacks evenly throughout the day
- She is allowed to decide what and how much to eat
- She may need 10 to 15 exposures of a new food before she decides if she likes it
- We do not use food as a reward or punishment

Healthy Teeth

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.



- To prevent decay, we will help her to brush her teeth at least once during the day
- We provide healthy meals and regularly scheduled snacks that are low in sugar
- We give her fluoridated water when she is thirsty
- We help you find a dental home for your child, if needed
- We offer education and support so you can care for her teeth at home
- At home, you can use a smear of fluoride toothpaste twice a day when helping to brush your child's teeth

Physical Development

Your baby is becoming more mobile. Most children are now cruising and will be walking without support by 14 months of age. Being able to move from place to place gives your child a sense of power and control—her first real taste of physical independence.

- We have a safe space for her to start cruising, pulling up to standing, and trying to walk
- She is improving her ability to grasp objects with her thumb and forefinger

School readiness begins with health!

- Let us know if you have questions about making your home safe for your 12-month-old, mobile child

Establishing Routines

Every family needs a routine. Routines help keep life from becoming too chaotic. Your child benefits when routines are regular, predictable, and consistent.

- She needs a nap during the day as part of her daily schedule
- Having a routine when you drop her off and pick her up will make this transition go more smoothly
- Let us know if you need help establishing routines at home

Relationships

Separation anxiety and fear of strangers are common at this age. You may notice your baby is clingier around new people or when you leave. Respect your child's fears; ask strangers to approach slowly.

- Your child will most likely play by herself or alongside other children
- At this age, it is hard for children to take turns playing with toys

Guidance

Your child needs to know she can depend on adults to set limits. This is so your child can learn self-control. This also keeps your child safe. Providing a safe place for your child to explore lessens time spent making and enforcing rules.

- We keep rules short, simple, and enforced consistently. We encourage you do that too
- We will redirect her to positive behavior when she misbehaves

Learning through Play

Your child uses play to learn about people and things around her. At this age, she may show specific preferences for certain people and toys.

- She will watch other children to see how they play with toys
- She will imitate older children and their caregivers
- We will not allow her to watch TV, videos, or DVDs while in our care
- At home, you can set aside time every day to play with your child instead of watching TV

Language and Literacy

Language progresses from “mama” and “dada” to include sounds that imitate adult speech. Your child understands more and is making her wants known.

- We name objects and people and encourage her to “use her words”
- She may start to sing, mimicking songs and music
- She will use gestures to help you understand words she cannot say well
- We reinforce words she uses to help her language grow
- She may like to hold books, trying to grab or taste them or turn several pages at once
- When reading to your child, let her turn the pages

Questions to Ask Your Baby's Pediatrician

“Do you have any concerns about my child's weight or height?”

“What foods should/shouldn't my child be eating?”

“How can I help my child learn?”

“What should I be doing to take care of my baby's teeth?”

Healthy Habits for Happy Smiles

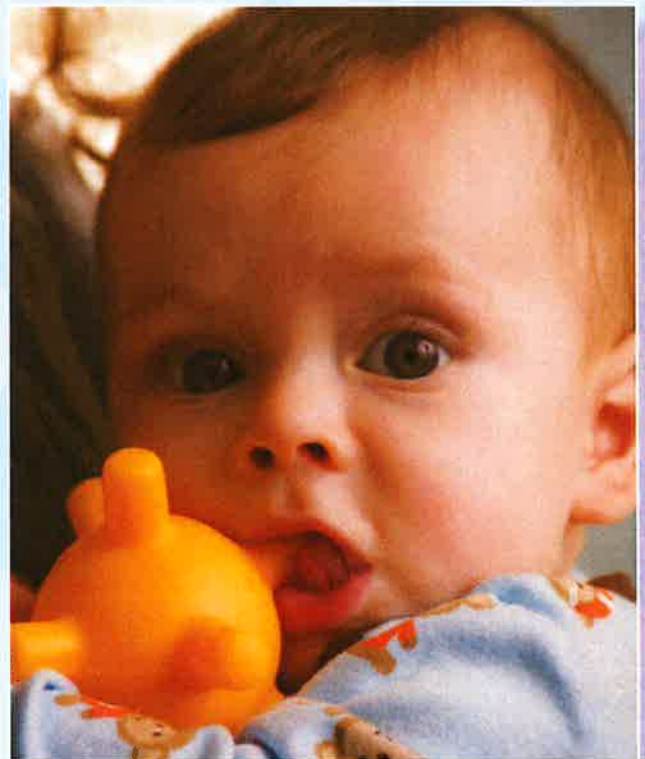


Helping Your Baby with Teething Pain

It is exciting to see your baby's first tooth! Baby (primary) teeth begin to come in when your child is about 6 to 10 months old. For some babies, teething hurts. As teeth come in, babies might be cranky or drool more. They might have sore or swollen gums. And they may chew on things.



School readiness begins with health!



Tips for helping your baby with teething pain:

- ◉ Check your child's teeth and mouth.
- ◉ Rub your baby's gums with a clean finger. The rubbing may make your baby's gums feel better.
- ◉ Find teething toys that have solid pieces. Loose pieces can break off and make your baby choke.
- ◉ It is best not to use teething toys that have liquid in them. Your baby could chew a hole into them.
- ◉ Don't put any teething toys or necklaces around your baby's neck. And don't pin or clip them to your baby's clothes. The toy could get tangled around your baby's neck and make her choke.
- ◉ Give your baby something cool to chew on. Clean, refrigerated spoons, pacifiers, teething rings, and wet washcloths are good choices. Don't put teething rings in the freezer. That makes them too cold for your baby's mouth.
- ◉ With your baby seated in a high chair, offer a chunk of frozen banana or plain bagel to chew on. Give your baby the whole piece of food. Don't cut it into small pieces. Keep an eye on your baby when she eats in case she chokes.
- ◉ Don't use teething gels or liquids on your baby's gums. They are not safe.



This handout was prepared by the National Center on Early Childhood Health and Wellness under cooperative agreement #90HC0013 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start.

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ADMINISTRATION FOR
CHILDREN & FAMILIES



NATIONAL CENTER ON
Early Childhood Health and Wellness



Give Them More
of the
Good Stuff!

Make It at Home

1. Crust

For an **extra-quick crust**: use French bread, tortillas, pita or flat bread, English muffins or pre-baked crusts.

For a **dough crust**:

- Buy it pre-made—look in the grocery refrigerated case for dough in a bag or can. Check the “*use by*” date for best results.
- Buy a dry mix—it will keep longer. Check the “*use by*” date for best results.
- Make your own—yeast or no yeast. This might cost the least! Most recipes use simple ingredients you may already have at home.

Shape the dough:

- Roll or press the dough into a flat shape. The more even it is in thickness, the more evenly it will bake.
- Any shape will do! Try a heart or other fun shapes.
- Make small individual shapes so each person can choose their own toppings.

Look for
whole-grain
crusts.

Pizza Basics

Go heavy on veggies and fruit
for color and added health benefits.



2. Sauce

- Tomato-based sauces add a vegetable. They may be lower in calories, added sugars and salt than other options.
- Use a purchased sauce or make your own, or use sliced tomatoes.

3. Toppings

- **Veggies and fruit** – choose fresh, cooked, canned or dried.
- **Cheese** – grate the cheese and sprinkle lightly. Try low-fat cheeses like part-skim mozzarella.
- **Protein** (optional) – spread it out and keep it lean.

Buy It Prepared

- Watch for sale pricing and coupons.
- Compare refrigerated and frozen options.
- Try store brands. They may be cheaper than national brands.
- Compare the nutrition facts, especially calories per serving.

- Add extra fruits and veggies of your choice.



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Share on:



Homemade Pizza

No-Yeast Pizza Crust

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**

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.

Makes one 12-inch circle

Prep time: 15 minutes

Cook time: 20 to 30 minutes

Go to
FoodHero.org
for more easy,
tasty pizza
recipes

Quick No-Cook Pizza Sauce

Ingredients:

- 1 can (8 ounces) **tomato sauce**
- 1 can (6 ounces) **tomato paste**
- 1 teaspoon dried **oregano**
- 1 teaspoon dried **basil**
- 1/2 teaspoon **garlic powder**
- 1 **carrot**, finely grated

Directions:

1. Mix all ingredients together in a bowl.
2. Spread on pizza dough, bread, English muffins or other pizza base.
3. Refrigerate leftovers within 2 hours. Use sauce within 5 days for best quality. Freeze to store longer.

Makes enough for four 12-inch crusts

Prep time: 5 minutes

Top it with fruits and veggies!

Chop, slice or grate:

Apples	Onions
Bell peppers	Pears
Carrots	Pineapple
Chilies	Roasted veggies
Garlic	Spinach
Green onions	Tomatoes
Leeks	Zucchini
Mushrooms	
Olives	



Kids Can!

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

- ✿ roll or pat dough into shapes with a rolling pin or clean hands.
- ✿ grate cheese or slice veggies and fruit.
- ✿ spread the sauce with the back of a spoon.
- ✿ choose and arrange the toppings.