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FEBRUARY 2015



INSIDE:

- Dental Health Month
- Learn to Cook
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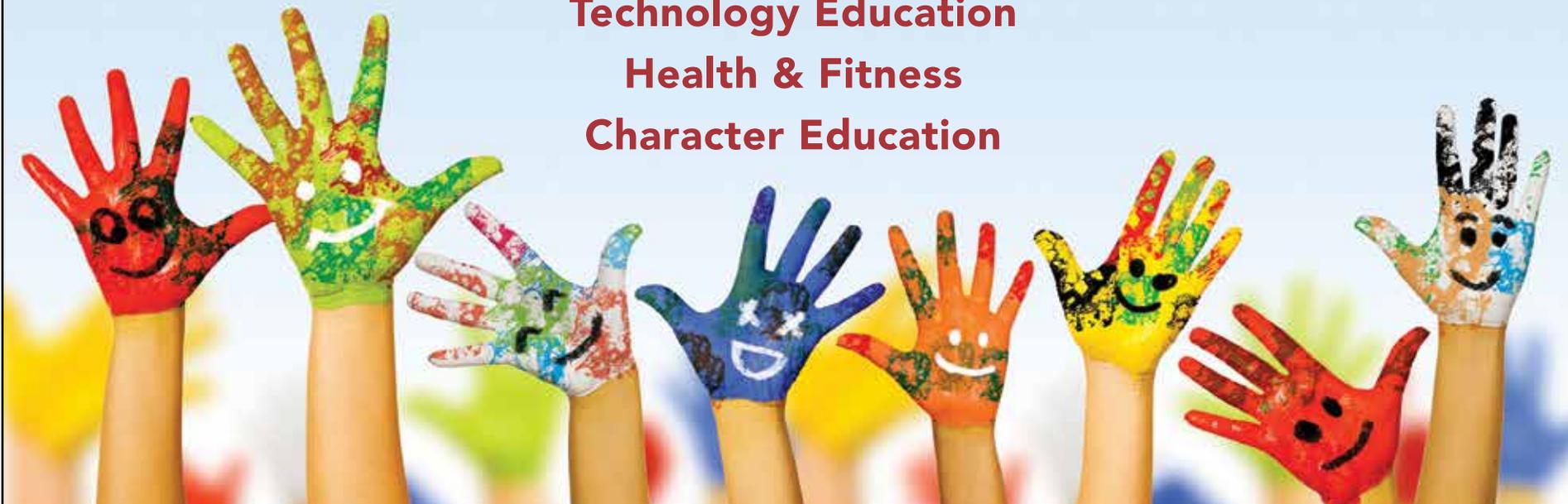
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THE MILLSTONE TIMES

THE FAMILY TIMES: MONMOUTH • OCEAN • MIDDLESEX

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Kids Safety apps

Don't let the threat of online and phone dangers turn you away from the power of technology.

There are a hoard of helpful applications for your smartphone or tablet that can help keep your children safe.

Allowing your child an electronic device may actually lead to more ways to protect them. Apps are designed with location-monitoring capabilities or quick- chat options.

The following free apps were downloaded from the iPhone App Store and reviewed for your information. Check them and others out to find the one that best fits your family's needs.

LIFE360 FAMILY LOCATOR

This app can be fun for everyone in the family. It allows you to send and receive check-in and check-out alerts to let you know when your children have left specific functions.

It also features a map-like tool that helps you determine nearby safety



points and potential threats. Its interface is smooth and easy to navigate for users young and old.

MAMABEAR

Much like Life360 Family Locator, MamaBear lets you track your children as long as they have a smart- phone equipped with GPS monitoring.

The main add-on that MamaBear includes allows you to check in on your child's Facebook feed. This will alert you to any foul language or disruptive behavior that may lead to dangerous situations for your children.

FBI Child ID

Developed as a safety measure by the Federal Bureau of Investigation, FBI Child ID provides a convenient, electronic storage spot for your child's critical information.

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ART...and Homework, Study & Organization

Let's face it, kids are all individuals, special and unique little persons that we love and care for. After all, adults are all different in so many ways: underachievers, overachievers, mellow or intense personalities - the list goes on and on. When we observe these attributes, we may find there are some behaviors we might like to change to help the child work in a more efficient manner or better organize themselves. Other parents may find that they are looking to de-stress their child or give them a better sense of self, with more confidence, helping them interact with other children in a more positive manner. Look to see where your child's interests lie and encourage activities that relate to it. It might be a physical activity such as sports or dance, martial arts, or anything else that involves movement and coordination. The discipline in that activity may be able to transfer into other areas of your child's home or social life. Think creatively and see what parallels you may be able to apply in those areas and there may be positive results.

In artistic activities, there are many areas in which your child may engage her imagination, motor skills, eye-hand coordination, awareness and personality. She may have a wonderful flair for design and pattern, yet not much patience for the workmanship involved for completion. Your son may love drawing animals or cartoons, but rushes through the artwork in a haphazard manner, although he is capable of much more. You notice the similarity in their efforts to do their homework, home chores or other activities. The good news is that the same skills used to improve their artworks do transfer elsewhere! By engaging in art related activities and projects parents may see the improvement carry over in their child's schoolwork, from improved handwriting and neatness, organization, and on to working faster or slower, yet more efficiently.

How does art affect your child? When drawing is taught, there are step-by-step methods used to teach drawing by observation, which enhances awareness, attention to detail and spatial relationships. Using a method to start work can jump-start a project and have it move along more quickly and effectively, minimizing wasted time. These step-by-step processes can be applied to learning in other areas that involve systems such as math, spelling and creative writing.

When children are working with paint or pastel, they see they cannot rush or colors will muddy up or run into each other, creating colors that they didn't want. Drawing cartoon characters develop freedom to go out of bounds and be weird or silly, yet to repeat successive drawings of that character develops restraint and mastery. Detail and proportion are critical to achieve a likeness. They learn that control and patience can be achieved and give them the results they want. This can be applied when they check their spelling or keep their columns in line in math.

Three dimensional art literally encourages thinking outside the box using diverse materials and learning how to construct and design both aesthetic and structural balance. Increase in patience and hand-eye coordination are applied here. Clearly, building and fitting pieces together cannot be rushed in an effective assembly so the child must develop a sense of patience and system as there is an order to the process.

Acceptance of mistakes and encouragement to retry are also extremely important for a child to understand in developing self confidence. This can relate to mistakes in judgment in many areas both inside and outside of school, and used as a great learning tool in diverse areas. Let them create and reap the benefits that go along with it!

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Cartoonimé

Ages 10-14
Saturdays
10 - 11:30 am

Great projects as kids learn to create these highly stylized or classic characters!

February is National Children's Dental Health Month

By Brianna Siciliano

The American Dental Association (ADA) annually sponsors National Children's Dental Health Month to bring awareness of the importance of oral health. When you're a parent, you often question when your child needs to get a dental visit, how often visits should be, and how to keep your children's teeth in good health. Parents can feel embarrassed when they do not know the answers, but there is no need for that. These parents are not alone.

What many people do not know is that dental care for children begins before a baby's first tooth appears. As a newborn, most babies have primary teeth developed in their jaws. To take care of your baby's gums and clear your child from harmful bacteria, run a damp washcloth over your baby's gums daily. When teeth begin coming in, parents can brush their child's teeth with an infant toothbrush by using water and a tiny smear of toothpaste up until the baby is around age 2. By then, your child should be old enough to use a pea-sized amount of toothpaste with water, and be able to spit the toothpaste in the sink themselves (always with supervision of course!).

When considering dentists to use for your children, it is always a great option to consider pediatric dentists, specialize in treating kids. Pediatric dentists are trained very thoroughly to handle a large variety of issues associated with children's dental health, and they know when you will need to bring your child to a different type of dental specialist, such as an orthodontist or oral surgeon for instance.

When should your child first be seen by a dentist? Prior to his or her first birthday! At this visit, you will meet with your child's dentist and listen to him or her explain the proper techniques you will need to do at home, such as brushing and flossing (flossing must be done when your child has two teeth that touch). The dentist will also conduct a modified exam of the baby's mouth while your baby sits on your lap.

As your child gets older, be sure that he or she is brushing at least twice a day, and routinely flossing, to maintain a healthy mouth. As your child's permanent teeth grow in, it may be a good investment to have your dentist seal out decay from your child's back teeth, which is where most of the chewing occurs. This sealant protects your child's mouth from unwanted, unhealthy bacteria.

This is the month to begin to take action and ask questions. Do not be afraid to call or visit your child's dentist and make sure your child's oral health is the best it can be!



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Put Your Trust in Tiny Tots Therapy Inc.'s Pediatric Therapy Services!

By Brianna Siciliano

When searching for therapy services for your child, you want the best of the best, and Tiny Tots Therapy Inc. understands that. Tiny Tots Therapy, which was founded by pediatric professionals Rebecca Dean and Marwa Abdelbary in 2008, aims to create a fun, functional environment for children to grow and play all at once. Dean and Abdelbary hope that by servicing children through team models (in which both parent(s) and teacher are involved in the child's therapy process), children's lives will greatly improve.

Every child is unique, and depending on their individual strengths and weaknesses, therapies must be different. Tiny Tots Therapy digs deep to find both inner and outer strengths within each child, and by discovering strengths and working around them, growth, progress, and independence is maximized. Pediatric professionals at Tiny Tots Therapy do everything possible to help each and every child attain physical, emotional, cognitive, and social skills required to adapt to their living and learning environment. This personalized care is not guaranteed anywhere else!

There are many incredible services offered at Tiny Tots Therapy, including school based services, center based services (providing occupational therapy, physical therapy, speech therapy), home based services (for children who are temporarily homebound for post-operational, technologically dependent, or for family hardships), and specialized services (like sensory integration, therapeutic listening, handwriting, and many more!). The amazing therapeutic staff works their magic to surpass the hopes and dreams you have for your child.

Pediatric professionals at Tiny Tots Therapy understand that money does not grow on trees. With that being said, their fabulous staff goes out of their way to accommodate insurance companies requirements. Insurance companies do not always understand the healthcare that children need, and Tiny Tots Therapy has a mission to change that. Prior to scheduling an appointment with Tiny Tots Therapy, consult your insurance company and ask if a physician prescription is required for your child to receive therapy evaluation or services. Tiny Tots Therapy will provide you with documentation and an invoice that will contain the accurate diagnosis and procedure codes needed to submit a claim to your insurance company.

Tiny Tots Therapy—conveniently located in East Brunswick and Scotch Plains—strives to support caregivers, improve functional skills in children (from birth to age eighteen), and increase awareness. To find out how Tiny Tots Therapy's pediatric specialists can improve your child's life, visit www.tinytotstherapyinc.com/, email info.tinytotstherapyinc.com, or call 908-380-7715!



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How to Stop Yelling at your Kids

By Brianna Siciliano



Raising children is not always a walk in the park; kids do all sorts of things to push your buttons, get on your nerves, and stir up negative and angry feelings. One minute your child is behaving and following the rules, and the next your child is throwing a tantrum because you refuse to give-in to what he wants. Before you know it, you are yelling at the top of your lungs and five minutes later, you are regretting every word you said. You don't want to yell at your child—and you don't plan to raise your voice—but a mess is created and within the blink of an eye, you're screaming and you're child is in tears. Like all bad habits, it takes baby steps to stop yelling. With patience and practice, progress can be achieved and you will be able to resort to different techniques for punishment that do not include yelling.

To begin, it is important to mentally prepare yourself for every situation. If your yelling is triggered by your child's refusal to clean her room, prepare yourself for the good chance she has not began her chore. When you discover that she has not done what she was told, take a few deep breaths and give yourself time to unwind. Then, when you are mentally prepared to return to this topic and deal with her behavior, revisit the situation. Do not scream at your daughter, because screaming will not encourage her to do the work she was told to do. Instead, calmly state what her punishment is/will be if the task is not completed.

Next, adjust the expectations you hold for your child. If you expect your preschooler to clean up the playroom every time he makes a mess, you will get angry every time the task is incomplete. You cannot expect a three year old to complete tasks that are above their abilities. Set expectations for your child that you know your child can work at to achieve, for example picking up toys and books off the floor. Baby steps are better than no steps at all!

Also, it is important to be a good role model and set examples for your kids to follow! If you begin to yell, your children will do the same. Soon it'll just be a battle of who can scream the loudest. Kids learn how to communicate through their parents words and actions, so it is vital to remind yourself to speak with respectful words and a respectful tone. As a role model, your children will learn to be respectful and responsible from following their responsible, in-control parents.

One of the best ways to stop yelling at your children is to imagine an audience being around. If you were in a supermarket or a restaurant and your child threw a tantrum, you would not be screaming at him/her. Instead, resort to other punishments, like limiting technology use or assigning chores for your child to complete. Eliminate yelling from your life, and soon you will notice the progress that you are creating as a parent!

Postpartum Depression & Fathers

The symptoms of postpartum depression in fathers are similar to symptoms for postpartum depression in women. They include signs of depression such as loss of interests, weight gain or loss but also include:

- Trouble sleeping when your baby sleeps (more than the lack of sleep new moms usually get).
- Feeling numb or disconnected from your baby.
- Having scary or negative thoughts about the baby, like thinking someone will take your baby away or hurt your baby.
- Worrying that you will hurt the baby.
- Feeling guilty about not being a good parent, or ashamed that you cannot care for your baby.
- According to the CDC and www.Health.gov approximately, 4% of fathers experience depression in the first year of their child's life.
- By a child's 12th birthday, 21% of fathers will have experienced one or more episodes of depression.
- Younger fathers, those with a history of depression, and those of lower education and income were most likely to experience depression.

If you notice any of these symptoms in a loved one who just became a parent, consult your doctor or a professional for advice on how to get them help.

Family Emergencies: Who to Call



Some parents make the mistake of thinking they will be always be around in emergency situations, but that is not always the case. Children need to be equipped with the knowledge of who to call should they ever find themselves in a dangerous environment at school or at a friend's house. Talking about 911 with children is a great place to start when discussing safety measures with children.

WHAT IS 911

Before your child can fully understand the importance of 911, they must first realize what constitutes a real emergency. Talk with them about the various situations that would warrant a 911 call, including fire, an intruder or a family member seriously hurting him or herself. Role playing is a great way to introduce your child to the feel of a potentially dangerous situation without them having to really experience one. Place a toy phone nearby and act out an emergency situation that requires them to run to the phone and pretend to dial 911. Add a little fun to the situation by timing your child's reaction time and challenging them to better it during the next scenario.

WHEN TO CALL 911

The National Emergency Number Association estimates that 75 percent of calls to 911 are actually non-emergency situations. A large portion of this statistic is made up of children calling 911 in predicaments that may seem serious to them, but do not constitute an emergency phone call. Teach your children that an unnecessary phone call to 911 can delay help getting to people who really need it at that time. It is also important for them to understand the severity of punishment related to placing prank calls to 911.

EMERGENCY CARD

Every home should have a detailed listing of phone numbers for not only the local police and fire departments, but also the numbers of family members to contact in emergency situations. Also write down any critical medicines or allergies for you and your family members. A list with all of this vital information can help first responders and doctors determine the best course of action to take.



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Central Jersey Student Innovators' Association Is Looking For Creative, Scientifically Minded, or Problem Solving Students

By: Eric Li

The Central Jersey Student Innovators' Association is the first-ever organization in the area to provide opportunities to motivated students to be recognized for their ingenuity and innovation, free of cost.

If you are interested in participating in one or more of our variety of programs, these programs encourage big thinkers to put their ideas on the table for feedback and advice from leaders in the fields of business, science and engineering. These are the programs we have launched:

An Innovation Contest, where applicants submit ideas and business proposals with viability in today's market that will be judged by college professors and professionals in related fields. Top applicants will have the honor of presenting live to a panel of these esteemed judges and an opportunity to win prize money.

Presentational Skills Development sessions, where students will learn how to best present their ideas, through public speaking instruction and other presentational techniques.

Entrepreneurship Seminars, where professionals in the field of innovation, including Princeton University professors, will give talks to high-aspiring students on how to turn ideas for businesses and inventions into realities.

This organization is a great opportunity for all creative, scientifically minded, or problem-solving students. If you are interested in getting involved in one of these programs, check out our website www.cjsia.org or reply to us at CJStudentInnovators@gmail.com with any questions or concerns you may have.



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Grow Team teaches children how to garden

Applications for program are due by Jan. 31

Children ages 9 through 11 are invited to take part in Monmouth County's Grow Team Program that includes learning gardening basics through special hands-on activities on the way toward becoming a certified Junior Master Gardener.

The deadline to register for the program is Jan. 31. Those interested in the program should contact the Rutgers Cooperative Extension Service of Monmouth County at 732-431-7260. There is a \$30 registration fee and \$25 registration fee for additional siblings. Register early because class size is limited.

Children will be involved in a unique opportunity to unlock the mysteries of seed germination and plant propagation, to experiment with soil composition and to harvest and protect seeds.

All classroom and hands-on sessions will be held on Saturdays from 9:45 a.m. to 12:30 p.m. at the Monmouth County Agricultural Building at 4000 Kozloski Rd. in Freehold Township. Eight sessions will be held April 25, May 2, May 9, May 16, May 30, June 6, June 13 and June 20.

"The Grow Team offers children an exciting way to learn how to

grow local fruits and vegetables," said Freeholder Lillian G. Burry, liaison to the County's agricultural interests. "Children who participate will have exciting, hands-on experiences in plant biology, soil science and disease and pest control."

The children will work with certified Master Gardeners who are experts in all things related to home gardening in Monmouth County. Graduates of the program will be welcome to return to the garden weekly to harvest produce for their families or for donation to the local food banks. Children also may enter their produce in the Monmouth County Fair Home & Garden competition in late July.

The Grow Team program is a part of the County's Master Gardener program. Similar programs are conducted throughout the United States and Canada. In New Jersey, the program is a cooperative effort of Rutgers University, the U.S. Department of Agriculture, and the County Board of Chosen Freeholders.

Monmouth County's program also involves Brookdale Community College and the Monmouth County Park System.



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Five Ways to Always Have Hope for Your Child with Special Needs

By Brianna Siciliano

When you have a special needs child, it may be hard to accept that he or she has special needs. You want your child to be able to understand that he or she is much more than a test number or a disability, that he or she is beautiful and perfect in every way despite the challenges he or she is forced to battle, and most importantly that he or she is deeply loved. As a parent, you want to have hope that your child's future will be bright, but sometimes the frustration you are forced to face takes control and you get scared that maybe things will not go the way you hope. There will be good days and bad days, incredible days and extremely tough days, but what's important is to remember that there will always be progress, some sort of progress. Whether the progress is your son or daughter is able to smile or laugh, or obtain better balance, or look you in the eyes for that one beautiful second, you will find progress. Having hope each and every day—no matter how old your child is or what their needs are—is possible, and following the steps below will help you.

1. Stop reading child development books, stop looking for articles about what your child should be doing at their age (no matter what the age), and unsubscribe from any emails/apps that tell you what your baby/child is doing right now. By continuing to read and study these updates and books, you will find yourself comparing your child to 'typical' children, and this will only make you more upset and frustrated. Your child is living his/her own life, and there are absolutely no books or apps to describe your child's current timeline. Your child cannot and should not be compared to any other child.

2. Observe what your child is doing today, and do this each and every day. You want your child to do things he/she can't do, like walk, talk, feed him/herself, and roam around the playground or park without getting stared at. Instead of thinking about these things, think about the small victories that are happening; focus on your son's speech improvements or your daughter's newfound love for music. By appreciating what your child can do right now, and seeing how far your child is coming, you will have more confidence and hope for the future.

3. Change your outlook on the definition of the word "accomplishment." This does not mean you should change your minor or major goals for your child. What means is, enjoy and embrace the baby steps that are being made. Do you have hope that your child will be able to walk one day? Celebrate the victory when your child learns how to hold onto his walker's handlebars. Do you have hope that your child will be able to talk one day? Celebrate the small glimpses of progress communication wise, like when your daughter

acknowledges the fact that she is being spoken to. Make a big deal out of these victories! Share them on through email, text messages, Facebook, and Twitter. Tell everyone you know! When you do this, your outlook on accomplishments will change and you will see how far your child is coming.

4. Surround yourself with positive people! This cannot be stressed enough...positive and only positive! There is no room for negativity in your life. Surround yourself and your child with positive doctors, positive therapists, positive teachers, positive friends, and positive family members. Share all of the great accomplishments happening in your child's life with these people, and be sure to create a list for yourself of all the progress being made. On bad days, you'll be looking for this list to motivate you to keep trying!

5. Enjoy everything about your child; enjoy your child's abilities to love, laugh, focus on things, their intelligence, and so much more! The more you enjoy your child, the less worried you will be about his/her future; you'll be too busy living in the moment. Take millions of pictures together. Hug and kiss each other. Be silly and make fools of yourselves. Live in the moment. Stop peering in the future and wondering what will happen a year from now, and

enjoy everything that is happening at this very moment. You won't regret it in the long run.



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Safety First with Winter Sports

By Brianna Siciliano

Winter weather brings opportunities to play a wide variety of winter sports, both indoors and outdoors. Who wants to spend time on the couch when they can snowboard, ski, ice skate, roller skate, play hockey, or play basketball? No one; all of us would much rather have fun and be daring. Before the fun can begin, take steps to ensure that nothing can go wrong with the activities that your children are participating in or the gear that your children are wearing. By taking the tips below into consideration and taking action to ensure your children are safe, winter sports can become more enjoyable and your family can have fun and stay healthy all season long.

Activities that involve the cold—for example ice-skating, hockey, snowboarding, sledding, and skiing—can often lead to minor and major accidents and injuries. One second your son is standing up at the top of the snowy hill, and the next he can be plummeting downhill because something went wrong. To be sure that your children are as safe as they can be, make sure everyone is wearing the proper gear. If your child's sport involves a helmet and goggles as head gear, be sure that your child is wearing them.



Safety is not a suggestion; safety is a necessity.

Before allowing your child to do something for the day, like sledding for instance, make sure you know where the sledding will happen. Will the kids be sledding in a local park with a major hill? Are there trees or other obstacles that can cause the sledding to go wrong? You must think of everything before okaying any situation. After all, it is better to be safe than sorry.



When your children are outdoors in their sports gear, whether wearing basketball shorts and a jersey or hockey gear, always be confident that your child will have layers to wear. The freezing temperatures can be dangerous to our health; skin become dry when exposed to the cold, frostnip and frostbite risks heighten, and chances of illness (like a common cold or a flu) rise. It is important for children (and adults) to cover up and dress in layers whenever leaving the house and exposing their bodies to the winter weather. Whether a person is exposed to the winter weather for two minutes or two hours, it is necessary to bundle up and stay warm. No precautions can be too excessive.

Skiing Word Search Puzzle

S	T	R	O	S	E	R	K	I	W	O	N	S	I	S
N	R	G	P	R	O	B	A	B	L	Y	E	K	K	V
O	A	T	L	C	O	M	P	E	T	I	J	I	V	E
V	I	E	F	B	D	F	L	O	R	O	J	S	M	Y
S	L	O	N	I	P	L	A	N	L	N	O	W	S	R
H	S	O	E	N	L	I	N	O	M	P	G	L	A	T
N	P	O	W	D	E	R	O	P	D	W	S	L	A	N
N	O	R	D	I	C	S	I	A	P	R	A	I	C	U
S	T	I	C	N	A	N	T	A	L	M	E	H	A	O
L	L	N	S	G	G	O	E	F	H	Q	U	N	I	C
A	C	U	K	S	L	Y	R	B	G	C	E	W	T	S
L	T	I	G	N	I	D	O	A	O	B	W	D	N	S
O	N	S	A	O	R	W	C	U	N	O	D	I	I	O
M	L	Y	N	S	M	E	E	Y	C	L	T	S	S	R



When the Skiing word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting Skiing fact.

- | | | | |
|--------------|---------------|-----------|---------------|
| ALPINE | CHAIR LIFT | SKIS | SNOW BOARDING |
| POLES | RESORT | DOWN HILL | NORDIC |
| BINDINGS | COMPETITIVE | SLALOM | TRAILS |
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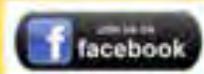
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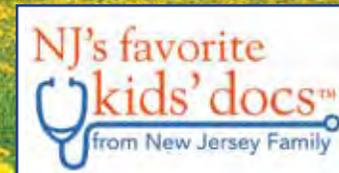
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How Can I Help My Child Develop Healthy Self-Esteem?

By Brianna Siciliano

As children grow older, they become more and more observant. They listen to what other people around them—especially their peers—have to say. Kids pick up on all sorts of actions, beliefs, knowledge, and images, and unfortunately, sometimes these are not positive. How children feel about themselves can depend on many factors, including standards that have been set for themselves, the environment their time is spent in, and experiences that they have grown up through. Although some of these factors are out of your control as your child's parent, others can be influenced by you!

If and when you hear your child make a negative comment about herself, call your child out. Let your son or daughter know that he/she is a beautiful and special blessing, and how great he/she is in different areas. Point out things that your child should be proud of, for example their hard work in a certain activity or sport, their good grades, or their great relationships with others. Different people excel in different categories! Make sure your child knows how great he or she is!

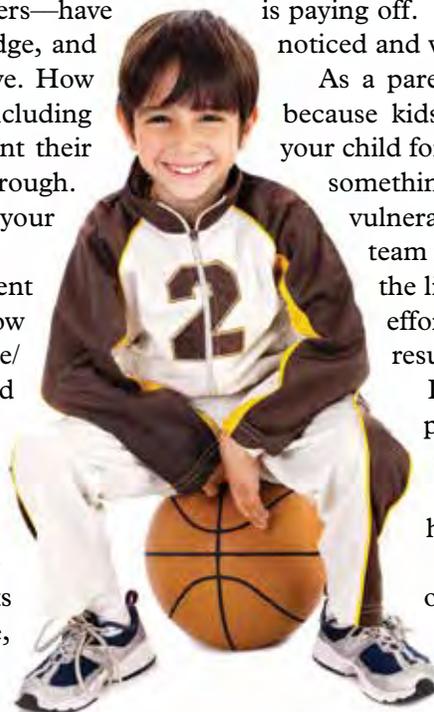
To boost your his or her self-esteem, it is important to help your child recognize and modify the negative thoughts about him or herself. Being reminded of their importance, and having their incredible abilities pointed out, is a major confidence boost to children. Saying something as simple

as, "You have been doing a great job in school lately! All of your hard work is paying off. I'm very proud of you!" will let your child know that they are noticed and valued.

As a parent, it is extremely important to be careful of what you say because kids are very sensitive to parents' words. Remember to praise your child for their effort and their successes. When a child doesn't achieve something, like for example making the soccer team, he or she is in a vulnerable place. Instead of saying something like, "You'll make the team next time, you just need to work harder," say something along the lines of, "You didn't make the team, but you put in some great effort and I'm proud of you!" This will have a much better end result for your child's self-esteem.

Parents can also help by being positive role models, giving positive and accurate feedback, and being affectionate and spontaneous. Children look up to their parents and learn a lot from their home environment; if a child sees their mother loving her body, then the child will want to love their own body, too!

Kids should grow up feeling special and great, not normal or average. With your help, your child can feel like a million bucks. Make sure your children know how loved, special, and beautiful they are! ■





SCIENCE & SNOWFLAKES

snow · flake

Noun

The word "snowflake" is defined as a cluster of snow crystals that have stuck together as they fall to the ground.

While no two snowflakes are alike, they can be generally classified into six basic patterns pictured at the left. Each type of flake is a result of unique atmospheric conditions present at the crystal's birth.

Star

Star crystals are born at temperatures near -15 degrees C, and are among the most common type of snowflakes. They are as delicate as they look, and superstars are rare, because large flakes tend to become broken by wind and midair collisions with other crystals. Under ideal conditions several stars may join to form a larger snowflake. The largest snowflake on record was reported to be a whopping 8" by 12" (about the size of a sheet of typing paper). It was reported to have fallen, probably with a thud, in Bratsk, Siberia in 1971.



Dendrite

Dendrites are stars with attitude. Essentially, they are three dimensional star crystals with branches growing on more than a single plane. Branches (or arms) connect randomly to a central structure. These complex critters form under extremely cold conditions (-20 to -25 degrees C) when high levels of atmospheric moisture are present.



Columns

Columns are produced when the air is dryer. They are generally smaller, have a higher density than star crystals, and form over a wide range of temperatures (15 to -25 degrees C).

Plate

Plates are wanna-be stars that are essentially moisture starved. They form at temperatures of -10 to -20 degrees C when there isn't enough atmospheric water vapor available to form the delicate arms of a classic star.

Column Capped with Plates

Capped columns are composite flakes formed when the particle of snow passes through different temperature and moisture zones on its journey to the ground. The columns form first, usually at higher and dryer regions of a cloud, and combine with star flakes as they fall through lower and wetter cloud elevations.

Needles

Needles are formed at the upper end of the temperature spectrum, usually when ground temperatures are at or near the freezing point. To grow, these crystals need an air temperature in the -5 to -10 degrees C range. Needles tend to produce a dense, stiff snow pack which can produce an avalanche under the right conditions.

Setting Goals

By Brianna Siciliano

As children and teenagers grow up, it is extremely important for them to set goals and try to achieve them. Goals should not all be long term goals, nor should they all be short term goals; it is important to have an equal balance of the two. When kids and teens know what they want, and work towards them, you'd be surprised at what can happen.

When setting goals, try to set specific, realistic goals. Do not set a goal to become a major league baseball player if you do not plan on stepping foot on a baseball field, and do not set a goal to be the next Gordon Ramsey if you do not plan on practicing your cooking. The people who succeed on achieving their goals say specific things, like for instance, "I am going to volunteer in local nursing homes, animal shelters, and food banks," instead of "I am going to help the community." By being extra specific, and acknowledging what you wish to accomplish, it will be easier to stick to accomplishing your goal.

Realize that it takes time to create a habit. When you create a goal, the goal is not achieved overnight. It will probably take weeks,

months, or years before any changes become habits. Do not give up when you do not see change right away!

Keep repeating what your goal is (whether out loud or on paper). When you say repeatedly say—or write—something, you lock what you are saying in your brain. By doing this, you are telling your brain, "I really want this! Do not forget this!"

If and when you fall off track of your goal, do not be discouraged! It is okay to slip-up, and it may end up taking a few tries before you are able to reach a goal (no matter how simple or complex your goal may be). It is normal to mess up. No one is perfect! Just remind yourself that you can do this—you can do anything that you set your mind to! Keep your chin up, continue setting goals, and remember that no dream is too big.



Fun Ideas to Make Valentine's Day Special

By Brianna Siciliano

Valentine's Day is a day filled with love, and it falls on a Saturday this year (YAY!), which means that you get to spend the day with your entire family (as long as no one works on the weekends). Valentine's Day is always fun for adults and teens, but can't it be fun for children, too? Everyone should enjoy this loving holiday, and that can be possible if you work hard to make the day fabulous. Throughout all of the Valentine's Days you have lived through, what are your favorite memories? Did you get a beautiful card from your parents, grandparents, friends, siblings, or boyfriends/girlfriends? Whatever stands out in your memory, try to relive that with the people who mean the most to you. To make this Valentine's Day extremely special, try participating in a few of the activities below.

1. While your child (or spouse, parents, sibling, whomever you want to surprise) is asleep, decorate his/her bedroom door with heart shaped stickers or post-it notes, and on those notes, write own various reasons why you love him/her. Some people may think this is corny, but others may absolutely love the thought that you are putting into this.

2. Make cards for everyone you love—your kids, parents, grandparents, friends, aunts, uncles, cousins—even if they live a long distance away (that's what mail is for!). Everyone loves to receive a card and know



that they were thought about, and everyone loves mail.

3. Cut foods into heart-shapes! Whether you are making pancakes, sandwiches, cookies, or eggs, use a heart-shaped cookie cutter and embrace the holiday. Kids will absolutely love this.

4. Chocolate, chocolate, and more chocolate. Practically everyone loves chocolate, no matter what kind they love. Indulge in some Hershey kisses, chocolate truffles, chocolate brownies, or any other chocolate treats that you and your family enjoy.

Have a beautiful, love-filled Valentine's Day, and make sure to enjoy every second of it!



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How Do I Help My Child Who is Being Bullied?

By Brianna Siciliano

As a parent, you want nothing but the best life for your child. With that being said, the last thing that you want is for your child to feel pain—especially by bullies. Bullies are everywhere, even in places you would not expect them to be. There are many different types of bullies, including verbal bullies, physical bullies, and cyber bullies. Children can be bullied anywhere they are, whether they are in school, on the playground, on a court or field, or even in their home.

How can you, as a parent, help your child who is dealing with this painful, emotional part of life? Be a good listener! Ask your child who is bullying him or her, and what the bully has and is doing. Kids who are bullied need comfort, support, and love when opening up on a touchy subject like bullying. Many children who are bullied feel as if the bullying is their own fault, and they think that if they looked a different way or had more friends, the bullying would not be happening. Children listen to their bullies and believe everything they say, and if a bully tells them, “If you tell an adult about what’s happening, I will make you regret it!” a bullied child will believe them.



When a child tells you that he or she is being bullied, you must let your child know that he/she did the right thing to tell you about what is happening. Shower your child with praise, and let your child know that things are going to get better. Then, remind your child that bullying is (unfortunately) not rare, and that he/she is not alone in this battle. Let your child know that the bully is the one at fault, and that actions will be taken to protect your child (and all children) from any future remarks or actions from their bully.

If your child is being bullied by a classmate, it may be in your (and your child’s) best interest to contact school authorities (the principal, guidance counselor, school teacher, etc) and fill them in on your child’s bullying situation. It may also be a great idea to contact the bully’s parents and fill them in on the situation. If the bullying is severe, and you are worried about your child’s safety, it is vital that you contact legal authorities.

When the bullying eventually dies down, you will notice that your child’s self-esteem will need some boosting. Remind your child how much you love and believe in them, and that you will do anything to prevent and address any bullying that occurs in the future.

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Dealing with Picky Eaters

By Brianna Siciliano

When kids refuse to eat certain foods, it can be extremely frustrating. Sometimes picky eaters begin loving and enjoying foods, and with the snap of their fingers, they loathe the same foods. Could it be because they eat the same meal over and over again, and they're tired of it? Possibly, but there are many other reasons.

One reason your child might be refusing to eat certain things is because of his or her desire to be independent. This situation is just like asking your child whether she wants to wear the pink shirt that you picked out or the purple shirt hanging in her closet. Do you even have to ask? Whatever you pick out, she does not want. Children want to make their own choices, so try to avoid arguments and fights and give your children some power over their food. Instead of preparing a different plate of food for your picky eater, let your child help you food shop and prepare meals. You'll get a better taste of what foods your child is willing to eat.

Another reason your child might be refusing to eat certain foods is because he/she truly does not like those foods. Your son might have a sweet tooth and be disgusted by the taste of 'bitter' foods. This is a logical reason for a child to refuse to eat certain foods. To help overcome this refusal, try switching things up once in a while. If your child despises

certain vegetables, like broccoli for instance, do not cut the food from your family's diet all together. Instead, serve green beans one night, asparagus the next, followed by broccoli. Sometimes it takes 10 to 15 tries before a child accepts and enjoys new foods, so give the foods a chance before giving up all together. If this doesn't seem to work, it might be worth your while to try preparing foods in a different way. Instead of steaming vegetables, try sautéing them. You never know what the outcome can be!



If your child enjoys peanut butter and jelly sandwiches, and refuses to eat anything else, try warming your child up to try new foods. Spread peanut butter on new foods, like apples and celery, and see if your child will begin warming up to new foods. Sometimes picky eaters want to stick to their favorite foods, which is completely understandable. If you could eat your favorite dessert over and over again, you would, wouldn't you? Sometimes it is necessary to present foods

in interesting ways, or use cookie cutters to transform 'boring' looking foods into fun shapes, to spark your child's interest. By showing your child that you care, and that you won't force things he or she does not want, your child will trust you and open up his or her mind to trying new things.

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Learn How to Cook at Young Chefs Academy of Marlboro

By Brianna Siciliano

It is always exciting to send your children to after-school activities and find out that they absolutely loved how they spent their time. Sending your child to Young Chefs Academy in Morganville, New Jersey is a great way to ensure that your child (and even yourself if you want to learn how to cook!) will develop necessary life skills. Is there any better way for your child (or yourself) to learn how to interact with others and learn how to cook at the same time? I don't think so!

Young Chefs Academy of Marlboro is a cooking school for children ages three and up. No matter what age you are, you can learn valuable cooking lessons from this wonderful academy. By actively participating with hands-on activities in an welcoming, supportive environment, children are able to use cooking and food techniques to help build knowledge, self-confidence, and independence.

While taking classes at the academy, cooking students will learn kitchen safety, how to cook properly, and how to make healthy and nutritious meals. Students are not only learning how to cook and interact with others; they work on improving reading and comprehension and math as well! How many cups of water and milk are needed for this recipe? Students will have to read and do the math to figure it out.

Cooking students come to the Young Chefs Academy once a week for their cooking class and learn many valuable lessons that will help for years and years to come. Tasks are split up between the students, and at the end of class, students get to taste the food they made and discuss their recipes. Recipe themes change every month, and each week the individual recipes are changed up, ensuring that no lesson is repeated.

By sending your child to these fabulous cooking classes, your child will learn so much valuable knowledge that he/she is not guaranteed to learn while at school. In addition to these learning benefits, your family will become closer. Your child will help out in meal preparation more often, and meal times will be much more fun than they were before!

Young Chefs Academy also offers special events, for example family workshops—which allow families to cook and bake together, allergy friendly family workshops—which allows families who have members that suffer from food allergies to cook recipes that everyone can safely enjoy together, and holiday specials—for example Gingerbread decorating around the holidays.

To find out more about Young Chefs Academy of Marlboro and find the schedule of class dates, times, and themes, call 732-536-7777 or email malboronj@youngchefsacademy.com.



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Explore the giving page for more ideas at www.rmh-cnj.org or call 732-222-8755.

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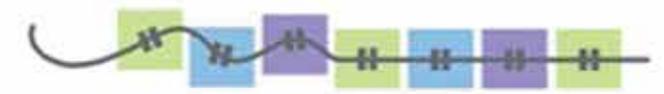
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