



# It's all about the kids

November 2011  
Chowchilla Edition

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# Raising a Thankful Child

Most parents want their children to develop a sense of being appreciative and thankful for what one has and for what others do for us. But during those visits to the toy store, when your child is begging (or maybe even demanding or screaming) for the latest and greatest gadget she must have—you may wonder how (and when) children develop gratitude.



The fact is, it may take a few years yet for you to receive the thank you that you really deserve: *Thank you for cutting the scratchy labels out before I put on my shirt. Thank you for letting me watch the ants march by on the sidewalk for as long as I wanted. Thanks for kissing my forehead when I have a bad dream. You're the best!*

So while children may not show outward appreciation or thankfulness much before age 3, like other values you want to instill in your child, you can start nurturing the idea of gratitude even in your child's first year.

### Ways to Raise a Thankful Child

**Keep gifts reasonable.** As tempting as it is to shower—or allow others to shower—your child with gifts, there are two important

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reasons not to. First, as children grow, it can be challenging to teach gratitude if they receive everything they ask for. Secondly, a lot of gifts are overwhelming for small children. They can't focus on or appreciate any one gift if they get too many.

**Look for ways to be involved in community giving with your toddler.** Between ages 2 and 3, you can begin to talk with your toddler about how he can help others who don't have as much as he does. Look for opportunities with a clear connection between your child's efforts and the recipients. Good choices include:

- Helping dogs/cats at your local shelter: *We are playing with these dogs and cats who need lots of love and attention.*
- Collecting canned foods for a local food pantry: *We are helping people who need more food. They will eat the food we bring. Our food will help them feel strong and healthy.*
- Collecting jackets, hats and mittens for a local children's program: *The jackets we bring will help other children, just like you, stay warm during the winter.*

**Show thankfulness to your children.** It's easy to forget, but important to do. *Thank you for cooperating at the doctor's office. Thank you for getting your jacket when I asked. Thank you for coming right away when I said it was time to leave the park; I know it was hard for you to get off the swing. Thank you for your hug—it made me feel so happy!*

**Prompt children to use thankful words.** Thankfulness is a complex idea. It will be a while yet before your child truly "gets" it. But reminding children to say "please" and "thank you" (beginning at about 18 months) is a good start. Because it will take some time for them to learn when to use these words, you'll probably be providing prompts for a while.



## Thanksgiving Food for Babies



What is safe and unsafe for your baby to eat at a holiday meal?

*By Stephanie Wood (www.parenting.com)*

Preparing Thanksgiving dinner for your extended family is no simple chore, so you'd rather not add "make dinner for baby" to your already long to-do list. Give thanks: If your child's closing in on his first birthday and transitioning to table foods, you can serve him at least some of the typical Thanksgiving menu, says registered dietitian Cathie Squatrito, director of medical affairs for Gerber. Just be sure all the foods you do offer your baby are diced very small (about 1/4 inch in size) and cooked to the point of being well-done (soft enough to gum).

**Good for gobbling:** turkey, ham, mashed potatoes, sweet potatoes, string beans, peas, carrots, cranberry sauce, bread or rolls, pumpkin pie, apple pie

**Pass on these:** corn and succotash, rich-tasting casseroles (such as string-bean or broccoli-cheese), creamed onions, stuffing (which can contain onions, rich seasoning, choking hazards, or seafood), desserts with nuts or peanut butter.

# Harvest of the Month



Network for a Healthy California



# Cooked Greens

Recipe



## Produce Tips:

- Choose leafy greens with fresh, full leaves.
- Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.
- Store greens in a plastic bag in the refrigerator for two to five days.
- Wash greens thoroughly before use.
- Cut stems from leafy greens immediately before cooking.



**Helpful Hint:**

Two cups of raw greens makes about a 1/2 cup cooked.

### Ingredients:

3 cups of water  
 1/4 lb skinless turkey breast  
 1/4 cup chopped onion  
 2 cloves garlic, crushed  
 1/4 tsp cayenne pepper  
 1/4 tsp ground cloves  
 1/4 tsp dried thyme  
 1 green onion, chopped  
 1 tsp ground ginger  
 2 lbs greens (mixture of collards, kale, turnip greens, mustard greens)

1. Place all ingredients except greens into large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Slice greens into bite-sized pieces.
4. Add greens to stock. Cook 20 to 30 minutes until tender. Serve hot.

Makes 6 servings. 1 cup each.

### Nutrition Facts

Serving Size: 1/2 cup cooked Swiss chard (88g)

Amount per Serving

Calories 18 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 157mg 0%

Total Carbohydrate 4g 4%

Dietary Fiber 2g 7%

Sugars 1g

Protein 2g

Vitamin A 107% Calcium 5%

Vitamin C 26% Iron 15%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

## Did You Know???

- A 1/2 cup of cooked greens is about the size of one cupped handful.
- Most cooked greens are an excellent source of vitamin A, vitamin C, and vitamin K.
- They also have calcium, a mineral that helps the body grow strong bones and teeth.



# Walk Away for a Day

## The Great American Smokeout

11/17/2011

The American Cancer Society is marking the 36th Great American Smokeout on November 17 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help.

### Choose to quit smoking for you!



**20 minutes after quitting:**

Your heart rate and blood pressure drops.

**12 hours after quitting:**

The carbon monoxide level in your blood drops to normal.

**2 weeks to 3 months after quitting:**

Your circulation improves and your lung function increases.

**1 to 9 months after quitting:**

Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

**1 year after quitting:** The excess risk of coronary heart disease is half that of a smoker's.



- In Madera County, contact the Public Health Department (675-7894) to receive more information about tobacco cessation classes or visit the American Cancer Society ([www.cancer.org](http://www.cancer.org)) or American Lung Association ([www.lungusa.com](http://www.lungusa.com)).

Give California Kids a Boost!



**Effective January 1, 2012, California law requires all children under age eight and less than 4'9" to ride in the back seat, properly restrained in a car or booster seat.**

**When children reach 4'9" or taller they must be restrained by seat belts. Adult seat belts do not usually fit children until they are 4'9" tall and are between 8-12 years old.**

# Give Your Children the Values They Deserve

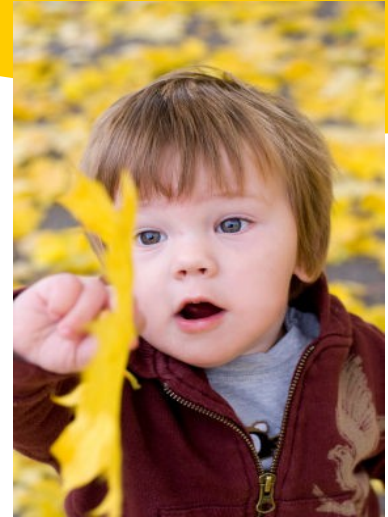
Parents can combat societal pressures with the right approach

By Dr. Charles Fay

Peers, TV shows, movies, magazines ... With so many external pressures facing kids at younger and younger ages, parents often wonder:

- How can I get my children to listen to me ... instead of the 'cool' kids at school?
- How do I teach my child the importance of hard work, honesty, and humility?
- How can I reach them when they get so many messages that seem to say, 'Who you are is not as important as how good you look, and how many toys you have?'"

There is hope. Using the following tips, parents can have a much stronger influence than any friend or TV commercial:



1

## Instead of telling your kids how to live, show them.

Wise parents commit lots of honest, respectful, kind, and responsible acts in front of their kids. Simply stated, actions speak louder than words. The next time another driver cuts you off or someone in your neighborhood needs help, treat the situation as an important opportunity to show your children how responsible, caring adults act.

2

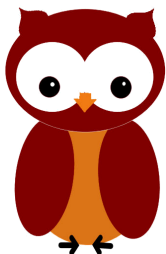
## Talk about your values when they're eavesdropping.

What we say *in front* of our kids is more important than what we say *to* them. When you do something great, talk about it within earshot of your kids. For example, when your child is sitting nearby, you might say to your spouse, "Honey, the clerk at the store gave me ten dollars too much in change. I could have kept it, but I gave it back. I always feel better when I do the right thing!"

3

## Teach character and responsibility with empathy and consequences

At the Love and Logic® Institute, we've found the most effective parents allow children to make mistakes in safe situations. Kids develop character and positive values when they learn that poor decisions result in uncomfortable consequences. Parents who deliver consequences with anger raise kids who spend their lives feeling angry and who reject their parents' values. If those same parents replace anger with empathy, their children begin to see them as caring and recognize their values are important.



Dr. Charles Fay is a nationally known speaker, parent, and school psychologist with the Love and Logic Institute in Golden, Colo. His book, *Love and Logic Magic: When Your Kids Leave You Speechless*, provides a host of helpful tips for teaching values, as well as handling other perplexing parenting issues. For more information about Love and Logic parenting and teaching techniques, call **1-800-LUV-LOGIC** or visit [www.loveandlogic.com](http://www.loveandlogic.com).

# Dad's Den

## 10 Minutes 10 Questions to Ask Your Kids This Thanksgiving

Here's a great project to do with kids this Thanksgiving. Play the "interviewer"... like a news reporter. But this time, the celebrity you are about to interview is your child. This is a great way to start some real conversations with your kids. (Anyone taking a long car ride this holiday?) It's also a good way to practice the art of listening — something we all need a reminder to do once in awhile. Take a look at these 10 questions. You might be surprised at what you hear!

1. Who is your current hero... and why?
2. Do you remember your first birthday or Christmas..What was it like for you?
3. Speaking of holidays, what is your favorite part about Thanksgiving?
4. What is your favorite and least favorite food at Thanksgiving?
5. Who is your favorite relative to see during the holidays?
6. What will you be most thankful for this Thanksgiving
7. If you had \$1 dollar to give anyone in the world, who would you give it to and why?
8. What is one thing that you do with Dad/Mom now that makes you happy?
9. What would you grow up to be if you had to choose today?
10. If you could ask your Dad/Mom to do one thing differently, what would it be?



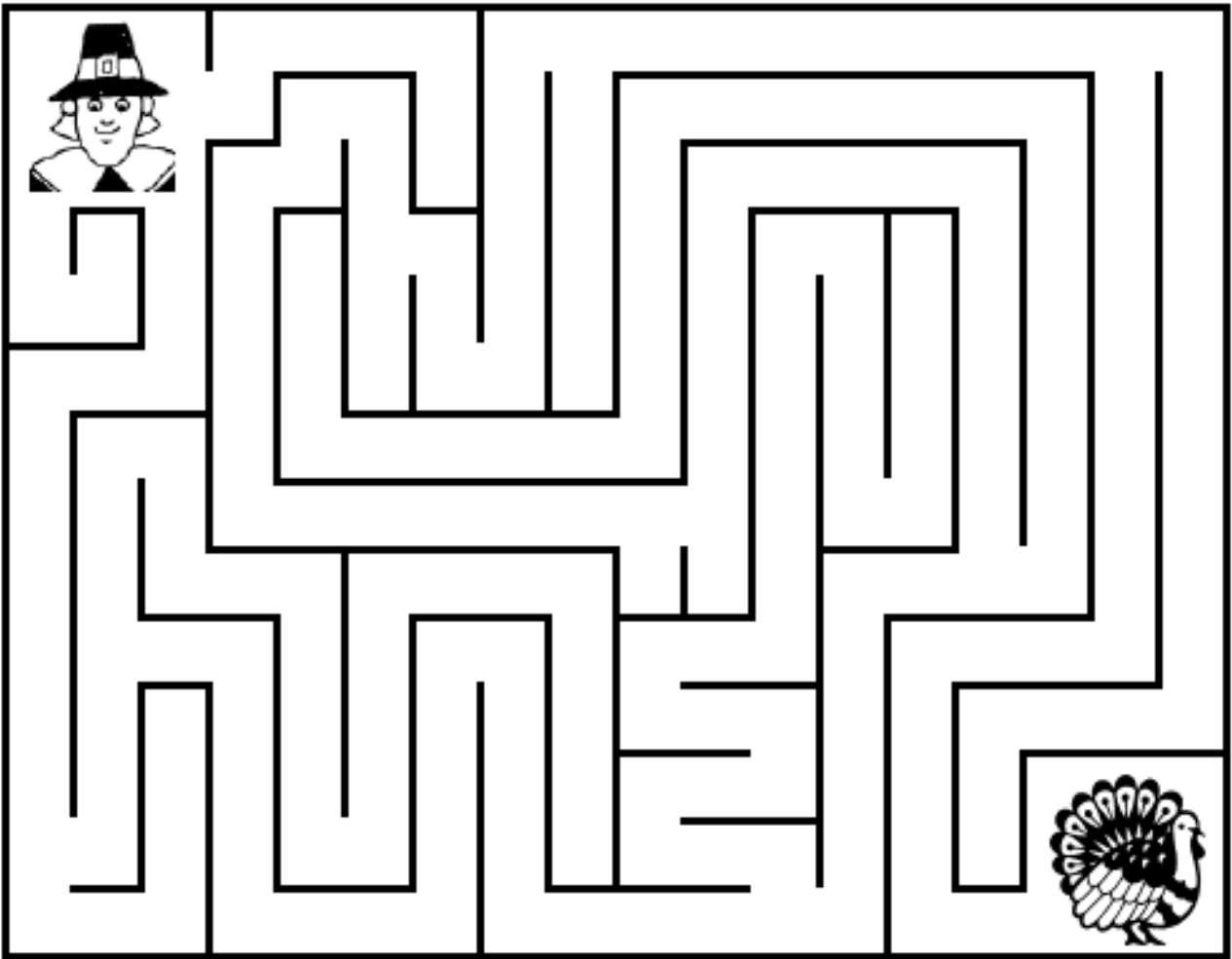
**mmmmm...turkey**



It is estimated that more than 45 million turkeys are cooked each year, and as much as 525 million pounds of turkey are consumed.

# Kid's Page

Start



## Find Thanksgiving words.

Cook      Feast      Thanks  
 Corn      Indians      Turkey  
 Fall      Pie  
 Family      Pilgrims

V	P	T	U	R	K	E	Y
Y	I	T	W	K	N	M	I
F	E	H	O	C	O	R	N
E	F	A	M	I	L	Y	D
A	A	N	O	W	O	E	I
S	L	K	F	V	D	D	A
T	L	S	C	O	O	K	N
P	I	L	G	R	I	M	S





# November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	Play & Grow Infants 10:00-11:00 a.m.	Art Explosion 10:00-11:00 a.m.			<b>Closed</b>
	Play & Grow Toddlers 11:00-12:00 p.m.	Family Storytime 3:30-4:30 p.m.	Creative Explorers 4:00-5:00 p.m.	Feel the Beat! 3:30-4:30 p.m.	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Healthy Families Enrollments* 1:00-4:00 p.m.	Play & Grow Infants 10:00-11:00 a.m.	Art Explosion 10:00-11:00 a.m.		<b>FRC CLOSED VETERAN'S DAY</b>	<b>Closed</b>
	Play & Grow Toddlers 11:00-12:00 p.m.	Family Storytime 3:30-4:30 p.m.	Creative Explorers 4:00-5:00 p.m.		
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Healthy Families Enrollments* 1:00-4:00 p.m.	Play & Grow Infants 10:00-11:00 a.m.	Art Explosion 10:00-11:00 a.m.		Feel the Beat! 3:30-4:30 p.m.	<b>Closed</b>
	Play & Grow Toddlers 11:00-12:00 p.m.	Family Storytime 3:30-4:30 p.m.	Creative Explorers 4:00-5:00 p.m.		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Healthy Families Enrollments* 1:00-4:00 p.m.	Play & Grow Infants 10:00-11:00 a.m.	Art Explosion 10:00-11:00 a.m.	<b>Thanksgiving Holiday FRC CLOSED</b>	<b>Thanksgiving Holiday FRC CLOSED</b>	<b>Closed</b>
	Play & Grow Toddlers 11:00-12:00 p.m.	Family Storytime 3:30-4:30 p.m.			
<b>28</b>	<b>29</b>	<b>30</b>			
Healthy Families Enrollments* 1:00-4:00 p.m.	Play & Grow Infants 10:00-11:00 a.m.	Art Explosion 10:00-11:00 a.m.			
	Play & Grow Toddlers 11:00-12:00 p.m.	Family Storytime 3:30-4:30 p.m.			

\*Enrollments are by appointment only. For more information or to schedule, please call us at (559) 201-5000.

