



Creating Special Moments During the Holidays

As adults we are often very busy, and sometimes even a little stressed out, during the holidays. Here are some ideas to help us slow down and enjoy the wonder of the season through our children's eyes:

Take a nature walk with your child, and bring along some hot chocolate to enjoy together.

Create holiday art together- snip snowflakes, paint snowmen, or create other small crafts

Take your child sledding or build a snowman together.

Take your child to the library to read and borrow holiday books or books about winter.

Bake a delicious holiday treat together, letting your child help as much as possible. (See Baked Apple recipe to the right)

Involve your child in selecting or making gifts for others, or writing holiday cards.

Snuggle under a blanket and watch a holiday movie together- Let your child pick, and don't forget the popcorn!

Ask your child what they love about the holidays. What are their favorite traditions? What are their beliefs and understandings about the holidays you celebrate?

Tell your child about your favorite holiday memories when you were a young child. Show them photos too!

Happy Holidays!

Parent Page Editor: Vera Ananda, littlebugfun@gmail.com

Delicious Baked Apples

Serves 6, 15 min prep, ~55 min bake

Ingredients

- 3 firm apples
- 1 stick butter, melted
- 3/4 cup flour
- 3/4 cup old-fashioned rolled oats
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 1/8 teaspoon salt
- Vanilla ice cream (for serving)

Directions

- 1) Preheat the oven to 375° F. Grease a casserole dish.
- 2) Halve the apples and use a spoon to scoop out the core, seeds, and stem. Arrange the apple halves in the baking dish with the flesh facing up.
- 3) Combine melted butter, flour, oats, brown sugar, cinnamon, and salt in a bowl.
- 4) Spoon the oat mixture evenly into the apples, pressing gently.
- 5) Cover with aluminum foil and bake 25 min. Remove foil, and bake an additional 20-30 min., until apples are soft and the topping has browned.
- 6) Serve with a scoop of vanilla ice cream

