

PARENTING TIPS

Strategies to Prevent or Reduce Tantrums

Provide Choices:

1. Give toddlers some control to reduce power struggles (e.g., "Do you want to wear the blue shirt or the red one?").

2. Understand Triggers:

Identify if tantrums happen when they are tired, hungry, or frustrated.

3. Use Distraction:

If you feel a tantrum starting, redirect their attention immediately.

4. Establish Routines:

Consistent schedules help children feel secure and reduce frustration.

5. Teach Emotional Vocabulary: Help them label their feelings, like "angry" or "disappointed," when they are calm.

Website: KidsHealth

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FUN IN THE KITCHEN

RAINBOW BANANA POPS



Ingredients:

Bananas
Greek Vanilla Yogurt
Sprinkles/Crushed Fruit loop cereal
Popsicle Sticks



Instructions:

Dip Bananas in Greek yogurt. Then roll in sprinkles . Enjoy!

POT OF GOLD PLAY DOUGH

Ingredients:

1 cup of flour
1/4 cup of salt
2 tbsp cream of tarter
1 cup of water
1 tbsp vegetable oil
1 tsp of mint extract
drops of green food coloring/ gold sparkles

Directions:

Mix flour, salt and cream of tarter in pot. Add water, oil and food coloring, sparkles and mint. Cook over medium heat til it forms like a "glob. When dough form a ball , knead on floured surfaced.



HEALTHY SHAMROCK SHAKES

Ingredients:

1 cup of spinach
1 cup of milk
1/2 cup of vanilla Greek Yogurt
1 frozen banana
1/2 tsp of vanilla extract
1/2 tsp of mint extract
4 ice cubes



Instructions:

Put all ingredients into blender in order listed. Blend till smooth and enjoy!

website: cupcakes&kalechips

Picky Eater Tip:

Did you know it takes 10 times or more for a child's taste buds accept new food.

website: healthychildren.org

