



April 20 – April 24

Hello Families!

Welcome to April Vacation week! It looks like the weather is going to be an interesting mix of sun and rain but I hope you all get a chance to get out and enjoy your week.

If you have any health related questions or concerns please do not hesitate to email me.

Picky Eaters

Getting kids to eat healthy foods can be extremely frustrating on a good day. If you have a picky eater on top of that struggle it can make meal times very stressful for the entire family.

From color, to texture, to taste, to parental insistence, there are many different reasons why children become picky eaters. It's hard to put your finger on just one reason and you will drive yourself crazy trying to. Instead, try to slowly change the habit. It won't happen overnight but taking baby steps will improve your child's overall health.

Tips for Feeding a Picky Eater

- **Mix it up:** Mix new foods with foods you know your child likes.
- **Be silly:** Make funny faces with the foods on your child's plate. It might help your child get excited to eat it.
- **Me too:** Try eating the food first to show your child you like it. Then, let your child try it.
- **Choices:** Give your child a choice of different foods to try. Let your child decide which one to try today.
- **Try again:** Wait a couple of days before offering the food again. It can take more than 10 times before your child might like it.

Keep Moving!

Create your own obstacle course...

This could be done inside or outside of your home. Get creative and create your own course!

(think *hopping, balancing, hurdles, log roll, jumping*)

Use chalk, balls, jump ropes, cones, bicycles, couches, pets, siblings.....ANYTHING!

Nurse Courtney

Email: claporte@cabiautism.org

COVID-19 (The Coronavirus)

The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

Cloth face covering should.....

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

Remember....

- Cloth face coverings should be washed regularly depending on usage.
- Cloth face coverings can be washed in a standard washing machine.
- When removing cloth face coverings make sure to avoid touching your eyes, nose, and mouth with the exterior of the mask.
- Wash your hands immediately after removing your cloth face covering.



Healthy Food of the Week

Challenge your child to eat/try...

SWEET POTATOES!

Benefits of Sweet Potatoes:

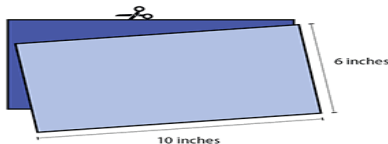
1. Great source of fiber, vitamins, and minerals.
2. Rich in antioxidants that protect your body from free radicals. Free radicals are unstable molecules that can damage DNA and trigger inflammation.
3. Sweet potatoes offer various antioxidants, which help protect against certain types of cancers.
4. Supports healthy vision
5. Supports Immune System
6. Supports healthy brain function

Sewn Cloth Face Covering

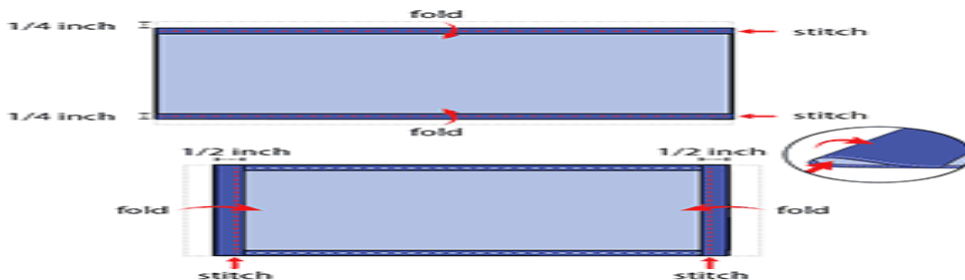
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

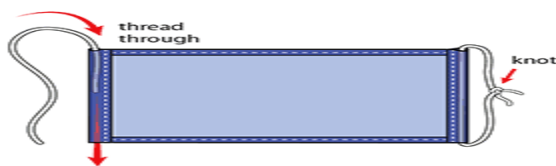
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



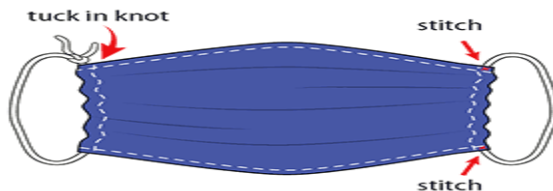
2. Fold over the long sides 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.



3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



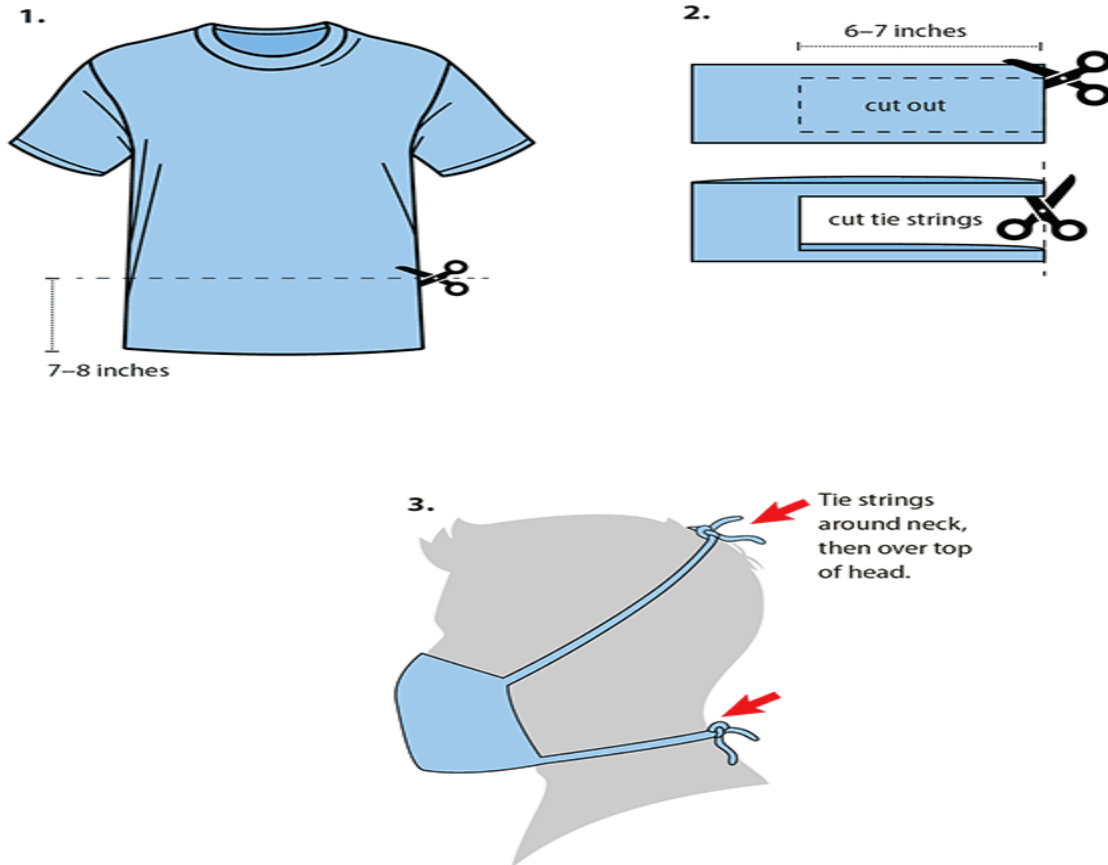
4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



Quick Cut T-shirt Face Covering (no sew method)

Materials

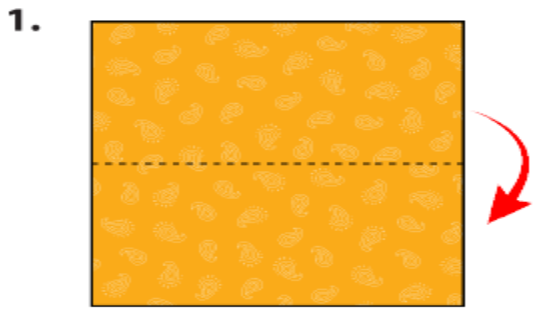
- T-shirt
- Scissors



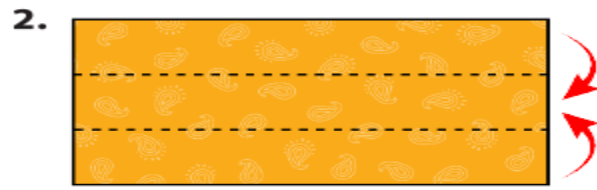
Bandana Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)



Fold bandana in half.



Fold top down. Fold bottom up.



Place rubber bands or hair ties about 6 inches apart.



Fold side to the middle and tuck.

