



Resources
and Fun for
Wednesday
3-25-2020



Stress Management

Stress Management Tips

People can learn to manage stress and lead happier, healthier lives. Here are some tips to help you keep stress at bay.

- Keep a positive attitude.
- Accept that there are events that you cannot control.
- Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- Learn and practice relaxation techniques; try meditation, yoga, or tai-chi for stress management.
- Exercise regularly. Your body can fight stress better when it is fit.
- Eat healthy, well-balanced meals.
- Learn to manage your time more effectively.
- Set limits appropriately and learn to say no to requests that would create excessive stress in your life.
- Make time for hobbies, interests, and relaxation.
- Get enough rest and sleep. Your body needs time to recover from stressful events.
- Don't rely on alcohol, drugs, or compulsive behaviors to reduce stress.
- Seek out social support. Spend enough time with those you enjoy.
- Seek treatment with a psychologist or other mental health professional trained in stress management or biofeedback techniques to learn healthy ways of dealing with the stress in your life.

WebMD Medical Reference | Reviewed by Smitha Bhandari, MD on February 18, 2020

Sources

SOURCES:

American Heart Association: "Fight Stress With Healthy Habits"
MedlinePlus: "Stress management."

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Reflexology for Babies

Reflexology offers a release of tension through touch. Reflexology foot maps suggest zones that link to other parts of the body. Therapeutic or pure relaxation—even babies love a good foot massage! Enjoy this positive interaction with your little one.



① Stuffy-Uppy-Release Zone (Sinuses)

Gently press your thumb up your baby's foot, from heel to each toe. Finish up by lightly squeezing each toe.



② Cranky-Baby-Relief Zone (Tummy)

Focus on the area between the ball of the foot and heel. Move your fingers in a gentle massaging motion.



③ Gleeeful Pants & Giggles Zone (Lungs)

Focus on the ball of the foot. Massage this area by pressing lightly with your thumb.

CALM DOWN YOGA FOR KIDS



I am strong.



Use your strength to catch tricky waves.



I am kind.



Stretch high and spread kindness all around.



I am brave.



Be brave and fearless as you fly down the ski run.



I am friendly.



Stretch like a dog wagging its tail.



I am wise.



Be a wise owl perched on a tree branch.



Paper Plate Ring Toss

Messiness: Medium
Age Range: 3y - 16y
Estimated Time: <30 mins
Development: Creating
Development: Moving - Gross

What you need:

- | | |
|------------------|------------|
| paper plate | paint |
| paper towel tube | tape |
| scissors | paintbrush |



How We Did It

Gather your materials!

Make your ring toss base by painting the paper tube and the top of one paper plate.



While the base is drying, start making the tossing rings. We experimented

with fun patterns and colors to make each ring unique. The more plates you make, the more fun you'll have!

Note: You don't need to paint the center of your paper plates, but you can!





Check back on your painted base plate and tube to see if it's dry. Once it is dry, cut 4 to 6 slits that are a half-inch



long on the bottom of the tube.

Fold the tabs outward and tape them down onto the base plate. Your ring toss stand is complete!



Go back to your other painted plates — it's time to finish the tossing rings. Once they are dry, cut out the



center of the plate.

Let the games begin! We had so much fun trying different tossing techniques and seeing how many we could get on the tube at one time.

If your plates are too light for throwing, you can tape two plates together so you can see both painted sides.

April

Pitter patter raindrops
Falling from the sky.
Here is my umbrella
To keep me safe and dry.
When the rain is over
The sun begins to glow.
Little flowers start to bud
And up they will grow.



Baby Blanket Ride (9-12 months)

Many babies love to play with blankets so why not make a game of it? This is a fun baby game that will also build your baby's balance and movement control.

You will need a medium sized blanket.

Lay the blanket on the floor then place your baby in the middle - make sure he is seated comfortably and balanced.

Say, "Let's go for a blanket ride!" then gently pull him around the room.

Do not move too fast but do introduce easy turns to build up his balance. You can also have your partner wave hello and bye-bye as you tote him around.

If your baby protests initially, you will need to introduce the game slowly.

Start with a small pull a few feet forward then add more distance each day.

Be sure to carefully monitor your baby and make sure he does not try rolling off during the ride!

Learning and Development Skills:

- Movement, Motor Control and Hand Eye Coordination



Infant Developmental Skills



Birth - 3 months

4 - 7 months

8 - 12 months

Mouth Patterns	Hand and Body Skills	Feeding Abilities
<ul style="list-style-type: none"> • Has tongue thrust, rooting, and gag reflex • Begins to babble 	<ul style="list-style-type: none"> • Needs head support • Brings hands to the mouth 	<ul style="list-style-type: none"> • Coordinates the suck-swallow-breathe action while breast or bottle feeding
<ul style="list-style-type: none"> • Transfers food from front to back of the tongue to swallow • Opens the mouth when sees spoon approaching • Begins to control the position of food in the mouth • Uses up-and-down munching movement 	<ul style="list-style-type: none"> • Has head and neck control • Sits with support • Brings objects to the mouth • Begins to sit alone unsupported • Tries to grasp small objects such as toys and food 	<ul style="list-style-type: none"> • Takes in a spoonful of strained/pureed/mashed food and swallows without choking • Drinks small amounts from a cup (with spilling) held by another person • Begins to eat mashed foods • Eats from a spoon easily • Begins to feed self with hands
<ul style="list-style-type: none"> • Uses the jaw and tongue to mash food • Uses rotary chewing (diagonal movement of the jaw as food is moved to the side or center of the mouth) 	<ul style="list-style-type: none"> • Sits alone easily • Easily grasps and/or brings small objects to the mouth, such as finger foods • Begins to hold a cup with two hands • Has good eye-hand-mouth coordination 	<ul style="list-style-type: none"> • Begins to eat ground/ finely chopped/diced food and small pieces of soft, cooked table food • Bites through a variety of textures • Demands to spoon-feed self

Nutrition during the first year of your baby's life is important for proper growth and development of oral and motor skills. These are general observations of infant developmental skills; however, each baby is different and may meet developmental skills earlier or later than his or her peers.



Healthy Celebrations, Lasting Memories



Birthdays, celebrations, and seasonal events are a great time to include nutritious foods and active play. At child care, we make healthy habits part of the fun. We serve nutritious foods that fit the theme and plan fun activities such as music, art, and games.

Fun Ideas To Try at Home:

- 1 Create fun food.** Use cookie cutters to cut fruits, low-fat cheese, or breads into shapes that fit the theme (such as hearts, flowers, or pumpkins).
- 2 Get moving.** Plan activities like soccer, obstacle courses, tag, dancing, ball tosses, or jump rope.
- 3 Get colorful.** Choose fruits and vegetables that fit the festivities, such as red fruits like watermelon or strawberries for Valentine's Day.
- 4 Go simple with drinks.** Water and low-fat (1%) or fat-free (skim) milk are good choices for preschoolers. Serve drinks in colorful cups that match the event theme.
- 5 Decorate together.** Children love to create centerpieces, signs, placemats, and garlands using basic arts and craft supplies. Supervise activities with scissors.



Ways To Recognize Birthdays and Achievements

- 1 Let your child wear a special crown, ribbon, or button all day.
- 2 Give a special card or note sharing your love.
- 3 Let your child sit at the head of the table or decorate his or her chair.
- 4 Make time for a special walk or game, just for the two of you.
- 5 Give hugs and high fives.

Celebrate with Fun Food Activities

Add simple food activities to your celebration with these fun Look and Cook Recipes:

<https://www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes>

- Friendship Pocket
- Crunchy Rainbow Wrap
- Fruit-a-licious Breakfast Cup
- Food Group Friend

Celebration Ribbons

Cut the ribbons out and tape to your child's shirt for special celebrations.



Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



***Symptoms may appear 2-14 days after exposure.**

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



For more information: www.cdc.gov/COVID19-symptoms

What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

