



Fresh Summer Trifle

Serves 10, 25 min. prep

Ingredients:

- 1 pound cake, thawed & cubed
- 1 can mandarin oranges
- 1 c. strawberries, chopped
- 1c. grapes
- 1 banana, sliced
- 1 c. blueberries
- 1 pkg. instant vanilla pudding mix
- 2 c. milk

Whipped cream

Directions

In a large mixing bowl layer one half of each of the following ingredients: pound cake cubes, mandarin oranges, strawberries, grapes, banana, blueberries. Mix the pudding mix and milk according to the directions on the package. Pour one half of the pudding onto the layered cake and fruit. Now sprinkle a layer of the remaining half of the pound cake and half of the fruits as before. Pour the remaining half of the pudding mix on top. Refrigerate 1 hr. Serve scoops with a large spoon, and top with whipped cream. YUM!



Happy Father's Day!
June 18



Peekaboo! Baby Games That Teach

You might be surprised at how much babies learn from the simple games we play with them. As they watch our every move, laugh, and play along with us, their brains are growing by leaps and bounds!

The Game	The Things Our Babies Learn
Nursery Rhymes	When we sing or chant nursery rhymes with our babies, they are learning vocal tones and language sounds - even if they cannot yet join in singing along with us. When we make gestures or dance with our babies during nursery rhymes, we show babies nonverbal communication skills and motor skills too.
Block Towers	By building up blocks and letting our babies knock them down, we help them understand cause and effect . When babies copy and begin to stack blocks themselves, they are developing fine motor skills which will eventually help them self-feed, and even help them to write one day.
Peekaboo	Peekaboo teaches babies that objects and people still exist even when they are out of sight (object permanence .) It also helps babies with the fear of being apart from their parents (separation anxiety .) There are so many versions to this game! Babies especially love when they can lift a hat or towel to "find" you.
Pots & Pans	Babies learn to control their hands and bodies by knocking on pots and pans with a spoon (fine and gross motor skills .) We can also help them develop problem-solving and the concept of object permanence by hiding spoons or cups under the pots.
Bath Play	Even the tiniest babies learn so much by using their senses at bath time: Try pouring warm water on one arm, and then the other to activate both hemispheres of baby's brain. Show baby toys that float in order to activate their depth perception .