



Resources
and Fun for
Friday
3-27-2020

99 Coping Skills

1. Exercise (running, walking, etc.)
2. Put on fake tattoos
3. Write (poetry, stories, journal)
4. Scribble/doodle on paper
5. Be with other people
6. Watch a favorite TV show
7. Post on web boards and answer others' posts
8. Go see a movie
9. Do a word-search or crossword
10. Do schoolwork
11. Play a musical instrument
12. Paint your nails, do your make-up or hair
13. Sing
14. Study the sky
15. Punch a punching bag
16. Cover yourself with Band-Aids where you want to cut
17. Let yourself cry
18. Take a nap (only if you are tired)
19. Take a hot shower or relaxing bath
20. Play with a pet
21. Go shopping
22. Clean something
23. Knit or sew
24. Read a good book
25. Listen to music
26. Try some aromatherapy (candle, lotion, room spray)
27. Meditate
28. Go somewhere very public
29. Bake cookies
30. Alphabetize your CDs/DVDs/Books
31. Paint or draw
32. Rip paper into itty bitty pieces
33. Shoot hoops, kick a ball
34. Write a letter or send an email
35. Plan your dream room (colors/furniture)
36. Hug a pillow or stuffed animal
37. Hyper-focus on something like a rock, hand, etc.
38. Dance
39. Make hot chocolate, a milkshake or a smoothie
40. Play with modeling clay or Play-Doh
41. Build a pillow fort
42. Go for a nice long drive
43. Complete something you've been putting off
44. Draw on yourself with a marker
45. Take up a new hobby
46. Look up recipes, cook a meal
47. Look at pretty things like flowers or art
48. Create or build something
49. Pray
50. Make a list of blessings in your life
51. Read the Bible
52. Go to a friend's house
53. Jump on a trampoline
54. Watch an old happy movie
55. Contact a hotline/your therapist
If you want, you can call us
1-800-448-3000
56. Talk to someone close to you
57. Ride a bicycle
58. Feed the ducks, birds or squirrels
59. Color
60. Memorize a poem, play or song
61. Stretch
62. Search for ridiculous things on the internet
63. "Shop" on-line (without buying anything)
64. Color-coordinate your wardrobe
65. Watch fish
66. Make a CD/play-list of your favorite songs
67. Play the "15 Minute Game" (Avoid something for 15 minutes, when time is up start again)
68. Plan your wedding/prom/other event
69. Plant some seeds
70. Hunt for your perfect home or car on-line
71. Try to make as many words out of your full name as possible
72. Sort through/edit your pictures
73. Play with a balloon
74. Give yourself a facial
75. Play with a favorite childhood toy
76. Start collecting something
77. Play a video/computer game
78. Clean up trash at your local park
79. Look at yourlifeyourvoice.org
80. Text or call an old friend
81. Write yourself an "I love you because..." letter
82. Look up new words and use them
83. Rearrange furniture
84. Write a letter to someone that you may never send
85. Smile at five people
86. Play with your little brother/sister/niece/nephew
87. Go for a walk (with or without a friend)
88. Put a puzzle together
89. Clean your room/closet
90. Try to do handstands, cartwheels or backbends
91. Yoga
92. Teach your pet a new trick
93. Learn a new language
94. Move EVERYTHING in your room to a new spot
95. Get together with friends to play frisbee, soccer or basketball
96. Hug a friend or family member
97. Search on-line for new songs/artists
98. Make a list of goals for the week/month/year/5 years
99. Perform a random act of kindness

YOUR Life YOUR Voice
www.yourlifeyourvoice.org



Cheerio Bird Feeders

Here's a project that you can do with a little person in your house. If your little brother or sister can put a cheerio on a pipe cleaner, then s/he can make these bird feeders!

Materials

cheerios
pipe cleaner
ribbon

Instructions



1. Lay three pipe cleaners out in an asterisk shape.

2. Twist each pipe cleaner around the center

3. Put cheerios on each "arm" of the asterisk, leaving about 1/2 to 1" at the end.



4. Pull up opposite arms and twist them together, continuing until you have three circles creating a spherical cage. You'll end up with a lumpy bit of pipe cleaner because you'll wrap all the ends around each other to make the sphere stable.



5. Turn the sphere over so that the pipe cleaner lump is on the bottom. Attach a ribbon to the top. Sometimes, after the first knot, we just leave long ends to make tying it onto a branch a bit easier, but you could also make a full knotted loop now.



Magic Scarf Box (9-12 months)

This is an entertaining activity that is sure to stimulate your baby's curiosity. You will need an empty tissue box and some lightweight, colorful scarves (cloth squares may also work).

Tie all the scarves together (end to end) then place them in the empty tissue box. Leave one small end of a scarf out, enough to pique your baby's interest. Now get your baby's attention and start to pull out the scarf line saying, "Look at what papa found, you try now!" Offer her the scarf and watch the fun begin! As she gets older, you can also teach her how to put the scarves back in the tissue box to start over.

You can also try using an empty paper towel tube instead of the tissue box. Be sure to never leave your baby alone with the line of tied scarves so she cannot get tangled!

Learning and Development Skills:

- Cognitive, Problem Solving and Memory

Shake the Sillies Out

Gotta shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Shake, shake, shake my sillies out
And wiggle my waggles away

I gotta clap, clap, clap my crazies out
Clap, clap, clap my crazies out
Clap, clap, clap my crazies out
And wiggle my waggles away

I gotta jump, jump, jump my jiggles out
Jump, jump, jump my jiggles out
Jump, jump, jump my jiggles out
And wiggle my waggles away

I gotta yawn, yawn, yawn my sleepies out
Yawn, yawn, yawn my sleepies out
Yawn, yawn, yawn my sleepies out
And wiggle my waggles away

I gotta shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Shake, shake, shake my sillies out
And wiggle my waggles away
And wiggle my waggles away



I'm a Little Teapot

I'm a little teapot
Short and stout
Here is my handle
Here is my spout
When I get all steamed up
I will shout
Tip me over
And pour me out!



Learn at home!

Using tech

Websites:

- Freckle.com
- Lexialearning.com
- Starfall.com
- MysteryScience.com
- Readworks.org
- STMath.com
- KhanAcademy.org
- Gonoodle.com
- Abcya.com
- Xtramath.org
- Zearn.org

Apps:

- RazKids
- Seesaw
- Epic
- Vooks
- Book Creator
- Magnetic ABC
- Ten Frames
- ABCMouse
- Monster Math
- Scratch Jr
- Starfall
- Let's Read

Youtube:

- Kids Learning Tube
- Free School
- Homeschool Pop
- StoryBots
- Khan Academy
- Smithsonian Channel
- The Brain Scoop
- Word World PBS
- TED-Ed
- Sci Show Kids
- National Geographic Kids
- Peekaboo Kidz
- Storyline Online
- Story Time with Ms. Becky
- KidTimeStoryTime

Podcasts:

- Brains On
- Six Minutes
- But Why: A Podcast for Curious Kids
- Story Pirates
- Circle Round
- Smash Boom Best
- Wow in the World
- Eleanor Amplified
- The Two Princes
- Ear Snacks
- KidNuz

Infant Feeding: Tips for Food Safety

Human Milk

Proper food safety procedures are essential when expressing, handling, and storing human milk. Unsafe handling and cleaning procedures can result in bacterial growth and illness.

- Wash hands thoroughly before expressing human milk.
- Collect human milk in clean, sterile containers.
- Label and date the containers.
- Freshly pumped/expressed human milk may be stored at room temperature up to 4 hours.
- Refrigerate human milk for up to 4 days.
- Freeze human milk for up to 6 months.
- Milk may be thawed in several ways, such as holding the container under warm running water.
- Do not refreeze human milk; discard thawed human milk if it is not consumed within 24 hours.
- Discard unused milk left in the bottle within 1 to 2 hours after the baby is finished feeding.
- Never use a microwave to thaw or warm human milk because this practice is dangerous.

Formula

Formula is a perishable food, and therefore, must be prepared, handled, and stored properly and in a sanitary manner to be safe for consumption. Babies can be exposed to harmful bacteria from a dirty environment, pets, and other family members.

- Emphasize the importance of cleanliness during preparation to include keeping bottles, nipples and other utensils clean and sanitary.
- Instruct caregivers to always wash their hands before preparing formula, handling bottles, or feeding.
- Emphasize that water used for preparing formula must be from a safe source. The local health department can help determine if a participant's tap water is safe to prepare formula.
- Instruct caregivers to follow the directions on the formula labels for proper formula preparation, use, and storage instructions, or those given by their healthcare provider.
- Refer caregiver questions regarding the use of local drinking water or well water or bottled water to prepare formula to their healthcare provider.

Store-Bought Infant Food

Some WIC participants may assume that infant food purchased from the store is safe. However, this is not always the case. Even store-bought infant food requires safe handling.

- Buy clean and intact containers; discard any containers that are dented or stained on the outside.
- For jars, make sure that the safety button on the lid is down. Discard any jars that don't "pop" when opened or that have chipped glass or rusty lids.
- For plastic pouches, discard any packages that are swelling or leaking.
- Do not purchase or use foods after the "use-by" date.
- Wash jars and containers with hot, soapy water before opening.
- Serve jarred food immediately, store opened jarred food in the refrigerator and use within 48 hours (use infant food meats within 24 hours).
- Do not freeze jarred infant foods.
- Put infant food in a bowl; do not feed from the jar.

Home-Prepared Infant Food

Infants are more susceptible to harmful effects of contaminated food than older children or adults. As a result, parents and caregivers must be diligent when preparing and storing home-prepared infant food.

- Wash hands, utensils, and work surfaces before preparing any food.
- Use fresh foods. Making infant foods from leftovers is not recommended.
- Serve immediately, or refrigerate and use within 48 hours; use meats and egg yolks within 24 hours.
- If preparing infant food in large batches, freeze the food immediately in individual portions and use within one month.
- Thaw frozen foods in the refrigerator or under cold running water; refreezing home-prepared infant food is not recommended.
- When counseling caregivers who give infants complementary foods before the recommended age (about 6 months), assess if the baby is developmentally ready. Additionally, caution against using certain vegetables (spinach, beets, turnips, collard greens, green beans, squash, and carrots) before 3 months of age, per the AAP, since these may contain large amounts of nitrates. Nitrates are chemicals that can cause an unusual type of anemia (low blood count) in young babies. Commercially prepared vegetables are safer because the manufacturers test for nitrates.
- Never give honey to infants under one year of age. Honey can sometimes be contaminated with *Clostridium botulinum* spores, which can cause botulism in infants. It is generally not fatal, but is a serious food-borne illness.

Choking

Participants need to know that certain foods should not be given to infants to reduce the risk of choking. Choking can be caused by the size, shape and consistency of certain foods. Always supervise infants when they are eating, keep mealtimes calm, and cut up food into small pieces. Have children sit down while eating. Children should never run, walk, play, or lie down with food in their mouths.

The following foods are not recommended for infants and young children because they are associated with choking:

- Whole, raw, or hard pieces of partially cooked vegetables (cherry or grape tomatoes, carrot rounds, baby carrots, green peas, string beans, celery, corn, whole beans, etc.).
- Whole or raw fruit (grapes, melon balls, etc.); especially those with pits or seeds or whole pieces of canned fruit.
- Tough, stringy, or large chunks of meat or cheese, as well as fish with bones, hot dogs, meat sticks or sausages.
- Peanuts or other nuts and seeds; chunks or spoonfuls of peanut butter.
- Popcorn, potato/corn chips, pretzels, crackers or breads with seeds, and plain wheat germ.
- Hard candy, jelly beans, caramels, gum drops/gummy candies, chewing gum, or marshmallows.

Daily Toddler Nutrition Guide



FRUIT

2-3 servings

1/2 banana
1/2 cup sliced grapes
1/2 cup berries
1 clementine
1/2-1 kiwi
1/4-1/2 cup mango
2 tbsp dried fruit



VEGGIES

2-3 servings

1-4 tbsp cooked broccoli, carrots, cauliflower, snap peas, or green beans
1-4 tablespoons sliced raw tomatoes, cucumbers, peas
1/4 cup leafy greens
1-2 tbsp tomato sauce or salsa



DAIRY

2-3 servings

1/2 cup whole milk
1/2 cup kefir
1 slice cheese (1 oz)
1/4-1/2 cup whole milk yogurt
1/4-1/2 cup 4% cottage cheese
1/2-1 string cheese
(or equivalent fortified nondairy products)



WHOLE GRAINS

6 servings

1/2 slice whole grain bread
1/4-1/2 cup oatmeal, rice, pasta, or quinoa
1/4-1/2 cup whole grain dry cereal or crackers
1-2 whole grain mini muffins
1/2 mini bagel



MEAT, POULTRY, FISH, EGGS

2 servings

2-4 one-inch cubes chicken, turkey, beef, salmon, white fish, or ham
2-4 tablespoons ground meat or poultry
1/2-1 egg



LEGUMES, NUTS

2 servings

2 tablespoons beans, peas, edamame, lentils, or split peas
1 teaspoon-1 tablespoon nut or seed butter
1 teaspoon hemp, chia or flaxseeds



FATS

2-3 servings

1 tablespoon avocado
1 tablespoon shredded coconut
1 teaspoon coconut oil
1 teaspoon butter
1-3 teaspoons olive or avocado oil



IRON-RICH FOODS

1-2 servings

red meat, whole grains, and iron-rich vegetables (spinach, broccoli, kale) served with fruits like strawberries, citrus, pineapple, mango, and kiwi-
the Vitamin C increases iron absorption

P.S.

- 1 yr olds: Need about 1/2 daily calories from fat
- 2 yr olds: Need about 1/3 daily calories from fat
- Aim for 1000-1400 calories per day
- Expect appetite fluctuations



Serve Treats Sparingly

yummy
TODDLER
food

HEALTHY EATING FOR YOUR PRESCHOOLER!

Use this chart as a general daily food guide. The amounts of food are based on average needs. Don't be worried if your child does not eat the exact amounts suggested. Your child may need more or less than average. A child's appetite may vary from day to day.

Some days your child may eat less than these amounts and other days your child may want more. Offer these amounts and let your child decide how much to eat. Find more information about feeding your preschooler at www.choosemyplate.gov/preschoolers.html

	2-YEAR-OLDS	3-YEAR-OLDS	4-AND 5-YEAR-OLDS
 FRUITS	1 cup	1 - 1 ½ cups	1 - 1 ½ cups
 VEGETABLES	1 cup	1 ½ cups	1 ½ - 2 cups
 GRAINS	3 ounces	4 - 5 ounces	4 - 5 ounces
 PROTEIN FOODS	2 ounces	3 - 4 ounces	3 - 5 ounces
 DAIRY	2 cups	2 cups	2 ½ cups

WHAT COUNTS AS

1/2 CUP FRUIT?

½ cup mashed, sliced, or chopped fruit
 ½ cup (4 oz.) 100% fruit juice
 1 single-serve apple sauce (4 oz.)
 ½ medium banana
 4-5 large strawberries

1/2 CUP VEGGIES?

½ cup mashed, sliced, or chopped vegetables
 ½ cup (4 oz.) 100% vegetable juice
 1 cup raw leafy greens
 1 small ear of corn

1/2 OUNCE GRAINS?

1 cup breakfast cereal
 ½ cup cooked rice or pasta
 1 tortilla (6" across)
 1 slice of bread

1/2 OUNCE PROTEIN?

1 ounce cooked meat, poultry, or seafood
 1 egg
 1 tablespoon nut butter
 ½ cup cooked beans or peas (chick, black, lentils)

1/2 CUP DAIRY?

½ cup milk
 ½ cup (4 oz.) yogurt
 ½ ounce cheese
 1 string cheese

PICKY EATING

Picky or fussy eating can be your child's first step toward showing independence. Preschoolers don't have control over much in their lives so they may use food as a form of power, which can make mealtimes a challenge. Plus, a child's size, age, developmental stage, and mood all can affect how he or she eats.

WHAT CAN YOU DO?

- Limit distractions. Put away toys and turn off the TV before eating.
- Offer only one new food at a time.
- Make food fun. Cut food into fun shapes with cookie cutters and let your child dip foods into yogurt, hummus, or ketchup to add extra flavor.
- Be a role model. Your child learns from watching you. Show your child you enjoy different foods.

PREVENT CHOKING

Some foods are easy for your child to choke on while eating. Avoid hard, small, whole foods, such as popcorn, nuts, seeds, or hard candy. Cut up foods, such as hot dogs, grapes, and raw carrots into pieces smaller than the size of your child's throat—about the size of a nickel.



Child Care: What Will My Child Eat?



Did you know that our child care site participates in the Child and Adult Care Food Program (CACFP)? Meals and snacks served through the CACFP help give preschoolers the nutrients they need to learn, grow, and be healthy. We provide a variety of vegetables, fruits, whole grains, low-fat dairy, and lean protein foods. We also offer water throughout the day.

What's for Lunch?*

- $\frac{3}{4}$ cup low-fat (1%) milk
- $\frac{1}{4}$ cup fruits**
- $\frac{1}{4}$ cup vegetables
- $\frac{1}{2}$ serving of grains (such as a $\frac{1}{2}$ slice of bread or $\frac{1}{4}$ cup of pasta or rice)
- $1\frac{1}{2}$ ounce equivalent of meat or meat alternate (such as cheese, yogurt, or beans)

*Portions for children ages 3 to 5.

**Additional vegetables may be served in place of fruits.

What's for Snack?*

Snacks can vary. Here are some examples:

Example 1:

- $\frac{1}{2}$ ounce equivalent of meat or meat alternate
- $\frac{1}{2}$ cup fruit

Example 2:

- $\frac{1}{2}$ cup vegetables
- $\frac{1}{2}$ serving of grains

Example 3:

- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ serving of grains

Example 4:

- $\frac{1}{2}$ cup vegetables
- $\frac{1}{2}$ ounce equivalent of meat or meat alternate

*Portions for children ages 3 to 5.

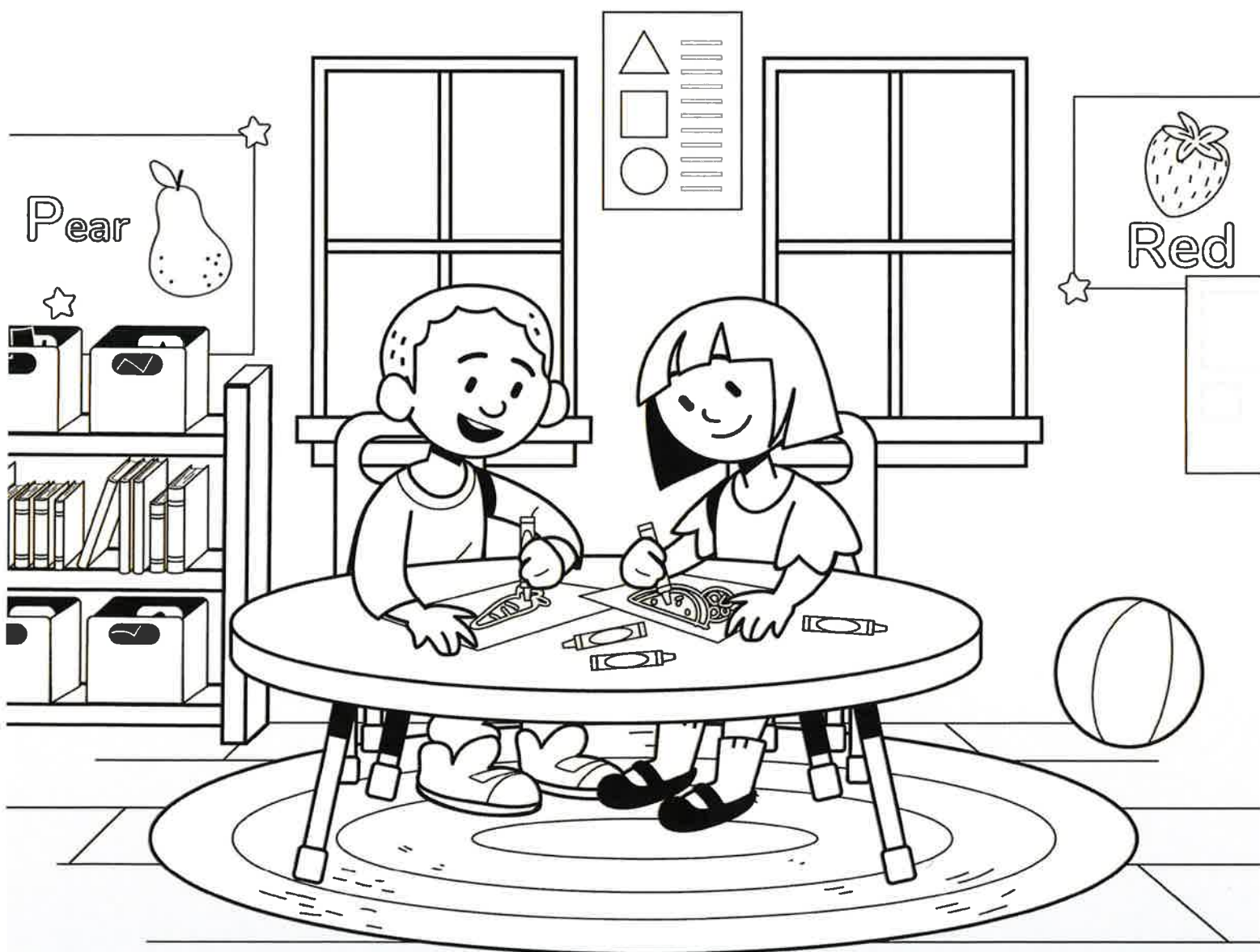
Healthy Foods + Healthy Environments = Healthy Kids

At child care, we encourage healthy choices in ways that go beyond our menu:

- 1 Look around.** See how our site displays pictures of healthy foods. Ask your child to point out his or her favorite picture.
- 2 Read about it.** Our bookshelf includes stories about trying new foods. Ask if you can borrow a book to read to your child.
- 3 Try fun activities.** We do a number of activities involving growing and tasting new foods. Ask your child his or her favorite activity and try it at home.

Activity

Have your child color the picture below:





**CLEAN
HANDS KEEP
YOU HEALTHY.**

**Wash your hands with soap
and water for at least**

20 SECONDS.

LIFE IS BETTER WITH

**CLEAN
HANDS**



www.cdc.gov/handwashing



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



LEAD BY EXAMPLE

Wash your hands and
teach kids to scrub
hands for at least

20 SECONDS.

LIFE IS BETTER WITH

**CLEAN
HANDS**



www.cdc.gov/handwashing



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Checklist for Individuals and Families

(Used by permission of Public Health - Seattle & King County)

This checklist will help you to take steps to lessen the impact of a severe coronavirus (COVID-19) pandemic on you and your family. Many of these steps are good advice to help you and your family during any disaster, like an earthquake or flood.

AT HOME

☐

Store water, food, and other essentials

Prepare to get by for at least a week on what you have at home. You may be unable to get to a store, or stores may not be open or may have limited supplies for weeks. Public services may also be disrupted, so prepare for outages in electricity, water, and garbage services. Keep extra supplies on hand (they can also be useful in other types of emergencies, such as power outages and natural disasters).

Examples of non-perishable food:

- Canned meats, such as tuna, chicken, turkey, Vienna sausage
- Canned beans, fruits, vegetables, soups
- Protein or fruit bars
- Dry cereal or granola
- Dried fruit
- Peanut butter and jelly
- Nuts and trail mix
- Crackers
- Comfort food, including cookies, candy, instant coffee, tea bags
- Canned juices
- Bottled water
- Baby formula and canned or jarred baby food

Examples of other emergency supplies:

- Pet food, cat litter
- Disposable diapers
- Feminine supplies
- Flashlight
- Portable radio
- Batteries for flashlights, radios, games, thermometers
- Manual can opener
- Plastic garbage bags
- Tissues and toilet paper
- Entertainment—games, crafts, books, movies, etc.
- Supplies for persons with special needs - the elderly or disabled
- Some extra cash



Make household emergency plans

- Prepare for possible changes in healthcare. For example, medical advice and healthcare may be more difficult to obtain during a severe pandemic and healthcare providers and medical facilities may be overwhelmed. There may not be enough medical supplies, healthcare providers, and hospital beds for all persons who are ill.
- Difficult decisions about who receives medical care and how much treatment can be administered will be necessary. Talk about these possibilities with your family and loved ones.
- In a severe pandemic, you may be advised to stay away from others and from public places as much as possible. Plan to limit the number of trips you take to shop or run errands. Also, remember public transportation routes and times may be limited.
- Think about how you would care for people in your family who have disabilities if support services are not available.
- Decide who will take care of children if schools are closed.
- For general preparedness, agree on a point of contact where all family members can check-in if you are separated during any emergency.



Store medical and health supplies

Get an extra supply of your regular prescription drugs. Ask your healthcare provider for a prescription. If your insurance will not agree to cover the extra supply, you may need to pay out-of-pocket. Keep health supplies and nonprescription drugs on hand.

Examples of medical and health supplies:

- Prescribed medicines and supplies, such as glucose meters and blood-pressure monitoring equipment
- Soap and water
- Alcohol-based hand cleaner, such as Purell® or store-brand
- Medicines for fever and pain, such as acetaminophen and ibuprofen
- Diarrhea remedy, such as Pepto-Bismol® or Kaopectate® (not generally recommended for children)
- Throat lozenges
- Cough syrup containing Dextromethorphan
- Thermometer(s)
- Vitamins
- Fluids with electrolytes, like Gatorade® and Pedialyte® (preferred for small children)

AT WORK

- **Prepare to stay home.** Staying at home from work when you are sick is the most important thing you can do to protect others.
- **Know policies.** Ask your employer or union about sick leave and policies about absences, time off, and telecommuting.
- **Encourage planning.** Every business, organization and agency should have a plan for making sure essential work can get done if large numbers of employees are absent over many months. You may be asked to perform duties that are not typically part of your job.
- **Explore other ways to get your work done.** Find ways to reduce personal contact, such as increased use of e-mails or phone conferences. Plan to work from home whenever possible.

IN YOUR COMMUNITY

- **Know your neighbors.** Talk with family, friends, and neighbors to make sure everyone is prepared. Be ready to help neighbors who are elderly or have special needs if services they depend on are not available.
- **Know school policies.** Know policies about illness and being absent. Be prepared for school closures.

PREVENT THE SPREAD OF THE VIRUS

- Stay home from work and school when you are sick.
- Stay away from others as much as possible when they are sick.
- Wash hands frequently. Use soap and water or an alcohol-based hand sanitizer, such as Purell® or store-brand.
- Cover your mouth and nose when coughing and sneezing. Try using the crook of your elbow or your shoulder for cover, instead of hands.
- Throw away used tissues right away. If you use tissues to cover your cough or blow your nose, dispose of them in the nearest waste bin immediately after use, then wash hands.
- Set an example for your children. Show them how to limit the spread of viruses and germs.