



## Provider Appreciation Day May 8th, 2020

All year long child care providers give to children and families from their heart. This is a day to give a special “thank you” to providers for their dedication to this profession.



### Farmer Fran's Fun Facts



- Believed to be native to Asia, wild raspberries have been eaten since prehistoric times.
- Berries have been used in some cultures for making a natural dye, since berries contain juices that can easily stain.
- There are four colors of raspberries: gold, black, purple and red.
- Blueberries are the second most popular berry among Americans after strawberries.
- Choose fresh blueberries that are plump and have a solid, dark blue color. Choose fresh raspberries that are bright and evenly colored. Select fresh blackberries that are dry and shiny, without any green or red colors. Store in an airtight container in the refrigerator to keep fresh. Wash berries just before serving.
- Add berries to cereal for added fiber and flavor. Mash berries to make a fresh jam, use to top pancakes or low-fat yogurt. Toss raspberries or strawberries into a green salad. Keep a bag of mixed berries in the freezer for smoothies.
- Berries are a good source of vitamin C, fiber and phytochemicals which promote immunity.

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# 10 Ways for Children to Learn & Grow in the Garden

**WHEN CHILDREN GARDEN, THEY LEARN.** Some might even argue that the garden is an ideal classroom. That's right, the backyard is a magical place for young children to learn and grow!

**1 Dig in the Dirt** – This simple sensory activity promotes learning and is lots of fun. By digging in the dirt, children discover many amazing creatures that live and thrive right under our feet. Holding a wiggling worm is an experience not to miss. Plus, all that digging will get the garden ready for planting.

**2 Plant Seeds** – This fine motor activity teaches children how plants get their start. It can also be a counting exercise. Extend the learning even further by giving them a ruler and asking them to evenly space the seeds along a row. As the children learn, you won't have to stoop over to get those seeds in the ground!

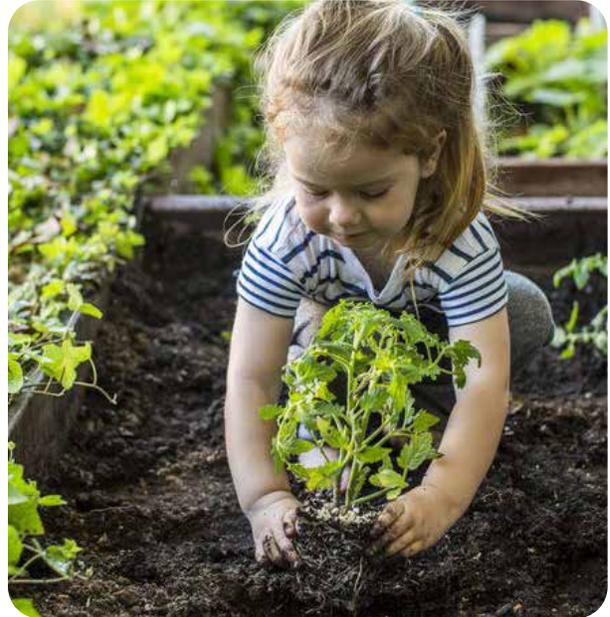
**3 Water** – This is undoubtedly many children's favorite chore in the garden. This gross motor activity isn't just fun, it also teaches them what plants need to grow and thrive. Include the importance of not overwatering or wasting this precious resource.

**4 Weed** – Pulling weeds doesn't have to be a grueling chore. It can be a learning experience. Children learn how to identify plants and distinguish between weeds and those that shouldn't be picked. Also, in pulling a weed they see a whole plant, roots and all.

**5 Track Growth** – Scientific observation and math skills come into play here. Children love to see how tall a flower has become or how many tomatoes are waiting on the vine.

**6 Identify Bugs** – This is another super fun one! Have children watch bees pollinate, butterflies visit and lady bugs snack on aphids in the garden. Speaking of aphids, teach them to identify pests and you've got a major helper.

**7 Harvest** – This one is another favorite. Whether it's popping blueberries straight into their mouth or



pulling carrots for lunch, harvesting gives children an understanding of where their food comes from. It also makes for a more adventurous eater!

**8 Save Seeds** – This is easier to do with some plants than others, but the exercise is a wonderful learning experience, even if the seeds don't yield the following season. Try plucking the seeds from a pepper or waiting for spinach to flower and go to seed.

**9 Compost** – Gathering kitchen scraps and fallen leaves and watching them turn into black gold is a great learning experience. Children learn the process of decomposition and recycling, as well as how to provide nutrients for the soil.

**10 Plan** – Even in the dead of winter there is gardening work to be done. Have children help plan for the next year. Browse seed catalogues, create markers and break out the crayons to draw up the spring plot.

Gardening with children is a fun learning opportunity, even if it's just a little herb garden on the window sill, there is so much to learn and grow.

— *Adapted from a blog post by Carla Wiking*

## KIDS' HEALTH &amp; SAFETY

## Dog Bite Prevention Tips

**EACH YEAR**, more than 4.5 million people in the U.S. are bitten by dogs and of the 800,000 Americans who receive medical attention for dog bites, at least half are children.

Children are the most common victims of dog bites and are far more likely to be severely injured, particularly in the head and neck areas. Most dog bites affecting young children occur during everyday activities and while interacting with familiar dogs, like the family dog or a dog well known to the family. Remember, as most dog bites involve familiar animals, prevention starts in your home.

### PREVENTING DOG BITES

Almost 1 in 5 people bitten by dogs require medical attention. For children, the injuries are more likely to be serious, since the majority of injuries occur to the head, face or neck. Parents should be aware of some simple steps that can prevent dog bites:

- Never leave small children and a dog alone together, no matter if it is the family dog, a dog that is known to you or a dog that you have been assured is well behaved. ***Any dog can bite.***
- Do not allow children to play aggressive games with a dog, such as tug-of-war or wrestling, as this can lead to bites.
- Teach children to ask a dog owner for permission before petting any dog.
- Let a dog sniff children before petting and stay away from the face or tail. Pet the dog gently and avoid eye contact.
- Never bother a dog that is sleeping, eating or caring for puppies. Dogs in these situations are more likely to respond aggressively, even with a familiar person.
- Teach children to move calmly and slowly around dogs.
- Teach children that if a dog is behaving in a threatening manner—for example, growling and barking—to remain calm, avoid eye contact with the dog and back away slowly.



- If knocked over by a dog, curl up in a ball and protect the eyes and face with arms and fists.

### TREATMENT FOR DOG BITES

If a dog bites a child, follow these steps:

- Request proof of rabies vaccination from the dog's owner, get the dog owner's name and contact information and ask for the name and telephone number of a veterinarian who is familiar with the dog's vaccination records and history.
- Immediately wash the wound with soap and water.
- Call your pediatrician because the bite could require antibiotics, a tetanus shot and/or rabies shots. The doctor can also help you report the incident to your local police department.
- If your child is severely bitten, call 9-1-1 or bring your child to an emergency department for treatment.
- Be prepared to tell the emergency department about your child's tetanus vaccination status, the dog's vaccine status or offer contact information for the dog's veterinarian and the dog's owner.
- Follow your pediatrician's instructions to ensure proper healing.

— *American Academy of Pediatrics*

## Mother's Day Breakfast Toasts

Top a slice of whole wheat toast with one of the following:

### Ricotta, Basil & Strawberry

- 1-2 Tbsp ricotta cheese
- 3 fresh basil leaves, sliced into strips
- 2-4 strawberries, sliced thin

### Refried Beans, Pico & A Sunny Side Up Egg

- 2 Tbsp refried beans
- 1 Tbsp fresh salsa
- 1 sunny side up egg

### Avocado with Feta & Pepitas

- 1/3 avocado, mashed
- 1 lemon wedge
- 2 tsp feta cheese
- 1 tsp pepitas (pumpkin seeds)

### Cottage Cheese, Cucumber, Tomato & Cracked Black Pepper

- 1/4 cup low fat cottage cheese
- 4-5 thin cucumber slices
- 2-3 thin tomato slices, cut into quarters
- Cracked black pepper (to taste)

— Adapted from American Institute of Cancer Research

## Warm Berry Sauce

- Strawberries, chopped ..... 1 cup
- Raspberries ..... 1 cup
- Blueberries ..... 3/4 cup
- Blackberries ..... 3/4 cup
- Lemon juice ..... 1 Tbsp
- Sugar ..... 2-4 Tbsp

1. In a large saucepan over medium heat, combine fruit and lemon juice; cook until berries begin to soften and become juicy, breaking up fruit gently as you stir occasionally, 3-5 minutes.
2. Stir in sugar; cook until sugar dissolves and sauce becomes glossy and starts to thicken, 2-3 minutes.
3. Let cool slightly before serving or cool to room temperature and store, covered, in the refrigerator for up to 3 days.

Yield: 4 (1/2 cup) servings

Meets requirement for fruit

## ACTIVITY CORNER

### Yoga Pose of the Month



### BUTTERFLY POSE

Flutter like a graceful butterfly in this hip stretch.

- 1 Sit up tall with your spine straight, head over heart, heart over pelvis.
- 2 Place the soles of the feet together, allowing knees to splay open toward the ground.
- 3 Hold the feet while slowly inhaling and exhaling, letting knees gently open further.
- 4 Begin to lightly flap legs up and down gradually, like the wings of a butterfly.
- 5 Return to stillness and take another long inhalation and exhalation.
- 6 For an added stretch, try leaning forward on an exhale while keeping the spine straight.

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**Food Q.** Did you hear about the carrot detective?  
**Funny A.** He got to the root of every case.