THE FAMILY TIMES MONMOUTH OCEAN NIDDLESEX

FREE News for Parents • Activities for Kids APRIL 2014



The Five Senses: How Baby Meets World

abies this age are maturing rapidly, and so is their understanding of the surrounding world. As they grow, they'll be seeing, hearing, smelling, tasting, and touching things that are all new.

SIGHT

Between 1 and 2 years old, your baby's sight will continue to improve. By age 2, these young toddlers will notice lots of details and depth perception is well-developed.

Your role is to provide pleasant, stimulating visual information. Picture books, colorful toys, and kids their own age are great things for babies to look at and learn about. Take your little one on frequent outings. The park, the grocery store, and a friend's house can all provide interesting and novel sights.

HEARING

No matter when toddlers say their first words, they'll already understand much of what is said to them before that. Your child should be able to respond to simple commands ("Roll the ball to Mommy") and be fully aware of the names of familiar objects and family members.

By about 18 months, your child will be able to point to some body parts, even if he or she can't yet tell you their different names. This shows that your baby's hearing is functioning well and language skills are developing.

Although toddlers will be saying more and more over the course of this year, many still indicate their wants and ideas in nonverbal ways. They enjoy the other pleasures of hearing: listening to children's songs and music, laughing and yelling with friends in the park, or having you read a bedtime story.

TASTE AND SMELL

With their newfound language skills toddlers will tell parents which tastes they prefer and which they dislike. If kids don't like a food, they won't eat it. But don't be discouraged if your toddler doesn't like a food the first time you offer it. Research shows that it can take several attempts before a

Continued on page 5



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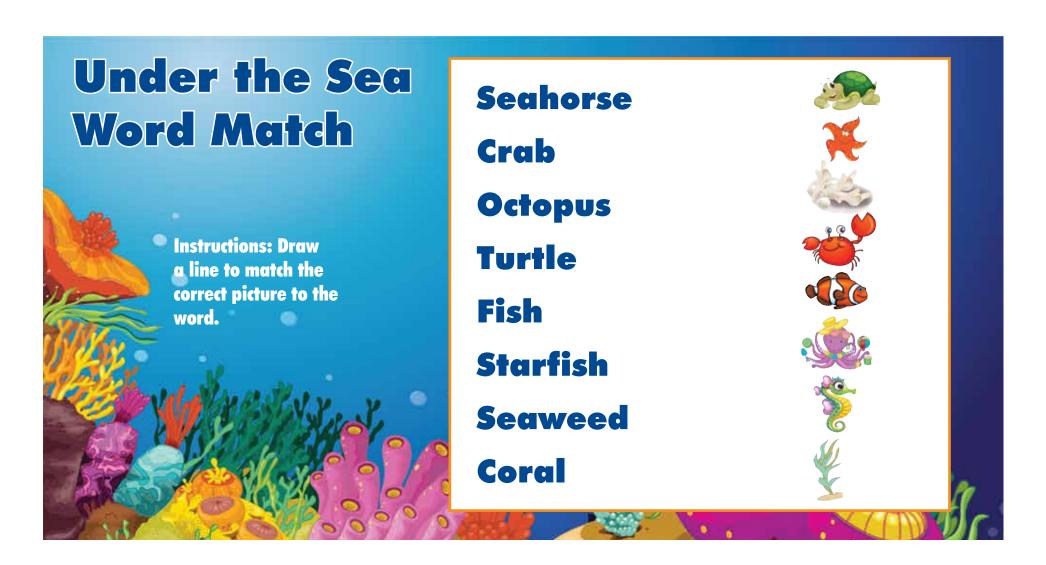


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The Five Senses

Continued from pag 2

child will accept a new food. Just keep providing opportunities to try a variety of foods, and one day your child will surprise you!

Help your child label tastes and smells by using descriptive words during meals or trips to restaurants.

TOUCH

Although toddlers may seem too busy to enjoy a cuddle or kiss, such affection is still a necessary part of their lives. Your child is experiencing and understanding so much more, but still needs to feel loved and secure.

Don't forget that little fingers this age will be into everything. Hopefully you've already childproofed your home well, but take another look around from a toddler perspective and put unsafe items out of reach. Then you can encourage your child to touch and learn as much as possible.

Toddlers also start to use their hands to show frustration or look for attention, so don't be surprised if your little one starts hitting. Although very common, teach your child that hands are not for hitting. Initially, finding a distraction may be all that is needed; however, using "time-outs" may be necessary if the hitting persists.

SHOULD I BE CONCERNED?

By now you have probably addressed any concerns you've had about your baby's eyesight, but be sure to contact your doctor if you notice any problems, including:

- eyes that wander in or out or don't move together
- inability to see or recognize distant objects or people
- persistent tearing, fluid discharge, crusting, or redness of the eyes
- · frequent squinting or sensitivity to light
- · droopy eyelids
- · excessive eye rubbing or scratching

Hearing problems may become more apparent as speech emerges. Some kids speak earlier or later than others, but there should be signs that they can understand simple instructions even if they are not yet using many words.

Don't hesitate to report any concerns to your doctor, especially if you feel your child is not babbling or responding to your speech patterns. Chronic ear infections can sometimes leave kids with excessive fluid buildup that can interfere with healthy hearing. Special tests can check for hearing loss at any age.

It's common for parents to feel concerned or frustrated with their toddler's behavior, as kids love to touch and explore everything. It's important to make sure that yours has a safe environment to explore. If you're not sure about how to guide your toddler's behavior, talk to your doctor.





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- Boiling water (Be very careful with this!)
- Food Coloring
- Pipe cleaners
- Wooden popsicle sticks
- String
- Glass containers

STEP 1:

Make a shape using your pipe cleaner that will fit into your glass container & tie a piece of string around it and the popsicle stick.

STEP 2:

Dissolve the borax into the boiling water (use the ratio of 3 tablespoons of Borax to every 1 cup of water) and add just a few drops of food coloring to each container.

STEP 3:

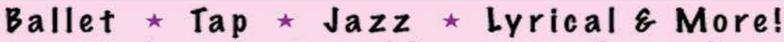
Carefully suspend the pipe cleaner shape into the borax solution and leave overnight to cool.

STEP 4:

Carefully remove the crystallized pipe cleaner and allow to drip dry.

STEP 5:

Proudly hang your cool crystal ornament in a sunny place so you can watch it glisten.









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Baked Peanut Butter Jelly Sandwich for Picky Eaters

This recipe is also the perfect go -to healthy snack for play dates in your home! Serves 4

Ingredients:

- 2 tablespoons sugar
- 1 ½ tablespoons ground cinnamon
- 1/2 stick unsalted butter
- 8 slices whole wheat bread
- 6 tablespoons favorite jam or jelly
- 6 tablespoons creamy peanut butter

Directions:

Preheat broiler to low.

Combine the sugar and cinnamon in a small bowl.

Spread the butter on one side of each bread slice. Flip the remaining slices over and spread them with the jam. Flip the remaining slices over and spread them with the peanut butter. Sandwich together the jam slices and the peanut butter slices, keeping the buttered sides of the bread facing out.

Place sandwiches on a warm cookie sheet and place in oven until top side is golden brown. Flip sandwich over and remove from oven when second side is golden brown.

Remove from oven and sprinkle the cinnamon sugar over the tops. Cut in triangles and serve warm.

Remove the sandwiches from the skillet and cut into quarters. Serve, with the crusts on or off, depending on your child's preference.

Pesto Chicken Roll and Gluten Free Pasta

Dinner as a family made easy!

Ingredients:

- 1 lb. chicken breasts sliced Thin
- 3 cups prepared pesto sauce
- 1 cup shredded mozzarella
- 1 box gluten free pasta

Directions:

Preheat the oven to 350 degrees F. Spray a baking dish with cooking spray.

Spread 2 to 3 tablespoons of the pesto sauce onto each flattened chicken breast. Sprinkle cheese over the pesto. Roll up tightly, and secure with toothpicks. Place in a lightly greased baking dish.

Bake uncovered for 45 to 50 minutes in the preheated oven, until chicken is nicely browned and juices run clear.

Cook Gluten free pasta according to directions. Drain water and toss with 2 cups pesto sauce.

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The Family Times: Monmouth • Ocean • Middlesex **April 2014**

Happy Home Word Search

There is no doubt that what makes a happy home are the people within it! Family and friends gathering in the home are what constitutes a happy home life. Experts agree that the most important things that make a home happy are playing together, eating together, sharing stories and having happy parents!

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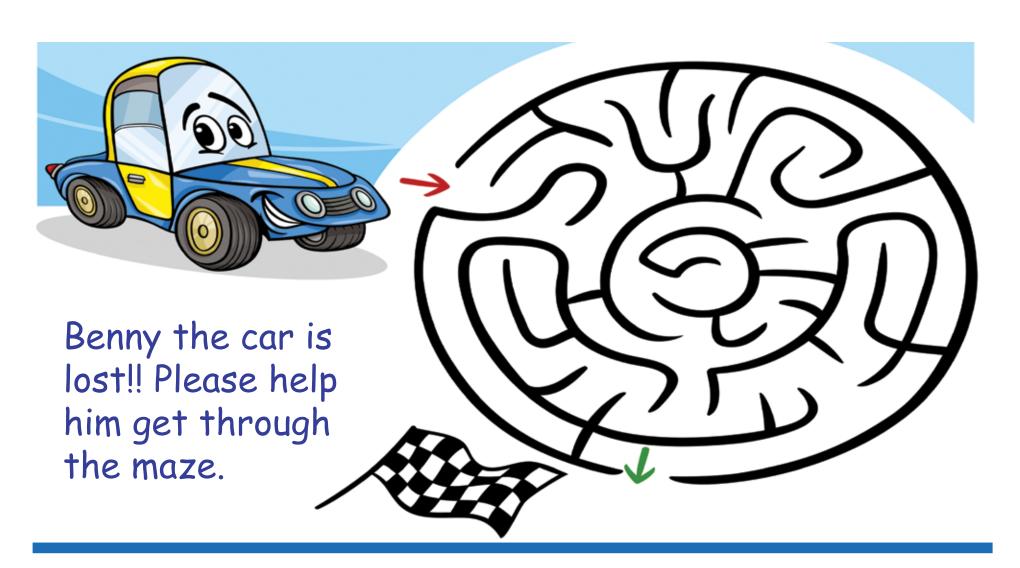
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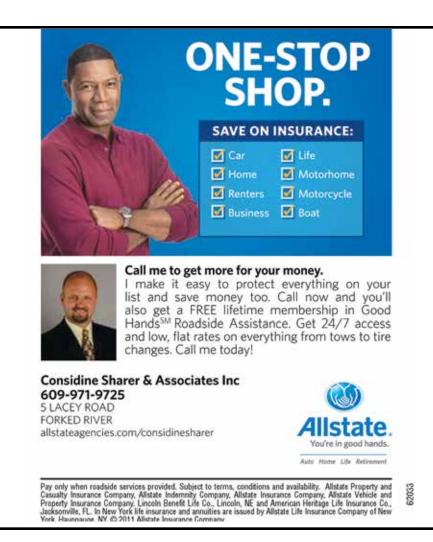
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Voorhees Hall, 71 Hamilton Street, New Brunswick

Opera At Rutgers: Acis and Galatea April 27, 2pm

Mason Gross School of the Arts Schare Recital Hall, 81 George Street, New Brunswick





The Summer Staycation

By Jim Ned

Spring time and milder weather will be here soon. This winter has been exceptionally harsh for the Jersey shore and spring can't get here soon enough. The Jersey shore struggles to get back on its feet, ready for visitors. Locals endured the cold weather, still suffering the frustrations of dealing with insurance companies and government agencies from Super Storm Sandy the pre-

vious year. For many, warmer weather, coupled with the healing and resilience of the shore communities will be welcomed. This too is a winter we will not soon forget and the memories of the fury of Mother Nature still linger.

Unfortunately, we cannot control nature, despite what many may believe. The best we can do is be prepared and plan for the worst and hope and pray for the best. Many homeowners will still be cleaning up and rebuilding their homes this spring and summer. Families will find comfort and solace of just staying home and enjoy staying put, reaffirming their appreciation for their home and family after such a calamity. Families, relatives and

friends will visit for barbecues, pool parties, and summer reunions. For others, the idea of staying around the home during the warm weather season is not anything new. Since the banking crisis in 2008, the recession has lingered with us and the economy has lumbered, affecting New Jersey for a long time. Between a sustained high unemployment rate, underemployment, lower wages, high



gas prices and continued uncertainty, many folks use their homes for summer "Staycations" in this new economy or new normal.

The idea of a "staycation" is only exacerbated by the remnants and aftermath of Supper Storm Sandy and the storms of the winter of 2013-14, each of which were given names, exhausting the alphabet. The economy and high commodity

> prices make for a perfect storm, (no pun intended), for the appeal and practicality of staying put during vacation.

> As businesses gear up for the spring and summer, you will see all types of offer, incentives and sales being promoted for home improvement, restoration and landscaping. Many homeowners gain ideas and tips from these promotions and will think of ways of making their homes more appealing just to stay put. Beautifying homes and backyards and reshaping the way we view our home may be a good thing in appreciating what we have, right in our backyards.

> Residents up and down the New Jersey shore and inland will use their backyard as

> > Continued on page 25



The Crush of a Crush

By Susan Heckler

You did it, I did it, and our children will do it to. For many, it will leave a lasting impression that will put a smile on your face for decades. Think back to your first crush.

Fortunately or unfortunately, times have changed; the young generation is now called tweens and their rule book is way different than yours. They have been exposed to much more and their time table of maturity is on fast forward. Our television shows and movies were innocent; our role models were squeaky clean.

It is normal for pre-teens and teens to have a crush; it coincides with the onslaught of hormones. As a parent, take this seriously and use the opportunity to open up the channel of communication with your children about sensitive subjects. Your child may want or need your input about emotional feelings as well as the physical. Be a good listener and don't trivialize their feelings. There is a fine line between being judgmental and giving guidance. You don't want your son or daughter to feel the need to be sneaky and secretive and you absolutely want to send the message that you are always approachable.

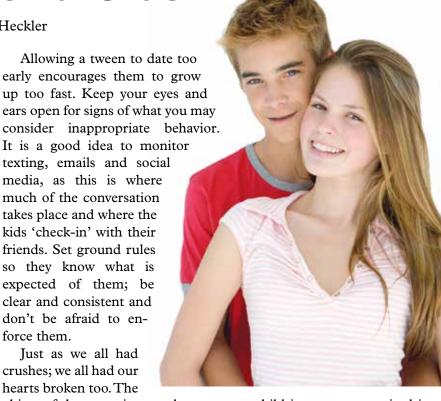
Just as you would with a friend of the same sex, invite the crushee into your home to get to know them. It's OK for the kids to spend time with their crush at get-togethers and events. It may be wise to discourage just the two of them from spending time together—alone. I still like my father's rule of no boys in your bedroom and doors to all rooms must remain open.

Allowing a tween to date too early encourages them to grow up too fast. Keep your eyes and ears open for signs of what you may consider inappropriate behavior. It is a good idea to monitor texting, emails and social media, as this is where much of the conversation takes place and where the kids 'check-in' with their friends. Set ground rules so they know what is expected of them; be clear and consistent and

Just as we all had crushes; we all had our hearts broken too. The

force them.

object of the game is to make sure your child is not compromised into doing something you feel is not age appropriate and that their crush stays innocent until they are older and wiser and able to handle adult life.



















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The Many Benefits of Creative Activity

By Marlene Bohnyak, Owner of Artisan Studio

et 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 themself. 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 ac-

tivities 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-bystep 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

Continued on page 25



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2 Medium **Pizzas**

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Brooklyn "Sicilian" or Nona Thin Crust Pizza (12 Slices)

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1 Large 18" Pizza with 2 Toppings

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2 Large 18" Pizzas

Toppings additional. One coupon per customer May not be combined with any other offer. Expires 4/30/14

FAMILY DEAL 1 Large 18" Pizza, 12 Buffalo Wings, 1 - 2 Liter Soda

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Free sub of equal or lesser value. One coupon per customer. May not be combined with any other offer. Expires 4/30/14.

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Show and Tell for Parents— Take Our Daughters and Sons to Work Day

By Susan Heckler

ark your calendars for April 24th because you don't want to miss this year's Take Our Daughters and Sons to Work Day. In its 21st year, this organization strives to expose girls and boys to what a parent or mentor in their lives does during the work day by showing them the value of their education, helping them discover the power and possibilities associated with a balanced work and family life, providing them an opportunity to share how they envision the future, and allowing them to begin steps toward their end goals in a hands-on and interactive environment.

Recommended for the age range of 8-18, more than 37 million youth and adults have participated at over 3.5 million workplaces each year. The theme for 2014 is "Plant a Seed, Grow a Future." The National Association of State

Foresters (NASF) joined the Take Our Daughters and Sons to Work Foundation in a partnership to inform children nationwide on the importance of forests and forestry jobs. This year's theme was chosen because our forests are a valuable resource, which requires continuous efforts to preserve them for future generations.

The event is always the fourth Thursday in April. Last year, the 113th Congress and Senate passed Resolution, S. RES.79, which dedicated April 25, 2013 as Take Our Daughters and Sons to Work Day and acknowledged its 20th anniversary celebration!

For more information on how you can be involved as a parent, educator, or employer, check out their website at www.daughtersandsonstowork.org.



NOUN

ADVERB



WHAT IS A WORD?

his fun interactive activity will help children learn to understand words! One of the most important aspects of effectively learning to read is how to recognize different word types. We are always looking to share great tools and activities to help children learn and study words in a meaningful way.

A NOUN is a person, place, thing, quality, or act.	An INTERJECTION is an outcry or sudden utterance. Usually starts a sentence.
Can you name 3 examples?	Can you name 3 examples?
VERBS are action or existence words that tell what nouns do. Can you name 3 examples?	A PREDOSITION describes the relationship between a noun and
An ADJECTIVE describes a noun.	Can you name 3 examples?
Can you name 3 examples?	A CONJUNCTION joins together words, phrases, or clauses.
An ADVERB describes a verb, adjective, or adverb. It often ends	Can you name 3 examples?
in "ly." Can you name 3 examples?	A PRONOUN replaces a noun or noun phrase that is understood from context.
	Can you name 3 examples?





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The Summer Staycation

Continued from pag 13

their oasis, a getaway or so called, go-to destination. Many home owners will rebuild, reshape and landscape their backyards. Beautiful landscaped designs, elegant ponds and waterfalls, cannot only be imagined but finally realized to many who thought it was unattainable or too expensive. Businesses are eager for your patronage and will deal.

A beautifully landscaped backyard oasis with a pond and waterfall is pleasing to the eye and makes for a great centerpiece and artistically compliments any elegant landscaped concept to the simplest of designs. It may be the prudent course to take in elevating the beauty of your home, increasing equity and saving money in the long run by not taking those expensive summer excursions. So, maybe it's not such a bad idea to take advantage of a "Staycation" and appreciate what we may have slightly taken for granted before that devastating experience from this past winter.

The Many Benefits of Creative Activity

Continued from pag 18

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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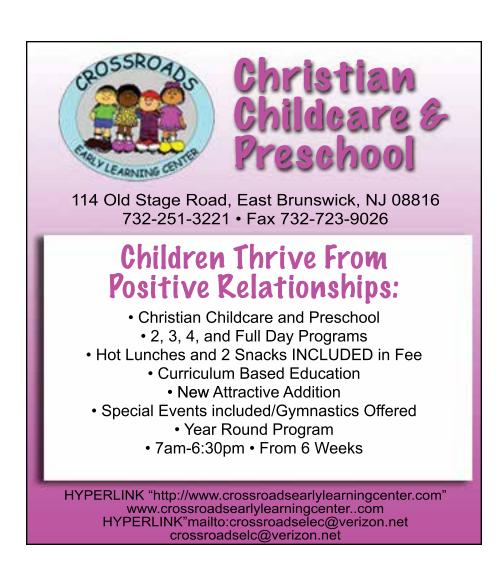
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