

December, 2009

# Alphabet Soup

*Nourishing ways to fill children's days.*

**broadreach**  
family & community services

*Happy Holidays From Everyone at Broadreach  
Family & Community Services*



## See inside for:

- \* Enjoy the Snow with your Children! Find out how!
- \* Warm Winter Recipes
- \* Snowman Fingerplays
- \* Keep Children Warm
- \* December Spotlight
- \* And More!



## *Suggestions for Coping with Holiday Hustle and Bustle*

Families can better cope with the hustle and bustle of the holidays by following a few simple tips.

Keep routines as normal as possible and focus on important activities to reduce holiday stress. Routines are important for children, so try to maintain normal meal and bedtime schedules even during holiday vacations. Children may feel upset, grouchy or anxious during this busy time. Having a quiet time is good idea during the holidays. Play soft music, read stories, or take a stroll to bring down your child's activity level.

Concentrate on quality time instead of a messy kitchen. For example, it's more important to have fun making cookies than to have beautiful cookies. Have children help prepare for celebrations by setting the table, cutting out cookies, picking up toys, and designing and coloring placemats. Remember to select activities most important to the family. Take time to relax and enjoy time together.

Here are a few holiday gift suggestions for children that support literacy.

- \* Children books
- \* Children's Music (CD or Tapes)
- \* Board Games
- \* Card Games (Matching)
- \* ABC Magnets
- \* Books on Tapes
- \* Coloring Books
- \* Construction Paper
- \* Crayons and Pencils
- \* Markers and Paints
- \* Educational computer software and videos



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## Quick & Healthy Creative Vegetable Combinations

It's a good idea to always be prepared to make a meal that is packed with nutrition for your hungry family!

When you don't have time to cook from scratch, you can use the convenience foods you're used to, such as instant or quick-cooking grains like brown rice, couscous or a mixture.

Stir-fry or sauté the ingredients below in a small amount of olive or canola oil, broth or water and serve over your favorite grain with a side salad for a nutritious meal in no time!



- Taste of Thai

Add broccoli florets, red bell pepper strips, chopped peanuts and fresh grated ginger.

- Island Paradise

Add canned pineapple chunks, red bell pepper strips, pea pods, shrimp or scallops.

- Field Fresh

Add fresh chopped spinach or kale, white beans, minced garlic, corn kernels, diced tomato and sliced green onion.

*You can also use low-fat and low-sodium canned soups as a base for a healthy convenience meal.*

*Combine the ingredients listed below, heat through and serve with a tossed salad and crusty whole grain roll. The flavor combinations are delicious!*

- Black Bean Soup

Add frozen corn, steamed and diced green and red bell pepper with cilantro.

- Lentil Soup

Add steamed cauliflower and celery, diced tomato and curry powder.

- Tomato Soup

Add diced tomato and sliced green onion.

- Vegetable Broth

Add cooked and diced acorn squash, cooked and diced turkey breast, steamed shredded cabbage, cooked brown rice and thyme.

[www.healthykidrecipes.com](http://www.healthykidrecipes.com)



## Keep Our Children Cozy!



While it's important to nourish your body, it's also important to stay warm during the cold winter months ahead. Bundle your children up with warm sweatshirts and pants, snow pants, lined winter jackets, mittens, hats, scarves and boots. Children love to play outside during the winter months but can be very sensitive to the cold air and especially cold wind and snow.

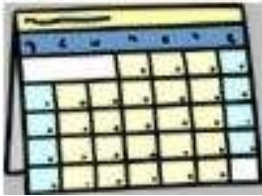
Always pack extra dry clothing in your child's backpack for daycare or school. Also make sure they have a pair of warm slippers to wear inside. Wet feet and clothing is very cold, uncomfortable and most of all unhealthy.

Donate your families outgrown coats and clothing to keep other less fortunate families warm this winter!

## Important Notes and Reminders



### Calendar



Belfast ECIP classrooms as well as classrooms at MCCS in Rockland will be closed for the holiday break from December 24th through January 1 and will resume

to a regular schedule on Monday, January 4th. Administrative Offices will be closed on Friday, December 25 and Friday, January 1. Here's to a Happy Healthy 2010!!! We look forward to working with you and your family throughout the upcoming year.

### ECIP Family Harvest Lunch a Great Success!

Thank you so much to all the families that joined the Belfast Early Childhood Inclusive Program for their annual Harvest Lunch. Once again, the kitchen staff have outdone themselves and spoiled us with a delicious warm holiday meal to share with our children. Happy Holidays from Belfast ECIP!

## Let It Snow! Let It Snow! Let It Snow!

When the first snowfall of the season arrives, your kids can hardly wait to get outside to frolic in the frigid winter air and catch snowflakes on their tongues. There are so many exciting outdoor winter activities for a child to engage in that they'll never run out of enthusiasm for the cold, white stuff.

- Turn off the TV, turn off the video games, a long brisk winter walk is the best way to welcome the cold weather to come. Try a winter scavenger hunt in the snow. Observe the acorns, pinecones and other treasures that lurk under the snow.
- Fill some squeeze bottles with bright shades of food coloring or washable liquid paints. Give each child a bottle and let them create an artistic masterpiece in the snow. This is a great way to develop their artistic eye while keeping them happily occupied.
- Bundle your kids up warmly for this children's winter activity. Show your children how to drop down into the snow on their backs and carefully move their arms and then their legs up and down repeatedly to create the form of the snow angel. Be prepared with a camera to take photos of the beautiful snow angels that emerge.

There's no need to stay inside on a snowy day when there are so many children's winter activities for your restless group to enjoy. Why not join in the activities and make it a family winter fun day to remember!

[www.edutainingkids.com](http://www.edutainingkids.com)



# December Spotlight On You.....



## It's the Most Wonderful Time of the Year.....

We at Broadreach feel that, at this time of year, it's important to stop to remember all the wonderful gifts we have in our lives. So, in this holiday newsletter, we wish to tell you about a "special gift" at Broadreach. Our Business Office Assistant, **Dalene Sheldon**, has worked tirelessly for 21 years behind the scenes so that our agency runs smoothly and efficiently. Dalene does **MANY** things. Her job description says she does payroll, pays our bills, organizes and updates our personnel files, answers the phone, maintains our office filing system, conducts office orientations for all new employees, and assigns/tracks all benefit time. She does all that and so much more.



To say that she is good at what she does is an understatement. In fact, she is one of those employees whom every agency/business/school/corporation would love to employ. She is conscientious, honest, hardworking, dedicated, cheerful, full of integrity, and more than committed to her job.

We're pleased to say that Dalene epitomizes what the holiday season is all about. She is peace, love, joy and goodness all rolled into one. Dalene **NEVER** forgets to show her appreciation for her fellow workers. Her happy smile, her **ALWAYS** kind words, her loving attitude towards all, her ability to see the good in everyone, her upbeat manner, her sense of fairness in all situations, her non-critical approach to life, her willingness to do anything so that the world will be a better place and her unselfish approach to **EVERYTHING** she does help make Broadreach unique. We hear all the time that Broadreach is a fun place to work and is a place where employees are treated with great respect. Without doubt, this is a direct reflection from this incredible person.

During this holiday season, we, at Broadreach, want to say **thank you** to the person who helps us through the good times as well as the tough times. Without Dalene, our agency would be so much less. And, with her, we will continue to work our magic. Thank you, Dalene, for **EVERYTHING** you do **EVERYDAY**. Have a blessed holiday. You certainly deserve it. You are one of Broadreach's greatest gifts.

## Tis the Season for Snowman Fingerplays

### Little Snowman

*sung to "Twinkle, Twinkle, Little Star"*

Little snowman round and fat,  
In your scarf and funny hat.  
Orange carrot for a nose,  
Frosty head and frosty toes.  
Little snowman, be my friend.  
Please don't melt till winter's end.



### The Snowman

Roll the snow into some balls.  
Make a snowman, oh so tall.  
Place a hat upon his head.  
Give him buttons that are red.  
Use some coal to make his eyes.  
You can do it if you try!  
Next, he needs a carrot nose.  
Where will we get one of those?  
Make a mouth and he'll be done.  
Making snowmen is such fun!



### Build A Little Snowman

*sung to "I'm a Little Teapot"*

Build a little snowman,  
starting with his feet.  
Put on lots of snow,  
and pat it all so neat.  
Then make a round ball,  
and put it up on top.  
The the sun will come out,  
and make the snowman hot.

