

*Fun and Resources for
07-15-2020*





Cherry Puff Pancake



Ingredients

- 3 eggs
- 1/2 cup nonfat or 1% milk
- 1 teaspoon vanilla
- 1/2 cup all-purpose flour
- 1 Tablespoon sugar
- pinch of cinnamon
- 2 Tablespoons margarine or butter
- 2 cups halved, pitted sweet cherries, fresh or frozen, thawed and drained
- 1/4 cup sliced almonds (optional)

Makes: 4 pieces
Prep time: 15 minutes



Directions

1. Preheat oven to 450 degrees F.
2. In a medium bowl or blender, beat the eggs, milk and vanilla together until well blended.
3. Mix the flour, sugar and cinnamon together. Add to the liquid ingredients and mix until there are no lumps.
4. Put 2 tablespoons of margarine or butter in a 10- or 11-inch oven proof skillet or a 2 1/2- to 3-quart baking dish. Place the skillet or dish in the hot oven until the margarine or butter is melted and bubbly. Remove from the oven. Quickly spread the cherries across the bottom of the hot skillet or dish.
5. Pour the batter over the cherries and sprinkle with almond slices, if using.
6. Return to the oven and bake for 15 to 20 minutes until the edges are browned and the puffs in the middle are golden. Cool slightly before cutting into 4 pieces. The center puffs will flatten during cooling.
7. Refrigerate leftovers within 2 hours.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

Nutrition Facts

4 servings per container	
Serving size	1 piece (172g)
Amount per Serving	
Calories	240
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 1g	
Cholesterol 140mg	47%
Sodium 120mg	5%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 3g Added Sugars	6%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 72mg	6%
Iron 2mg	10%
Potassium 288mg	6%
Vitamin A 138mcg	15%
Vitamin C 5mg	6%

*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.

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



Let's talk about the Sense of Touch

The sense of touch is controlled by your body's somatosensory system. It is a network of nerve endings and touch receptors in the skin that enable us to feel sensations. Touch sensations we feel can include soft, hard, smooth, rough, hot, cold, pressure, pain, tickle, itch, vibration, sticky, slimy, wet, dry, etc.

The somatosensory system has four types of receptors: Mechanoreceptors (interpret sensations such as pressure, vibrations and texture), Thermoreceptors (interpret sensations related to temperature, such as hot or cold), Nociceptors (interpret sensations that can be harmful or painful, such as a cut, burn, sting, poisoning, etc), and Proprioceptors (interpret sensations of your own body parts in relation to each other and the environment – it

helps you feed yourself, dress, etc).

Most importantly, we interpret the touch sensations from the somatosensory system due to neurons transmitting signals to our brains. Our brain gets the touch signals and it is able to interpret what to do with what we feel. For example, when you touch a hot object, the signal will be sent to your brain, and the brain will quickly send a message back to your hand to stop touching the hot object. Your brain's interpretation of touch is also why a hug from a friend is comforting and hug from a stranger can be uncomfortable even though the actual touch may be the same.

Feeling Pressure

This experiment your children will learn how different parts of their body interpret touch differently. You will touch objects to different parts of their body using the same pressure and see if they feel it differently. This is a fun experiment for kids of all ages who enjoy touch interactions.

Materials needed:

- Blindfold (optional)
- Your fingertips

Safety:

Be careful to touch gently and make sure your nails are not sharp prior to beginning this experiment. 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)

He may or may not be peeking...

2. Using a very light touch tap your child in the following places:

1. forehead
2. nose
3. lips
4. cheek
5. ear
6. neck
7. collarbone
8. arm
9. finger tip
10. palm
11. back of hand
12. inside of wrist
13. stomach
14. back
15. leg
16. top of foot
17. sole of foot
18. toes



For babies and young toddlers – identify each body part out loud as you touch it to help them learn their body parts

For toddlers and preschoolers – ask them to identify the body part as you touch it

3. Ask your child where they felt the sensation the strongest and weakest.
4. Repeat steps 2-3 with tickling! Where on their body are they most ticklish?

What Happened:

Your child discovered how well their mechanoreceptors work. They were able to feel pressure and tickle sensations throughout their body and determine where it is felt strongest (probably fingertips or lips) and weakest (probably back or legs). They also practiced identifying their body parts.

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

Bottle-feeding

Babies should be fed when they shows signs of being hungry. We hold babies during feeding to build the relationship between baby and caregiver. Bottles are never propped.

Breast (human) milk

- We support moms who breastfeed when they return to work or school
- We encourage moms to stop by to breastfeed. A comfortable space is provided
- We store bottled milk in a refrigerator, clearly labeled with your infant's name and date

Formula

- We give the same formula you give at home
- We prepare, heat, and store formula safely

Safe Sleep

At 2 months of age, your infant may not have a regular sleep schedule. Throughout the day, he may sleep only one or two hours at a time. We place your baby on his back to sleep. This is the safest position for your baby until he is able to roll over by himself (usually 4 to 7 months).



- We keep cribs free of toys, stuffed animals, and extra bedding for safety
- We supervise infants while they are sleeping
- Our cribs meet current safety standards

Immunizations (Shots)

Immunizations help your baby stay healthy. Your baby's pediatrician should provide routine immunizations based on the current state schedule.

- We explain how to determine if your infant is up-to-date
- We support you in working with your pediatrician to bring him up-to-date

School readiness begins with health!

Tummy Time

Have fun and play with your baby while he is awake. Depending on the infant, we play with babies while on their tummy two to three times each day for a few minutes. This helps strengthen and develop muscles.

- We have “tummy time” and play with him each day
- Try to find tummy time with your infant at home

Diapering

Diaper changing is part of your infant’s daily routine. We change diapers often and as needed. We diaper him in ways that are clean and healthy.

- We sing songs and teach words such as toes and fingers to engage your baby. Try this at home too
- We maintain physical contact with him (placing our hand on his tummy) to reinforce safety and comfort

Environment

We have a clean, safe, and cheerful space with colorful objects to promote your infant’s development.

- We make sure rooms and toys are clean and safe with daily checks. Check your infant’s room at home to make sure it is also clean and safe
- We meet state regulated child-caregiver ratios and take care of infants in small groups
- We promote brain development by offering age-appropriate toys, materials, and learning experiences

Relationships

The relationship between a caregiver and child is very important. When possible, one main caregiver will take care of your infant. This supports secure attachments and consistency.

- We are friendly and responsive to you and your baby
- We rock, speak, and read to him, building a positive relationship
- We respond to his cues and tell him when we are about to feed or change him
- We update you daily on his eating, sleeping, diapering, and play

Questions to Ask Your Baby’s Pediatrician

“How often should I be feeding my baby?”

“How can I make sure my baby has a safe sleeping environment?”

“Do you have information about programs like WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) that can help me get food/formula?”

Healthy Habits for Happy Smiles



Giving First Aid for Your Child's Oral Injuries

Injuries to the head, face, and mouth are common in young children. Even when parents do their best to keep children safe, oral injuries can happen. Most oral injuries happen when young children are learning to walk. The top front teeth are injured most often.



School readiness begins with health!

Tips to help you know what to do for common oral injuries:

- **Tongue or lip injured.** Clean the injured area. Press a clean washcloth on it to stop bleeding. Keep your child's head up and facing forward to prevent choking. Put ice, wrapped in a clean washcloth, on the area to reduce swelling. If bleeding doesn't stop after 30 minutes, take your child to your child's dentist or doctor right away. If the dentist or doctor is not available, take your child to the nearest urgent care center right away.
- **Tooth chipped or cracked.** Clean the injured area. Contact your child's dentist or an urgent care center right away. Have your child rinse with water, if possible. If there is bleeding, press a clean washcloth on the gum around the tooth to stop it.
- **Tooth knocked out.** Contact your child's dentist right away. Do not try to put a baby tooth back into the mouth. Clean the injured area. If there is bleeding, have your child bite on the area with a clean washcloth for 15 to 30 minutes to stop it.
- **Tooth knocked loose, moved, or pushed into gum.** If your child's tooth has been knocked loose, moved forward or backward, or pushed into the gum, contact your child's dentist or an urgent care center right away. Have your child rinse with water, if possible. Press a clean washcloth on the gum around the tooth to stop bleeding.
- **Toothache.** If your child has a toothache, it is likely that the tooth has a cavity. Make a dental appointment as soon as possible to find out what the problem is and get treatment.



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!

Shop and Save

- Choose firm pears without cuts or bruises. Pears nick and bruise very easily, so handle with care.
- Pears are picked when mature but ripen at room temperature for best texture and taste.
- Pears may be best quality and lowest cost when they are in season, September through May depending on the variety.
- Select Asian pears that are fragrant and unbruised. Ripe Asian pears are firm and do not soften. They are ready to eat when purchased.

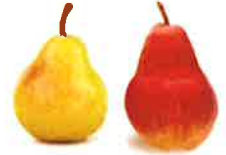
Pear Basics

Fiber in pears promotes good digestion and helps maintain a healthy heart.



Types of Pears

Bartlett - classic pear shape. Soft, juicy and very sweet. Red or green to yellow skin.



Bosc - slender pear shape. Crisp and sweet. feels more firm when pressed. Brown skin with green to yellow undertones.



Comice - round body with a very short neck. Soft, juicy, and very sweet.



Anjou - egg-shaped. Moderately soft and juicy with balanced sweetness. Red or green skin.



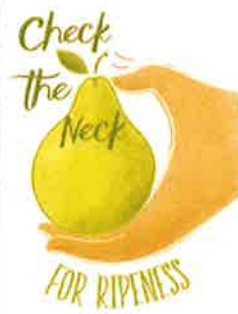
Asian pear - usually round. Crisp texture like apples; taste and color vary. Skin can be green, yellow or reddish-brown and sometimes speckled with small brown spots.



Store Well Waste Less

- Ripen pears at room temperature. Press gently near the stem. If the neck feels soft, the pear is ready to eat.
- Once pears are ripe, use within 3 to 5 days or refrigerate to keep them longer.

- Wash pears under cool running water just before eating, even if you plan to peel them.
- Peel or cut pears just before using to avoid browned flesh.
- Asian pears: store up to 1 week at room temperature or up to 3 months in the refrigerator.



Choose pears
canned in water
or 100% juice.

Contributions by USAPears.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.

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Enjoy Pears

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**

Directions:

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

Makes 2 1/2 cups

Prep time: 15 minutes

Pear and Cranberry Crisp

Ingredients:

- 1/2 cup old fashioned **rolled oats**
- 1 Tablespoon **brown sugar**
- 2 Tablespoons **flour**
- 1/4 teaspoon **cinnamon**
- 2 Tablespoons **applesauce**
- 4 cups **pears**, cubed (about 3 pears)
- 1 cup **cranberries**, fresh or frozen
- 1 Tablespoon **cornstarch**

Directions:

1. In a medium bowl, combine oats, brown sugar, flour, cinnamon and applesauce.
2. Combine pears, cranberries and cornstarch in an 8x8 inch baking dish. Sprinkle with oat mixture.
3. Bake uncovered at 400 degrees until juices are bubbling and topping is browned, about 20 minutes.
4. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 10 minutes

Cook time: 20 minutes

Pear Quesadillas

Ingredients:

- 4 medium **whole wheat tortillas**
- 1 cup grated **cheese** (try cheddar, jack or pepper jack)
- 1 cup **pear** slices (fresh or canned/drained)
- 1/2 cup finely chopped **green** or **red peppers**
- 2 Tablespoons minced **onion** (any type)

Directions:

1. Sprinkle 1/4 cup cheese on half of each tortilla.
2. Equally divide pears, peppers and onion and scatter over the cheese. Fold each tortilla in half over the filling.
3. Heat a skillet or griddle over medium heat. Add as many quesadillas as will fit in a single layer. Cook for 2-4 minutes, or until bottom of quesadilla begins to brown.
4. With large spatula, gently turn quesadilla over and cook the other side until lightly brown, 2-4 minutes.
5. Gently slide quesadillas onto plate. Cook any remaining quesadillas.
6. Cut each cooked quesadilla into wedges and serve.
7. Refrigerate leftovers within 2 hours.

Makes 4 folded tortillas

Prep time: 10 minutes

Cook time: 5 to 10 minutes per batch

Go to
FoodHero.org
for easy, tasty
pear recipes

**Kids
Can!**

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

- wash pears under cool running water.
- safely use a can opener.
- use a spoon to remove the seed core and cut a long 'v' to remove the fibers from the core to the stem.
- measure and mix ingredients.