

Parent Connection

VOLUME 2, ISSUE 5

MAY 1, 2010

SPECIAL POINTS OF INTEREST:

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What is a Mother?

A mother can be almost any size or any age, but she won't admit to anything over thirty. A mother has soft hands and smells good. A mother likes new dresses, music, a clean house, her children's kisses, an automatic washer and Daddy.

A mother doesn't like having her children sick, muddy feet, temper tantrums, loud noise or bad report cards. A mother can read a thermometer (much to the amazement of Daddy) and like magic, can kiss a hurt away.

A mother can bake good cakes

and pies but likes to see her children eat vegetables. A mother can stuff a fat baby into a



snowsuit in seconds and can kiss sad little faces and make them smile.

A mother is underpaid, has long hours and gets very little rest. She worries too much about her children but she says she doesn't mind at all. And no matter how old her children are, she still likes to think of them as her little babies.

She is the guardian angel of the family, the queen, the tender hand of love. A mother is the best friend anyone ever had. A mother is love.

- Author Unknown

Memorable Ways to Celebrate Mom

A Mother's Love is one of the most powerful forces in this world. Here are a couple ways to celebrate her love this Mother's Day:

1. Get together with your family and friends and create handmade cards for your mom. Make sure to include a heartfelt, handwritten letter.
2. Create a Memory Jar. Fill a jar with slips of paper, each

detailing a special memory you and your mother have shared. The more specific the memories, the better. Present her with the jar, and sit beside her as she reads each memory.

3. Make a tablecloth memento. Start with an oversized tablecloth and some fabric pens. Ask each member of the family to sign the tablecloth with a special message to mom. Kids can make

their handprints, too. This is a keepsake that you can add to each Mother's Day.

4. Write a letter to your children about how being their parent has enriched you. Save these letters in a special journal or album to give to your children when they become parents themselves.

Don't forget to tell Mom how much you love her, that will mean more than anything.

to Use With Your Kids Everyday



You can use these everyday phrases to instill confidence, self-respect, and thoughtfulness in your children.

1. **Thank you.** It's important to acknowledge your child's efforts to help you or others.
2. **Tell me more.** Words like these show your child that you are listening and that you would like to hear more about what's on her mind. "Tell me more" encourages conversation without passing judgment or giving immediate advice – two responses that discourage further communication from your child.
3. **You can do it.** Your expression of confidence in your child's ability to do many things without your help is important. As your child grows older, there will be many times when your encouragement will mean the difference between his giving up on a challenging task or seeing it through.
4. **How can I help?** Let your child know you are willing and available to help her accomplish a particular task that may be difficult for her to manage on her own. You might say: "I think you can read that story by yourself now. Let me know if you need help with a new word." As your child takes on projects in school, encourage her to think of specific steps that are necessary to complete a project. You both can decide which tasks your child can handle on her own and which ones she'll need help with.
5. **Let's all pitch in.** A child is never too young to learn that cooperation and team effort make many jobs easier and speedier – and often more fun!. Family activities and group chores can develop into pleasant rituals that enrich a child's life and create fond memories.
6. **How about a hug?** Don't just tell your child you love him – show him. Research indicates that young children deprived of physical touch and displays of affection often fail to thrive. As children grow older, they vary in the ways they like us to show affection. Some love to be cuddled, while others prefer a quick hug or pat on the shoulder. It's important to be aware of what your child enjoys most at a particular age.
7. **Please.** After all these years, "please" is still a classic. When you ask a favor of anyone – including children – this "magic word" acknowledges that you are asking for a behavior that will help you and/or make you happy. (P.S.: Don't forget to say "thank you" when the job is done.)
8. **Good job!** Good for you. Self-respect and self-confidence grow when your child's efforts and performance are rewarded. Whenever possible, give your child lots of praise. Be sure your praise is honest and specific. Focus on your child's efforts and progress, and help her identify her strengths.
9. **It's time to...** "It's time to get ready for bed," or "do homework," or "turn off the TV." Young children need structure in their daily lives to provide a measure of security in an often insecure world. It is up to you as a parent to establish and maintain a workable schedule of activities, always remembering that children benefit from regular meal-times and bedtimes.
10. **I love you.** Everyone needs love and affection and a feeling of acceptance and belonging. We can't assume that children know and understand our love for them unless we tell them. Letting your child know that you love him (and showing him with countless hugs) is important not only in toddlerhood, but also as he gets older.

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We would like to wish a Special

HAPPY BIRTHDAY

to all of our Family and Friends who have Birthdays this month!

Jacob Powell 5/3

Denise Cano 5/3

Hilario Cruz 5/5

Jackie Morales 5/7

Jalelyn Moreno 5/11

Gracia Comacho 5/13

Courtney Bridges 5/16

Delilah Aquilar 5/18

Roxanna Betancourt 5/18

Eunice Albarran 5/18

Jasmine Smith 5/19

Caleb Saucedo 5/22

Shyla Collier 5/23

Trac Tlem 5/25

Nick Jacott 5/30



If we missed your Birthday we are sorry! It just means we don't have it! Please contact us to give us that information!

In the Kitchen: Mother's Day Meals

Breakfast: Applesauce Pancakes

Ingredients

- 2 cups dry pancake mix
- 1 teaspoon ground cinnamon
 - 2 eggs
 - 1 cup applesauce
 - 1 teaspoon lemon juice
 - 1/2 cup milk

Cooking Instructions:

1. In a large bowl, stir together pancake mix and cinnamon. Make a well in the center of the pancake mix. Add the eggs, applesauce, lemon juice and milk; stir until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Prep Time: 10 min **Ready In:** 20 min **Servings :** 4

Lunch: Triple Decker Peanut Butter and Jelly Sandwich

Ingredients:

- 3 Slices of Bread
- 2 Tbsp fruit preserves (jelly), any flavor
- 2 Tbsp Peanut Butter

Cooking Instructions:

1. Toast 1 bread slice, allow to cool. Spread one side of each of the two remaining slices with preserves. Spread both sides of the toasted slice with peanut butter. Form a sandwich with the toasted slice in the center.

Prep Time: 10 min **Ready In:** 10 min **Servings:** 1



Dinner: Chicken Parmesan

- 1 jar (26 oz) spaghetti sauce
- 6 Tbsp. Grated Parmesan Cheese, divided
- 6 small boneless skinless chicken breast halves (1 1/2 lb.)
- 1 1/2 cups Shredded Mozzarella Cheese

Cooking Instructions:

1. HEAT oven to 375°F. Pour sauce into 13x9-inch baking dish. Stir in 1/4 cup (4 Tbsp.) Parmesan. Add chicken; turn to coat both sides with sauce. Cover with foil.
2. BAKE 30 min. Uncovered
3. TOP with remaining cheeses; bake 5 min. or until chicken is done (165°F) and cheese is melted.

Prep Time: 5 min **Ready In:** 40 min **Servings:** 6

As a special treat for Mom, here are 3 easy recipes for Mother's Day Meals!



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Safe children. Strong families.

A Subsidiary of CPLC

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Fax: 602-248-0496



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

May 1, Shady Sun Visor, May 8, Mother's
Day jewelry Holders; May 15, Mini Mega-
phone; May 22, Tear-Art Tambourine;
May 29, Let's Play Tic-Tac-Toe

Arizona Highways Travel Show

Phoenix Convention Center

May 22 & 23 10:00 am—5:00 pm

The place to learn about events attrac-
tions and amenities that this state has to
offer.

Watermill Express toddler Water Day...Splish, Splash, Tropical Bash!

Friday May, 14, 10 a.m. –12 p.m.

Sahuaro Ranch Park

FREE ADMISSION!!! Join us for a
morning of fun water activities! Children
should be dressed to get wet! Children
must be accompanied by an adult or
guardian and are required to wear shoes
or sandals! Don't forget the SUN-
SCREEN! Snacks and refreshments will be
available for purchase.

Phoenix Children's Developmental Plyagroups

Northwest Regional Library

16089 N Bullard Ave, Surprise,
85374

Every Thursday, 10-11 am

Registration Required, first 25 only. Call Pam to register, 602-652-3406

Phoenix Children's developmental play-
groups are for parents and caregivers of
children ages birth to five years of age.
These groups promote appropriate devel-
opmental skills, socialization, and self-
expression in a safe, comfortable environ-
ment .

Cinco De Mayo Party

Peoria Community Center

8335 W. Jefferson

9:30 am—12:30 pm, May 5th

Join us for a celebration of Cinco de
Mayo, presented by the Peoria Senior
Adult Program. We'll have refreshments
and door prizes. Lindo y Querido Ballet
Folklorico will dance traditional Mexican
dances, and Ritmo Dos will perform latin
music. A taco salad lunch follows with ice
cream and cinnamon tortilla crisps for
desert. Event is free, lunch costs \$3.00.
Call 623-979-3911 for lunch reservations.