



# Bradford Tioga Head Start Inc.

## Cooking With Children

One of the best ways to teach children about nutrition is to let them help with meal preparation and cooking. Children often are eager to eat foods they have prepared.

Cooking together:

- Enables a child to act like an adult. Cooking with adults boosts a child's self-esteem.
- Allows stirring, beating and rolling items in a recipe, which uses a child's small muscles.
- Increases a child's sense of texture, taste and smell.
- Expands a child's vocabulary when you discuss words such as salty, smooth and lumpy.
- Teaches science as hard potatoes become soft, cheese melts and dough becomes a cookie.
- Teaches social skills, such as learning to get along with others, sharing, following directions and patience.



There are two ways to cook with children. You can give children a task that contributes to making a finished product everyone will eat. Or, each child can make and eat his own product.

For successful cooking projects:

- Select recipes at the level of your child's development. Let your child help look for recipes, plan a menu and make a grocery list. Then take your child to the grocery store to buy ingredients.
- Watch children constantly, but keep your participation to a minimum.
- Insist upon good health and safety habits, such as wash hands and don't sneeze or cough on food.
- Insist children help with cleanup.

Children's cookbooks are available in a public library. Look for:

- *The Fun of Cooking* by Jill Kremetz
- *Betty Crocker's Kids Cook* by General Mills, Inc.
- *Pretend Soup (and other real recipes)* by Mollie Katzen and Ann Henderson
- *The Kid's Cookbook* by Williams-Sonoma
- *The Mix-It-Up Cookbook* by Pleasant Co. Publications
- *Fun with Asian Food, A Kids Cookbook* by Sanmugam and den Ouden
- *Honest Pretzels & 64 Other Amazing Recipes* by Mollie Katzen
- *365 Foods Kids Love to Eat* by Sheila Ellison and Judith Gray

## Corn Muffin Surprise



Children love to help make muffins, especially when there is a surprise inside.

What You Need:

- 1 cup cornmeal
- 1 cup flour
- 1 teaspoon baking soda
- 1 cup shredded lowfat cheddar cheese
- 1/3 cup margarine (room temperature)
- 1/2 cup 1 percent milk
- 2 eggs, beaten
- 2 tablespoons sugar
- Any flavor jam

How To Fix:

1. Grease muffin pans.
2. In large bowl, mix all ingredients except the jam. Mix just until dry ingredients are wet, batter will be lumpy.
3. Fill greased muffin tins 1/2 full with batter. Add 1/2 teaspoon jam. Add more batter until 3/4 full.
4. Bake 30 minutes at 350° F, until toothpick comes out clean. Cool on wire rack. Makes 12 muffins. (188 calories and 9 grams fat per muffin)

## Breastfeeding Your 3- to 6-Month-Old Baby

Three- to six-month-old babies have become more efficient at breastfeeding, so each feeding takes less time. They also don't need to burp as much as in earlier months. Between five to six months of age, babies will begin to reach for food on an adult plate.

If you are breastfeeding a three- to six-month-old baby, you are getting to know your baby even better and learning more of her feeding cues.

Your baby will smile, "talk" and watch your reaction. She will eagerly wait for your response; your response tells her she is loved. Be sure to smile, "talk" back and gaze into baby's eyes.

Your body should be almost fully healed and recovered from delivery. You might also notice that your breast size has gone down, but this doesn't mean your body is making less milk.

## Shaken Baby Syndrome

Physical abuse is a leading cause of serious head injury in infants. Shaken baby syndrome is caused by violent shaking. Shaken baby syndrome most often involves children younger than the age of two. Visible injuries are often absent.



brain damage and bleeding on the surface of the brain. Shaken baby syndrome can even happen to three- and four-year-olds.

Never shake an infant or child under the age of two. Always provide support for a baby's head. Learn what to do when a baby won't stop crying. Put baby in a safe place and leave the room for a few minutes. Scrub a floor, call a friend, exercise or play music.

Shaken baby syndrome can occur when a parent, caretaker or other adult becomes frustrated and angry with a child. Infants have very weak neck muscles to control their heavy heads.

Violent shaking can cause spinal injury, blindness, seizures, retardation and broken bones. Shaking can cause

Call a hospital right away if you suspect shaken infant syndrome has occurred, either on purpose or accidentally. Bleeding inside the brain can often be treated.

## Infant Smiles

Most infants start to smile during the first month. The first smiles occur during sleep. Around the age of three to five weeks, an infant will start to smile back at you. During the second month when you smile at your baby and he smiles back, it sends a message that he is important and valued. Smiling becomes a way to communicate with each other.

Ways to help your baby smile:

- Try on a hat.
- Play patty cake.
- Nibble on baby's toes.
- Play peek-a-boo.
- Tickle baby's tummy.



## Fighting

Some fighting among brothers and sisters is normal. Fighting helps children learn how to get along with each other. If there is a chance a child will become injured, there is a fist fight or one child is a lot bigger than the other, adults must step in. Avoid taking sides. Help children solve the problem by themselves through compromise and negotiation—not fists.

Toddlers don't have the skills to resolve conflicts. They often don't think before they act. Fighting is often more physical when children are younger.

To help resolve fights:

- Put fighters in different rooms to give them time to cool off.
- Try to find out when most fights occur. For some families the worst time for fights is just before dinner when children are tired and hungry. To avoid dinner fights, plan a quiet game, eat earlier or ask one child to help you prepare dinner.
- Give children a chance to talk about their feelings. A moment of your time can prevent many fights.
- Set a good example. If children see adults fight nasty, or if parents pick on their children, they will be more likely to fight nasty too.

It's easier to prevent fights than to settle them. Set and enforce a few rules. No name-calling, biting or playing with someone else's toy without asking. Make the rules clear to all your children and enforce them consistently.