

Parent
Page
November
2016



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Nominate
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For JCCCA
Provider Of The
Month!!!
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Truly Thankful: 5 Tips To Teach Kids Real Gratitude

1. Make do with less ~ When kids (and grownups) come to expect star treatment — such as getting chauffeured around town, being constantly entertained and fed their favorites in every lunchbox — they take it for granted. The cure? Pick something to “do without” for a week, or a month. For instance, try eliminating take-out or restaurant meals, shutting off non-essential screens for a week or biking instead of driving to destinations less than two miles away. These inconveniences might not always be comfortable, but they’ll help the whole family appreciate how good they have it.

2. Develop a silver-lining mindset. ~ Let’s face it: most of our troubles are first-world ones. (“Oh no! My jeggings are in the wash so I’ll have to wear skinny jeans instead!”) Our kids need to know that even when they face difficulties, they still have it pretty good. Next time your child complains, turn her grumble into gratitude by modeling how to find the silver linings in difficult situations. If you have to wait in a long line at the grocery store, say “At least we were able to get everything we needed for the week and won’t have to do this again for a while.” If the game is rained out, say “At least we have a nice warm house to come home to.” Don’t kill the lesson by being preachy, but instead recognize that virtually every setback has some kind of silver lining to be grateful for. Your job is to simply help your kids find it.

3. Schedule service. ~ We all intend to stock the community food pantry, teach underprivileged kids to read and play board games with our nursing-home neighbors, but regular life quickly takes over. If, however, we want our kids to get a better grasp on just how privileged they really are, we need to make family service a priority. Establish a family goal for one or two service events per month throughout the year — not just at the holidays. Brainstorm with the kids about how and where you’ll offer your time and talents. Not only will the people we serve benefit, but our kids will put their own blessings in perspective and find joy from things that don’t require batteries.

4. Give thanks — out loud. ~ If we expect our kids to take on an attitude of gratitude, we need to step it up ourselves. That means generously handing out sincere thanks, to everyone from the grocery bagger to the neighbor who let you know your ivy has crept into her yard. Take your appreciation to the next level by calling out specifics, such as, “I really appreciate how careful you were with the produce you bagged for me!” Make a habit of showing random acts of gratitude to those who serve you, expressing verbal thankfulness for positive events in your life and thanking your family members for their thoughtful acts — or even just for hanging up their towels. When your kids see how gratitude works and how nice it is to hear, they’ll be more likely to follow suit.

5. Be routinely grateful. ~ Research consistently shows that people who are grateful are happiest. Bring this truth to your dinner table, bedtime routine or another time of day by creating a simple gratitude ritual with your kids. Take time to say *out loud* three things you’re thankful for. Or, make a gratitude jar and fill it with notes about who and what you appreciate. For older kids, encourage them to take smart phone photos throughout the week of things they’re grateful for and share them at Sunday dinner. We live in a culture of plenty, which makes it all the more important to make gratitude a consistent part of our daily routine.

A little gratitude will go a long way this holiday season toward creating contentedness and jollier family gatherings. Foster this spirit in your kids and they will be happier for it. Maybe one day they’ll even thank you.

4 Ingredient Pumpkin Muffins

1 15 oz. can of pumpkin
1 cup mini chocolate chips

1 box cake mix (any kind- I used yellow)
coconut flakes

Preheat oven to 350 degrees and spray muffin tin with cooking spray. Mix pumpkin, cake mix, and chocolate chips all together at once in a large mixing bowl. Do not over mix. Use a large cookie scoop and distribute dough into muffin tins. Bake for 20-25 minutes. Remove from oven and top with coconut. You can add coconut before cooking if you prefer it toasted, but I wanted mine to be soft and white.

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Tips on Organizing Children's Toys

- Get down on the floor and look at space from a child's view. You want them to know how to put their toys away easily.
- Involve the child, use this as a teachable activity.
- Put puzzle pieces in zip bags with either clear or mesh front, so that you can see what is in the box.
- Label shelves and containers with the item and a picture. Easier for little ones to clean up.
- Over the door shoe holder is a great way to organize toys, craft supplies and dolls.
- Plastic Boxes with lids from Dollar Store are a great way to store Legos, you can see in the bottom. For older children you can even sort by colors.
- Sort, Store and Simplify! Sort through the child's toys and clothes, store the things they do not use and simplify the amount of toys. If they no longer play with toys and books, put them in storage so that they have more space.
- Magnetic Knife Strips are a great way to store matchbox cars.
- Have a shelf just for books and have children always put them up.
- Have a large storage container for children's artwork, so that you can save it. It often gets lost in the shuffle if you do not put it away.
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Sweet Potato Balls Recipe

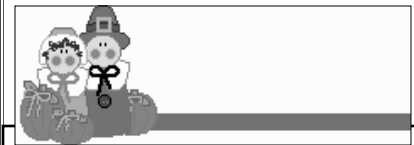
Great Recipe to include children!!!

Ingredients

- 2 cups mashed sweet potatoes
- 12 large marshmallows
- 3/4 cup finely crushed cornflakes
- 1/2 cup packed brown sugar
- 1/4 cup butter
- 2 tablespoons milk

Directions

1. Mold a spoonful of the sweet potatoes around each marshmallow; roll in cornflake crumbs. Place in a greased shallow 1-1/2-qt. baking dish.
2. In a saucepan, bring brown sugar, butter and milk to a boil; pour over the balls. Bake, uncovered, at 350° for 15 minutes. Yield: 1 dozen.



Hello Mr. Turkey

Author Unknown

Sung to: "If You're Happy and You Know It"

Hello, Mr. Turkey how are you?
Hello, Mr. Turkey, how are you?
His feet go wobble, wobble



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