



The Parent Connection

Tips, Tricks, and Tidbits

SCCAP's Child Care Resource and Referral's Quarterly Newsletter



October-December 2021



Kids are surrounded with loads of sweets around Halloween, so here is a healthy option that they will love! Obviously I'm no artist, but that's not really what this is about right? This is about a fun healthy Halloween snack that will get your kids in the holiday spirit, without overloading them on sugar!

Mandarin Orange Pumpkins

Peel 4 mandarin oranges and layer them in a pint-sized canning jar. Once the orange slices are in the jar, just draw that classic jack-o-lantern face that everyone knows and loves.

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SAFETY FIRST

and the **Fun Will Follow!**

Be seen!

Carry flashlights, wear brightly colored costumes, or add your own reflective tape so motorists can spot you.

Know what you're eating.

Have all candy and treats examined by a trusted adult.

Avoid trips and falls.

Wear well-fitting costumes, masks, and shoes.

Stop at well-lit homes.

Stay clear of dark houses!

Stay with your crew!

Never accept rides from strangers.

There's safety in numbers.

Travel in groups and plan the route ahead of time to keep everyone on track!

Avoid the street.

Walk on sidewalks or the far edge of the road to stay safe.



Raising a Thankful Child

As we enter this season of Thanksgiving, we may find ourselves reflecting more often on how to raise a thankful child. At first glance, parents might think about how to teach the social scripts of thank you. Should a 2 year-old be forced to say thank you to Grandma for a gift? Should a 4 year-old sign a thank you note for a birthday present? Should a 6 year-old show appreciation for a large helping of spinach and cranberry sauce on his or her Thanksgiving plate?



Parents often have the best intentions of raising a thankful child as part of their parental job descriptions. We tend to use the social graces of please and thank you as one index of raising a "good kid." Indeed, manners such as these are important tools for getting along and working together with others in our society.

Even young children can be taught to say please and thank you. Giving them prompts ("What do you say?"), withholding the requested item ("You can't have the cookie unless I hear the magic words"), and modeling ("Could you please pass the juice?") are ways to encourage learning these manners. But is learning to say thank you the same as being thankful?

Think about something in the past year for which you are thankful. Is it a person, place, or thing? an event? a state of being? Did you say thank you? How did you express your gratitude?

The development of morality is marked in part by the emergence of the moral emotions such as shame, pride, guilt, embarrassment, and empathy. As these emotions develop, they allow children to feel a response in relationship to their own actions toward others. The emotional feedback contributes to that sense of sincerity.

Our gut reactions may highlight a comparison of manners vs. morals. While both reflect an aspect of how we treat others, children can use manners just by learning a script. The problem in learning scripts for manners for a child too young or separated from meaning is that children satisfy the social grace without experiencing the emotional response or acting upon their own intent. For example, 4 year-old Beth runs to greet her grandmother. "Thanks, Grandma!" she says, grabbing the present out of her grandmother's hand. She opens the box to find six pairs of white socks. Crestfallen, she says, "Thank you, Grandma, for my socks." Beth's first thanks is genuine appreciation for receiving a present, but her second thank you is the script that she is supposed to say.

Teaching manners is a fine art of modeling, but not always the making of meaning. Raising thankful children is a fine art of helping them make their own meaning. Maybe it is a crumpled, crayon-scribbled card. Maybe it is a fresh bouquet of dandelions (and a few other weeds) from the back yard or local park. Maybe it is just a warm hug after a cold ice cream treat.

Children express some sense of thankfulness and desire to be appreciated all the time. It is our role as parents to model appreciation and reflect those genuine feelings back to the child. With a warm smile and a sincere voice, we can say, "Thank you for my beautiful card. I can tell you worked hard on it. You used so many different colors! It makes me feel really good and happy inside. I'm going to put it up right here on the refrigerator so our whole family can enjoy it."

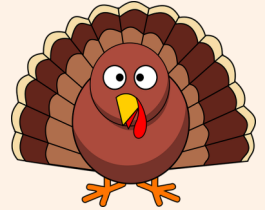
Thankfulness also emerges from children raised with the Golden Rule: "Do unto others as you would have them do unto you." Like adults, children need to be exposed to genuine appreciation and to feel appreciated.

Source: NAEYC For Families





4 Ways to Involve your Kids this Thanksgiving



Thanksgiving is just around the corner. As you keep busy with planning and prepping, involving your kids can make the holiday more meaningful and is great for family bonding. Here are 5 fun and creative ways your kids can take a more active and impactful role this Thanksgiving:

1. Decide on Family Giving

There are two parts to Thanksgiving - THANKS and GIVING. The holiday season is a great opportunity to introduce and involve your kids in deciding how your family will give to others in need. Whether it's donating items, money, or time, kids can play an integral role in deciding how the family will share its blessings. This Thanksgiving, have everyone in the family write down a charity or community service project idea on a small piece of paper, then draw one of the ideas to be completed by the end of the year. Knowing that you value and listen to their ideas is a great confidence booster for kids. Ideas such as donating to the local Goodwill, sponsoring a child, or participating in a turkey or food drive are great giving opportunities that involve kids.

3. Decorating and Setting the Table

Many families have the infamous "kids table" with large family gatherings. Wouldn't it be great to have your kids decorate and set their own table? Whether it's at the kids table or the one for the whole family, give your kids the responsibility of creating a centerpiece, making the place cards and setting charts, or setting the table.

4. Meal Planning

Have your kids help decide what to serve for the holiday meal. Let them add their favorite dishes to the list as well as challenge them to try new ones. This will be a great opportunity to share how to create a balanced meal and how to make healthy choices. Plus, they will begin to build basic concepts of how to take a large project and break it up into smaller steps. Involve them in making the shopping list and helping you find the ingredients needed for the meal. When kids have a job to do, shopping with them is much easier.

4. Cooking and Prepping

If your family is anything like mine, holiday cooking is a multi-day event. While initially it may seem easier and faster to let the adults handle all the cooking, getting your kids involved could be a big help. Kids learning to cook builds confidence, empowerment, and independence. Kids can help with prepping such as washing veggies, measuring, and mixing. Or, give your kids a special dish to contribute to the family meal.





Treats and Activities to do with Your Kids During the Holiday Break



Healthy Holiday Snack Mix

Ingredients:

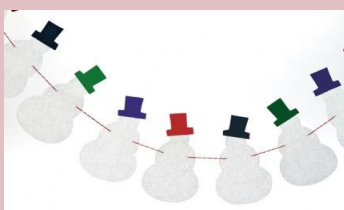
- 1 C coconut flakes
- 1 C pumpkin seed kernels
- 2 C cereal (like Bran Chex)
- 1 C cereal, Cheerios
- 1 C almonds, sliced
- 1 C cranberries, dried
- 1 C pistachios, shelled
- $\frac{1}{4}$ C coconut oil
- $\frac{2}{3}$ C honey
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. almond extract
- $\frac{3}{4}$ tsp. cinnamon



Mix all ingredients together and enjoy!

Melt-free Snowmen

- Cut snowman shapes out of felt.
- Decorate each snowman with a felt top hat.
- Punch a hole on each side of the snowman.
- String with baker's twine.



Tag, You're It

- Trace a cookie cutter on a piece of felt and colored paper.
- Cut out shapes and glue together.
- Punch a hole at the top center of the tag.
- Add string to attach to a gift.



Snowman Cookies

Ingredients:

- $\frac{1}{2}$ C butter
- 1 C sugar
- 1 egg
- $\frac{1}{4}$ C milk
- 1 tsp. baking powder
- $\frac{1}{4}$ tsp. nutmeg
- $\frac{1}{4}$ tsp. vanilla
- 2 C flour



Baking Directions:

1. Mix all of these ingredients, then chill the dough for at least one hour.
2. Roll out dough about $\frac{1}{2}$ inch thick. Use a cup or circle cookie cutter to cut circles.
3. Bake at 375 for 8-10 minutes or until edges are just barely starting to look brown.

Decorating Supplies Needed:

- Cookies
- Frosting (grab some store-bought or use a nice buttercream)
- Twizzlers Pull n' Peel
- M&M's
- Candy eyes (craft store or baking section of most grocery stores)
- Mini chocolate chips

Decorating Directions:

1. Frost your cookies
2. Cut a piece of the Twizzlers Pull n' Peel so that it will reach about halfway around your cookie. Place it and then add two M&M's for the earmuffs.
3. Add eyes and an orange M&M nose.
4. Place mini chocolate chips upside down (so that the flat bottom is showing) to make a mouth.



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Interested in becoming a Child Care Provider?

The Child Care Resource and Referral Center can help you get started running your own child care business!

For more information give us a call at:

Dawn Garvey (518) 234-2568 x3123
Melissa Bevins (518) 234-2568 x3016
Heather Jonker (518) 234-2568 x3009



The Child Care Resource and Referral Center

Offers parent education opportunities! We are here to answer all your questions about children and child care!

Call

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Melissa Bevins (518) 234-2568 x3016
Heather Jonker (518) 234-2568 x3009

OR

Email us at :

childcare@sccapinc.org

OR

Visit our office located at:

**Schoharie County
Community Action Program
795 East Main Street, Suite 5
Cobleskill, NY 12043**

OR

Visit us online at:

www.sccapinc.org

The Child Care Resource and Referral Department at SCCAP will be offering SafeSitter Trainings this Fall!

Children from ages **11 to 16 years** are welcome. The training will include basic CPR/ First Aid as well as numerous topics that encompass the responsibility of caring for young children. The name and age of the child, parents' name, and a contact number will be needed when registering. Pre-registration is required.

**Please call Melissa Bevins at (518) 234-2568 x3016
for more details.**