

# DCCCA Newsletter

## October, November & December 2017



**Paula Williams**  
Newsletter Editor



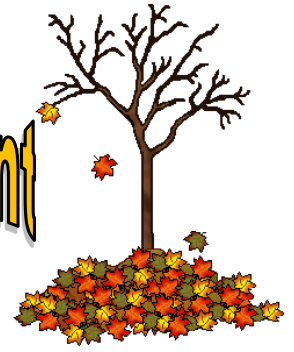
# Oct., Nov., & Dec.

INDEX	PAGE NUMBER
Letter from OUR Vice—President, Vickie Scholl	3 & 4
2017 Food Allowance & Mandatory Classes	5
Treasurer's Report— 1st Quarter (July, August & Sept. 2017	6
Referral Recap of Calls—July, August & Sept.	7
Child Care Insurance	8
Executive Board & Association Volunteers	9
Licensing Specialists contact information & Misc. numbers	10
In the Spotlight—Kristin Davidson, DO. County. Library	11
6 Behavior Problems you “Don’t Want To Ignore”	12-14
Breaking your kids “Bad Food Habits”	15-18
Why Science is important in young lives	19 & 20
Experiment—Translucent Egg	21
Experiment—Walking Water Rainbow	22
Experiment—Jelly Bean Colors	23
Experiment—Exploding Soap	24
Experiment—Ice & Salt Melting Experiment	25
Holiday Crafts (Halloween, Thanksgiving & Christmas	26-35
Halloween, Thanksgiving & Christmas Treat Ideas	36-45



# A note from OUR Vice-President

## Vickie Scholl



Dear Providers,

*Can you feel it? Change is in the air. Summer is quickly fading into fall, leaves are turning, and children are starting back to school. At my house comfort foods are starting to simmer in my crock pot and fall decorations are coming out of hiding. Blankets and sweaters are being pulled down from high shelves in preparation for cooler days. Sadness at leaving summer, but excited to enter a new season.*

*Do you enjoy and embrace change or resist it?*

*Personally I embrace it. Change brings a time for reflection. A time to reflect and revisit the past in many areas of my life and what changes I wish to make for the future.*

*There are so many areas to reflect upon in our lives. Personal Families, friends, church and of course our child care children and families. Taking time to reflect on the past teaches us what has been working and what hasn't. It allows us to make positive changes for the future and release the ones that hinder us from moving forward in a beneficial way. In doing so we make our lives and the lives of others better.*

*Reflecting on our business benefits not only us, but the lives of the children and families we serve. Our work consists of not only caring for the children's personal needs, but educational and social and emotional needs as well. Also, we find we are a help to the parents in many areas as well.*

*As we begin this new season, I beseech you to take a look back. Are you caring for yourself, mentally and physically? It all starts with us. Many times this is the area we neglect most.*

*Are there areas in your child care business you can improve on and make more productive and exciting. Not only for the children in your care, but for yourself as well.*

*Are your communications with your child care families working?*

*Is your organization working for you?*

*These are just a few things to reflect on. I'm sure you can think of many more. So, as you go through the season find some time to reflect on a few areas of your life. Make the necessary changes and enjoy the benefits.*

*God Bless*

*Vickie Scholl*

Sometimes I return back to the state of mind I had as a child when I believed nothing was impossible.”

— **Jonathan Harnisch, When We Were Invincible**



# Food Allowance for 2017

The standard meal allowance rate for 2016 is: Breakfast \$1.32, Lunch/ Supper \$2.48, Snack \$.74.

The standard meal allowance rate for 2017 is: Breakfast \$1.31, Lunch/ Supper \$2.46, Snack \$.73.

\*\*This represents a loss of 4 cents a day if you serve a breakfast, lunch and snack, or \$10.40 per child per year.\*\*

## Mandatory Classes

1. Standard Precautions—**Yearly**
2. SIDS—**Yearly**
3. Shaken Baby Syndrome—**Yearly**
4. Mandatory Reporting—**Yearly**
5. Immunizations—**Yearly**
6. 3 hrs. Social Emotional Development—**Yearly**
7. Medication Administration w/Emergencies with Food Allergies—**Every 3 years**

# Douglas County Child Care Association

## July, August & September - 2017

### 1st Quarter Treasurer's Report

<b>Balance Forward</b>				<b>\$7,711.68</b>
Income:	Membership Fees		\$2,430.00	
	State Membership		\$270.00	
	Returned Office Supplies		\$60.47	
	Refunded Bank Fees			
		Total Income	\$2,760.47	
Expenses:	Telephone		\$165.53	
	Office Supplies		\$399.29	
	CAFCC State Dues		\$330.00	
	CAFCC Affiliate Dues		\$80.00	
	Secretary of State Reg		\$10.00	
	Class Speaker Fee		\$75.00	
	Returned Check		\$40.00	
	Returned Check Bank Fee		\$12.00	
		Total Expenses	\$1,111.82	
End. Bal.				\$9,360.33

**Respectfully Submitted,**  
**Susan Taboada,**  
**DCCCA Treasurer/Membership**

# Referral Recap

July, August & September, 2017

Area: Castle Rock		July, Aug. & Sept.	Area: Highlands Ranch, Lone Tree & Centennial		July, Aug., & Sept.	Area: Parker		July, Aug., & Sept.
Calls for under 2	7/9/7		Calls for under 2	12/15/11		Calls for under 2	5/4/12	
Full Time:	7/6/7		Full Time:	7/6/7		Full Time:	4/4/5	
Part Time:	0/3/0		Part Time:	5/9/4		Part Time:	1/0/7	
Calls for over 2	9/3/2		Calls for over 2	9/9/4		Calls for over 2	2/9/7	
Full Time:	9/3/2		Full Time:	5/4/3		Full Time:	2/6/3	
Part Time:	0/0/0		Part Time:	4/4/1		Part Time:	0/3/4	
Before & After School	0/0/0		Before & After School	0/1/0		Before & After School	0/0/0	
Drop In's	0/0/0		Drop In's	0/0/0		Drop In's	0/0/0	
Night's or Weekends	0/0/0		Night's or Weekends	0/0/0		Night's or Weekends	0/0/0	
CCAP	0/0/0		CCAP	0/0/0		CCAP	0/0/0	
Total Kids	16/12/9		Total Kids	21/23/15		Total Kids	7/13/19	
DCCA WEBSITE	10/8/5		DCCA WEBSITE	7/10/5		DCCA WEBSITE	6/9/13	
PROVIDER/FRIEND	1/3/0		PROVIDER/FRIEND	9/9/4		PROVIDER/FRIEND	0/1/0	
USED BEFORE	0/0/0		USED BEFORE	0/4/3		USED BEFORE	0/0/0	
OTHER:	0/0/3		OTHER:	0/0/0		Not Answered	0/3/0	
OTHER:	0/0/0		OTHER:	0/0/0		OTHER:	0/0/4	

Next  
Newsletter  
will be:

January, 2018

\*\*\*\*The reason there is a difference with Total Kids for the Month & Actual Calls for the Month is the amount of children needing care in the family of the caller.

Please remember to keep in touch with your referral with any openings & once you fill a spot.

Thank you!

# Child Care Insurance Options:

Dawna Nolan, Broker	720-519-0291	<a href="mailto:dawna@cowest.com">dawna@cowest.com</a>
<b>Dawna Nolan, Broker</b>	<b>303-359-5906 CELL</b>	
ADCO General Daycare Insurance	303-893-5770	
Adults and Children Alliance	1-800-433-8108 Ext. 2028	<a href="http://www.acainc.org/partners.html">www.acainc.org/partners.html</a>
Allstate Insurance	303-833-5588	
Assure Child Care	1-855-818-5437	<a href="http://www.assurechildcare.com">www.assurechildcare.com</a>
Cherry Creek Insurance Group	303-799-0110	<a href="https://www.travelers.com">https://www.travelers.com</a>
Child, Inc.—Liability Insurance	1-800-844-8288 Ext. 108	
Child Care Insurance Professional	1-800-819-9992	
Dan Gillespie, Insurance Broker	303-656-6912	
Daycare Defender	1-800-414-1066	<a href="http://www.dcdefender.com">www.dcdefender.com</a>
DC Insurance Services, Inc.	1-800-624-0912	<a href="http://www.dcins.com/contact-us.html">www.dcins.com/contact-us.html</a>
Farmers Insurance - Daniel Cashmore	303-979-0315	
Mike Boling Markel	1-888-515-8537	
New England Insurance Services, Inc	1-888-845-8288	<a href="http://www.neisinc.com">http://www.neisinc.com</a>
State Farm Insurance - Daniel West	303-790-4333	



# Executive Board & Volunteers

EXECUTIVE BOARD	VOLUNTEERS	PHONE NUMBER	EMAIL ADDRESS
President	Angela Rosales	303-766-9241	<a href="mailto:amagr8rose@q.com">amagr8rose@q.com</a>
Vice President	Vickie Scholl	303-707-0812	<a href="mailto:gtscholl@hotmail.com">gtscholl@hotmail.com</a>
Secretary	OPEN	OPEN	OPEN
Treasurer/ Membership	Susan Taboada	303-841-5899	<a href="mailto:SusanTboada@comcast.net">SusanTboada@comcast.net</a>
REFERRALS	VOLUNTEERS	PHONE NUMBER	EMAIL ADDRESS
Castle Rock	Sabrina Fulks	303-814-2103	<a href="mailto:Sabricustomemb@gmail.com">Sabricustomemb@gmail.com</a>
Highlands Ranch, Lone Tree, Acres Green & Cent.	Paula Williams	303-358-2377	<a href="mailto:paulasue10@q.com">paulasue10@q.com</a>
Parker, Elizabeth	Joanne Payne	303-805-0824	<a href="mailto:tjsspayne@msn.com">tjsspayne@msn.com</a>
	OPEN POSITIONS		
CONTINUING EDUCATION COMMITTEE:	OPEN	OPEN	OPEN
ELECTION COORDINATOR:	Cathleen Zeiler	303-791-3386	
STATE REP (1)	OPEN	OPEN	OPEN
STATE REP (2)	OPEN	OPEN	OPEN
HOSPITALITY COMMITTEE: (2)	1. Maria Ciurczak	303-470-8909	<a href="mailto:mciurczak62@gmail.com">mciurczak62@gmail.com</a>
Hospitality Committee	2. Rita Predmore	303-690-0610	no email address
NEWSLETTER ED- ITOR:	Paula Williams	303-358-2377	<a href="mailto:paulasue10@q.com">paulasue10@q.com</a>
DOUGLAS CTY ZONING:		303-660-7460	
EIN:	EMPLOYER IDENTIFICATION NUMBER	1-800-829-4933	<a href="http://www.irs.gov/businesses/small/article/0,,id=97872,00.html">http://www.irs.gov/businesses/ small/ article/0,,id=97872,00.html</a>
		9	

# Licensing Specialist's and Misc. Numbers

Castle Rock - 80104, 80108 & 80109	Heather Sporrer	303-866-5958 <a href="mailto:heather.sporrer@state.co.us">heather.sporrer@state.co.us</a>
Highlands Ranch Areas: 80129 & 80130	Jodi Gillespie	303-866-5948 <a href="mailto:jodi.gillespie@state.co.us">jodi.gillespie@state.co.us</a>
Highlands Ranch Areas: 80124 & 80126	Aleece Tatom	303-866-5958 <a href="mailto:aleece.barr@state.co.us">aleece.barr@state.co.us</a>
Parker 80134 & 80138	Elizabeth Chase	303-866-5958 <a href="mailto:elizabeth.chase@state.co.us">elizabeth.chase@state.co.us</a>
Centennial 80122	Cammile Espinosa	303-866-5958 <a href="mailto:cammile.espinosa@state.co.us">cammile.espinosa@state.co.us</a>
<b>COLORADO DEPT. OF HUMAN SERV.</b>	<b>303-866-5958</b>	<a href="https://sites.google.com/a/state.co.us">https://sites.google.com/a/state.co.us</a>
24 Hour Child Protective Line	303-271-4131	
Immunization Line	303-237-7178	
Colorado Dept. of Health	303-692-2035	
Rocky Mountain Poison Control	303-222-1222	
NAFCC (National Assoc. for family Child Care)	800-359-3817	
<b>CHILD FIND</b> for Douglas County Schools	720-433-0020	
<b>FOOD PROGRAMS</b>		
<b>Kids Nutrition Company</b>	<b>303-987-4851</b>	
<b>Southwest Food Program</b>	<b>719-573-2246</b>	
<b>Wildwood Food Program</b>	<b>303-730-0460</b>	

# In the Spotlight

Connecting with Early childhood Education peers on a personal and professional level!



Kristin Davidson  
Book Start Coordinator  
Douglas County Libraries  
Castle Rock, CO

Kristin Davidson is the Coordinator of Douglas County Libraries' Book Start program. She started her professional career in 2011, at Aurora Public Schools, as a Preschool Facilitator. Kristin is certified in many areas, including Cradling Literacy, the Nurturing Parenting Program, Child Curriculum 2015, and Bright By Three. She completed the CLASS tool assessment and has a Level 3 Credential from the Colorado Office of Early Childhood. She is Bi-Lingual in Spanish.

She earned her Bachelor's Degree in Language, Literature, and Culture from Colorado State University in 2009. Her studies included a semester abroad in Alcala, Spain. Following graduation, Kristin returned home and attended Arapahoe Community College where she completed the equivalency of an Associate's Degree in Early Childhood Education in 2011.

Kristin enjoys working for Douglas County Libraries and appreciates the culture of the workplace where she has an opportunity to meet, and work with, so many wonderful volunteers. One of her favorite aspects of her job is spending time getting to individually know the volunteers in the program, and watching as Storytime comes to life for so many young children across Douglas County!

## **6 Little Behavior Problems You Don't Ignore**

### **By Pamela Kramer from Parents Magazine**

#### **Interrupting When You're Talking**

**Why you shouldn't ignore it:** Your child may be incredibly excited to tell you something or ask a question, but allowing her to butt in to your conversations doesn't teach her how to be considerate of others or occupy herself when you're busy. "As a result, she'll think that she's entitled to other people's attention and won't be able to tolerate frustration," says psychologist Jerry Wyckoff, Ph.D., coauthor of *Getting Your Child from No to Yes*.

**How to stop it:** The next time you're about to make a call or visit with a friend, tell your child that she needs to be quiet and not interrupt you. Then settle her into an activity or let her play with a special toy that you keep tucked away. If she tugs on your arm while you're talking, point to a chair or stair and tell her quietly to sit there until you're finished. Afterward, let her know that she won't get what she's asking for when she interrupts you.

#### **Playing Too Rough**

**Why you shouldn't ignore it:** You know that you have to step in when your child punches a playmate, but you shouldn't disregard more-subtle aggressive acts, like shoving his brother or pinching a friend. "If you don't intervene, rough behavior can become an entrenched habit by age 8. Plus, it sends a message that hurting people is acceptable," says Parents adviser Michele Borba, Ed.D., author of *Don't Give Me That Attitude 24 Rude, Selfish, Insensitive Things Kids Do and How to Stop Them*.

**How to stop it:** Confront aggressive behavior on the spot. Pull your child aside and tell him, "That hurt Janey. How would it feel if she did that to you?" Let him know that any action that hurts another person is not allowed. Before his next playdate, remind him that he shouldn't play rough, and help him practice what he can say if he gets angry or wants a turn. If he does it again, end the playdate.

#### **Back to School: When Kids Argue with Other Kids**

##### **Pretending Not to Hear You**

**Why you shouldn't ignore it:** Telling your child two, three, even four times to do something she doesn't want to do, such as get into the car or pick up her toys, sends the message that

it's okay to disregard you and that she--not you--is running the show. "Reminding your child again and again just trains her to wait for the next reminder rather than to pay attention to you the first time you tell her something," says psychologist Kevin Leman, Ph.D., author of *First-Time Mom: Getting Off on the Right Foot -- From Birth to First Grade*. "Tuning you out is a power play, and if you allow the behavior to continue, your child is likely to become defiant and controlling."

**How to stop it:** Instead of talking to your child from across the room, walk over to her and tell her what she needs to do. Have her look at you when you're speaking and respond by saying, "Okay, Mommy." Touching her shoulder, saying her name, and turning off the TV can also help get her attention. If she doesn't get moving, impose a consequence.

When 6-year-old Jack Lepkowski, of Ossining, New York, started practicing "selective hearing," his parents decided to take action. They told him that if they had to ask him to do something more than once, such as come to dinner or take a bath, he would get to watch only one video that day (his usual allotment is two) or he'd miss a playdate that week. If they had to remind him twice, he would lose two videos or two playdates. "I try not to give in because otherwise his selective hearing will continue," says his mother, Lydia. "This tactic seems to be working!"

### **Helping Himself to a Treat**

**Why you shouldn't ignore it:** It's certainly convenient when your child can get his own snack or pop in a DVD, but letting him have control of activities that you should regulate doesn't teach him that he has to follow rules. "It may be cute when your 2-year-old walks along the counter to get the cookies out of the cabinet, but just wait until he's 8 and goes to visit a friend who lives three blocks away without asking," Dr. Wyckoff says.

**How to stop it:** Establish a small number of house rules, and talk about them with your child often ("You have to ask whether you can have sweets because that's the rule"). If your child turns on the TV without permission, for instance, tell him to turn it off and say, "You need to ask me before you turn on the television." Stating the rule out loud will help him internalize it. When 3-year-old Sloan Ibanez took some markers without asking and colored one of her arms completely yellow, her mom, Tanzy, told her that she couldn't help with painting a garage-sale sign later that afternoon. "She cried, but I knew I had to nip this in the bud or else I'd pay the price later because she'd do it again and again," says Ibanez, of Lewiston, Texas.

### **Having a Little Attitude**

**Why you shouldn't ignore it:** You may not think your child is going to roll her eyes or use a snippy tone until she's a preteen, but sassy behavior often starts when pre-schoolers mimic older kids to test their parents' reaction. "Some parents ignore it because they think it's a passing phase, but if you don't confront it, you may find yourself with a disrespectful third-grader who has a hard time making and keeping friends and getting along with teachers and other adults," Dr. Borba says.

**How to stop it:** Make your child aware of her behavior. Tell her, for example, "When you roll your eyes like that, it seems as if you don't like what I'm saying." The idea isn't to make your child feel bad but to show her how she looks or sounds. If the behavior continues, you can refuse to interact and walk away. Say, "My ears don't hear you when you speak to me that way. When you're ready to talk nicely, I'll listen."

### **Exaggerating the Truth**

**Why you shouldn't ignore it:** It may not seem like a big deal if your child says he made his bed when he barely pulled up the covers, or if he tells a friend that he's been to Walt Disney World when he's never even been on a plane, but it's important to confront any type of dishonesty head-on. "Lying can become automatic if your child learns that it's an easy way to make himself look better, to avoid doing something that he doesn't want to do, or to prevent getting into trouble for something he's already done," Dr. Wyckoff says.

**How to stop it:** When your child fibs, sit down with him and set the record straight. Say, "It would be fun to go to Disney World, and maybe we can go someday, but you shouldn't tell Ben that you've been there when you really haven't." Let him know that if he doesn't always tell the truth, people won't believe what he says. Look at his motivation for lying, and make sure he doesn't achieve his goal. For example, if he said that he brushed his teeth when he didn't, have him go back and brush them. When 5-year-old Sophia Hohlbaum started stretching the truth, her mom, Christine, told her the story of "The Boy Who Cried Wolf," in which a boy who'd been lying cries for help for real and people ignore him. "Storytelling helps kids view the problem from the outside in," says Hohlbaum, author of *Diary of a Mother: Parenting Stories and Other Stuff*. "Now Sophia's very straightforward with me and she's very self-righteous if I don't believe her."

# Break Your Kid's Bad Food Habits

Does he live on pasta or freak when you serve anything green? You really can get him to start eating better.

Print

Your child's hair-twirling, breath-holding, or nose-picking may drive you nuts, but most of these common kid habits tend to vanish with time -- and they may disappear sooner if you simply ignore them. However, if he's gotten into a less than stellar eating routine, don't assume he'll eventually expand his repertoire on his own. "Eating habits from childhood definitely can carry over into adulthood, so it's best to deal with them now," says Jennifer Trachtenberg, MD, author of *Good Kids, Bad Habits*. Since you don't want to make every meal a battleground, you'll need to take small, smart, and even sneaky steps to help your child change his ways. We've got expert action plans for kids' five major eating traps.

## Nibbling Nonstop

### Why it's bad

Snacking all day means your child won't be hungry at mealtime. Constant munching (even if it's mostly healthy stuff) also prevents her from learning to recognize her own feelings of hunger and fullness -- and that's an important skill she'll need throughout life.

### How to break the habit

**Set a schedule.** Kids thrive on structure, so serve two or three daily snacks (midmorning, midafternoon, and bedtime if she's hungry) -- and try to have your child sit at the table for them. When she asks for a snack at another time, especially if she's just eaten and probably isn't even hungry, remind her that snack time is coming. (If you're not comfortable denying her, offer a piece of fruit to tide her over.) "That can be hard at first, but the payoff is that your child's hunger will be better regulated and more predictable," says Linda Piette, RD, author of *Just Two More Bites!* That said, you should leave some wiggle room in your snack schedule, depending on the day's events.

**Make snacks filling.** A snack that includes some protein or fat will keep kids satisfied longer, so they're less likely to feel like nibbling. Some combos to try: peanut butter spread on graham-cracker squares, a slice of cheese melted onto whole-grain crackers, or apple slices dunked into fruit-flavored yogurt.

**Keep junk out of sight.** It's harder to say no when you have all sorts of goodies in the open -- and at little arms' reach. Rearrange your pantry and fridge so the only stuff you don't mind having them grab (like baby carrots or cups of applesauce) is front and center.

### **Drinking Juice 24/7—Why it's bad**

A small amount of 100 percent juice can be a healthy part of a child's diet. However, more than a half cup or so a day fills up little tummies, so there's less room for food, and it may cause toddlers to get diarrhea. Though research hasn't found a link between drinking juice and gaining too much weight, it's definitely a source of extra calories (about 110 in a cup of apple juice) that add up quickly. It can supply vitamin C, but so can other foods: Your kid will get his days' worth of C from half an orange or a half cup of broccoli.

#### **How to break the habit**

**Ditch the Sippy's.** Serve juice in a regular cup at the table. Kids won't be able to gulp it down as quickly (or cart it around the house all afternoon).

**Offer water first.** Don't give your child juice when he's thirsty -- he'll guzzle way too much, way too quickly, says Marilyn Tanner-Blasiar, RD, a spokesperson for the American Dietetic Association. Start handing out plain water after playground time or soccer practice. (Trust us: Thirsty kids will drink it.) Then let him enjoy the taste of smaller amounts of juice later, when he's not so parched.

**Dilute, dilute, dilute.** Water juice down by at least half. Use seltzer to make it more fun and a squirt of lemon juice to intensify the flavor. Just remember, offering diluted juice all day defeats the purpose. Make sure that the juice-and-water mix doesn't exceed one to two cups a day.

#### **Overdosing on Sugar**

##### **Why it's bad**

Babies are born with a preference for sweet stuff, so it's no surprise that all kids love it. But added sugar -- the kind in desserts and sweet snacks -- also provides a lot of calories without a lot of nutrition. Food surveys reveal that toddlers take in the equivalent of 14 teaspoons of sugar every day, while 4- to 5-year-olds get about 17.

##### **How to break the habit**

**Set limits.** Instead of going cold turkey, establish some basic (and fair) rules -- then stick to them. Maybe it's a one-sweet-treat-a-day policy or perhaps a couple of small goodies (like a small square of chocolate or a bite-size cookie). Whatever it is, be clear about it and give your kids some choice, says Tanner-Blasiar. For instance, ask, "Do you want to have your sweet treat now or after dinner?" Keeping a limited number of sugary foods in the house will help.

**Scout out sugar.** Look at the sugar content of the foods your child's eating -- especially the ones you may not consider treats, like breakfast cereal and fruit snacks. Every four grams is the equivalent of a teaspoon of sugar. Eating a lot of sweet foods all day will stimulate her appetite for even more, so switch to low-sugar versions of favorites like yogurt and cereal and compare labels to find the best choices.

**Don't assume.** If you automatically trot out cookies and ice cream after dinner, you won't give your child a chance to satisfy her sweet tooth with healthier things, says Tanner-Blasiar. She just might go gaga over a sliced banana with cinnamon sprinkled on it, chunks of fresh pineapple, or strawberries topped with a dollop of fat-free whipped topping.



**Don't assume.** If you automatically trot out cookies and ice cream after dinner, you won't give your child a chance to satisfy her sweet tooth with healthier things, says Tanner-Blasiar. She just might go gaga over a sliced banana with cinnamon sprinkled on it, chunks of fresh pineapple, or strawberries topped with a dollop of fat-free whipped topping.

### **Eating Too Many Carbs**

#### **Why it's bad**

Children who refuse protein-rich foods like meat and poultry may not get all the valuable nutrients they need, such as zinc and highly absorbable iron. If they're eating a lot of carbohydrates like white bread and noodles, which the body digests quickly, they'll also complain that they're hungry again soon after meals.

#### **How to break the habit**

**Go soft.** "Many kids don't like meat because of the texture," says Piette. "It can be tough and takes a long time to chew." That's one reason most children love chicken nuggets -- the meat inside is chopped up and easy to eat. Try braising meats and poultry (cook them with broth in a covered pan), or use the slow cooker to make them super soft. Hide lean ground beef or turkey in spaghetti sauce and casseroles or finely diced chicken in soup. Your child might also go for lunch meats like turkey or roast beef rolled up in a tortilla.

**Provide protein.** If your child won't budge on meat, include protein source at meals such as beans, eggs, and low-fat dairy products. But don't stress out too much: Most kids get plenty of protein. The average toddler only needs about 16 grams a day (roughly 24 for a preschooler). A cup of milk has eight grams, two tablespoons of peanut butter have seven to eight, and a reduced-fat string cheese has six to eight.

**Upgrade the carbs.** Whole grains are more filling, plus they're packed with fiber and nutrients like vitamin E and magnesium. Dr. Trachtenberg recommends the "Rule of Three" when you're choosing cold cereal: at least three grams of fiber and protein per serving, and sugar should not be one of the first three ingredients listed.

### **Refusing Veggies**

#### **Why it's bad**

Vegetables are rich in vitamins A and C, plus fiber. You can get those in fruit too, but learning to love vegetables is still important: Kids who eat veggies grow up to be adults who eat veggies, and eating lots of fruits and vegetables is linked to a better diet, healthier body weight, and lower risk of disease.

#### **How to break the habit**

**Don't be afraid of fat.** A little bit of healthy fat makes veggies taste better, plus it helps the body absorb the vitamins. A teaspoon of butter or olive oil or a sprinkle of shredded cheese adds fewer than 50 calories and a couple grams of fat -- and may mean your child eats his broccoli.

**Make it special.** Let your kids help you create an "appetizer tray" of veggies for them to munch on while you're fixing dinner, along with some hummus or low-fat ranch dressing for dip. "This does take some extra time, but it can make all the difference in the world," says Dr. Trachtenberg.

**Be cool.** Never pressure or punish your kids over any food, vegetables included, or you're headed for some serious power struggles. Actions speak louder than words, so always have veggies on the table at meals (put new ones alongside "safety" veggies they already know), eat a helping or two yourself, and casually mention how fresh and delicious they are. It may take weeks (or months), but your child just might ask to try them someday.

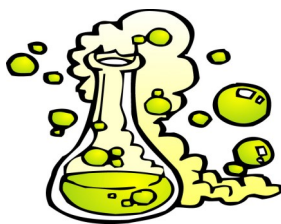
A few sayings I came upon:

do  
THE RIGHT  
THING...  
EVEN WHEN  
no one  
IS LOOKING.

miStAkEs  
are proof  
that you are  
TRYING



# EXPERIMENTS



## Why is science important in young kids' lives?

### At a glance

- Science involves a lot of communication with other people.
- Science develops patience and perseverance in kids.
- It can help kids form a healthy dose of skepticism.
- Science teaches kids about the world around them.

Science can spark in kids' minds that they, too, can help solve the world's big problems.

Science helps answer all those tough questions kids ask, like 'Why is the sky blue?' and 'Where do stars come from?'

Parent and former high school science teacher Wendy Stacey says science is the perfect subject to complement a child's natural curiosity.

"It's practical and relevant and kids embrace it without thinking about it," she says.

"Science helps answer all those questions kids ask, like 'Why is the sky blue?' and 'How come that pine cone falls down?'"

So when Wendy had the opportunity to help raise funds for science equipment at her children's school through the P&C, she didn't think twice.

"Everyone was enthusiastic, from the teachers to the parents. Because they knew that even simple science equipment can liven up a topic and make it easier for children to engage with it."

### **Science teaches kids about life**

The benefits of learning about science for young kids are enormous, says Kevin Squires, a teacher at Tamworth Public who is employed especially to teach science at the school.

"Science involves a lot of talking and listening to others; it develops patience, too – a lot of the time in science things don't happen overnight," he says.

Add to the mix are skills for life such as perseverance, problem-solving and re-searching.

It can teach children to form their own opinions, rather than taking those of others for granted. Camille Thomson, Australian Institute of Policy & Science

"It helps kids to think about what could happen before they do it, to create a hypothesis in their mind. Then kids learn that not everything works the first time. Some experiments fall in a heap and you have to find out what went wrong, and try again," Kevin says.

Science in school also teaches kids about the way the world works eg, how clothes are made or why volcanoes erupt.

It can spark ideas in kids' minds that they, too, may one day be capable of creating solutions to big problems such as reducing poverty through the improvement of seed genetics to grow stronger crops, Kevin says.

"It can teach children to form their own opinions, rather than taking those of others for granted."





# Why not give Science with your kids some consideration?



## CAN YOU PEEL A RAW EGG?

### Procedure:

DAY 1 - Place the egg in a tall glass or jar and cover the egg with vinegar. Wait a few minutes and look at the jar. You should see bubbles forming on the egg. Leave the egg in the vinegar for a full 24 hours in the refrigerator. After the 24 hours, carefully pour the old vinegar down the drain and cover the egg with fresh vinegar. Place the glass with the vinegar and egg back in the refrigerator for a full week. One week later pour off the vinegar and very carefully rinse the egg with water. The egg shell should come off easy if it doesn't, put it back into the jar, add new vinegar to cover egg and put it back in the refrigerator and let it soak 24 more hours. Then carefully peel and wash off the egg.



The egg looks translucent because the outside shell is gone. Notice that some of the vinegar has permeated through the egg's membrane and caused the egg to get a little bigger. Naked eggs are cool. The inner membrane stays intact, so the eggs feel quite rubbery. You can gently squeeze them. The eggs are translucent, so you can see the yolk which, interestingly, always floats to the top.

What happened? **(For those adults who would like an understanding)**

The egg shell is composed of calcium carbonate ( $\text{CaCO}_3$ ). When calcium carbonate comes in contact with vinegar which contains acetic acid ( $\text{CH}_3\text{CO}_2\text{H}$ ) a chemical reaction occurs.

## Rainbow walking Water Science Experiment



### Materials Needed:

6 Jars

Food Coloring; Red, yellow and Blue

Paper Towels

In 3 jars, fill each with water. Put red coloring in 1 jar, blue coloring in 1 jar and yellow coloring in the last jar. Tell the kids you're going to make a rainbow with these 3 Primary Colors

### Directions:

Put the total of 6 jars (3 jars of colored water & 3 empty jars) in a circle.

Roll paper towels into tube– like pieces put one end of the towel into the colored water, and the other end of the towel into the empty jar. Set up the jars as follows: (See picture)

Red colored water, empty jar, yellow colored water, then empty jar, blue colored water, then empty jar. The paper towels start soaking up the water right away, but it takes about 48 hours to completely finish the project.



**Once this Experiment is complete you will**

**have a rainbow!!!!**

# Jelly Bean Color Experiment



Ingredients:

Water

Jelly Beans/or Skittles

Plate

Arrange jelly beans/Skittles in a circle or square on a plate. Pour water in the middle (doesn't matter if it's cold or hot) and let it sit! Over the next minute or so it will spread to the middle making an awesome design!

Then, serve up the remainder of the beans for a special treat for the kids.

## Exploding Soap Experiment



Directions: You need a bar of Ivory Soap. NOT DOVE, NOT GENERIC, NOT CARESS—IVORY!

Unwrap the soap, put it on a plate, pop it in the microwave for 2 minutes. Starts to grow after about 20 seconds.

Let the kids play with it. Looks so fluffy, but doesn't feel fluffy. Let the kids tear it, pull it, smash it, and when their done, put it in a bowl for another experiment.

**OR** another idea—While you have it out, or perhaps save it for another day;

Use an eye dropper's with different food coloring colors available and have the kids mix colors together. Fun





## the ICE + SALT melting experiment



**For those curious kids who wonder when it's icy outside,  
why the dump truck that drops all the salt on the roads can  
get rid of the ice?**

### **MATERIALS**

- Bowls or dishes (for making the ice)
- A large tray with sides
- Salt

Liquid watercolors or food coloring  
Droppers or a spoon

### **Directions;**

**Fill different sizes of bowls with water and freeze overnight., keep at least one of the**

**bowls “shallow.” Loosen the ice from the bowls (use warm water) and put ice block on top of a tray with sides. Set the tray on top of an old towel to help prevent slipping. Give each child a bowl of table salt, (cheap Morton’s will do the trick). You might like to also try Rock salt, if available that might be fun to try as well, maybe it melts the ice faster?**

**The kids can use droppers and squeeze Food Colored water onto the blocks of ice so the kids can see the colors run, and run into another color to see what color can be made by the two individual colors..**

# Halloween Crafts

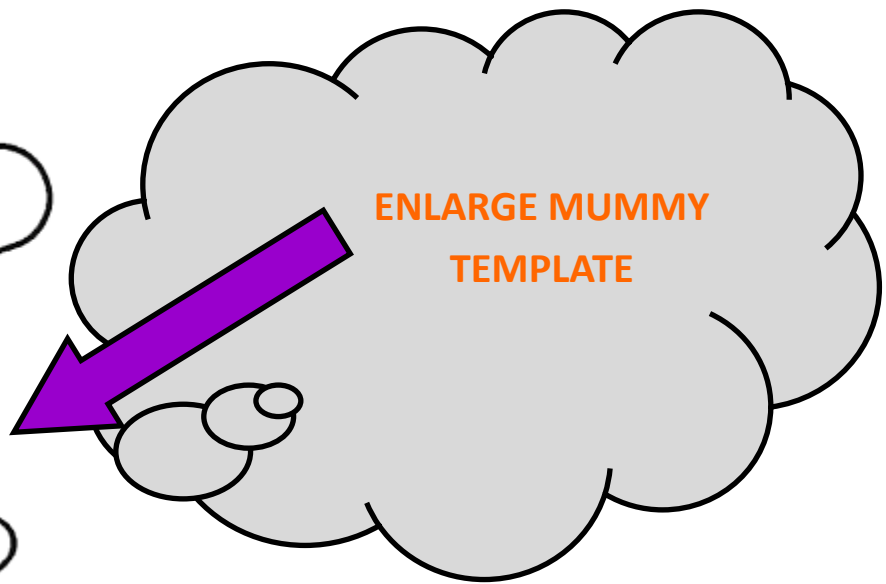
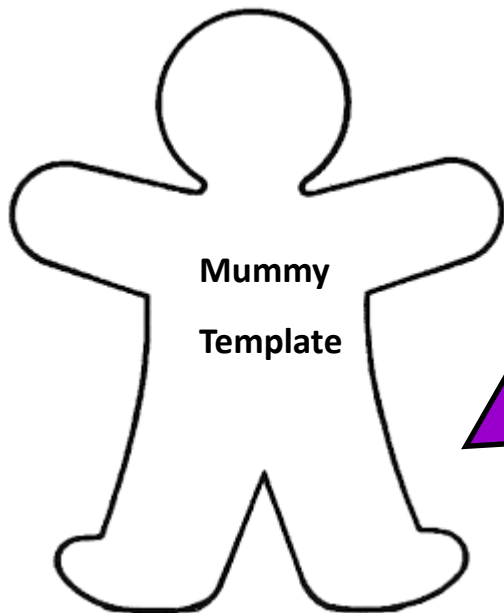


## Gauze Mummy

Cut out a mummy, using black poster board or card stock. Have the kids glue pieces of gauze on Mummy to cover the mummy. Add eyes. Buy the gauze at the Dollar Store.



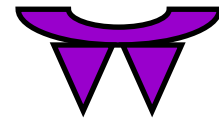
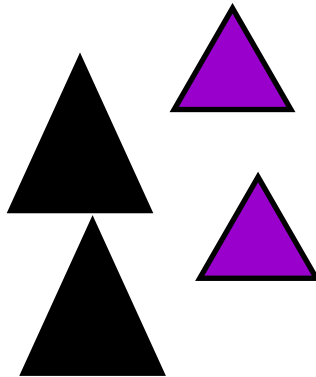
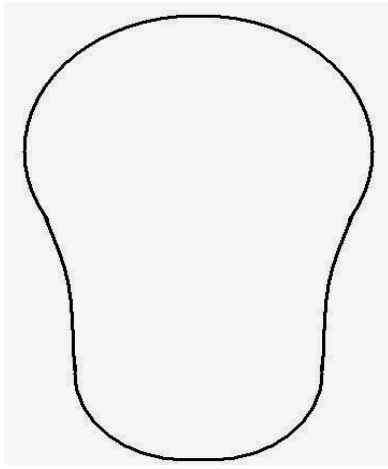
## Gauze Mummies





### Handprint Bat:

Black and Purple construction paper. Enlarge and cut out body using black paper / cards stock 2 black triangles for outside ears. Using purple paper trace child's hands, cut out, and also 2 smaller triangles that are purple for inner ears. Add purple mouth and eyes of your choice.



Enlarge all the pieces by the same percentage rate and it should all work out just right.



Stamps child's handprint on in the center of the circle. Add a core. Glue craft onto green construction paper.



**PAINT HAND FIRST, THEN PRESS ON PAPER**



Both Vampire and Skull are small paper plates. Vampire is painted and skull is white tissue paper squares to fill plate and white paper strips for teeth,.

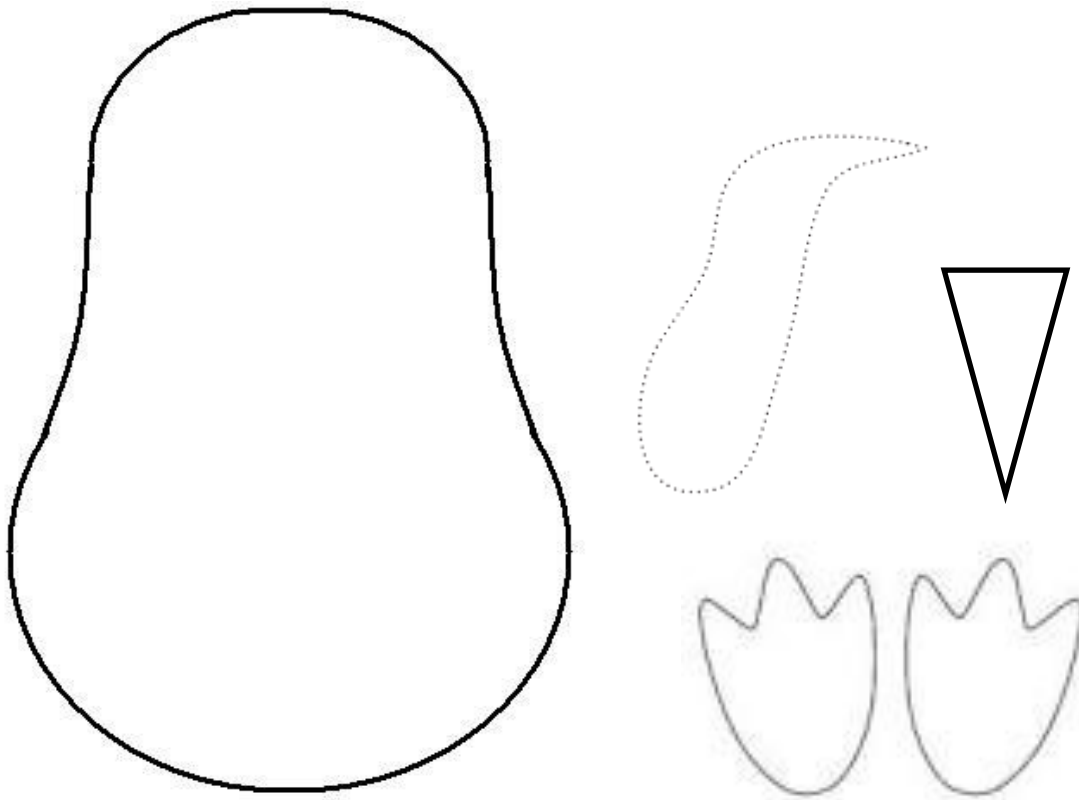


Have child paint on card-stock, then decorate as desired to resemble a Halloween character. (Great idea for snowmen too!)

# Thanksgiving Crafts



1. Handprint Turkey—Paint hand first then stamp hand on cardstock and decorate when dried.
2. Doily turkey— Decorated with Bingo daubers
3. Leaf Turkey—Grab up Fall leaves and decorate this turkey
4. Pumpkin pie—Base is small paper plate or can use white cardstock. Tissue paper squares to cover and cotton balls for the whip cream (Add a sprinkle of Pumpkin Pie spice.)
5. 1/2 paper plate, painted brown and decorated with various colors of paper feather.
6. Some templates for these crafts are on next page.



**The Mayflower—1/2 circle, straws for the flag poles.**



**Cone body—1/2 circle rolled into a Cone, add feathers and a triangle beak folded in 1/2 to stand out,**



**Sun Catcher— Paper plate (heavy one) cut out a circle in the center Edges painted as desired. Hole punch around the inside of the plate. Thread yarn back and forth through the holes. 3 punches at the bottom of the plate. Thread yarn through, add pony beads tie knot at the bottom of beads to keep them on yarn, tie smaller feathers to bottom of the yarn.**



# Christmas Craft Ideas

## Ornament ideas for gifts



### **SALT DOUGH**

**2 CUP OF FLOUR**

**1 C SALT**

**1 C LUKE WARM WATER**

Mix water and salt until dissolved. Gradually add flour to form soft dough. Roll out dough, press child's hand onto dough and cut out with knife. Use a toothpick to make a hole in the palm of the hand. Place on foil lined cookie sheet and bake at 250° for 1—2 hours. Use acrylic paints to decorate. I made these as parent gifts a few years ago, it was a huge hit.



### **Grinch Ornament**

Put a few drops of Green Glitter Paint inside a clear ornament. Have the child roll around the ornament to spread the paint to cover the entire inside of the ornament. Turn upside down on a paper towel so the excess will dump out, and let dry. Once dry, use Permanent marker's or a paint pen to make his face. The green fluffy hair was found at Walmart, but sure it's at Michaels as well. Add a cute green or yellow bow to hang them on the tree.



Need large paper plate folded in half (to stand)

Paint or glue pink construction paper cheeks at the fold.

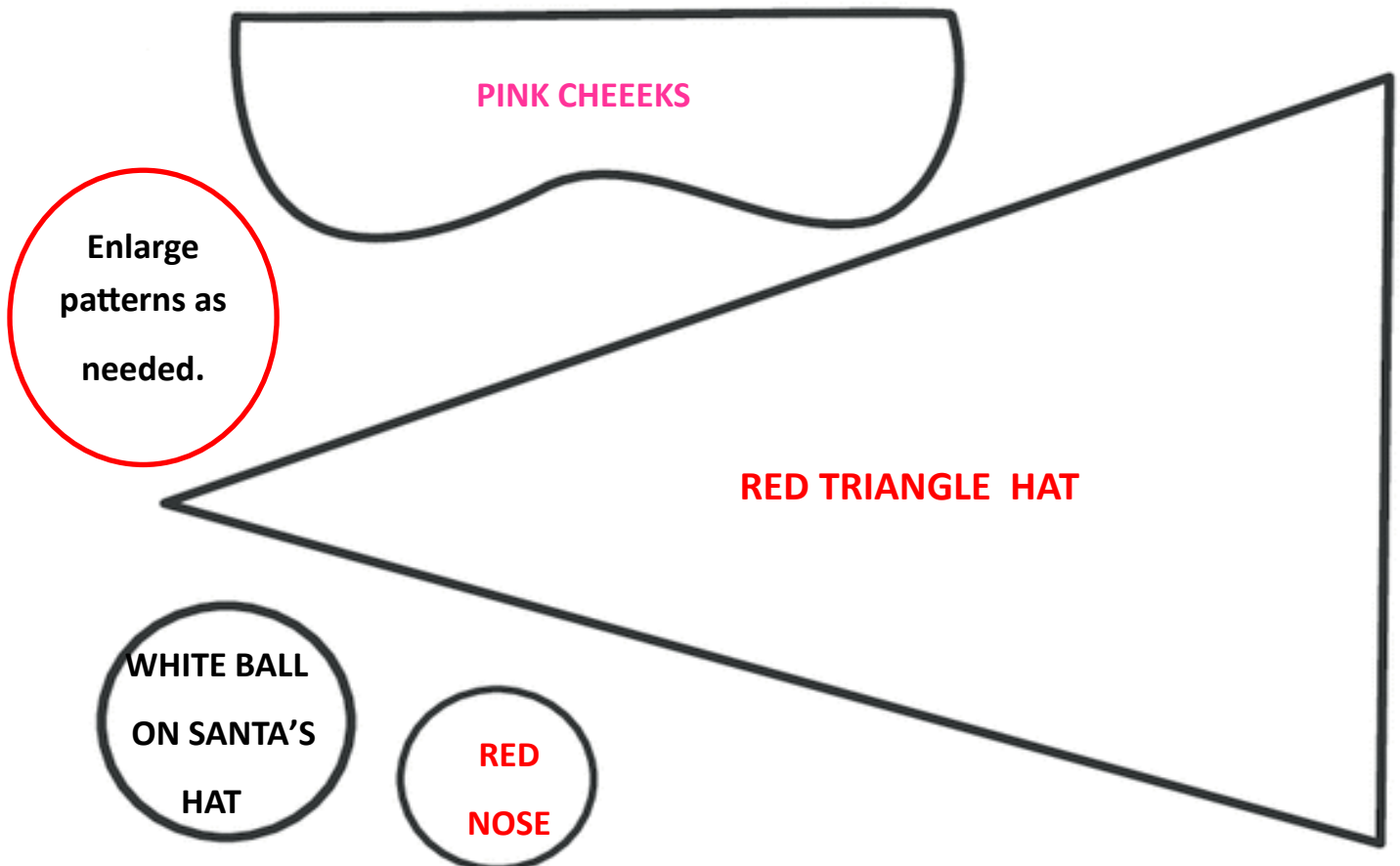
Either use wiggle eyes, or draw eyes onto his cheeks

Glue red paper circle or paint red circle nose.

Glue triangle hat just above eyes. Fold up the bottom of the triangle. Then fold down and "sideways" the pointed top. Glue on white circle for the ball.

Draw a smile.

Punch a hole in the middle of the folded over hat add a piece of yarn to hang Santa.







Buggy and Buddy

**Cut oval face (use flesh or light pink paper)**

**Cut Large circle, and rectangle out of white paper**

**Cut red triangle and small red nose.**

**Cut 2 smaller than nose black eyes.**

**Directions:**

**On black construction paper; Glue oval face to just about 1/2 inch below the edge of the top of the black paper. Glue triangle on top of the oval, decorate with the white rectangle and white ball. Add the face pieces.**

**Using a rolling pin, cardboard tube or something on those lines. Wrap yarn around the tube, glue in place. Don't be neat about it just wrap around the tube leaving some of the tube uncovered. Roll the tube into white paint, and then roll from the bottom of the oval facet o the bottom of the black paper to look like a beard. Using small pieces of pipe cleaners, rolled into a spiral, dip into the white paint and press onto beard here and there. Very cute!**



### **Fingerprint Candy Cane**

**Using a pencil, draw a candy cane on green construction paper.**

**Have the children dip "pointer finger" into red paint, and the other "pointer finger" into white paint.**

**In pattern style have the children staying on the pencil mark make a red print then a white print then red, then white .... until the pencil mark is covered. Once dry, add a bow to the middle of the cane.**



**Paint 3 popsicle sticks brown, let dry.**

**Glue together as shown into a triangle shape.**

**Glue on wiggle eyes/ sticker eyes - or just draw eyes on.**

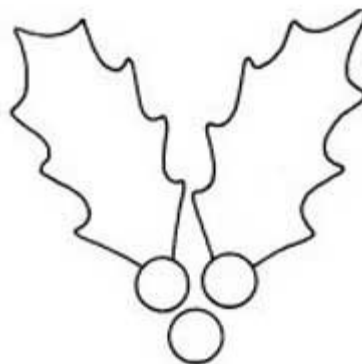
**Add a red small pom - pom nose.**

**Add a red ribbon to the middle of the cross stick for hanging,**

**May need hot glue to keep the nose on.**



**Using 3 regular size clothespins, hot glue 2 of them together at the opening edge of the pin . Glue the 3rd pin upside onto the side of the other 2 clothespins about 1/3 way down. Cut a square piece of green flannel . Have the child glue the square onto the 2 attached pins. Make a small bow using thin ribbon. Add a larger red pom-pom for nose (use hot glue to stick better) & add 2 eyes. Using felt cut 2 holly leaves (pattern below) to glue onto the 3rd clothespin. Then glue on 3 mini red pom poms to serve as berries.**





[Theresourcefulmama.com](http://Theresourcefulmama.com)

Cut a circle from a piece of cardboard (cereal box works) Cut a circle out of the middle to look like a donut.

Using clothespins, paint the entire clothespin using green glitter paint. Let dry.

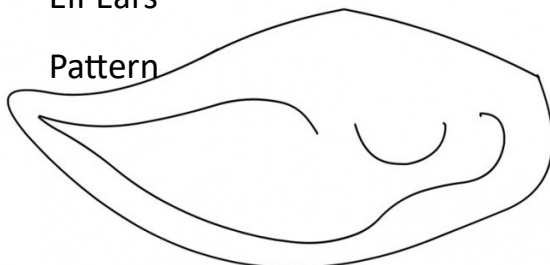
Have the children (fine motor skills) clip on clothespins to the cardboard circle until complete. Depending on the size of the circle depends on the amount of pins needed.

Add a red or Christmas bow to the bottom front of the wreath, and the same ribbon to the back to use to hang up the wreath.



Elf Ears

Pattern



## Elf

### **Supplies Needed:**

**Lg. paper plate, construction paper scraps of the same color.**

**Red paper (hair) - White strip for shirt.**

**Green Paper (hat and body)**

**4-5 Cotton balls**

**Large red Pom-pom nose.**

**2-3 Glitter medium pom-poms**

**Large wiggle eyes.**

**Black yarn or black pipe cleaner mouth or just draw on with black marker large bell for top of hat.**

# Halloween Treats

## Nutter Butter Ghosts



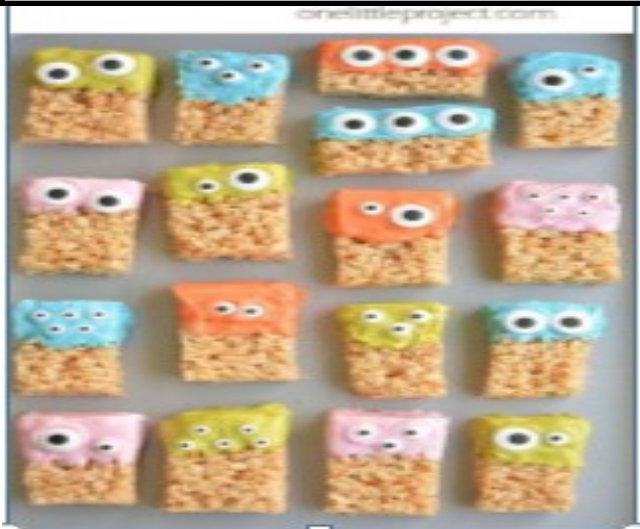
You will need :

1. A pack of Nutter Butter cookies
2. A bakers bar of white chocolate
3. Chocolate Syrup (for decorating)
4. A microwave safe bowl
5. Wax paper
6. a toothpick

All you need to do is place the white chocolate in the bowl. Place the bowl t in the microwave for 4 min or until melted. Once it is melted, dip the cookies in the white chocolate. Cover 3/4 of the cookie. Place them on the wax paper until cool and hardened. Use the toothpick and the chocolate syrup to decorate the "ghost" face.



## Rice Krispie Monsters



### DIRECTIONS:

1. Candy Melts (your choice of colors)
2. Candy Eyes ([Small](#), [Medium](#) and [Large](#))
  - Cooking Oil
  - A Batch of Rice Krispie Treats
3. Make a 9 x 13 pan of Rice Krispie Treats (directions on the cereal box)
4. When set, dump out on a cutting board, and cut into 21 pieces (3 rows of 7 pieces).
5. Melt the candy melts according to direction on the package. Add 1/2 tsp to 1 tsp oil per 1/2 cup of melts. The more oil you use, the smoother it will be but will take longer to dry.
6. Dip one rectangle at a time into the melted Candy Melts, covering about the top 1/4—1/3 of the rice Krispie
7. Turn the Rice Krispie over holding the frosted end up so the candy drips down the rectangle
8. Add the eyes any way you wish, let dry on Wax paper or silicone mat. Enjoy!!!

## Candy Melts

Found in the craft stores



Candy Eyes, Found in the Grocery store next to the sprinkles



## Witches' Broomsticks



### Ingredients

- 1 Cup All-Purpose Flour
- 1/4 tsp. baking soda
- 1 c peanut butter
- 1/4 cup of softened butter
- 1/2 c firmly packed brown

(Ingredients needed continued:) 1 large egg & 1 egg yolk.;  
16 Pretzel Rods , 8 1/2 inches long; 2 tsp. shortening; 2/3 cup  
Semi sweet chocolate chips

### DIRECTIONS:

1. Preheat oven to 350°F. Combine flour and baking soda in medium bowl.
2. Beat peanut butter, butter, brown sugar in large bowl with electric mixer on medium speed until creamy. Add egg and egg yolk. Gradually add flour mixture beating on low speed after each addition until blended. Shape dough into 16 (1-1/4-inch) balls.
3. Place pretzel rods on ungreased baking sheets. Press ball of dough onto end of each pretzel. Press fork firmly into each dough ball to leave indentations resembling broom bristles.
4. Bake 12 minutes. Let brooms cool on baking sheets placed on wire racks 2 minutes; remove to wire racks to cool completely.  
Place brooms on wax paper. Melt chocolate and shortening together and spoon over the portion of the treat where the cookie and pretzel join together. Let dry.



### WITCHES HATS

#### Ingredients:

Chocolate cookies (Fudge Stripe cookies turned over works)

Hershey Kisses

Tube of Frosting

1. Put a blob of frosting on the bottom of the Hershey Kiss and press down onto cookie.
2. Decorate making sure you squeeze frosting to cover the base of the kiss and the cookie.

# Nutritious Treats



- 1, Plastic spider on celery filled with peanut butter.
2. Cutie orange with a celery stem.
3. Granny Smith Apple cut into 8 pieces. Using 2 pieces, spread peanut butter on each section. Add mini Marshmallows (teeth) to the peanut butter on one of the slices, and top with the peanut buttered slice to appear as a mouth with teeth.



# THANKSGIVING TREATS



## Ingredients:

Plain Chocolate cookies; small Reese Cups, & yellow frosting in a tube.

## PILGRIM HATS

1. Use either plain chocolate cookies, or the back of Fudge Stripe Cookies.
2. Use 1 mini Reese Cup unwrapped candy. Put a dab of frosting on the middle of the cup and put the wider end on top of the cookie and press down to stick.



## **TURKEY LEGS**

**Ingredients—YIELD 12**

**3 tablespoons butter**  
**10 oz. package marshmallows**  
**6 cups Rice Krispies cereal**  
**Scooby Doo Baked Graham Cracker Sticks (about 12-14)**  
**Vanilla CANDIQUICK**  
**Sprinkles for garnish**  
**Instructions**

1. Melt some CANDIQUICK in the microwave and dip the graham cracker sticks until about 3/4 coated.
2. Allow to set on some wax paper.
3. In microwave-safe bowl heat butter and marshmallows on high for 3 minutes, stirring after 2 minutes. Stir until smooth.
4. Add krispies cereal. Stir until well coated.
5. When the CANDIQUICK on the graham cracker sticks has cooled, spray your hands with nonstick cooking spray and mold the rice krispie mixture around the sticks – like the meat on a turkey leg, pressing some sprinkles gently onto the rice krispie mixture to secure. Set the legs aside to set on wax paper for about 10-15 minutes. Store in a covered container to keep fresh.



# Pumpkin Pie Bites



## INGREDIENTS:

2 Refrigerated Ready –To-Roll pie crusts.

8 oz. Cream Cheese, room temperature

1/2 cup sugar

1 cup canned pumpkin

3 eggs

1 teaspoon vanilla

1 teaspoon pumpkin pie spice

## OPTIONAL:

1/2 CUP CHOCOLATE CHIPS

VEGETABLE OIL

RE-SEALABLE PLASTIC BAGS

## DIRECTIONS:

Preheat oven to 350 degrees.

1. Use cookie cutter 3/4 " wide, to cut 12 pumpkin shapes from each pie crust. You will need to roll the dough thinner than it comes out of the box.

2. Press dough shapes into a 24 cup mini muffin tray. (Make 12 at a time, alternating cups to make sure pie crusts don't overlap each other.—make sure stem is draped outside the tin.)

3. Apply egg whites from one egg to the top edges of each pie.

4. Mix cream cheese, sugar, canned pumpkin, remaining 2 eggs, vanilla and pumpkin pie spice together until thoroughly combined.

5. Spoon mixture into each pumpkin-shaped pie crust.

6. Bake for 12-15 minutes.

7. Remove pies to cool and repeat with second pie crust. Place the muffin tray in the freezer to cool it quickly for re-use. Makes 24 pies. Keep refrigerated. IF DESIRED—

To decorate,: melt chocolate in a microwave safe bowl in the microwave on medium. Heat in 30 second intervals, stirring in between until melted. Add a little Veg. oil, transfer into bag, cut off 1 corner, drizzle over pie, make pumpkin faces, etc.

# Christmas Treats

1



2



3



4



5



# Directions for Christmas Treats

INGREDIENTS FOR EACH TREAT THAT YOU NEED ARE  
IN COLORS AND ARE UNDERLINED.

1. Reindeer: Applesauce cup upside down. Decorate container using 1 gold pipe-cleaner bent and hot glued onto the back of the cup. 2 large google eyes, EITHER a red bell attached with hot glue, OR red gum drop OR red m & m, etc. attached with frosting.
2. Santa: Using Ritz crackers, cut white cheese into a beard and mustache shapes. Using a fruit strip for his hat, mini marshmallow for the hat's ball if the fruit stripe is sticky just press the marshmallow, or use frosting to hold it on. Use a dab of frosting to "glue" 2 raisins for eyes.
3. Christmas Tree: Using a the Rice Krispie treat recipe, make a batch but use green colored Cheerios (color batch of cheerios using green food coloring dropped into the melted marshmallows). Press the Cheerios into a small funnel, sprayed with PAM. Once its pushed into the funnel, take it out of the funnel using a table knife and set on wax paper. Decorate the tree with small red hots and small colorful candies pressing them onto the sticky tree. A gum drop cut in half can be the tree top decoration.
4. Reindeers: - Chocolate covered mini donuts . Red gum drops for his nose and broken large pretzel twists for antlers, pushed into the top of the donuts.
5. Chocolate Pudding Reindeers: Cups of Chocolate Pudding, candy eyes or wiggle (put on with a dab of frosting/hot glue Red Gum Drop for nose and 2 unwrapped Candy Canes for Antlers.



6



7



8



9



10



# Directions for pg. 2 of Christmas Treats

**INGREDIENTS FOR EACH TREAT THAT YOU NEED  
ARE IN COLORS AND ARE UNDERLINED.**

6. **Graham Reindeer:** 1/2 Graham Cracker. Spread peanut butter covering the entire cracker. Decorate with raisin eyes, red M & M nose, and 2 mini pretzel antlers.
7. **Cupcake Reindeers**—Bake cupcakes, frost with chocolate frosting. Put a Nilla Wafer on the front as a muzzle. Use a red M & M for nose, glue on with frosting. 2 Candy eyes, glue on with frosting. 2 large broken pretzels pressed into the cupcake as antlers.
8. **Pancake Reindeer:** - Make Pancakes, 1 big circle and 1 small circle for each reindeer. Hash browns or can use pancakes for ears. 2 chocolate M & M's , or star candy or Hershey kiss with points cut off for eyes, 1 piece of bacon cut in half for antlers, red gum drop for nose.
9. **Celery Reindeers:** - A 1/2 or 1/3 piece of celery. Spread peanut butter into the center. Red M & M nose. Small Pretzel antlers, 2 candy eyes.
10. **Christmas Trees:** - Make a batch of Rice Krispie Treats. Cut into triangles. Put a Candy Cane stick into the bottom for trunk. Decorate with frosting and colorful candy.