

December, 2008

Alphabet Soup

Nourishing ways to fill children's days.

broadreach
family & community services

Cooking with Children, Wholesome Learning

See inside for:

- * Tips for cooking with children
- * Recipe of the Month
- * Story Telling Traditions
- * And more!

Welcome Winter!

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Cooking can give children a deep sense of satisfaction and build their self-confidence. It can help them grow in the following ways:

- Increase their willingness to try a new food
- Develop valuable self-help skills and increase independence
- Develop math concepts through counting, measuring, timing, and ordering events
- Work cooperatively with others
- Develop reading skills, recognizing symbols and words
- Learn to follow directions and complete all the steps necessary to finish a task
- Learn science concepts: temperature, volume, how something can change when it is heated, etc.
- Improve fine motor control through using hand muscles
- Express themselves creatively
- Importance of Nutrition
- Safety in the kitchen



When you prepare by having the basic supplies on hand and selecting some simple recipes, you are setting the stage for learning and fun through cooking. Young children are sensory learners. They use all their senses to explore the world. Cooking gives children plenty of interesting sensory experiences every day.

Source "BetterKidCare.psu.edu"



Warm up to Wintery Arts and Crafts

What you need: Blue craft paper , White paint, Black, Orange, Red markers, Small Black Buttons , Black Felt

What you do: Using white paint, make your child's hand print on blue craft paper. When paint is dry have the children decorate their snowman fingers. They can use the black buttons on snowman body and make black felt hats for the snowman's head. Use orange marker for the nose.

Interactive Snowman Finger Play:

This little snowman is round and fat.

This little snowman has a funny hat.

This little snowman has a carrot for a nose.

This little snowman has frosty toes.

And this little snowman is my friend;

Please don't melt till winter's end.



Vegetable Lasagna

A healthy warm recipe for the entire family!

- 9 cooked lasagna noodles
- 2 cups sliced fresh mushrooms
- 1 cup chopped onion
- 1 tablespoon cooking oil
- 1 15-oz can low-sodium tomato sauce
- 1 6-oz can low-sodium tomato paste
- 1 teaspoon dried oregano

- 1 teaspoon dried basil
- 2 cups low fat cottage cheese
- 1 cup shredded low fat Monterey Jack cheese
- 1 10-oz package of frozen chopped spinach, thawed and well drained



In a sauce pan, cook mushrooms and onions in oil until tender. Stir in tomato sauce, tomato paste, oregano, and basil. In a mixing bowl, stir together cottage cheese and 1/2 cup of Monterey Jack cheese. Oil a 3-quart rectangular baking dish. In the baking dish layer 3 lasagna noodles, 1/3 of the cottage cheese mixture, 1/3 of the spinach, 1/3 of the tomato mixture; repeat layers twice. As you layer the noodles talk to your child about patterns and colors. Sprinkle the reserved Monterey Jack cheese on top. Bake uncovered in a 375 degree oven for 30 minutes or until heated through. Let stand 10 minutes before serving. Serve with whole grain bread. Makes 8 servings.

Spend Time with your Child in the Kitchen

How can your preschooler help in the kitchen during this holiday season?

Delegate the following responsibilities to your little chef:

- Scrub, dip, tear, break, and snap (for example, snapping the ends off green beans)
- Shake, spread, and cut with a cookie or biscuit cutter
- Peel (some items), roll, juice, and mash
- Remove husks from corn
- Wash vegetables in a colander
- Measure and pour some ingredients
- Hand mix



It's true that including the kids in cooking meals requires time, patience, and some extra clean-up, especially when the children are younger. Cooking with your kids can help get them interested in trying healthy foods they might normally turn their nose up at. For kids today, [healthy eating](#) essentially means eating more [fruits and vegetables](#), as well as whole grains and beans when possible.

Be caring and supportive of your child. Parents get many opportunities to compliment and support their children while they're in the kitchen together. Parental praise, affection, acceptance, and family bonding is a very important part of building self-esteem.

Open the lines of communication. Kids having fun in the kitchen, elbow to elbow, are likely to interact with each other and with their parents. Cooking together gives parents and children time together to talk and share thoughts and stories. Eat dinner together regularly. Because of challenging work, school, and sports schedules, many families struggle to sit down to even one daily meal together. But you can start by maximizing weekend opportunities to eat together. Involving your kids in the kitchen is a big stepping-stone to getting them to appreciate family meals! *Source "www.webmd.com"*

The Board and Staff of Broadreach Family & Community Services would like to wish all of our families a happy and healthy holiday season. We look forward to a new and exciting year with you and your child.

Thank you for a great 2008!



Leap into Learning!



Supporting Preschoolers in Reading and Language Success (SPIRALS) is a special initiative that is enhancing learning for preschoolers and their teachers in early childhood classrooms across Waldo and Knox County!

ONCE UPON A TIME...

One way to help your child learn to read is to tell stories. In many cultures, the tradition of storytelling goes way back, and is the foundation for written language. You can tell your "Story of the Day", going over the day's life events during bath time or at bedtime. You don't have to say everything that happened, just pick some highlights and share them with your child.

As children get older and familiar with the process, add more detail and pause so they can add what they remember (one parent counts silently and slowly to 15 at the end of each sentence.)

Here's an example:

"Today was a school day. We overslept (that means we didn't wake up on time) and you went to school in your pajamas! Mommy brushed her hair in the car and you laughed. At school you played with your friends and ate breakfast, lunch and snack. Grammy picked you up and then you went to the grocery store to buy milk. Mommy came home and we ate ham and baked beans for dinner. Then it was tubby time and there were a lot of bubbles. After the tub, you put your pajamas on all by yourself! We read stories and now it's time to say: Goodnight house, goodnight room, goodnight toys see you tomorrow."



What children learn:

- Concepts: first, next, last
- Every day has a beginning, middle & end and so do stories!
- New vocabulary (overslept)

Want to extend the activity even further? Grab a notebook and *write* the story of day as you tell it.