



The Art of Negotiating with Kids!

You say, "It's time for snack." or "It's time to wash your hands." or "It's time to take a nap." But the child says, "Five more minutes." You are tired of saying "No" and tired of fighting. So, what do you do? Give in? Blow up? Or — negotiate?

Life with kids often involves negotiation, whether we like it or not. Negotiation can serve as an important learning experience for kids as it can teach them how to deal with conflicts constructively and how to work with others. However, negotiating with kids is often a challenging process. Here are some tips to help.

- **Start an agreement, not an argument.** Phrase your requests so that your child can say "Yes." He will listen more readily if you pitch your idea in a way that appeals to his need for control and independence. If you say, "Would you like to set out the plates or the spoons?" you are more likely to get cooperation than if you say, "Set the table NOW!"
- **Get your child involved.** If it's getting near naptime, you might say, "How many minutes do you think you should have to finish this project and get to nap on time?"
- **Explain your point of view.** You could say, "We have to leave the playground because I have to make dinner." Once you explain what's on your mind, remain open to any response.
- **Know that negotiation doesn't mean giving in.** When you negotiate to buy a new car, you're not giving in - you're bargaining. Keep in mind that negotiating is not about winning and losing.
- **Negotiate issues in age-appropriate ways.** If a school-age child doesn't like peas, you might ask, "What vegetable would you like instead?" If a preschooler is not interested in eating at all, instead of arguing, you might consider playfully cutting a sandwich into interesting shapes to make it more appealing.
- **Let the child win sometimes.** Pick your battles wisely and remember that changing your mind does not mean you are losing. You might say, "OK, I agree with you. But let's make a deal that next time you will listen to me before blowing up."

Remember, you have final say. You don't have to reach consensus in any negotiation. Sometimes, somebody just has to make a decision. "It's perfectly OK for parents/caregivers to make the final decision, as long as they have heard their children's point of view and tried to be fair," says Scott Brown, author of *How to Negotiate With Kids Even When You Think You Shouldn't*. "Children will come to respect that; they may not like it, but they will come to realize that it's fair."

Source: <http://www.pbs.org/parents/talkingwithkids/negotiate.html>

Program Reminders/ Updates

Providers own eligibility: Do you have your own child/ren and/or foster children in your daycare? If so, it is time to renew your eligibility (even if you just recently filled one out). Please be sure to return a completed Meal Benefit Form to our office as soon as possible. If you did not receive a Meal Benefit Form packet, please contact your consultant.

Mandatory Annual Training: This year's annual training is almost done. If you have not participated, contact your consultant to sign-up for final workshop on September 15th or to complete it online (deadline is August 31st). If you miss the online deadline you will be asked to attend the September 15th in person training. Please note that not completing the annual training will lead to Serious Deficiency.

School Calendars: New school year = new school calendar. If you want to claim a child for lunch on their minimum days please be sure to submit a copy of their school calendar showing minimum days. Keep a copy on-hand at home. You are required to have this document to be reimbursed.

Menu Ideas – Meatless Mondays

Breakfast

Total cereal	WW Pancakes	Wheaties cereal	Rice Pudding HM	Tortilla wrap
Peaches	Raspberries	Pineapple	Blackberries	Tomato & potato
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Lunch or Dinner

Mozz. & Cottage Cheese	Ground turkey	Grilled fish	Black beans	Chicken strips HM
Luigi's Lasagna	WW Burger bun	Brown rice	English muff. pizza	Quinoa
Zucchini & Broccoli	Bell pepper & lettuce	Spinach salad	Lettuce & tomato	Baked sweet potato
Plums	Watermelon	Kiwi	Blueberries	Bananas
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Snack Am or Pm

Cheddar Cheese slices	Hummus	Peanut Butter	Yogurt	Rice cakes
Pinneapple	Carrots	Celery	Peaches	Honeydew melon

** Luigi's Lasagna **



Ingredients:

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| 12 whole grain lagna noodles | ¾ Tbsp. veg. oil |
| ¾ Cup Zucchini, sliced | ¼ cup Onion, chopped |
| ¼ cup mushrooms, sliced | ¾ Tbsp. dried parsley |
| 1 Cup Tomatoes, canned | 1 Cup broccoli, frozen |
| 3 cups Cottage cheese, lowfat, drained | |
| ¾ Cup Mozzarella Cheese, grated | |

Instructions:

1. Cook Lasagna noodle as directed
2. Heat vegetable oil. Add zucchini, mushrooms and onions. Sautee for 3 min. Remove from heat. Set aside.
3. Cook broccoli as directed. Set aside.
4. Combine cottage cheese and parsley.
5. Spread vegetable on bottom of 9x9x2 pan. Follow with a layer of noodles, a layer of cottage cheese, another layer of vegetables, and a layer of mozzarella.
6. Repeat for the second layer.
7. The third layer is the last of the lasagna noodles and a can of tomatoes.
8. Cover with foil and bake at 375 °F for 25 min.

Yield: 12 servings for 3-5 year olds

Meets requirement: grain/bread, 1 fruit/vegetable, and meat/meat alternate at lunch or dinner.

Activity Corner – Puppet Theater

Materials: A rectangular cardboard box, around (W) 55cm x (L) 35cm x (D) 20cm, or an old entertainment center. Paint to create a puppet theater façade, fabric to use as curtains, and imagination.

With a variety of puppets to make, the puppet theatre can introduce children to the possibilities offered by clay, papier-mâché, paper cutting, sewing, and other crafts.

The shows will need decorations, and children can paint them. You can keep the theatre props as simple as you want, but you can also make them as elaborate as a royal family would.



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