

March/April 2015

NANNY MAGAZINE

teach play love



Reduce, Reuse, Recycle

The Green Issue



THRIFT
STORE
FINDS

WASTEFUL
NANNY
FAMILIES

REUSABLE
DIAPER
TIPS

HEALTHY
LEFT-OVER
REMAKES

NANNY MAGAZINE

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Editors' Note

"IT'S NOT EASY BEING GREEN"

KERMIT THE FROG

In the wake of yet another frigid winter, we at *Nanny Magazine* are doing our best not to focus on the dark grey clouds looming in the sky, the dirty white snow covering the fields, or the bright red of our wind-burned cheeks. We are trying, hard as it may be, to think GREEN! So many wonderful things are green: the fresh grass in the spring, the leafy vegetables of a delicious salad, and the crisp, cool lime in a summer's drink. Of course, green also represents envy and money, which are both touchy topics in the nanny world. Ultimately, though, the color green represents conservation to us here at *Nanny Magazine*. This was a big driver in our recent decision to switch away from offering the print format; publishing *Nanny Magazine* on a digital platform saves about two trees each month!

Because we are so passionate about going green, we figured what better way to show it than by creating an issue theme around it? As you'll see by flipping through this issue, we have done our best to really embrace all it means to be green! Our activity writer, Kelly Knowlton, provides us with a few great conservation activities with "Crafts from the Recycling Bin," while Kerrie Bascomb puts our recycling knowledge up to the test in this issue's quiz. But going green isn't just about recycling, it's about reusing too! Don't miss Nikki Sandbloom's must-read feature "Making the Switch to Cloth Diapers." This is conservation in its finest form: cute prints designed for the adorable baby tush! And of course we couldn't have a green issue in March without giving a nod to the month's main holiday in all its green glory, St. Patrick's Day! Jen Webb presents us with key ways to celebrate in her piece "Activities to Embrace Irish Culture."

In the midst of all our efforts to show you how to better love Mother Nature, Nicole Panteleakos takes a step back to remind us of the dangers the environment can pose, especially with spring weather soon upon us, in her feature "How to Keep Charges Safe During Bad Weather." Sarah Elaine Milkintas explores the pros and cons of playdates in her dilemma piece "Playdates: Unpaid and Extra Work?" What do you think? Should nannies be charging extra green for an afternoon of extra kids?

We have so much we want to share with you in this issue and we are excited to see it finally hit the digital platform. Read on and be encouraged in your green endeavors. We know that it's not easy being green, but it sure is worth it!

Do you want to write in to the editors to share your thoughts on this issue? We would love to hear from you! Email us at info@nannymag.com.



A handwritten signature in black ink that reads "WJT".

Whitney Tang,
Executive Editor



A handwritten signature in black ink that reads "JK".

Jennifer Kuhn, MPS,
Executive Editor



**WHAT THIS PLACE NEEDS
IS ACTIVE PLAY EVERY DAY.**

Thanks to our work with NFL PLAY 60, we've brought fun fitness programs to more than 35,000 kids. And it can happen here too.



To donate or volunteer, go to [UNITEDWAY.ORG.](https://www.unitedway.org)
BECAUSE GREAT THINGS HAPPEN WHEN WE LIVE UNITED.

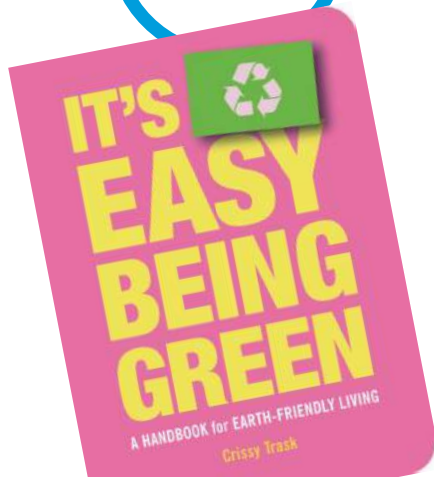


Eco-Friendly Products for the Kid, the Home, and the Planet

BY NANNY MAGAZINE EDITORS.

GET YOUR MOMBOSS'S CREDIT CARD READY OR BUST OUT YOUR FAVORITE PAD FOR SCRIBBLING OUT YOUR SHOPPING LIST: WE'VE GOT YOU COVERED WITH YOUR ECO-FRIENDLY SHOPPING GUIDE.

1



1. GET YOUR READ ON

It can be difficult to know where to start when making the transition to a green lifestyle.

Author Crissy Trask explores how the average American can tackle going green in her book *It's Easy Being Green: A Handbook for Earth-Friendly Living*. Copyright 2006. 168 pages. Available on Amazon from \$10.00 used.

2



2. REUSABLE PACKABLE SNACK POUCHES

Reusies (TM) claims to have "the potential to keep hundreds of... plastic bags out of our landfills." The company offers super-cute designs that are appropriate for kids and adults alike. We love the skull and crossbones design for edgy fun snacking. Find a list of where to buy online at www.reusies.com. \$15.50.



3

3. SO FRESH AND SO CLEAN

We love 7th Generation's Natural 4X Concentrated Laundry Detergent in the unscented "Free & Clear." This brand is available at most national chain retailers.

Slightly more expensive than the usual suspects, 7th Generation's products are developed with consideration to the future of the planet and its inhabitants. \$25.00.

4

4. SCRUB-A-DUB BABY

Babies need products that are super sensitive on their skin, and California Baby's line of bath and body products delivers that gentle protection nannies and parents look for. Try their Eucalyptus Ease shampoo for a refreshing clean without harsh irritants. \$11.50.



5



5. HEART AND SOLE

We love the environment from head to toe—literally. Sole Rebels offers a line of vegan footwear options that are not only cuter than your go-to TOMS, but also totally wearable for a long day of chasing kiddos. Check out the pureLOVE homegrown luXE maxin. The blue and white stripes will trick you into thinking you're vacationing in Greece when really you're just at work. \$85.00.



6

6. BAMBOO: WHO KNEW?

Bamboo is one of those plants that grows quickly and can be made into anything from a shirt to a coffee table.

We love the comfort of ONNO's tees fashioned out of this highly renewable resource. 18 colors to choose from and with a price that won't break the bank? Yes please! \$29.00.

7

7. THE WHEEL DEAL

Live close to work? Consider swapping out your car for a bike. Schwinn makes some of the cutest bikes around, and the prices will make you want to say goodbye to paying for gasoline forever more. Check out the Schwinn Speedster. \$400.00.



8

8. HARNESS THE SUN

Never have a dead phone again, and while you're at it, never charge your phone in a socket, either. How? Tap into solar power to charge up using GoalZero's portable solar-powered iPhone charger. \$120.00.



The Gift of Thrift



BY MEGAN GILBREATH.

PHOTOGRAPHY BY KRISTEN MCKAY.

Every nanny's morning dilemma: what in the world am I going to wear? We have those few fa-vorite outfits—cute, comfy, and sophisticated. Well, we're here to tell you, dear nanny, that it's time for you to expand your closet.

But how? No way are you spending a fortune just to have your new clothes ruined by spit-up stains and spilt orange juice. Your answer to an abundance of gorgeous and affordable clothing: thrift store shopping.

Now stay with me! Push dust and hobos out of your mind; thrift store shopping has become a hit trend.

Once you get over your fear of wearing worn clothes (hint: what a washer and drier are for), travel to a thrift store that is generally in a nice area. Typically the nicer the neighborhood, the nicer the thrift store. (Note: if you can't make it this far, thrift stores have online shopping too—even Goodwill. Expand your wardrobe without deflating your wallet—no excuses!)

Now that you have your location, figure out the best time to find those killer deals. This will in-volve a pre-official thrift store trip: scout out the place and talk to the employees. Ask when new deliveries typically come in and when they will be placed on the floor. Some stores also have special weekly or monthly sales, so be sure to ask about those deals as well.

Enough guidelines! Start poking around and pull what you think looks good. Have fun and be creative. And always try it on!

Find our most wanted dazzling thriftstore finds on the next page!



THE OVERSIZED FLANNEL

Perfect for nannies, flannels can be dressed up or dressed down. Try jeans and earrings for a fancier look, or pair the flannel with leggings and straightened hair for laid back attire. Tip: Most picture-perfect flannels will be found in the men's section!

LONG MAXI SKIRTS

Surprisingly, thrift stores have an abundance of flowy cotton skirts. Even better, the long fabric will make it easy to bend down and pick up the kiddos, or get on your hands and knees for a game of hide-and-seek. Tip: Before purchasing, be sure to check for any tears or snags.

ATHLETIC WEAR

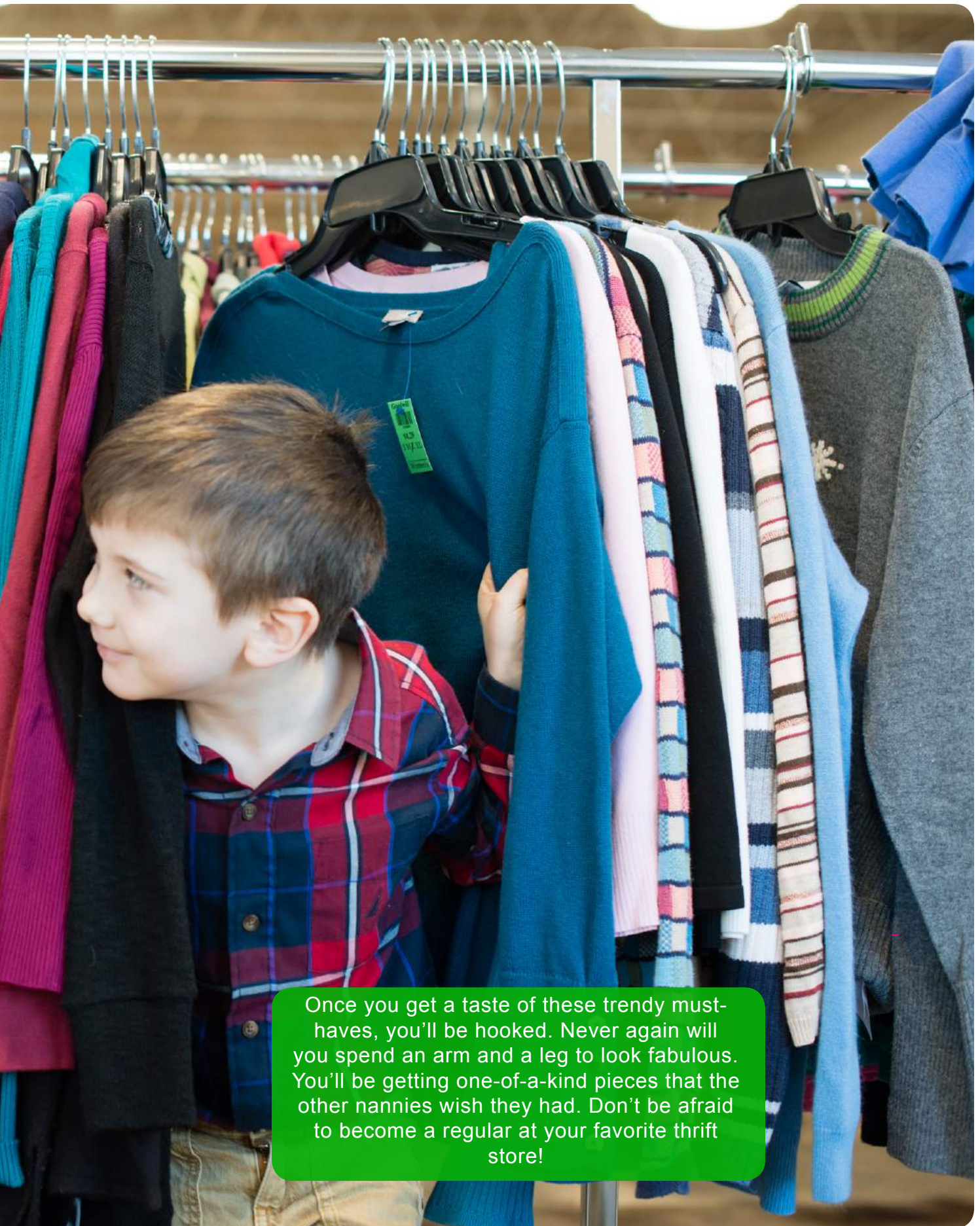
This may be a bit trickier to find, but always keep your eyes peeled for a solid pair of yo-ga pants, workout spandex, or simple T-shirts. Workout clothes are a hit nanny fit, very breathable and comfy chic. Make this your go-to outfit for a trip to the park or a day at the zoo.

PANTS (AKA SHORTS)

Grab a sharp pair of scissors and turn those 80's jeans and groovy parachute pants into the perfect pair of summer shorts. Find a fun print or a nice denim wash and snip away. Warning: For the first chop, cut much longer than you intend for the shorts to be. Try the newly made shorts on and be sure you're still on track for your goal length.

ACCESSORIES

Belts, headbands, purses, jewelry, you name it! Accessories can be the greatest thrift store find because they are always one of a kind. Go crazy with hit vintage pieces or funky old school designs. Even better, no one can steal your trendy look!



Once you get a taste of these trendy must-haves, you'll be hooked. Never again will you spend an arm and a leg to look fabulous. You'll be getting one-of-a-kind pieces that the other nannies wish they had. Don't be afraid to become a regular at your favorite thrift store!

- *My Life* -

Meet Amber Crafton

BY ALISON DETELLA.



This month, we'd like you to meet St. Louis nanny Amber Crafton. Want to be featured in an upcoming My Life column? Get in touch with us at submissions@nannymag.com and we'll feature you and your awesome accomplishments!

Amber Crafton is another extraordinary nanny who is able to put her nanny career and charges first, work several other exciting jobs, and still manage to enjoy her other passions such as reading, traveling, and singing with her local church. It seems like Amber is just constantly helping others!

Outside of nannying, Amber pursues an editing career, which entails editing

anything ranging from novels to blogs to short stories. She explained, "I am not a writer, but I absolutely love stories, and I think they are a vital part of life and society and culture."

When Amber isn't nannying or editing pieces she is organizing mission trips to Mexico. It's such an admirable job to be able to coordinate these trips and it's even more rewarding for her seeing as she spent four years of her life living there and helping the people personally. Amber explained her favorite part of this special job: "When you hear the stories about how the lives of the people in this town I love, as well as the lives of the team members, have been irrevocably

altered by our message."

Amber is such a bright, positive, and nurturing soul it is no wonder she adds "nanny" to her long list of professions! It is obvious that Amber is passionate about life and the work that she does. I asked Amber if there is one thing she could pass down to her charges about their future professions. Her response? "Pick something that excites you but also do not be afraid to get creative or unconventional with it, to figure out a way to do what you love and make a living at it in a way that works for the whole self." These are truly words that we should all live by. Amber, you are an inspiration to us all!



Things That Go:

Using Public Transportation with Your Charges

BY NANNY MAGAZINE EDITORS.

DON'T DRIVE? TRYING TO CONSERVE FUEL? WANT TO GET OUT OF THE HOUSE WITHOUT THE HASSLE OF THE CAR SEAT? BECOME A PRO AT TAKING PUBLIC TRANSPORTATION WITH YOUR CHARGES. IN SOME PLACES IN THE WORLD, IT'S COMPLETELY ROUTINE FOR SCHOOL CHILDREN TO TAKE CITY PUBLIC TRANSPORTATION TO AND FROM SCHOOL—ON THEIR OWN! WE'RE NOT ANYWHERE CLOSE TO SUGGESTING THAT THIS SHOULD BE THE NORM IN A NEIGHBORHOOD NEAR YOU. BUT PREPARING KIDS FOR THEIR FUTURE COMMUTES CAN START EARLY AND BE BOTH FUN AND EDUCATIONAL. FIND OUT A FEW FUN FACTS ABOUT GOING GREEN WHILE GETTING OUT AND ABOUT BELOW. ALONG WITH TIPS ON HOW TO MAKE THE TRIP EASY PEASY FOR YOU, YOUR CHARGE, AND YOUR FELLOW TRAVELERS!

Learning Opportunities

Use your train, street car, or bus trip as an opportunity to teach your charges about the benefits of taking mass transit to get around. Teach them about the famous Rosa Parks' struggle with the bus and its impact on the American Civil Rights Movement. Share with them the cost efficiency facts associated with this method of travel.

Stroller Etiquette

If your charge is still using a stroller to get around town, be mindful of its placement when boarding a bus, train, or other congested public transportation method. Tripping over a bulky stroller is a common complaint among other commuters. Don't be the person who makes the entire trip bad for everyone else.

Another word about strollers: steer clear of escalators. You don't want to risk injuring your charge or another passenger by putting a stroller on an escalator. Opt for the elevator instead.

Safety First!

Because taking a bus or train means you'll be traveling with strangers, be aware and always alert of what's going on around you. Keep your cell phone, money, or other valuables out of plain sight. Be tuned in to any suspicious behavior. If you have any reason to worry about any of your fellow passengers, alert the driver or conductor, and only get off in a place you are familiar and comfortable with. And of course, your bosses should always know if you are planning to take public transit for any outing.

Free Fares?

Check to make sure your charge has to pay for his or her ride. In some cities, babies and small children get to ride for free. Don't pay if you don't have to!

Sustainability at Your Fingertips

If you're lucky enough to live in a region where trains, subways, or busses are available, leap at the opportunity to take a new route to run errands or hit up playdates. Taking public transit is not only a new experience for your charge, but makes better use of our natural resources and is all in all better for the environment. The American Public Transportation Association (APTA) estimates that 37 million metric tons of carbon dioxide (i.e., the gas scientists believe is what contributes to the rapid worldwide phenomenon of global warming) is saved from entering the atmosphere. APTA also stresses that use of public transit reduces the nation's dependence on foreign oil sources, reduces traffic congestion, and stimulates the economy with green jobs.

Weathering the Storm: Keeping Charges Safe, Not Scared



BY NICOLE PANTELEAKOS.

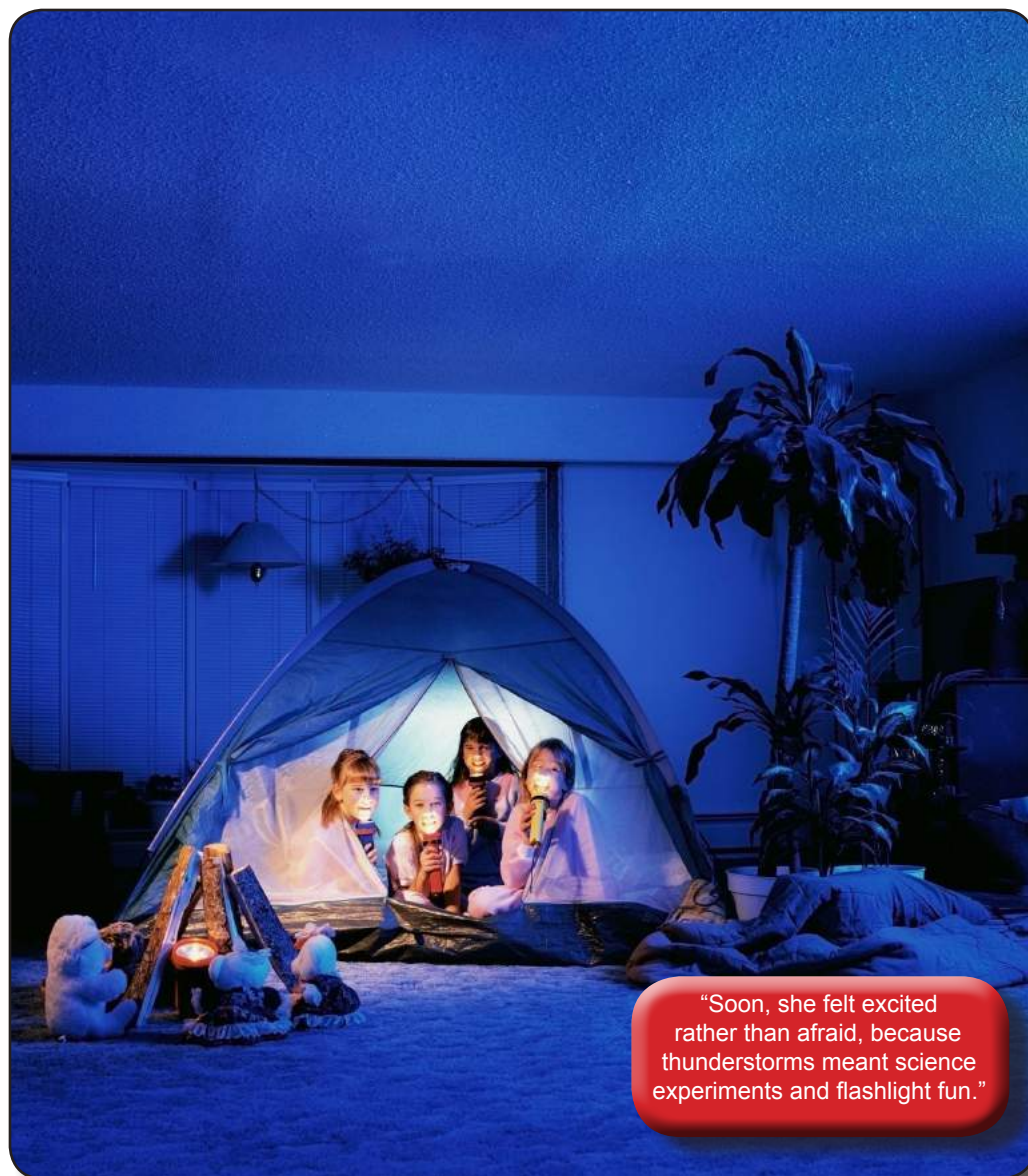
NO MATTER WHERE IN THE COUNTRY ONE HAPPENS TO LIVE, CHANCES ARE AT SOME POINT SEVERE WEATHER WILL REAR ITS UGLY HEAD. BE IT HURRICANE, TORNADO, BLIZZARD, OR NATURAL DISASTER, A NANNY SHOULD ALWAYS BE PREPARED TO KEEP KIDS SAFE IN THE WORST CASE SCENARIO, WHILE AT THE SAME TIME MAKING SURE THE CHILDREN AREN'T TERRIFIED OF EVERY LIGHTNING BOLT.

While in kindergarten, Little M developed a fear of thunderstorms thanks to the careless statement of an adult relative: “Thunderstorms can kill you. Happens all the time.” From that moment, M, already an anxious child, panicked every time she heard a clap of thunder or got caught out in a sudden downpour. Knowing thunderstorm season was soon upon them, her nanny was desperate to find a way to calm her fears. But what approach would be most effective? The “thunder’s only angels bowling!” myth? The “lightning can’t hurt you” lie?

No, the nanny decided. The best approach would be the truth. The following afternoon, Nanny took M to the bookstore to stock up on kid-friendly nonfiction books that focus on what makes thunder, how storms are formed, and lightning safety tips. For the next two weeks, the two read, watched YouTube videos from Bill Nye, The Science Guy, and did various experiments, including making their own rain over the stove. And when the next huge thunderstorm came rolling into town, Nanny reminded Little M of all she learned: “Thunder is...” “Lightning’s just...” “Rain falls when...”

Over the next several months, whenever there was a storm, M asked, “Can we read the thunderstorm book again?” Soon, she felt excited rather than afraid, because thunderstorms meant science experiments and flashlight fun.

While this “finding the fun” approach may not work with all natural disasters, especially those that descend suddenly from the clouds, like tornadoes, the important elements remain the same: the key to assuaging young fears is knowledge. People are afraid of the unknown, hence knowledge gives



“Soon, she felt excited rather than afraid, because thunderstorms meant science experiments and flashlight fun.”

children power.

For Nanny, as every former Girl Scout (or Boy Scout!) knows, the most important thing in any situation is to be prepared. If you know what to expect and how to react calmly, your charges will pick up on your vibes and learn that, while weather can be severe, it does not have to be scary, and your number one priority will always be keeping them safe.

Below are some tips and tricks for keeping safe during severe weather and natural disasters, along with resources that provide further

information at a level kids can process. For more on related craft projects and science experiments, see *Nanny Magazine’s* Pinterest.

HURRICANES

As defined by www.ready.gov, “A hurricane is a tropical cyclone or severe tropical storm... that can cause catastrophic damage to coastlines and several hundred miles inland. Hurricanes can produce wind exceeding 155 miles per hour...” Hurricanes can bring thunderstorms, power outages, flooding, tornadoes, and significant wind damage.

One way to prepare for a hurricane ahead of time is by creating an emergency bag. Let your charges help. Fill an old backpack with flashlights, extra batteries, nonperishable snacks, bottled water, a blanket, extra clothes/socks, books (*The Magic School Bus* series includes a good inside look at hurricanes), a first aid kit, baby needs like formula and diapers, a manual can opener, some “just in case” cash, and a few small games to help older charges pass the time without electricity (UNO, Phase 10, Guess Who?, etc).

If it’s hurricane season or a big storm is expected, keep

additional flashlights in easy-to-reach places around the home (next to your charges' beds is a good idea—this way, if they are in their rooms when the lights go out, they already know how and where to safely obtain a flashlight). Arrange a meeting place within the home so that kids can find you without fear in the event of an emergency. Weather.com recommends being prepared to self-sustain for at least 3-7 days in the event flooding or downed trees traps one in the home.

THUNDERSTORMS

Like hurricanes, thunderstorms can cause mass power outages, thus it is important to have flashlights with working batteries within reach. Thunderstorms are more likely to take people by surprise than hurricanes, which means a nanny may find herself and her charges stuck in one while out at the playground or walking home from school. Reassure the children that you are safe. If possible, take cover in a store or restaurant, but *never* under a tree. In the case of lightning, put down the umbrella and be prepared to get wet. In the unfortunate event that the thunderstorm brings hail, have kids cover their heads with something protective until you get

Online Bonus:

Check out the Pinterest board to accompany this article online at <http://bit.ly/1LEriD0> for more disaster preparedness tips and learning activities.

indoors—a backpack will do the trick. Once inside the home, remind the children there's no reason to be scared, that thunder is just the sound caused by the rapid expansion of air and that it alone cannot hurt anyone.

The American Red Cross recommends pre-choosing "a safe place... for household members to gather during a thunderstorm. This should be away from windows, skylights, and glass doors that can be broken by strong winds or hail." Once in a safe place armed with flashlights, settle in for an afternoon of non-electronic activities. For scare-proof older kids, set up a tent in the living room and tell ghost stories with the flashlights while eating fluff on graham crackers.

Some charges may be calmed by knowing how close or far away the storm is. Teach them the counting trick: After

each flash of lightning, count the seconds until you hear thunder. For every 5 seconds you count, the storm is one mile away. Help kids read up on how and why light travels faster than sound.

BLIZZARDS

Playing in the snow? Fun. Getting stuck indoors for a day or more during a blizzard? Not fun. A blizzard is not simply an abundance of snow. According to The National Center for Atmospheric Research (NCAR) to be a blizzard "in addition to snow, winds of 35mph or greater are expected for a period lasting at least 3 hours." Do not drive if a blizzard might be coming to town. If you live in an area in which this sort of snowfall is common, keep an emergency kit (see how to make one under the hurricanes section) and blankets in the car. If you do end up stranded, NCAR advises to "turn on the emergency flashers... Run the engine for short periods, making sure the tail pipe is clear of snow and a window is cracked for ventilation... Mittens will keep your hands warmer than gloves," so have those on hand, and keep "chains, a shovel, and booster cables" in the trunk. Once indoors, keep a flashlight nearby and charge your phone; you want to be prepared if the power goes out. Then



"Playing in the snow? Fun. Getting stuck indoors for a day or more during a blizzard? Not fun."

Prepare for the risks of a blizzard now so you can enjoy playing in the snow once the winds have died and the temps have risen!

"You don't want frightened charges hiding under their beds or in the bathroom closet when you need to rush them to safety."



make some cocoa, break out Candy Land, and rest up for tomorrow's awesome snowball fight.

TORNADOES

Tornadoes are arguably the most frightening member of the severe weather family, because unlike brother blizzard and sister hurricane, tornadoes come with very little—if any—warning. Though tornadoes have been recorded in every state (one did a surprising amount of damage in Massachusetts in 2011), they are most common in the middle of the country, the plains states, known appropriately enough as "Tornado Alley." If you live or work in this region of the United States, know your emergency plan inside and out to ensure maximum safety of your charges and yourself.

There won't be time during a tornado to pull out a book featuring *The Magic School Bus* cast, so be sure to educate kids as early as possible. To assuage children's anxiety about a possible tornado, watch videos about what makes a tornado and how to stay safe. One craft idea is to create a tornado in a bottle, using old plastic 2litre soda bottles, water, and duct tape (add lamp oil or food coloring if you're feeling adventurous). Search YouTube for Bill Nye, the Science Guy videos. And read through the list of safety tips provided on the National Geographic's website.

It's important to have a meeting spot for children in the event of a tornado warning or siren so that you don't have to waste precious

seconds searching for them in the home. Make sure they know that the warning means "drop your toys," "forget that video game," "get out of the tub," and hurry to a basement, storm cellar, or other prearranged safe spot. Every moment counts. You don't want frightened charges hiding under their beds or in the bathroom closet when you need to rush them to safety.

EARTHQUAKES

Not a result of severe weather but no less important (or scary) are earthquakes. In the United States, it's rare for significant damage to result from an earthquake outside of the West Coast, though the East was surprisingly rocked by one in 2011, at a magnitude of 5.8, which is small compared to the largest recorded in the U.S.: a 9.2

magnitude quake that shook Alaska in 1964. Chances are, most kids and sitters located along fault lines are already familiar with safety measures, but it's a good idea to brush up on the plan a couple of times a year, as the most familiar with procedure kids are, the less likely they are to be too frightened to remember it. As with everything, practice makes perfect! Parents should be in charge of most of the big pre-earthquake prep: ensuring cabinets are safely secured to walls, bracing hanging light fixtures, etc.

During an earthquake, it is imperative to stay indoors. The New Mexico Bureau of Geology recommends taking cover "beneath a sturdy piece of furniture or against an indoor wall away from glass that might break." They also advise if you are outdoors, to "move away from buildings, streetlights, and overhead utility wires," and to stay put until the ground stops shaking. Be aware that there may be aftershocks, which can occur minutes or months after the initial quake. This is one disaster in which knowledge is key. There are many available age-appropriate books on the subject, including National Geographic Kids' *Everything Volcanoes and Earthquakes: Earthshaking Photos, Facts, and Fun!* by Kathy Furgang.

Severe weather and natural disasters can happen at the drop of a pin. As a nanny, it's your top responsibility to do everything in your power to keep your charges safe. Know your emergency plans and how to keep safe in times of weather-related strife.

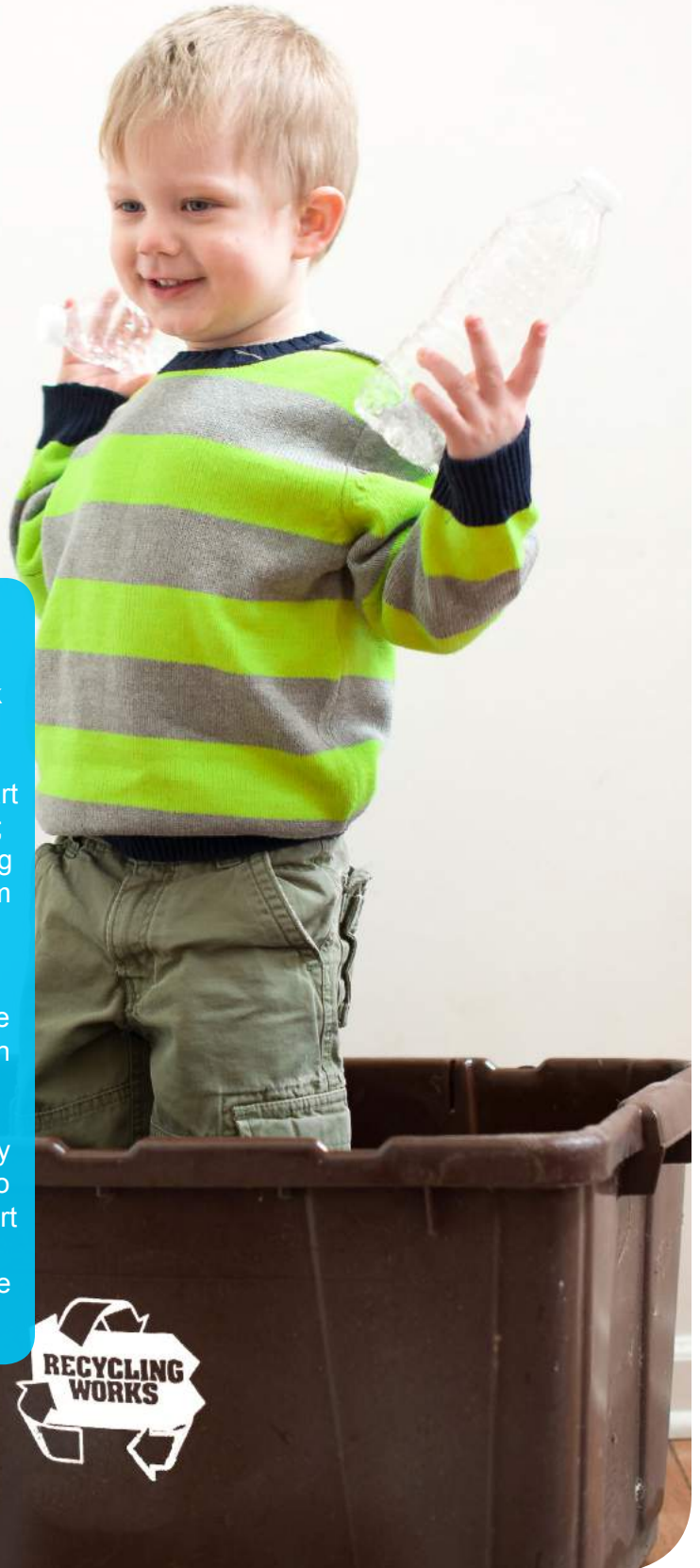
***Share this article with your NannyFamily to inspire a discussion and ensure that everyone is on the same page with a safety plan for when bad weather hits!**

From Trash to Art

BY KELLY KNOWLTON.

It's another rainy spring day, and you are stuck inside with your charges. You have already exhausted the various children's museums in your area, and you have been using the same art and craft materials for awhile now. Let's face it; there are only so many times little Susie is going to want to paint a picture on her easel. Boredom looms, so what are you going to do? Simple! Upcycle!

Get crafty using your NannyFamily's trash! Take a look in the recycling bin and see what you can find as a new art medium. Turning paper towel rolls into works of art is a lot of fun, just as is taking an old glass jar and turning it into a pretty new candle holder. You can use a soda bottle to make pretty flowers, or use an egg carton to start a lesson on plant life cycles. The opportunities are endless! Here are a few options to get those creative juices going.



PICKLE JAR CANDLE HOLDERS

Materials:

- Glass jar of any type, big enough to hold a tea light
- Tea light (LED is best)
- Old tissue paper or colored plastic cling wrap
- A solution of 50% glue and 50% water
- Paintbrush
- Newspaper (to use as a work surface)

Directions:

1. Thoroughly clean the glass jar, inside and outside, and remove all traces of the label. If the label has a hard time coming off, simply soak the jar in a soap and water solution for about an hour. That should release the glue on even the most stubborn of labels.
2. Dry the jar completely and place it on your work surface. This project has the opportunity to be very messy, and I highly recommend using something from your recycling bin to catch the mess.
3. Tear the tissue paper or colored plastic cling wrap into a variety of sizes that can be arranged decoratively on the outside of the jar.
4. Place glue and water solution into a dish and start painting your glass jar, one section at a time.
5. Here is where you can get super creative. Make a pattern or be completely random. Place the pieces of tissue paper or plastic cling wrap right on the glue, and feel free to paint over them with more glue. You can choose to put single layers of tissue paper on the jar, or, like we did, you can explore color theory and mix the colors by doing two layers. Have fun with it!
6. Continue step 5 until you have worked your way all around the jar. Fingers will get sticky, but that is part of the fun!
7. After the jar has dried, place your tea light on the inside, light, and enjoy!





CARDBOARD FLOWERS

Materials:

Paper towel or toilet paper tube
 Scissors
 Paint and paintbrush
 Hot glue gun
 Spare marble or gem
 String

Directions:

1. Very carefully, cut your cardboard tube into sections of equal widths. To make our flower, we cut our tube into 6 pieces.
2. Lay your cut pieces out into a general flower shape, with the petals (the cut pieces) touching.
3. Hot glue each petal to the one next to it, until the circle is complete with an opening in the middle.
4. Paint the flower your charge's favorite color, then set aside to dry.
5. After drying, glue your marble or gem in the middle.
6. Wrap a piece of string around the top petal, and hang in your charge's bedroom window. We love to look through the middle of our flower and see how the colors change in the angle of the sun.

SODA FLOWERS (PICTURED ABOVE)

Materials:

1 old soda bottle (we used a 1-liter bottle)
 Paint and paintbrush
 Newspaper (to use as a work surface)
 Thick paper

Directions:

1. Paint the bottom of the soda bottle the color of your choice.
2. Press the bottom onto the paper and then carefully lift up being sure not to tilt the bottle.
3. Paint a stem and leaves onto the paper to complete your flower.
4. Repeat steps 1-3 as many times as you would like.

EGG CARTON SEED STARTERS

Materials:

Cardboard egg carton
 Potting soil
 Seeds
 Watering can
 Tray

Directions:

1. Place egg carton on top of your tray
2. Fill each hole halfway with potting soil
3. Add your seeds (1-2 per hole)
4. Cover with additional potting soil
5. Water
6. Place the tray in the proper lighting conditions and water according to the directions on the seed package
7. When the sprouts are strong and the danger of frost is no longer present, cut the cardboard holes apart.
8. When planting outside, you can choose to leave the seedlings in their individual compartments (cardboard is biodegradable), or you can take the baby plant out and recycle the cardboard again.
9. Enjoy your garden!

I'm really trying.

I want to be

doing better. I

wish I understood

why it's so hard.



Understood

for learning & attention issues

For the 1 in 5 kids with learning and attention issues, every day can be a challenge. Explore Understood.org, a free online resource designed to help you help your child thrive in school and in life.

Brought to you by 15 nonprofit partners.

understood.org

Curbing MomBoss Jealousy

BY ERIN BAILEY.

Mommy Musings

A real MomBoss weighs in on all things nanny

As a MomBoss leaving my kids in the care of someone else while I'm off working in the legal field, I sometimes find myself jealous of my nanny. Why? She gets to center her day around my children. She gets to carefully choose every activity to stimulate their curiosity, activate their little bodies, and nurture their healthy growth. I drag them along to the weekly grocery store and run errands. She gets to structure the day at my child's pace and rhythm. I rush them to get up, get dressed, and get out the door to school, church, or soccer practice on time. In short, it's easy to feel like she spends more quality time with my kids than I do and something about that just doesn't seem fair.

My workday is filled with serious

meetings about grave circumstances in stuffy boardrooms with men in suits. Her day is filled with squeals while going down slides, belly laughs while being tickled, sing-a-longs while dancing, and giggles at teddy bear tea parties. While my nanny gets to witness the milestones—the first crawl, word, step, run, climb, slide, potty use—I only see pictures taken on the second or third success and hear about it in a stale retelling. I can't help but feel like I'm somehow replacing myself and missing out.

The next best thing to being there, though, is having her there: someone who I trust to encourage and who I know loves my children through all of these critical moments. Do you feel yourself catching some jealous vibes from your MomBoss? Remind

yourself that it's only natural for a mother to want her children to love her above all other women in their lives, and try not to take it personally. Ask your MomBoss how she wants to handle important milestones. Ask if she feels comfortable with you using your phone to photograph and document her children's milestones. Ask if she would rather not know when you witness a milestone so that when she witnesses it she can think it was the first time. Every family will have a different preference. The important thing is to communicate ahead of time. But mostly, don't take for granted the privilege that you have spending your day in the company of the children I spend my hours wishing I could be near.

Diaper Duty: Doing What's Best for Baby and Mother Earth

BY NIKKI SANDBLOOM.

PHOTOGRAPHY BY KATARZYNA WOJTASIK.







A Few Popular Cloth Diaper Brands

- Thirsties
- Blueberry
- Grovia
- Apple Cheeks
- Bummis
- Tots Bots
- Geffen Baby
- Sustainablebabyish
- Osocozy

As the environment has begun to reveal the adverse effects of a modern lifestyle that heavily relies on the convenience of disposable goods, this generation of consumers is looking for more health-conscious, earth-friendly products. Among those consumers are parents, such as myself, who are trying to meet the needs of our little ones while bearing in mind that the Earth needs our care and concern as well. After all, we are passing this planet down to our children and their children, and all of the future generations to follow.

It's a huge responsibility, however, no one has space in

their calendar or their brains for an internal philosophical debate about mundane, yet very necessary baby items such as diapers. Lucky for those of us looking for ways to lessen our negative environmental impact and limit exposure to potentially harmful chemicals, considering alternatives to single use diapers affords us the opportunity to make some really excellent choices.

I am a part of a growing number of parents that has chosen to cloth diaper. As it turns out, I was cloth diapered as a baby, despite the fact that by the time I was born, throwaway diapers had

Cloth vs. Disposable Diapers and Their Environmental Impact

- From birth to potty training, the average baby will go through an estimated 3,800 diapers.
- A cloth stash that consists of 36 changes for newborns and 24 for older babies is sufficient for diapering a baby until potty training.
- Making and using single-use diapers requires the use of 2.3 times more water than cloth.
- It takes an estimated 250-500 years for a disposable diaper to decompose.
- In families with a child in diapers, disposable diapers make up about 50% of household waste, and accounts for 4% of solid waste present in landfills. Disposable diapers are third on the list of consumer items present in landfills.

become the new norm. So, why did my mother opt for cloth when she could have gone the “easy route” like so many mothers at the time? Well, according to her, cloth was the only option, as my skin had proven, after many tries with various brands of disposables, to be so sensitive, that I would instantly break out in a rash when exposed to one.

Now, I may be approaching vintage, thanks to my 20th century birthday, but nowadays, there is nothing rare about sensitive skin. Many speculate that the seeming rise in skin sensitivities and allergic reactions may be due in part to the overabundance of synthetic chemicals that we all come into contact with on a daily basis. Rashes are often cited by many cloth diapering parents as the reason why they made the switch from disposables.

“I originally started [cloth diapering] as a way to save money,” explains Brook Town, a Kansas City doula and mother of two. “I think we’ve saved some money, but I continue because it seems healthier for her delicate skin compared to disposables.”

Most of the single-use diapers on the market contain byproducts of paper bleaching called dioxins as well as chemicals such as ethylbenzene, isopropylbenzene, styrene, toluene, and xylene, which have been linked to cancer and infertility and have proven to be respiratory irritants. As if it isn’t bad enough to bring our babies into constant contact with these chemicals, once the 27.4 billion disposable diapers that consumers purchase each year hit the landfills, these toxins begin to leach into the ground along with human waste that often contains live viruses.

That information alone is enough to make many parents completely factor disposable diapers out of the baby essentials equation.

“We use cloth for the same reason we recycle and compost. I didn’t want to contribute to the landfills, more than absolutely necessary, or contaminate the water supply,” said Danielle Rosen, stay-at-home mother to a 7.5 month old boy.

When I made the choice to cloth diaper my now 16 month old, I was a veteran parent that had already been through the rigors of infant and toddler care with my now teenaged girl. I’d used disposable



Where to Buy Cloth Diapers

There is no shortage of reputable cloth diaper retailers, most with an online presence, some with brick and mortar stores, and many with both. Though cloth diapering is an industry that is thriving online and shopping from the comfort of home is quick and convenient, walking into a store can be helpful, especially for those new to cloth. A quick Internet search will be helpful in finding cloth diapering and natural baby care stores in your area. To get started and familiarize yourself with some of the options out there, here’s a list of a few really great cloth sites:

Greenmountaindiapers.com
Itsybitsybums.com
Nickisdiapers.com
Momsmilkboutique.com
Abbyslane.com
Diapersafari.com
Diaperjunction.com
Sweetbottomsbaby.com
Sloomb.com
Thanksmama.com
Divadiapers.com
Cottonbabies.com
Kellyscloset.com

Cost and Environmental Benefits

Did you know that a cloth diaper stash can easily be obtained for as little as \$100 dollars? In fact, some super crafty, resourceful mothers have even managed to diaper their little ones for *less than that*. That's because cloth diapering is all about reusing and wherever possible, upcycling and buying used. Everything from T-shirts to kitchen towels can and have been used with great success. There is a huge market for preloved cloth diapers and buyers can save anywhere from 20-80% off retail by scouring their local buy/sell/trade sites. The use of lanolized wool is also a very popular means of covering the absorbent fibers of a diaper, as it serves as a breathable, all natural, water-resistant layer. Many moms have taken to thrifting at their local Goodwill and Salvation Army stores for cheap wool sweaters and fashioning them into cozy longies and soakers with the help of free, easy-to-follow patterns online. All of this upcycling and reusing is good for tight family budgets and good for Mother Earth.

diapers the first time around, only because it had never occurred to me that there was an alternative. Once I learned about all of the harsh chemicals in throwaways and the health hazard they had posed to my child, it was already too late... She was potty trained, and I felt more than a little bit guilty. I swore to never put a child of mine in disposables again."

When my husband, out of concern for the environment, proposed the idea of cloth diapering our new baby, I dove into research head first. Almost a year and a half in, I still haven't surfaced for air and can honestly say that it's one of the best parenting decisions we've made. There is literally an entire world of cloth diapering, complete with its own language, trends, cliques, urban legends, heroes, and villains.

New parents, considering cloth diapering are often times overwhelmed by all of the options and techniques. However, Adele Wendorff, Minnesota mom of two young boys, assures cloth curious parents, "It isn't hard like some sources make it seem, and I never have to run to the store last minute for diapers. I feel good about the fact we are not contributing to one of the biggest fillers of our landfills."

REGISTRATION NOW OPEN!

The INA Board of Directors is busily planning our **30th Annual Conference**

- our first conference to be held outside the United States.

Beautiful Cancun, located on the northeast corner of the Yucatan Peninsula, has miles of pristine beaches with crystal clear water, a vibrant night life, and easy access to world cultural heritage sites such as Chichen Itza.

In addition to a wonderful destination, nannies, newborn care specialists, nanny agency owners, educators and other industry partner/services gather annually to meet their counterparts from around the globe, increase their professional knowledge and expertise in workshops and specialty training, and demonstrate their commitment to being best-in-class in their chosen field.



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Come celebrate 30 years
of excellence in our industry



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career building sessions

educational workshops

global peer networking

restore your balance

ARE YOU GOING?

Sweet Green Smoothie

RECIPE AND PHOTOGRAPHY BY AMBER KETCHUM, MDS. RD.

Nanny Magazine's registered dietitian/editor extraordinaire whips up a festive smoothie to celebrate going green. Make it on March 17 in recognition of St. Patrick's Day.

This smoothie may look green from the spinach, but you can't taste it at all! It has such a fun color and sweet taste, your charges will be asking for more!

INGREDIENTS

- 1 cup baby spinach leaves
- ½ cup frozen mango
- ½ cup canned peaches packed in water, drained
- ½ banana
- ½ cup 100% orange juice (or water)
- 3 ice cubes

DIRECTIONS

Place all ingredients in the blender and blend for 1 minute or until completely smooth.

Note: it's important to let it blend for at least a minute for the best smooth, creamy texture and to make sure all of the spinach has dissolved.

Makes about 2 cups

Data Blitz

We've scoured the Internet to come up with these interesting facts. Learn something new this month!

BY AMANDA DUNYAK.

The amount of water on Earth is constant and continually recycled over time. Some of the water you drink will have passed through a dinosaur
(Huffington Post)

Nearly 80% of the world's energy comes from oil, coal, or gas.
(Ecocycle.org)

A glass bottle will take 40,000 years to decompose if it's not recycled.
(GoGreencyclopedia.com)

Almost 6,000 people participated in the world's largest snowball fight.
(National Geographic Kids)

Despite its name, the Killer Whale (Orca) is actually a type of dolphin.
(Science Kids)

It is physically impossible for pigs to look up into the sky.
(National Institutes of Health)

A person of average size and weight burns about 60 to 70 calories each hour just by sitting and watching television.
(Mentalfloss.com)

The cows from Ben & Jerry's receive massages as part of being treated ethically.
(SoTruefacts.com)

The U.S. Bureau of Labor Statistics predicts that employment of nannies will grow as fast as the average for all occupations through 2018.
(About.com)

Some etymologists believe that the word "nanny" is derived from the root language of "baby talk."
(Nanny.net)

26% of children who were read to 3 or 4 times in the last week by a family member recognized all letters of the alphabet.
(NEA)

Kids who have secure attachment styles tend to be more empathetic, have stronger self-esteem, and are more mature than children with other attachment styles.
(About.com)

Dilemma

Playdates: Working Hard or Hardly Working?

BY SARAH ELAINE MILKINTAS.

As nannies we spend a lot of our time playing with our charges, helping them explore the world of imagination and fun through games, make believe, and creativity. Children grow while they play and it's important that we help them experience play with other children too. That means playgrounds, classes, and playdates. Playdates are especially entertaining for adults and children alike; however, are playdates as fun for nannies as they are for kids?

"When my MomBoss tells me we have a playdate scheduled it always makes me feel as if that afternoon will be double the work," says Kelly Leason, nanny of two.

Sometimes walking into a playdate can mean that a nanny's workload increases. This can depend on how well behaved the children are, or how attentive the other adults may be. It might seem that during a playdate that the children are constantly bickering. Maybe the children have different rules, and one thing that is all right in one home, is not in the other. Or maybe there is a certain toy that every child wants at the exact same time. It means watching the kids a little more and guiding in the way they play. Having multiple children in an area always means more feet to trip over things, more mouths to watch, and more feelings that get

hurt when something goes awry. If the other adults aren't helping enforce the rules, it might seem that the nanny is the only one looking out for fair play.

Rules set at the beginning of the playdate can help calm stress and make it more enjoyable for children and adults alike. If the playdate is at someone's house, those rules should be the ones in place, if not; most public play spaces have their own. Those can be guidelines to helping ensure harmonious play among children. If the other adult doesn't seem to be helping supervise, having a child call them out might make them more aware that they are ignoring their responsibility.

"Playdates can be so much fun! Not only does the little guy



get to play with someone his own age, so do it!" says Lisa-Marie Logan, nanny of one.

Having guidelines in place and an adult who helps out can not only allow a playdate to go smoothly, but can make the day more enjoyable for the children and the adults. Children can entertain themselves for some time, and the adults can sit back and enjoy a sip or two of coffee while watching.

Playdates can offer a nanny a break from the normal day-to-day routine and an adult to chat with. The children can make a new friend, explore new things, and burn off some energy before nap time. It is a good time for the adults to encourage independent play, and for the children to make up their own

games. For adults and kids alike, it can be a way to spend some time enjoying the company of others.

If you find yourself dreading a playdate because you feel it's more work for you, speak up and say something to your bosses. Let them know what isn't working and strategize on ways to try to fix the problem, hopefully leading to a better playdate experience all around. Whether it is more work or a nice relaxing afternoon with friends, as long as the kids are safe and having a little bit of fun, playdates can be a great way to encourage many lifelong skills.

In the words of Michel de Montaigne, "Children's games are hardly games. Children are never more serious than when they play."

How well do you know your recycling facts?

BY KERRIE BASCOMB.

GOING GREEN MEANS MORE THAN JUST GOING THROUGH THE MOTIONS OF RECYCLING. IT ALSO MEANS UNDERSTANDING THE IMPACT YOU'RE MAKING. ANSWER THESE RAPID FIRE QUESTIONS TO SEE HOW WELL YOU UNDERSTAND YOUR FOOTPRINT.

1. The average person generates this many pounds of trash each day:

- A. 1 pound
- B. 2 pounds
- C. 4 pounds
- D. 8 pounds

2. Water is mostly used in this part of a house:

- A. Kitchen
- B. Basement
- C. Bathroom
- D. Garage

3. Recycling ONE aluminum can save:

- A. Enough water to fill a 10 gallon fish tank
- B. Enough electricity to run a TV for 3 hours
- C. Enough electricity to run a microwave for 2 minutes
- D. Enough light to brighten the average-sized living room

4. Which item is NOT one of the most thrown away products in America?

- A. Diapers
- B. Razor blades
- C. Pencils
- D. Pens

5. Which country is the BEST at recycling?

- A. United States of America
- B. China
- C. Australia
- D. Sweden

6. What's the most recycled product in America?

- A. Plastic
- B. Car Batteries
- C. Aluminum
- D. Newspapers

What Are Your Results?

Answer Key

- 1. C
- 2. C
- 3. B
- 4. C
- 5. D
- 6. B

5 TO 6 CORRECT:

THE RECYCLING QUEEN! You really know your stuff about recycling! GO MAKE THE WORLD GREEN!

3 TO 4 CORRECT:

THE RECYCLING STUDENT. You know a lot and that's pretty impressive, but you're not quite an expert yet!

1 TO 2 CORRECT:

THE RECYCLING NOVICE. You don't know that much about recycling, but you do know a little. Keep expanding that knowledge!

Don't Throw It Out...Mix It Up!

BY SEPI NASSI, RD.

Rescue soon-to-expire food items in your refrigerator before you have to throw them out. Dietitian Sepi Nassi shares a few tricks.



“When broccoli and carrots, even Brussels sprouts and cauliflower, start getting old in the fridge, don’t be afraid to incorporate them in to your omelet.”

Since you work with young children, you ought to set good examples for them. In the area of food and nutrition you succeed in being an excellent role model when you get the kids to eat a variety of fruits and vegetables instead of high-calorie, high-fat junk foods. Cooking homemade foods with wholesome ingredients will help set good examples for your charges and will instill good eating habits from an early age.

By teaching kids good nutrition, you are investing in your charges’ future physical health and make their parents proud.

With grocery shopping and cooking at home usually comes this question: “what should I do with the leftovers and those extra veggies I stocked up on in the fridge?” You have mastered teaching proper eating; now you need to preserve your healthy recipe or snack’s left overs.

Here are some ideas for recycling your leftovers and the extra food in the refrigerator before they spoil.

Veggies

When broccoli and carrots, even Brussels sprouts and cauliflower, start getting old in the fridge, don’t be afraid to incorporate them in to your omelet. Stir fry them with a little olive oil and



“Don’t use pillows, blankets, quilts, sheepskins, or pillow-like crib bumpers in the sleep area”

then break your eggs in to the pan of sautéed veggies. You can even add leftover chicken or turkey to your omelet to make it higher in protein.

Another way of sparing your broccoli and celery is adding them in to the food processor with sliced apples, ginger pieces, and lemon wedges to mix them in to a yummy green juice with some liquid base (water or apple juice). Kale

and cucumber, depending on the child’s taste, will add more nutrients to the juice.

Fruits

Fruits like berries are so perishable. When you see that raspberries, blueberries, and even strawberries are changing color and becoming soft, don’t despair. Imagine them on your

Food Science Experiments

*Test to see if expired eggs float or sink in a cup of water and research what it means!

*Cut old potatoes into two pieces, rub them together, pull them apart, and then put them together again. What happens? Research what it means!

Nannies Ask

BY STEPHANIE FELZENBERG OF BE THE BEST NANNY
NEWSLETTER.

Dear Stephanie,

I try to be environmentally conscious by using earth-friendly cleaning supplies and products and trying not to be wasteful of food, water, electricity, and so on. But the family I nanny for doesn't seem to care at all about the environment. Is it any of my business or should I simply not say anything about their wastefulness?

Sincerely,

Green Nanny

Dear Green Nanny,

It's great that you are environmentally friendly at work. You certainly can ask the parents if you are allowed to use environmentally safe products. If they say you can, then add the baking soda, vinegar, and other supplies to the grocery list or pick them up when you shop for the family.

But, don't take it personally if they aren't receptive. It's their home, their lives, their money, and their choices. It's wonderful that you are being a great role model for the children while working. Try not to worry about what your employer's do when you are not working.

Sincerely,

Stephanie

pancake. Actually any kind of fruit that is in danger of going bad can go in the pot with some water and brown sugar. Boil till thickened, then this syrup can garnish your morning pancakes and waffles. If you let the fruits boil for couple of hours in water with a sprinkle of brown sugar, you can also get homemade jam that can be stored for a long time. The colorful jam makes your breakfast bites more appealing.

Your charges may not be crazy about oranges or tangerines, but juicing these citrus fruits and making them in to ice pops will be super exciting to them.

Another rescue for expiring fruits? Smoothies. Mixing the fruits with one scoop of vanilla ice cream and milk. You can even make a super simple but endlessly yummy shake out of brown spotted bananas and milk.

Meats

If you see a whole roasted chicken sitting in the fridge shelf for more than two days, one intervention is to make a chicken salad out of it by cutting it into pieces, combining it with diced celery, a little bit of mayo, a splash of lemon juice, and touch of salt and pepper. Your plain cooked chicken may join the other toppings on your pizza as well. Just remember to add them to the pizza 3-4 minutes before you take the pizza out of the oven to avoid supper gummy chicken toppings.

Soy sauce and sesame oil have a long shelf life and come in handy if you store them in the kitchen pantry. That rare or medium cooked steak can be dressed with soy sauce and sesame oil and topped with broccoli and sesame seeds. Voila: a quick and delicious stir fry.

Dairy

Is there an assortment of cheeses in the fridge that hasn't been touched by the Nanny-Family? Your charges will enjoy combining them in a cheesy fondue pot. Extra care is necessary because hot cheese and flame are involved. Too risky? Try adding Parmesan and mozzarella cheese to those premade mac and cheese cups to contribute to better taste and add more calcium to the meal.

Expiration date on the milk carton approaching? Pour it in the premade pancake mix along with eggs to have a quick breakfast or afternoon snack.

Combining Greek yogurt with fresh fruits will make for a quick and delicious snack as well.

Hope these tricks help you save money and time while having fun with nutritious homemade food. Remember: don't throw it out when you can mix it up!

St. Patrick's Day Fun

BY JEN WEBB.

St. Patrick's Day is an Irish holiday celebration, and lands on Tuesday, March 17th this year. Have a fun-filled St. Patrick's Day with your charges with these themed books, games and activities, crafts, food, and decorations. We've got activities galore for you in this issue! Print this out, hang it on the fridge, and get crazy with your St. Patty's Day celebration!

Books



1. *There was an Old Lady who Swallowed a Clover* by Lucille Colandro

This book is a fantastic addition to the *There was an Old Lady Who Swallowed a Fly* series. Find out why this old lady swallowed a clover in this fun rhyming book. The repetitive text in this book series helps young children to build language and reading skills.

2. *Jamie O'Rourke and the Big Potato* by Tomie Depaola

Tomie Depaola retells an old Irish folktale that captures the story of the laziest man in Ireland

who stumbles upon a lucky leprechaun. He learns that the easiest way out isn't always the best.

3. *The Night Before St. Patrick's Day* by Natasha Wing

On the night before St. Patrick's Day, Tim and Maureen set traps to catch a leprechaun and find his pot of gold in this Irish take on an old Christmas classic. Finding the little leprechaun, who is hidden on all the pages in the story, is fun for young children. This book is written with familiar rhythm and rhyme.

4. *St. Patrick's Day* by Jean Legrand

This book is filled with fun facts and photos to teach children about St. Patrick's Day celebrations.

5. *The Luckiest St. Patrick's Day Ever* by Teddy Slayer

This is a story about leprechauns celebrating St. Patrick's Day with music, dancing, and a parade. This book is full of rhymes and colorful illustrations that makes it great for young readers.

Crafts

Get crafty with the seasonal staples: four-leaf clovers, rainbows, and the color green.

1. Leprechaun Puppet

Lay a brown paper bag flat with the open end toward your charges. Glue a green triangle for the hat at the top of the paper bag. Glue googly eyes and a green pom pom for the eyes and nose and draw a mouth. Cut a green square shape for the body and allow your charges to decorate as they please with stickers, glitter glue, and paint.

2. Clover Mask

Make a clover shape out of green

construction paper. Cut two circles in the middle of the clover for the child's eyes and attach a string around the outside. Decorate with green glitter, stickers, or confetti.

3. St. Patty's Day Votive

Cut circles or shamrock shapes out of the green tissue paper. Glue the shapes onto a glass votive. When dry, place a small candle inside the votive.

4. Rainbow Necklace

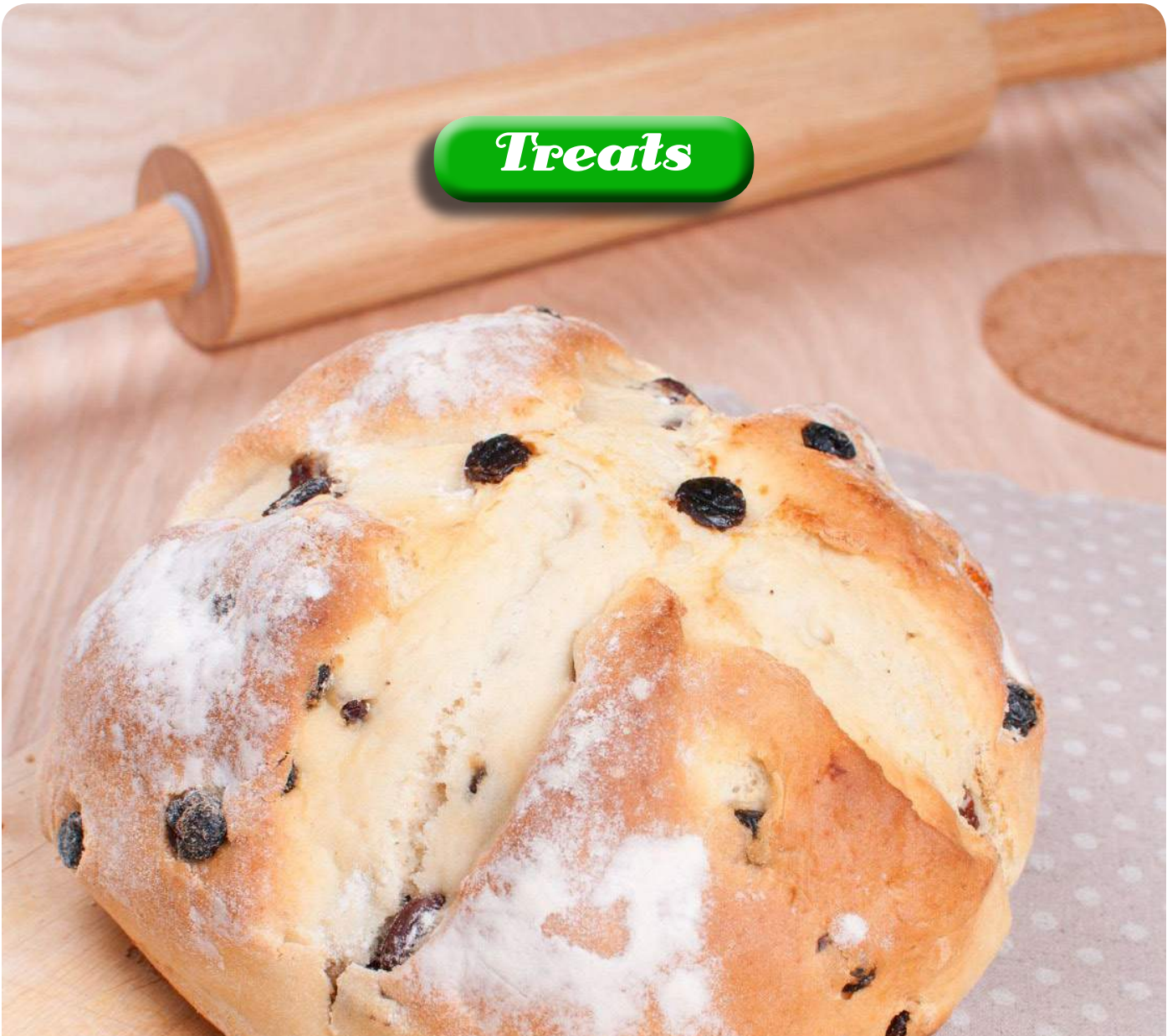
This is fantastic for

young children to work on fine motor skills. Have the child string fruit loops on a cord or twine to make a necklace of rainbow colors.

5. Dot Paint Rainbows

Slowly and carefully press each color of dot paint onto white construction paper in an upside down U shape to create a rainbow. The first row should be red, followed by orange, yellow, green, blue, and purple.

Treats



1. Green Pancakes

Green pancakes is a wonderful breakfast surprise. Squirt green food dye into the pan-cake mix to make green pancakes.

2. Rainbow Pudding

Make a box of vanilla pudding. Scoop the vanilla pudding into 6 separate cups. Use red, orange, yellow, green, blue, and purple food dye. Each cup will have a different color in it. Squirt a few drops of the food dye into each cup and mix with the vanilla pudding. Take a tablespoon of

each color and layer into a clear cup to make rainbow pudding.

3. Green Rice Crispy Treats

Follow the directions to make homemade rice crispy treats. Add green food dye and green sprinkles to create a festive St. Patrick's Day treat.

4. Rainbow Fruit Kabob

Your young charges will not only enjoy practicing their fine motor skills by putting colorful fruit on a stick, but they will love to eat it afterwards. Use strawberries,

blueberries, raspberries, grapes, bananas, pineapple, and melon.

5. Irish Soda Bread

In a large bowl, have your charge help mix and knead together 4 cups of flour, 4 table-spoons of white sugar, 1 teaspoon of baking soda, 1 tablespoon of baking powder, 1/2 teaspoon of salt, 1/2 cup of softened margarine, 1/4 cup of buttermilk, and 1 egg. Cut an X into the top of the loaf mixture when your charge has finished mixing. Next, bake in a 375 degree preheated oven for 45-50 minutes.

Games and Activities

1. Pot of Gold Treasure Hunt

Hide a treasure box and create a treasure map for your charges to follow to find the treasure. For older kids write out the clues, and for younger children use pictures.

2. Green Jelly Bean Jar Guess

Fill a small jar with green jelly beans. Have the children guess how many jelly beans are in the jar. The child with the closest number can have a handful of jelly beans from the jar.

3. Green Shaving Cream Paint

A fantastic sensory

activity for young children. Cover white construction paper with a sheet of shaving cream. Squirt dots of blue and yellow acrylic paint on the shaving cream. Allow your charges to mix the colors with their hands.

4. Green Glitter Dough

Mix 1 cup of white flour, 1 cup of warm water, 2 tablespoons of cream of tartar, 1 pack-age of green gelatin, 2 tablespoons of cooking oil, and 2 tablespoons of salt in a pot over medium heat. When the dough has finished cooking, take out of the pot and add green food dye and green glitter. Using your hands, knead the dough and

flour until it is no longer sticky. This will create a bright glittery green dough, perfect for St. Patrick's Day.

5. Rainbow Sand Writing Tray

This is a great sensory activity for children to practice letter, number, and color recognition. Use red, orange, yellow, blue, green, and purple sand. Put each color side by side on the tray. Write letters and numbers on index cards. Have your charge pick a card and create that letter or number that is on the card with their finger in the colorful sand.

Decorations

1. Shamrock Wreath

Using construction paper, cut a medium to large size shamrock shape. Crumple dark green, light green, and yellow tissue paper into small circles. Glue the tissue paper on-to the shamrock. When dry hang on door, window, or refrigerator for a fun St. Patrick's Day decoration.

2. Window Rainbow

Streamers

Hang rainbow streamers along your windowsill.

3. Potted Clover

Prior to St. Patrick's Day, plant shamrock seeds into a small plant pot. This is a fantastic opportunity to teach children the life cycle of a plant.

4. Rainbow Votives

Fill 6 votives with

rainbow skittles or marbles and place along the window sill or above the fireplace. Each votive should hold a different color of the rainbow.

5. Rainbow Paper Chain

Make a paper chain with construction paper and place along the doorway of your charge's bedroom.



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to be
a bench.
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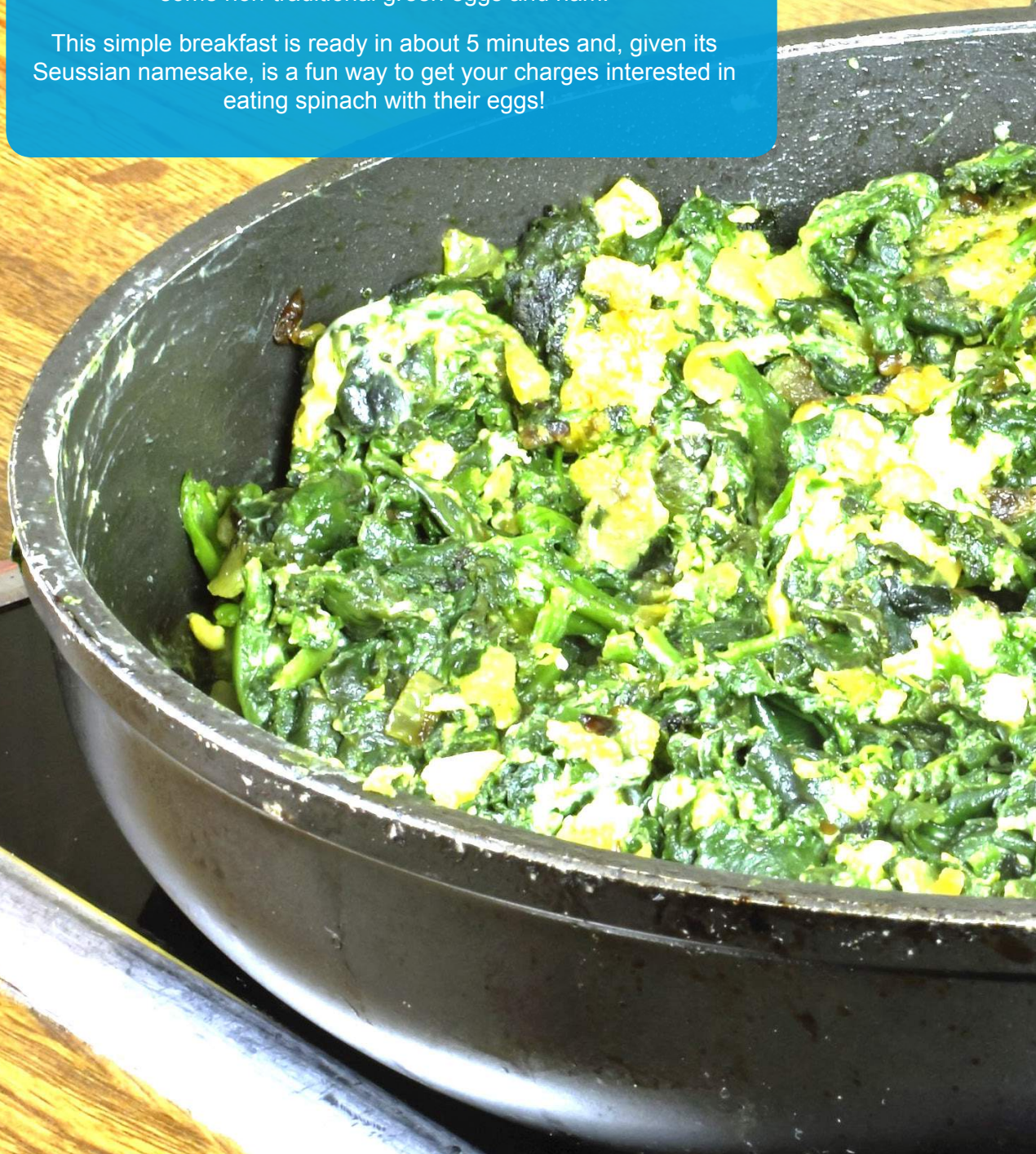


Green Eggs and Ham

BY AMBER KETCHUM, MDS. RD.

Dr. Seuss's birthday is March 2nd. Don't let it go by without making some non-traditional green eggs and ham!

This simple breakfast is ready in about 5 minutes and, given its Seussian namesake, is a fun way to get your charges interested in eating spinach with their eggs!



INGREDIENTS

- Non-stick cooking spray
- 1 egg
- ½ cup baby spinach leaves, roughly chopped
- 1-2 slices ham, chopped (look for nitrate-free ham – can also use nitrate-free turkey bacon)
- 1 tablespoon shredded reduced fat cheddar cheese

DIRECTIONS

1. Heat a small non-stick skillet over medium heat and lightly spray with cooking spray. Add the ham and spinach; cook for about 2 minutes to heat the ham through and let the spinach wilt.
2. Reduce the heat to low, add the egg and cheese to the pan and stir gently until the egg is scrambled and cooked through, about 2 minutes.

Makes 1 serving



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