



*Wishing you a beautiful holiday and
a New Year of peace and happiness.*

Teaching children to be grateful! Gratitude is one of the trickiest concepts to teach toddlers and preschoolers -- who are by nature self-centered -- but one of the most important. Sure, thankful children are more polite and pleasant to be around, but there's more to it than that. By learning gratitude, they become sensitive to the feelings of others, developing empathy and other life skills along the way.

When Do Kids Get It? Toddlers are by definition completely egocentric. Still, children as young as 15 to 18 months can begin to grasp concepts that lead to gratitude. toddlers comprehend that they are separate human beings from their parents, and that Mom and Dad often perform actions to make them happy (from playing peekaboo to handing out cookies) -- even if kids that age can't articulate their appreciation.

By age 2 or 3, children can talk about being thankful for specific objects, pets, and people. By age 4, children can understand being thankful not only for material things like toys but for acts of kindness, love, and caring.

How to Teach It?

- **Work gratitude into your daily conversation.** One easy way to do that is to make saying what good things happened today part of the mealtime conversation.
- **Have kids help.** By participating in simple household chores like feeding the dog or stacking dirty dishes on the counter, kids realize that all these things take effort.
- **Find a goodwill project.** Figure out some way he can actively participate in helping someone else, even if it's as simple as making cupcakes for a sick neighbor. Then talk about how happy it will make that person.
- **Encourage generosity.**
- **Insist on thank-you notes.**
- **Practice saying no.** Of course kids ask for toys, video games, and candy -- sometimes on an hourly basis. It's difficult, if not impossible, to feel grateful when your every whim is granted. Saying no can make saying yes much sweeter.
- **Be patient.** You can't expect gratitude to develop overnight -- it requires weeks, months, even years of reinforcement.



Source: <http://www.parents.com/toddlers-preschoolers/development/behavioral/teaching-children-to-be-grateful/>

Program Reminders/ Updates

Closures for CACFP:

- Our office will be closed to the public 12/19/16-1/2/17. Please note we may be conducting visits during those dates.

Claiming Holidays:

- Are you going away? If you will be gone from your home during your normal business hours, remember to call/email your program consultant and let us know in advance.
- Are you claiming holidays? If you plan to claim on a Federal Holiday send us a note with the days you plan to operate (Federal Holidays CACFP Reimburses: 1/16/17, 2/20/17, 5/29/17, 9/4/17). Remember, if we come to visit you on a holiday that you have stated you would claim and you are closed without notifying us in advance, you will no longer be able to claim holidays.
- Planning on changing your meal times? You must notify your consultant ahead of time.

Menu Ideas – Meatless Mondays

Breakfast

Whole Grain cereal	English muffin	HM cranberry bread	Whole wheat Bagel	Cream of wheat
Blueberries	Avocado	Banana	Kiwi	Persimmons
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Lunch or Dinner

<u>White bean & spinach</u>	Beef Bolognese	Lemon herb Chicken	Mozzarella chz. sticks	Eggs
Corn bread	Pasta	WW bread sticks	Pesto pasta	WW Quiche crust
Broccoli	Roasted Cauliflower	Spaghetti squash	Glazed carrots	HM Potato leek soup
Apples	Spinach salad	Roasted beats	Fruit salad	Oranges
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Snack Am or Pm

Granola	Sweet potato hummus	Yogurt	WW tortilla & PB	WG Graham Crackers
Banana	WW crackers	Apple slices	Banana	Yogurt

** White Bean & Spinach Stew **



Ingredients:

- 1 cup (8 oz) of celery, diced 2 Tbsp vegetable oil
- 1 cup (9 oz) onion, diced 1 tsp garlic powder
- ½ tsp. salt 2 tsp. lemon juice
- ½ tsp. (~ 2-3 oz) lightly packed baby spinach, chopped*
(substitute with ½ - ¾ cup of frozen spinach)

2 cups (16 oz) broth, chicken or vegetable (use 3 cups of broth if you prefer a more soup-like consistency)

2, 15 oz cans (~3 cups) great northern beans, rinsed and drained

Instructions:

1. Heat oil in large soup pot over medium low heat. Add celery and onions and cook for about 7 minutes, until soft. Add garlic and thyme and cook for 1 minute. Add chopped spinach and cook for 2 minutes.
2. Add broth, white beans and salt. Reduce heat to medium and simmer for 5 minutes.
3. Mix in lemon juice. Add additional broth to adjust consistency, if desired. Cover and cook over medium heat for 10 minutes.

Makes: 6 cups

Source: *Rainbow tummy*

Activity Corner

Quiet time boxes: Does every child in your daycare still take a nap? If so, that is awesome! I hope you are blessed with many more days like that. However, as you know some kids nap less than others and the last thing you want is for them to wake up another child. While you may have them stay on their cot, some kids are just too restless to keep doing that. Perhaps **Quiet Time boxes** will help.

Materials: 5 clear storage boxes and 4-6 items that the child can play with independently inside each box. These are items that are special and are only played with during quiet box time. After a while, switch out the items.



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