

Fun and Resources for Monday, July 20, 2020



5 Apple Spice Oatmeal

Prep time: 5 minutes

Cooking time: 10 minutes

Makes: 2 cups



Ingredients

- 2 cups nonfat or 1% milk or water
- 1 cup quick-cooking or old fashioned oats
- 1/8 teaspoon salt
- 1 apple, cored and cut into chunks
- 1/8 teaspoon cinnamon
- 1 Tablespoon brown sugar
- 1/8 teaspoon nutmeg, if desired

Directions

1. Bring the milk or water to a boil in a saucepan.
2. Add the oats, salt and apple. Cook over medium heat for 1 minute if using quick-cooking oats or 7 to 10 minutes if using old fashioned oats. Stir a couple of times while cooking.
3. Remove from heat. Stir in cinnamon, brown sugar and nutmeg, if desired.

Variations

- Add bite-sized dried fruit pieces like raisins, apricots or cranberries in step 2, or sprinkle on top when serving.
- Sprinkle chopped nuts on top when serving.

Nutrition Facts

2 servings per container	
Serving size	1 cup (392g)
Amount per serving	
Calories	360
<small>% Daily Value*</small>	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 280mg	12%
Total Carbohydrate 61g	22%
Dietary Fiber 7g	25%
Total Sugars 29g	
Includes 7g Added Sugars	14%
Protein 16g	
Vitamin D 3mcg	15%
Calcium 333mg	25%
Iron 2mg	10%
Potassium 107mg	2%
Vitamin A 2mcg	0%
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.



Whole Grains Storage Guide

Heat, air and light can make whole grains taste and smell spoiled. Store whole grains in a cool, dry and dark location or choose a container that keeps light out. Store in airtight containers.

- Intact whole grains will keep for up to 6 months in the cupboard, longer in the refrigerator, and up to a year in the freezer.
- Ground whole grains will keep for 1 to 3 months in the cupboard or 2 to 6 months in the refrigerator or freezer.

[Back to Contents](#)

ACTIVITY SHEET 2

Smiley Mouth Mask

Materials:

- Red Construction Paper
- Tongue Depressor
- Multipurpose Labels (could substitute cotton balls and adjust for size and add step of gluing)
- Glue

Instructions:

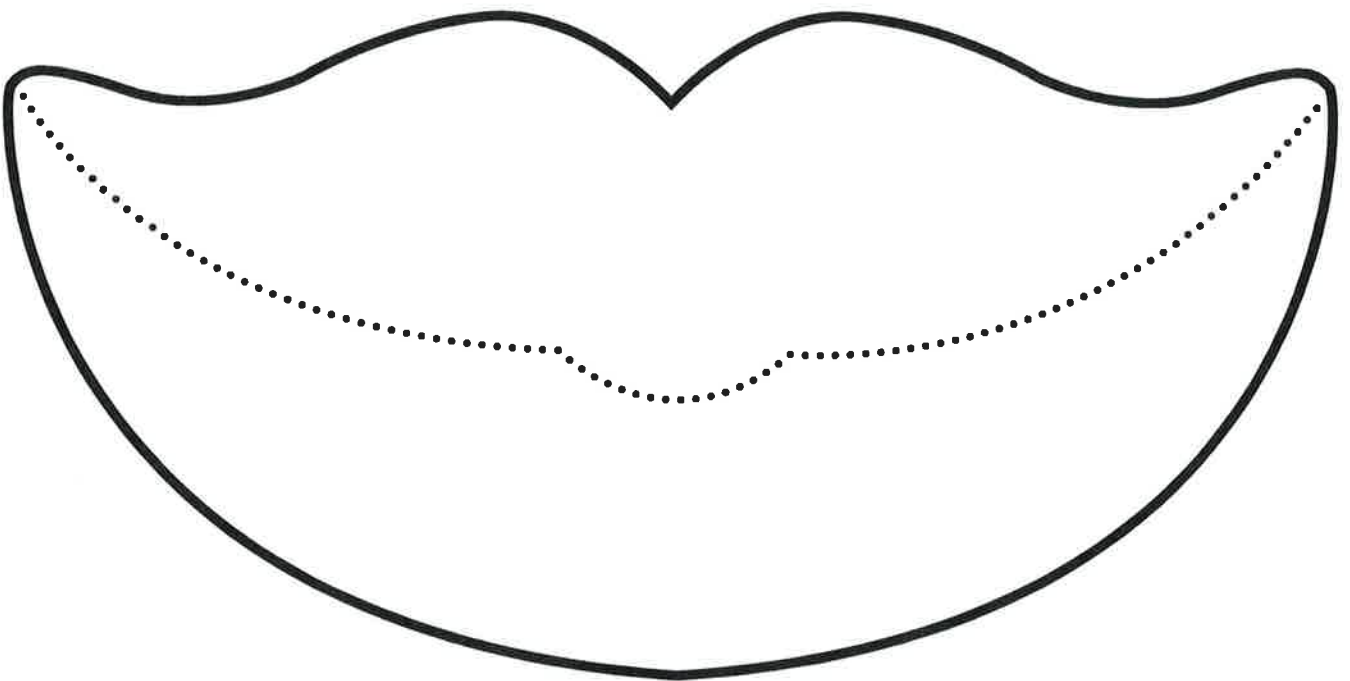
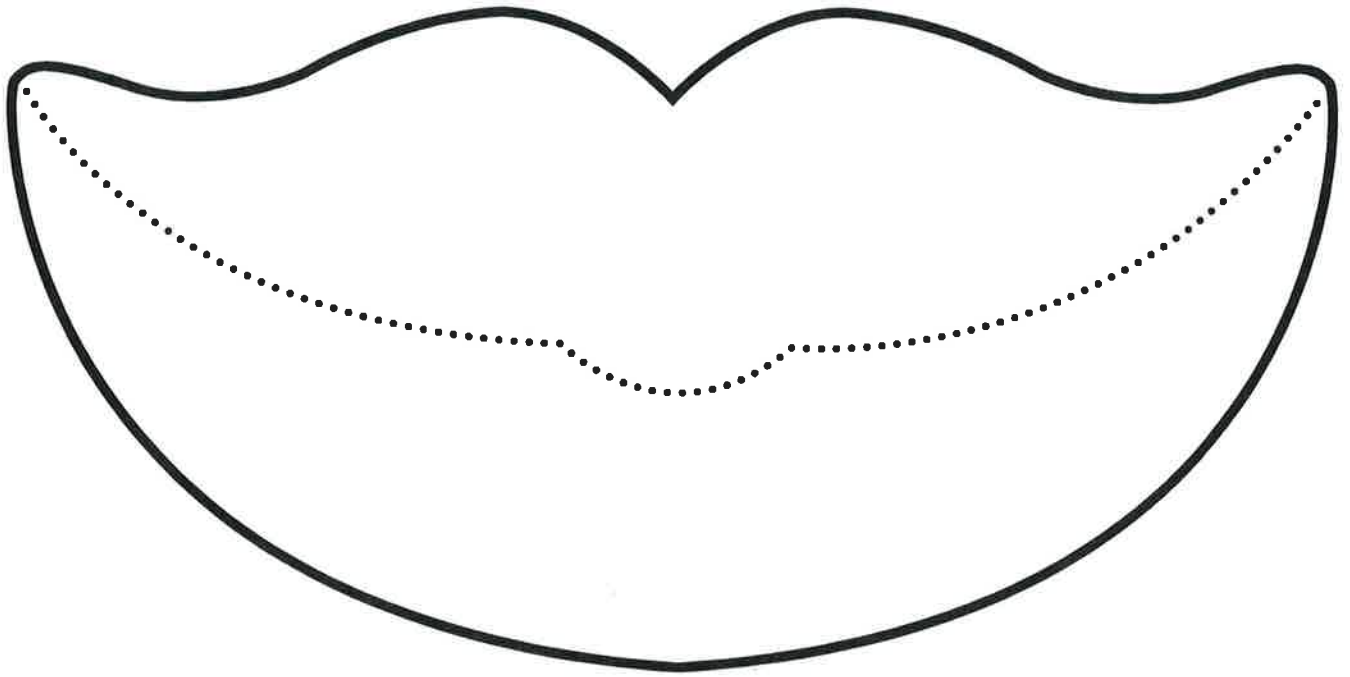
- Use the mouth template on the next page to trace and cut out the mouth onto red construction paper.
- Have children place 10 labels on top and 10 labels on bottom of the mouth (for teeth).
- Glue the tongue depressor to the middle of the mouth to use as a handle.



If you need help finding a dentist and are a member of **Smiles For Children**, please call 1-888-912-3456 or visit our website at www.DentaQuest.com.



ACTIVITY SHEET 2
Mouth Template





Turn Your Words into Gold

By Jim Fay

Ineffective Technique

Please sit down. We're going to eat now.

Please be quiet. I can't listen to your brother when you are both talking at the same time.

Clean your room so we can go shopping.

I'm not going to play ball with you until all of you are quiet.

Don't talk while I'm reading to you.

You can't go play until you have finished your homework.

Don't shout at me.

Pay attention.

Don't be bothering your sister.

Keep your hands to yourself.

Love and Logic Technique

We will eat as soon as you are seated.

I'll be glad to listen to you as soon as your brother has finished talking to me.

I'll be happy to take you shopping as soon as your room is clean.

I'll be happy to play ball with you as soon as it is quiet.

I will start reading to you again as soon as you have finished talking.

Feel free to go play as soon as you have finished your homework.

I listen to people who do not yell at me.

I'll start again as soon as I know you are with me.

You are welcome to stay with us as long as you are not bothering your sister.

Feel free to stay with us when you can keep your hands to yourself.

Do your chores on time or you'll be grounded.

I'll be happy to let you go with your friends as soon as your chores are finished.

Don't talk to me in that tone of voice!

I'll listen as soon as your voice is as calm as mine.

You show some respect.

I'll be glad to discuss this when respect is shown.

Don't be late coming home from school.

I drive those to practice who arrive home on time.

I'm not picking up your dirty clothes.

I'll be glad to wash the clothes that are put in the laundry room.

Keep your room neat.

All owners of neat rooms are welcome to join us for ice cream.

I'm not loaning you any more money.

I lend money to those who have collateral.

If you can't remember your pencil, you're just going to have to do without.

Feel free to borrow from anyone but me.

You're not going out without your coat.

You may go out as soon as you have your coat.

You're not going to stay in this group and act like that.

You may stay with us if you can give up on that behavior.

Don't you come back to this room until you can show some respect!

Feel free to come back to the room as soon as you are calm.

Quit breaking the rules of the game.

Those who can follow the rules are welcome to play the game.

Get this room cleaned up right now, and I mean it!

You are welcome to join us for _____ as soon as your room is clean.

Stop arguing with me.

I'll be glad to discuss this with you as soon as the arguing stops.

If you can't treat the paintbrushes right, you'll just have to sit out this project.

All of those who can handle the paintbrushes right are welcome to join us in the project.

If you forget your permission slip, you're going to miss the trip.

All of those who remember permission slips are welcome to go on the field trip.

Healthy Habits for Happy Smiles

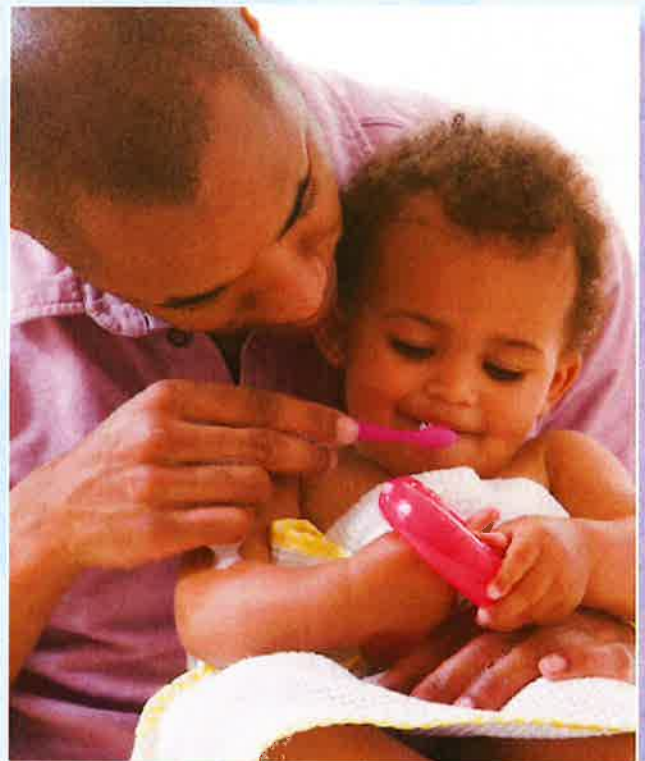


Toothbrushing Tips for Your Child with a Disability

Some children with disabilities need extra help to take care of their teeth. Young children, especially those with a physical, emotional, behavioral, intellectual, or communication disability, may not have the fine motor skills they need to clean their teeth well. It's important to brush and help your child with toothbrushing.



School readiness begins with health!



Tips for brushing your child's teeth and making it a good experience:

• **Choose a toothbrush made for children.**

Look for toothbrushes with soft bristles and a small head made for brushing a child's teeth. Let your child pick a toothbrush that is a favorite color. Or let your child pick one that has a favorite character on the handle.

• **Use oral hygiene aids.** If it is hard for your child to hold a toothbrush, look for a toothbrush with a thick handle, or make the handle thicker by putting it inside a tennis ball. The toothbrush handle can also be strapped to your child's hand with a hair band or Velcro. Another way is to place a hand over the child's hand to guide the toothbrush as the child brushes.

• **Use fluoride toothpaste that your child likes.** Fluoride toothpaste comes in different flavors and colors. Find one that your child likes and feels good in his or her mouth.

• **Use the right amount of fluoride toothpaste.** An adult should always place toothpaste on the toothbrush. For children under age 3, use a smear (size of a grain of rice) of toothpaste. For children ages 3 to 6, use a pea-size amount of toothpaste. Encourage your child to spit and not swallow the remaining toothpaste.

• **Make toothbrushing fun.** Sing a song while brushing your child's teeth. Or count or say the alphabet while you brush your child's teeth. You can also tell a story, say a nursery rhyme, or make animal sounds while brushing.



Use a smear for children under age 3.



Use a pea-size amount for children ages 3 to 6.

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.

National Center on Early Childhood Health and Wellness. 2016. *Healthy Habits for Happy Smiles: Toothbrushing Tips for Your Child with a Disability*. Elk Grove Village, IL: National Center on Early Childhood Health and Wellness.

Photos requiring credits: Dizzy Girl / Flickr / CC BY-NC-ND (front page, top); © Thinkstock (front page, bottom)



ADMINISTRATION FOR
CHILDREN & FAMILIES



NATIONAL CENTER ON
Early Childhood Health and Wellness

31 Storing Fresh Vegetables



Broccoli and Cauliflower: Store in the refrigerator in a grocery produce bag or poke a few small holes in a bag to let air in. For best quality, use within 1 week. Broccoli and cauliflower can be frozen after blanching.*



Carrots: Store in a plastic bag in the refrigerator for up to 2 weeks, poking a few small holes in the bag to let air in. Keep carrot sticks for snacks in your refrigerator for up to 1 week; to prevent the sticks from drying out, store in water. Carrots can be frozen after blanching.



Onions: Store in a cool, dark, dry place in an open bowl or bag for several weeks. Store peeled or cut onions in sealed containers in the refrigerator and use within 2 weeks. Refrigerate green onions (scallions) immediately. Freeze extra onions (raw or cooked) to avoid waste. Chop and sauté if desired, or slice raw onions and place small amounts in containers in your freezer and use within 8 months in cooked dishes.



Potatoes: Store in a dark, cool, well-ventilated cupboard. Use a paper bag or a plastic bag with holes to let air in and keep the potatoes from wilting. New potatoes (small size) stay fresh for 2 to 3 days and mature potatoes (larger size) for 2 or more weeks.



Tomatoes: Keep ripe whole tomatoes at room temperature in a single layer in an open container. Avoid direct sunlight. Try to use within 5 days. Short refrigerator storage (3 days) can help delay softening but may also reduce flavor.



Salad Greens: Store in the refrigerator covered with a damp paper towel in an open container or in a plastic bag with holes to let air in. Use greens within 10 days.