



Parents as Teachers Family News



December 2010/January 2011

Parents as Teachers
Grace Early Childhood
Center
614 W Mill St
Belton, MO 64012
816-348-1029

Meet our Parent Educators

Ellen Myers, Coordinator
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Christmas gift suggestions:

To your enemy,
forgiveness.
To an opponent,
tolerance.
To a friend, your
heart.
To a customer,
service.
To all, charity.
To every child, a good
example.
To yourself, respect.
-Oren Arnold

Here Comes Santa Claus!

Santa Claus will be visiting Belton VERY soon!!
Make your reservations today!



On December 4th, from 9am to 11am, we hope you'll join us at Yeokum Middle School for breakfast, crafts, games and activities, and a chance to visit with and take pictures with Santa.

We will have muffins and fruit for breakfast. We encourage families to bring a camera to take pictures as your little ones get a chance to tell Santa their Christmas wishes. The Scholastic Book Fair will be open.

Reservations are required, please call 348-1029 to get your family on the reservation list. We will also be accepting donations of canned goods and diapers to help families in our community over the holidays.

Scholastic Book Fair will be at Grace!

Books make GREAT gifts! Research shows that children who have books in their homes get better grades and score higher on standardized tests.

The Scholastic Book Fair is an excellent opportunity for you to get some fantastic books for your children at very reasonable prices. **We hope that you'll take some time to visit the Scholastic Book Fair at Grace, in the SB6 Resource Library, during the week of December 3rd through 10th.**

The book fair will be open from 8am to 4pm on weekdays, Tues., Dec. 7th the book fair will be open until 7pm, and a partial book fair will be open at Yeokum during Muffins with Santa.



The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other. ~Burton Hillis

What's Going On:

Muffins with Santa—
Dec. 4th
9am to 11am

Watch your email
for information
about our January
events!

*To make a
reservation for
one of our fun,
family events
please call
348-1029.*

*Please call ahead
and make
reservations for you
and your family so
we will have ample
supplies available.
Reservations should
be made 48 hours
in advance.*

If you know another family who is expecting a new baby or who has children from birth to 5 years old that might be interested in Parents as Teachers or this newsletter, please forward the newsletter to them. Share with them that all they need to do to sign up for Parents as Teachers is call our office number 348-1029.

Grace Adopt-a-Family

Share with your child the gift of giving.

In an effort to make this holiday season shine a little brighter for some of our families, we will be collecting donations and setting up a "Star" tree.



Donations

If you would like to be a part of our *giving family*, we will be collecting: non-perishable food items, money for food or warm clothing, loose change for our *penny drive* to help families, and small gifts for the little ones on our "Star" tree. Donation jars will be available at Grace and at our upcoming Parents as Teachers events.

Adopt-a-Family Star Tree

If you would like to teach you child about the gift of giving to others, you can participate in our adopt-a-family program. A tree will be set up in the lobby at Grace. It will be decorated with stars listing items needed for our families. You and your child can pick out an item to purchase for a family in need.

Together we can make a difference

If your family is experiencing financial hardship at this time and would like to be considered for our Adopt-a-Family program, please contact your Parent Educator or your child's teacher.



Low-Cost, Yummy Holiday Recipes

* Denotes WIC food

BASIC QUICHE

6 eggs* 2 c cheese, shredded*
1 c milk* 9" pie shell, unbaked

Mix eggs, milk and cheese. Pour into pie shell. Bake at 350° for 45 minutes or until an inserted knife comes out clean.

(Makes 6 servings.)

For variations, add:

- 3-4 slices cooked bacon, crumbled.
- ½ c cooked, chopped spinach or broccoli.
- ½ or 1/3 cup chopped ham or chicken.

NO-BAKE PEANUT BUTTER COOKIES

½ c sugar 1 c peanut butter*
½ c corn syrup 3 c flake cereal*

Bring sugar and corn syrup to boil in saucepan. Add peanut butter, mix until smooth. Stir in cereal. Drop by spoonfuls on waxed paper or foil.

(Makes 3 dozen cookies.)

OATMEAL COOKIES

¾ c sugar 2 Tbsp margarine
1 egg* ¼ c applesauce*

2 Tbsp lowfat milk* 1 c flour

¼ tsp baking soda ½ tsp cinnamon

1 c + 2 Tbsp quick rolled oats*

Preheat oven to 350° F and lightly grease cookie sheets. In a large bowl, use an electric mixer on medium speed to mix sugar and margarine. Mix until well blended, about 3 minutes. Slowly add egg. Gradually add applesauce and milk. In another bowl, combine flour, baking soda, and cinnamon. Slowly add to applesauce mixture; mix on low speed until blended. Add oats and blend 30 seconds on low speed. Drop by teaspoonfuls onto cookie sheet, about 2 inches apart. Bake until lightly browned, about 13 to 15 minutes. Remove from baking sheet while still warm. Cool on wire rack.

*Use baby food for applesauce



Did you stock up on diapers just before your child got too big for that size?

Do you have some old diapers that no longer fit your child?

Did you try a new brand that your child was sensitive to, so you couldn't use them?

Parents as Teachers is always accepting donations of diapers for our teen moms or other families in our area who are in need. If you have some diapers to get rid of, or would like to buy an extra package next time you are at the store, you can give donations to your Parent Educator at your next visit or drop them off at our office in the Grace ECCE building.

EASY PEANUT BUTTER COOKIES

1 egg* 1 tsp soda
1 c sugar 1 c peanut butter*

Beat egg well with sugar and soda. Stir in peanut butter. Let mixture sit 15 minutes at room temperature. Roll by teaspoons into balls - do not flatten.

Bake at 325 degrees for 10 minutes.

For variations, add:

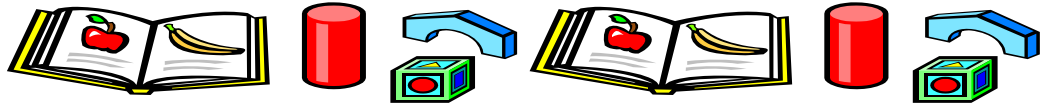
- a chocolate kiss candy immediately after baking.
- a thumbprint full of jelly on top before baking.

SCALLOPED POTATOES

1 tsp vegetable oil 1 c sliced onions
3 c peeled and sliced potatoes
1/2 c milk* 1 tsp pepper
1/4 c shredded cheddar cheese*

Preheat oven to 375°F.

Grease an 8-by-8-inch baking dish with oil. Layer half of potatoes into baking dish. Cover with onions. Add remaining potatoes. Pour milk over potato-onion mixture. Top with cheese. Season with pepper. Cover and bake for about 50 minutes. Uncover and bake for another 10 minutes.
(Makes 4 servings, about 1 cup each)



The SB6 Resource Library is Open Late on Tuesdays!!!

Do you wish that you could buy all of the coolest educational toys and games for your child(ren)?

Are there some toys that you would like to let your little one(s) try out before you spend the money to buy them?

Wouldn't it be nice if someone would create a library FULL of toys, games, and books for infants, toddlers and preschoolers and their parents?

If you answered yes to any of those questions, you need to come to Grace and check out the SB6 Resource Library!!! In the Belton SB6 Resource Library we have hundreds of toys, hundreds of books, and even books on a wide variety of parenting and child development topics that anyone can check out for two weeks. Children are always welcome in the SB6 Resource Library, there are toys out for them to play with while you browse. If you have never been, you should definitely come to look around and see what we've got. The SB6 Resource Library is open from 8am to 4pm on weekdays, and open until 7pm on Tuesdays! Mrs. Joanie is almost always in there to help you out and check out your items. She hopes to see you soon!

The SB6 Resource Library will be closed for checkout during the week of the Scholastic Book Fair. We hope that you will come in to check out the Scholastic Book Fair and maybe buy some gifts for your family or other little ones on your Christmas list. Items can be returned to the SB6 Library during this week, but no items will be checked out.

Ideas for Winter Time FUN!

Days in the winter can get REALLY long when you can't get out to play! Here are a few ideas for times when you are getting cabin fever:

- ❖ Make an indoor sandbox using a large plastic container (such as Rubbermaid under bed containers) filled with uncooked rice or pinto beans or a combination of the two. If your little ones are young, be cautious of beans because of choking hazard and stick with rice. Provide the children with small toys and recycled scoopers and funnels (made from cut apart water bottles or other empty containers).
- ❖ Play Hide and Seek.
- ❖ Play indoor sledding with babies by moving them gently around on a quilt or blanket.
- ❖ Crumple up paper and take turns trying to toss the balls into a bucket or trashcan.
- ❖ Put your junk mail to good use by passing it on to your kids and letting them use it for artwork. It's great for young children who are just learning to use scissors. Older children can craft "real" mail by cutting out pictures and letters and fashioning them into their own postcards to send to faraway loved ones, or for creating artwork to display in your Family Art Museum.
- ❖ Play a board game together.
- ❖ Make an indoor fort by draping blankets over the backs of chairs or your table, using sofa cushions, or with a large box. Pretend play in the fort or sit inside and have some hot cocoa and read a book.



- ❖ Turn on some music and DANCE!
- ❖ Crumple up paper and have an indoor snowball fight.
- ❖ Read a book.
- ❖ Play a game such as London Bridges, Ring Around the Rosie, Balloon Volleyball, or Hot Potato.
- ❖ Take a warm bath. Blow bubbles in the bathtub.
- ❖ Cook together. Make one of the recipes in this newsletter!

Adversity draws men together and produces beauty and harmony in life's relationships, just as the cold of winter produces ice-flowers on the window-panes, which vanish with the warmth.

~ Soren Kierkegaard



Cold Vs. Flu

It's hard to tell the difference between flu and common cold symptoms. Both are respiratory illnesses, but they are caused by different viruses. Here is a simple breakdown of symptoms to help you determine if you should be treating a cold or the flu:

Flu symptoms	Cold symptoms
Sudden onset of illness	Slow onset of illness
High fever	Low or no fever
Extreme fatigue	Mild fatigue
Dry cough	Severe cough and runny or stuffy nose
Achy head	No headache
Achy muscles	No achy muscles
Chills	No chills

Because cold and flu symptoms are similar, consult your doctor to be sure.

Source: *KidsHealth.org

Laughter is the sun that drives winter from the human face. ~Victor Hugo

Children love to cook!

Helping prepare and cook foods is a great way for children to:

- learn,
- have fun, and
- try nutritious foods.

Keep the following in mind when including young children in cooking activities.

Two-year-olds are learning to use the large muscles in their arms.

Try activities such as:

- **scrubbing** vegetables and fruits
- **carrying** unbreakable items to the table
- **dipping** foods
- **washing and tearing** lettuce
- **breaking** bread into pieces

Three-year-olds are learning to use their hands.

Try activities such as:

- **pouring** liquids into batter (you measure first)
- **mixing** batter or other dry and wet ingredients together
- **shaking** a drink in a closed container
- **spreading** butters or spreads
- **kneading** dough
- **washing** vegetables and fruit
- **serving** foods
- **putting** things in the trash after cooking or after a meal

Four and Five-year-olds are learning to control small muscles in their fingers.

Try activities such as:

- **juicing** oranges, lemons, and limes
- **peeling** some fruits and vegetables (bananas and even onions)
- **mashing** soft fruits and vegetables
- **scrubbing** vegetables (potatoes, mushrooms)
- **cutting** soft foods with a plastic knife (mushrooms, hard-boiled eggs)
- **pressing** cookie cutters
- **measuring** dry ingredients
- **cracking** open/breaking eggs
- **beating** eggs with an egg beater
- **setting** the table
- **wiping** up after cooking
- **clearing** the table after a meal

Low-Cost, Kid-Friendly recipes

Easy Chicken Nuggets

4 cups whole grain total or total corn flakes

1 lb. Boneless, skinless chicken breasts, cut into 1-inch pieces.

1/2 cup Italian dressing, honey mustard or pepper sauce

Heat oven to 425°. Spray baking sheet (with sides) with cooking spray. Crush cereal put in bowl. Dip chicken pieces into dressing; then roll in cereal until well coated. Place in pan. Bake about 10 minutes or until no longer pink in center.

Banana Batter French Toast

1 ripe banana, well mashed
Non-stick cooking spray (like Pam or Mazola)

1/4 cup low fat milk

1/2 teaspoon vanilla

2 eggs

4 slices whole wheat bread

In a shallow dish, beat together the banana, egg, milk and vanilla. Spray skillet generously with non-stick cooking spray. Dip each piece of bread into the batter, turning to coat both sides. Brown the bread on both sides. Serve with low fat yogurt and fresh fruit. Yield: 4 servings. Each serving contains 4 grams of fat and 135 calories

Breakfast Pizza

1 Italian bread shell

1 cup shredded cheese

8 bacon slices, cooked and crumbled

2 large eggs

1/2 cup milk

Place bread shell on a baking sheet and sprinkle with shredded cheese and bacon. (chopped ham, chicken, cooked sausage or even vegetables can be used)

Whisk (beat) eggs and milk together until well blended; pour over the center of bread shell.

Bake at 400 for 12 to 15 minutes or until egg mixture is set and cheese is golden brown.

Cut into wedges and serve immediately.

Tofu Dip

1 14-ounce package silken tofu, rinsed and drained

1 1-ounce packet ranch dressing seasoning mix

Procedure: In a blender, combine tofu and seasoning mix. Puree until smooth.

Refrigerate overnight to allow flavors to blend.

Try this dip with vegetables, pita chips, or as a salad dressing.

Looking for Something FUN to do in December?

Christmas on Main Street; Belton—December 4th 10:00a-5:00p

Did you know? For every \$100 spent in locally owned, independent shops, \$68 returns to the community through taxes, payroll and other expenditures.

Christmas In The Park- Longview Lake from November 22nd through December 31st

Longview Lake's Christmas In The Park is one of Jackson County Parks and Recreation's most celebrated events of the year. Three hundred thousand lights and 175 animated figures and splashes of Christmas color transform Longview Lake Park into an enchanting winter wonderland. This free attraction lights up Longview Lake from November 22nd through December 31st.

Christmas Train Exhibit: Located in Union Station

Enjoy the all new Model Railroad Experience. This is one of the largest model railroad displays in America with trains of all sizes running through scenes of a festive Winter Wonderland. Next to the display, guests will learn about Kansas City's Holiday History with a special Holiday Memories exhibit.

Toyland Outdoor Playground The Mayor's Christmas Tree at Crown Center is surrounded by a wonderful wooden playground made of giant toys. The giant wooden trains, wooden soldiers and animals are a holiday favorite for the whole family and offer terrific photo ops.

For more fun things for your family to do in the Kansas City area, see www.KCParent.com and look at the calendar.