



A program of SAL Family and Community Services

# Home Child Care Network

## Peoria Area

July 2020

### Healthy Recipe

#### Ingredients

- 3 bananas peeled and cut in half
- 3/4 cup vanilla yogurt or flavor of your choice
- Sprinkles or toppings of your choice
- Popsicle sticks

1. Halve and peel each banana. Insert a popsicle stick into each banana half.

2. Dip bananas into yogurt, using a spoon to coat each banana evenly. Let excess yogurt drip off

3. Add sprinkles or topping of your choice

4. Place bananas on a plate covered in wax or parchment paper. Freeze until the yogurt has hardened, about 2 hours.



### Contact Us

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### Art: Egg Carton Flowers



Take a sheet of paper and fold it in half or cut it to size. It needs to be able to fit inside a gallon ziploc bag. You'll want to use thick paper like cardstock.

Apply small dots of paint to your paper. Be careful not to use too much paint or it will look a mess and take forever to dry.

Carefully place the paper inside a ziploc gallon bag and close it tightly. Tape the bag to your work surface – the table, the floor, wherever. Let those little toddler fingers smush the paint around on the paper, creating beautiful abstract art!

When your child is finished, take the paper out of the bag to dry.

### Counting Game

1. cut out a circle using cardstock paper.

2. Divide the circle into 10 sections

3. Use a marker and add (1) dot to one triangle. (2) dots to another etc. until you get to 10.

4. Add numbers to clothes pins that corresponds with the amount in each triangle.

5. Help your child to match the clothespins with the dots!

