



Garden Gazette

Summer 2020

Upcoming Events:

REMINDERS

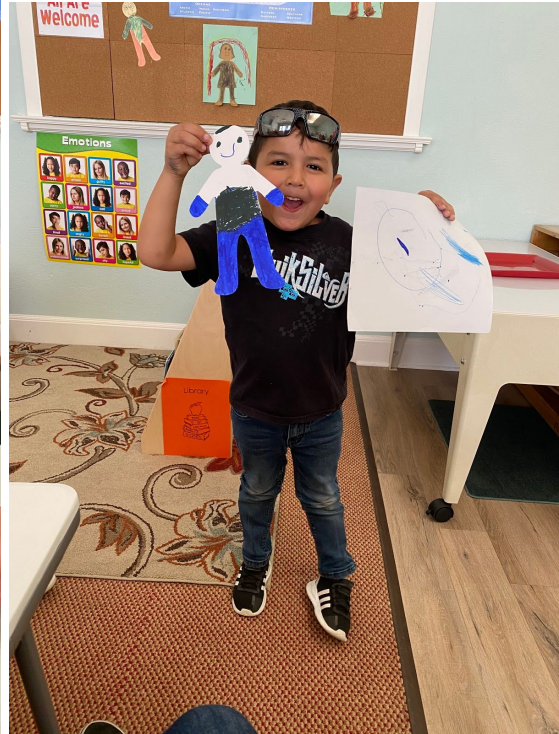
Please LABEL your child's nap blankets and stuffy with permanent marker or tape and marker. Take home your child's sheets and blanket on their last day of school each week, launder and bring back on Monday.

Also, please check HiMama everyday for fun activities and updates about your child all day long!

We are so happy to be back in the classroom and being able to connect with you and your children in person again! It really has been amazing to see how they've grown during the time away!

Even though there are more rules and restrictions in place, the students have been engaging in numerous fun and educational activities! Here is a little snippet of some of the fun we have been having!











How to Talk to Your Kids About Coronavirus



Author:
Deborah Farmer Kris

Earlier this week, I overheard my kids engaged in a round of “I heard” and “Did you know?” while they were getting ready for bed.

“I heard that Margaret’s dad has it,” said my six-year-old.

“Did you know that it’s the worst sickness ever?” added my eight-year-old.

Neither statement is accurate, but they were revealing: I had thought my initial conversations with my kids about COVID-19 had been good enough. But with adults, kids at school and the news all hyper-focused on this coronavirus outbreak, my reassuring voice needed to be a little louder.

A favorite Mister Rogers’ quote ran through my mind: “Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting and less scary.”

So before lights out, we talked. I asked what they had heard about the coronavirus. We got it all out — their questions, their “I hears” and their fears. The rest of the conversation had three themes.

First, I shared age-appropriate facts and corrected misinformation. Because my kids are young, I kept it simple. “You know what it’s like to have a cold or the flu — how sometimes you get a cough or have a fever? This is kind of like that. Most people who catch this sickness stay home, rest and get all better. And we have wonderful doctors and nurses who can help people when they need it.”

Second, I reassured them that they are safe, which is the most important message my kids can hear from me. I know that they take their emotional cues from my tone. “You don’t need to worry. Right now, lots of amazing grown ups are working hard to keep people healthy. Luckily, we already know a lot about how to keep healthy!”

Third, I emphasized simple things *our* family can do to be “germ busters” — for all types of germs that are out there! As Harvard’s Dr. Richard Weissbourd [once shared with me](#), kids and adults alike are “more distressed when we feel helpless and passive, and more comfortable when we are taking action.” The hygiene routines that slow the spread of the COVID-19 are the same habits that help keep us healthy all year round.

A few days after this conversation, my kids’ schools closed indefinitely — and so did sports practices, playdates and a host of routine outings. Like most of the nation, my family is staying home for a while, and this brought up new questions and worries for my kids. The three themes above still apply to all our follow-up conversations, but I have added a new dimension to what our family can do to be “germ busters:” We can practice social distancing.

Read more at:

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>



Teach Your Child About Germs and the Importance of Handwashing with Glitter!

Adapted from The Simple Parent Website

Materials:

- Glitter
- Paper Towels
- Hand Lotion
- Bucket (to catch glitter)

Procedure:

1. Ask: What is a germ? How big is it? Why is it important to wash your hands?
2. Put a small amount of hand lotion in your child's hands. Have them rub it all over their hands.
3. Sprinkle, over a bucket, a small amount of glitter into your child's hands. Have them rub their hands to spread the glitter evenly.
4. Next, have your child try to get the glitter off with a dry paper towel.
5. Then, have your child try to get the glitter off with plain, cold water. After that, have them use warm water, with soap, to get the glitter germs off.
6. Ask your child, "What does the glitter represent (Germs)? What happened when you tried to get it off with just paper towels? Cold water? Warm, soapy water? Why is it important to properly wash your hands?"

COLD BUSTER SMOOTHIE (AND POPSICLES) FOR TODDLER + KIDS!





Cold Buster Smoothie for Toddler + Kids

This Cold Buster Smoothie is loaded with vitamin C, natural electrolytes and probiotics that will boost the immune system, aid in digestion as well as provide extra hydration.

Ingredients

- 2 oranges, peeled and roughly chopped
- 1 banana
- 1/2 cup coconut water (see notes below)
- 1/4 cup pineapple, frozen
- 1/4 cup mango, frozen
- 1/4 cup plain greek yogurt
- 1-2 tbsp honey (optional)
- 1/4 cup ice

Instructions

1. In a blender, add in all of the ingredients and blend for 1-2 minutes until completely smooth and creamy.
2. For smoothie - pour into a cup and serve.
3. For popsicles - pour into popsicle molds and place in freezer for at least 4 hours to harden.

Notes

Age: 9 months and up (for babies under 1 year of age, omit the honey)

Yield: 2 large kid size smoothies

Notes on Coconut Water: feel free to omit the coconut water and use plain water or milk in it's place.

Popsicle Molds: I love these mini popsicles molds as I have found that they are the perfect size for young or sick kiddos.

Nutrition

Serving: 4small servings | Calories: 120kcal | Carbohydrates: 28.4g | Protein: 1.8g | Fat: 1g | Saturated Fat: 0.6g | Cholesterol: 1mg | Sodium: 6mg | Fiber: 6.6g | Sugar: 22.6g | Calcium: 55mg