

Parent Connection

VOLUME 2, ISSUE 4

APRIL 1, 2010

SPECIAL POINTS OF INTEREST:

- National Child Abuse Prevention Month
- Snack Wisely
- 10 Ways to Soothe a Crying Baby
- 10 Ways to Establish a Bedtime Routine

INSIDE THIS ISSUE:

- Snack Wisely 1
- Soothe a Crying Baby 2
- Bedtime Routine 2
- Happy Birthday 3
- In the Kitchen 3
- Wildlife World Zoo 3
- Within the Community 4

National Child Abuse Prevention Month

April is National Child Abuse Prevention Month, a time to raise awareness about child abuse and neglect and encourage individuals and communities to support children and families. Learn more about the history of the month, see examples of Presidential and State proclamations, and find strategies for engaging communities and supporting families.

This month let's make it our goal to help our children feel loved and



secure. Make sure children know and receive your love, even when they do something wrong. Encourage

children by praising their accomplishments. Spend time with children by doing things together that you both enjoy. Listen to children. Smile, Laugh, and Love children. These are what are most important to a child. You are what is most important to a child so in turn, make sure they know they are important to you.



Snack Wisely

As spring days fill up with soccer practice, school play rehearsals, and more time at the playground, families often scramble for quick and healthy snacks. Here are some suggestions.

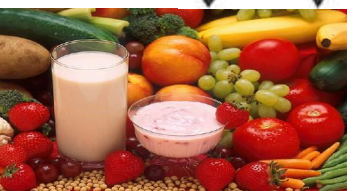
After School

When your children come home hungry, try mini-meals rather than chips or sweets. Keep lean deli meat on hand for turkey and ham sandwiches on whole-grain bread. Or make hard-boiled eggs ahead of time. Your youngsters might like them plain, or they can fix deviled eggs.

Help them split the eggs in half lengthwise, remove the yolks, and mash them with light mayonnaise, mustard, salt and pepper. Mound the mixture back into the egg whites, and sprinkle with paprika.

On the Go

Carry snacks in the car when you're driving your children to and from activities. Fill a sports bottle with water for each child. Take along snacks that are portable and easy to eat, such as squeezable yogurt, pita filled with hummus and grated car-



rots, or a whole-wheat English muffin with melted cheese.

Anytime

Fruit is always a favorite snack. Dress up everyday fruits by making fruit cones. Puree peaches (peeled and pitted) in a blender, fill an ice cream cone with fruit (kiwi pieces blueberries, pitted cherries), and drizzle the peach puree on top. For other fun fruit snacks, freeze orange slices or grapes. Or let kids dip apple slices in a little caramel sauce.

to soothe a crying baby



Like it or not, crying is a major form of communication for babies.

"Babies cry hours and hours a day," says Amy Guiot, a clinical instructor of pediatrics at [Cincinnati Children's Hospital Medical Center](#). "I mean hours. It's normal."

It's their way of telling you that they're hungry, wet or unhappy, she says. Addressing the unhappy cry can make for some tense parenting moments, so ParentDish asked Guiot and [James Peinkofer](#), author of "101 Ways to Soothe a Crying Baby," for some [tips](#).

Both experts stress the importance of staying calm while dealing with your baby, and the importance of asking for help when the cries become overwhelming. If your child has a fussy time of day, ask a

grandparent or friend to visit then.

"Prepare for that and take turns," he says. He suggests dealing with the baby in half-hour shifts.

1. Give the baby a head-to-toe checkup. Does he have a dirty diaper? Is she hungry? Is the baby too hot or too cold? (Babies do not need more layers of clothes than adults.)
2. Get baby moving. Babies often like motion. Try rocking them in their car seat or gently moving them up and down in your arms, making sure their head and neck are supported.
3. Create some white noise. It can be calming to an infant, so run the vacuum or clothes dryer. Static noise from a radio or television station often works too.
4. Go for a drive. The motion of a car often lulls baby to

sleep.

5. Offer a [pacifier](#) or clean finger. Sucking is a way babies calm themselves.

6. Try [swaddling](#). Babies respond to being wrapped up like a burrito.

7. Get wet. If the baby has lost his or her umbilical cord, try a warm, relaxing bath.

8. Give baby a chance to calm himself. Place him in his crib or bassinet in a darkened room and see if he will cry himself to sleep.

9. Release the gas. Lay baby face down across your legs while you are seated and gently pat her back.

10. Sing a song. Try singing or humming baby to sleep.

Written by :

Melissa Kossler Dutton

www.parentdish.com

A child will want to continue the bedtime routine as much as you will, so be consistent!



10 Ways to Establish a Bedtime Routine

Establishing a well thought out and implemented bedtime routine will help you ease your child to sleep rather than fight them to bed.

1. An active child will rest better at night. Be sure to allow your child plenty of time outdoors to run and play, especially after a nap. Active play is as important as any other part of your child's day.
2. Begin the calming down process at dinnertime. Dinner should not be served watching television every night. After dinner, do something relaxing such as taking a walk, just a simple stroll around the backyard is sufficient.
3. Allow a child some quiet playtime. Offer blocks, books, puzzles or anything that will be considered creative playtime.
4. Sit your child down for a snack and a drink. Getting some food and drink in his tummy will help alleviate the need for you to have to bring him anything once he is tucked in to bed.
5. Run a nice warm bath. Allow a minimum of 15 minutes playtime in the tub, after the initial washing and shampooing.
6. After the bath, take care of all the "have to's". Get your child in a routine of getting dressed for bed, brushing his teeth, and cleaning up his mess.
7. Put your child in bed with a few books. Set a time limit and allow your child some relaxing reading time before bed.
8. After reading time, put the books away. Before leaving your child's room, give him a tight hug and a kiss. Never miss an opportunity to tell your child you love him.
9. After you have said good-night, turn on a tape or compact disc of classical music. Play the same music every night and it will end up becoming a soothing bedtime ritual.
10. Be firm to your established routine. The less you deviate from it, the easier bedtime will become.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

We would like to wish a Special **HAPPY BIRTHDAY** to all of our Family and Friends who have Birthdays this month!

- John Michael Ellis 4/3**
- James Ivanisko Jr. 4/4**
- Manuel Moreno Jr. 4/5**

- Yolanda Ybarra 4/11**
- Katie Brownell 4/14**
- Josh Ideker 4/14**
- Cali Patterson 4/16**
- Chris Gabalaon 4/17**
- Cesar Solozano Jr. 4/17**
- Janaine Fowler 4/20**
- Elizabeth Millan 4/26**

Sorry if we missed you! It just means we don't have your Birthday so make sure you let us know the next time you see us! Thanks



In the Kitchen: Meatballs, two ways

Make one batch of meatballs of two nights of meals. Here's how:

Combine 2 lbs extra lean ground beef or turkey with 2/3 cup bread crumbs, 4 tbsp. grated Parmesan cheese, and 2 eggs. Shape into 10 large



and 20 small meatballs for:

Spaghetti and Meatballs

In a skillet, brown the large meatballs in a little olive oil. Place in a baking dish and bake at 350 for about 30 minutes. Then, put in a saucepan with marinara sauce and cook until heated through. Serve over cooked and drained wheat spaghetti.

Baked Ziti

Cook 1 lb ziti according to package directions, and drain. Mix 16 oz skim ricotta cheese and 2 eggs. In a 9 X 13 inch pan, layer 1/2 cup tomato sauce, half the cooked ziti, the ricotta mixture, the small meatballs, 3/4 cup sauce, and the rest of the ziti. Top with 1 cup shredded skim mozzarella cheese. Bake at 350 for 1 hour.

Presto!

Two meals from only one batch of meatballs!

Wildlife World Zoo & Aquarium

After 7 years of planning and construction, the only public aquarium located between Albuquerque and San Diego has opened its doors! Now is the perfect weather to get out and feed some animals and check out the Aquarium that houses over 75 indoor exhibits! The zoo is open 7 days a week 365 days a year, including all holidays. Zoo exhibits are open from 9 am to 6 pm. Aquar-

ium exhibits are open from 9 am to 10 pm.

Daytime admission to Zoo and Aquarium:

Adults: \$26.50 + tax
Kids 3—12: \$14.25 + tax
2 & younger: Free

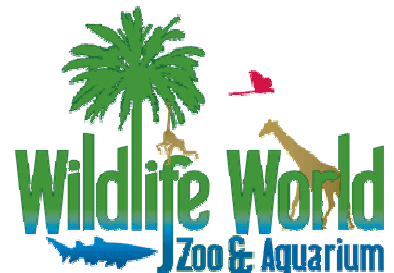
Special Evening Admission to Aquarium Only (Available after 5

pm)

Adults: \$16.99 + tax
Kids 3—12: \$8.99+ tax
2 & younger: Free

Located:

16501 W. Northern Ave
Litchfield Park, AZ 85340
(623) 935-WILD





Your complimentary
use period has ended.
Thank you for using
PDF Complete.

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

PARENTING ARIZONA™

Safe children. Strong families.

A Subsidiary of CPLC

6741 N. 7th Street
Phoenix, AZ 85014



Within the Community

Lakeshore Learning

4747 E Bell Rd
602-482-7900

Free Crafts for Kids ages 3 and up every
Saturday 11 am—3 pm

April 3, Silly Bunny Puppet; April 10, Per-
sonalized Door Hangar; April 17, Earth
Day Bag; April 24, Spring Picket Fence

Family Learning Center

2525 E Roosevelt St
602-344-1352

Fun Arts! Enjoy fun art activities for chil-
dren and adults of all ages. Every Wednes-
day and Thursday, 9:30-11:30.

Make Your Own Baby Food! Wednesday,
April 14th, 10-11 am Call the FLC to
register!

Spectacular Spring Book Sale! From
books to DVD's, Bargains Galore! For
even greater savings, come the last hour
when sale items are \$1 per bag.



April 10th, 9 am—3 pm

Foothills Branch Library, Roadrunner
Room

19055 N 57th Ave Glendale, AZ 85308

27th Annual Glendale Jazz & Blues Festival, Historic Downtown Glen- dale

Features a tremendous line up of local and
national entertainment, as well as craft
artists and good food! Admission and
parking are FREE!

April 17th: noon—10 pm

April 18th: noon—6 pm

Movies in the Park: Biltmore Fashion Park

24th St and Camelback

Enjoy classic and favorite American films
under the stars every Friday night at 7:30
pm in the Center Lawn.

April 2— Roman Holiday

April 9—Dr. No

April 16— Cabaret

April 23— Planet of the Apes

April 30— People's choice Movie pre-
sented by Arizona Foothills Magazine

Healthy Families, Healthy Kids Fair

Family Resource Center

16752 N Greasewood St
Surprise, AZ 85374

623-207-6016

Saturday April 17th, 10 am— 2 pm

FREE Entertainment, fun and educational
booths on early childhood development