



# Families Matter



## Make SMART Goals in the New Year

It is the time of year everyone has the let's start it over, change our ways, start or lose a habit, etc. The list goes on and on! But, did you know that small changes make the biggest and most lasting differences in our lives. This New Year strive to make a very small change each month. Making a big change in the New Year usually doesn't last you through Valentine's Day!

Instead of going for that lofty goal of "Lose 20 pounds," instead break that goal down into small achievable goals that you can hit throughout the year.

In the case of weight loss maybe that means going for a walk on your lunch break a few times a week and cooking a healthy meal at home you can eat rather than the fast-food dinner you typically pick up.

The idea here isn't to not make that weight loss goal, it's to instead break it down into smaller parts that you can easily track and accomplish and frame it as achievements rather than changes to your lifestyle.

### Small Tasks—Big Differences

Go to bed 1/2 hour earlier.

Sit up straight!

Put a green food on your plate at lunch or dinner (Not candy or artificially green!!)

Sell 3 items from your house each month.

Only eat out for lunch on Friday.

Turn off your tablet or phone during meals and 1 hour before bedtime.

Instead of making a resolution—make a SMART goal!

**S—** Make a goal for something **specific**. Instead of I want to eat healthy, state one or two things you will do differently to eat more healthy.

**M—Measurable.** Make sure your goal has an amount. Organize the counter top twice a week on Sunday and Thursday.

**A—Attainable.** Make sure your goal is attainable! I want to lose 100 pounds or save a million dollars may or may not be attainable for most people!

**R—Relevant.** Don't waste your time trying to reach other people's goals. Make sure you work on something you are committed to and personally value.

**T—Timeframe** give yourself a deadline. For a month, a week, etc. check back in to see how you are doing and pressure to follow through!

## Oklahoma State University

Volume 16, Issue 3

January 2020

Contact the  
Extension Office at  
273-7683 or  
sonya.mcdaniel@okstate.edu



## POTTAWATOMIE COUNTY EXTENSION

### Inside this issue:

Get Outdoors	2
Winter Fruits	2
Parent Partnerships	3
Science Fun	3
Creamy Vegetable Soup	3
Feeding the Birds	4
Quick Fix Recipes	4

# It's Winter, but GET OUTSIDE!

This time of year we normally talk about how to stay active indoors; however, this year we want everyone to think about getting outside. Let's face it—we don't live in Alaska or North Dakota! Although our winter weather can be wet and cold there are a lot of days perfect for a brick walk or playtime outside.

There are several benefits for outdoor winter play.

- We see things in nature we can't see other times of the year. Exploring debris on the ground and playing around rocks aren't great ideas for kids in hot, Oklahoma summers, but can be great this time of year.
- Fresh air and sunshine! This can fight the "winter blues" people tend to get in January and February.
- Boosts the immune system, large muscle development and cooperative play

Here are some safety tips and tricks to making your outdoor winter play habit.

- Ensure children are dressed properly. Children will need proper clothes for playing in colder temperatures. For example, children may need hats, scarves, mittens, rubber boots, winter coats, snow pants, etc.
- Use safe equipment. Some play equipment may be unsafe for the children in the winter months. Extra clothing may make them hazardous or difficult to play on.

Additionally, the equipment may be covered with snow or ice. Therefore, plan activities that allow safe play, such as running in open spaces, obstacle courses, throwing balls, etc.

- Always move. In cold temperatures, both you and the children should constantly move and avoid standing still. Standing still in cold temperatures can lead to frostbite and hypothermia.

## Green Zone 30°F and Higher

- Layer Clothing
- Offer Water Often
- Watch for Signs of Getting Chilled
- Feel Babies' Hands and Feet
- Take Breaks



## Easy Citrus Salad

- 3 oranges, peeled & sectioned
- 1 grapefruit, peeled & sectioned
- 2 tangerines, peeled & sectioned
- 1/2 cups chopped nuts (walnuts, pecans or peanuts)
- 1/2 lime, juiced
- 1/4 cup honey

Combined all fruit and nuts. Drizzle with lime juice and honey. Stir to combine.

4 servings: 273 cal, 10g fat, 48g carb, 4g protein, 0mg chols, 2g sodium

## Craving some Summer Fruit?

Shop the freezer case or canned fruit shelves to include off-season fruit, like berries and peaches in your meal.

Remember the great nutrition we get from fresh fruit doesn't change when canned or frozen. But, sugar may be added to help with taste, texture and preservation. Look for fruit packed in water or juice, instead of syrup.

### What's in season and great to buy fresh this time of year?

Citrus fruit! Clementine's, Oranges mandarin oranges, tangerines. Also, Kiwi and Pomegranates.

This is great since we all need extra Vitamin C this time of year!

# Parent/Teacher Partnerships

Once a child starts Daycare parents begin a series of partnerships which will continue over the next 18-19 years!

Being involved as a parent and working effectively with teachers increases your child's success academically, emotionally and socially.

Here are some tips to address concerns with teachers. Unless it is an urgent safety issue, it is OK not to react immediately and take some time to collect your thoughts.

## Before the meeting:

- Ask yourself the questions: "What do I want to see happen?" and "Why is it important for my child?" Write down your ideas if that helps you think them through.

Arrange a time to talk face to face (or a phone call if in person isn't possible.) Try not to use email to present your concerns. It's best to have a conversation so you and the teacher can exchange your feelings and ideas at the same time.

## During the conversation:

- State your feelings and ideas, using I statements: "Yesterday, when I picked up Sofia, (state what you saw or heard). I'm concerned because (why is this important for your child). I'd like to talk about how it happened and find a solution with you".
- Listen to the teacher's response. Try not to form your next statement or question until you have fully heard and listened to the response. For example - "The teacher was a substitute."
- Clarify your questions or concern: "How are substitutes informed about parents' wishes and children's needs?"
- Discuss several options with the teacher stating her ideas too. "What solutions can we find together?"
- Agree on the solution that makes the most sense to you and the teacher.

Plan a follow up meeting within a week to review the situation.

Source: NAEYC

## Creamy Vegetable Soup

- 16 oz broccoli
- 1 onion, chopped
- 2 cups chicken broth
- cheese spread, cubed
- 1/4 t pepper
- 3 cups cubed potatoes
- 1 cup 2% milk
- 8 oz reduced-fat processed

Combine first 5 ingredients in a large saucepan; bring to a boil. Cover reduce heat and simmer 6 minutes or until vegetables are tender. Stir milk and cubed cheese. Continue stirring until cheese melts.

Source: adapted from Cooking Light; 5 Ingredient, 15 Minute Cookbook

## Science Fun:

For those cold weekends that need a little excitement

### Absorption

Collect a variety of materials that will absorb water, such as fabric, cotton balls, newspaper, etc., and a variety of materials that will not absorb water, such as plastic, aluminum foil, waxed paper.

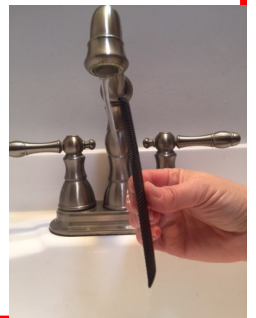
Give each child a small piece of each kind of material, a cup of water and an eyedropper.

Let the children put several drops of water on each and observe what happens.

Which materials absorbed the water and which did not?

### Bending Water!

Get water in the faucet to a thin stream, more than trickle but the smallest amount you can get into a steady flow. Then, comb your hair several times (note: your hair should be dry and relatively clean for max effectiveness). Hold the comb lengthwise and bring toward the water (but don't touch the water) and the electricity you just generated with the plastic comb and your hair should cause the water to bend toward the comb.



The Families Matter E-newsletter is one way the Pottawatomie County Cooperative Extension Service, Family & Consumer Science programs provides educational resources in our community.

Families Matter E-news  
Is published by the following:

Sonya McDaniel  
Family & Consumer Science  
Extension Educator

Oklahoma Cooperative Extension service does not discriminate because of race, color, national origin, religion, gender, age, disability, or status as a Vietnam-era veteran and is an equal opportunity employer.



POTTAWATOMIE COUNTY  
EXTENSION



## Make a Bird Feeding Tree!

Choose a tree easily seen from inside so you can enjoy the sights and track what birds visit your tree.

Read "The Night Tree" by Eve Bunting

**Orange Feeders:** Cut oranges in half. Let your children carefully remove the orange segments from each half. Save the segments for Citrus Salad on page 2! To make each Orange cup, poke four holes near the top of the orange rind. Fasten a string through each hole and tie the strings together at the top. Let your children fill the Orange Cups with birdseed and hang them on a tree.

**Edible Garland:** Birds and people can eat this! String popcorn and fresh cranberries on a line to drape over branches of your tree. Birds will enjoy the treat and kids can eat it as they work!

**Pinecone Bird Feeders:** Use fresh, real pinecones (not scented or store bought decorations) to create a bird feeder by rolling them in peanut butter and then birdseed. Use a string to attach to your tree.

Use this lesson to talk about  
"Who brings you your Food"  
Farmers, Truckers, Grocery Stores, Gardens, etc.

## Yummy Cheesy Brussel Sprouts

Preheat oven to 400°F.  
Trim the stem ends of the Brussels sprouts and pull off any yellow outer leaves. Halve each sprout lengthwise, then toss in a large bowl with 2 tablespoons olive oil, salt and pepper.

Transfer sprouts to a baking sheet and roast, stirring once or twice, until deep golden brown, crisp outside and tender inside, 30 to 35 minutes. The leaves that are loose will be especially brown and crispy. Transfer sprouts to a serving bowl, scatter with 2 tablespoons parmesan cheese over the top and serve.

1 ¼ pounds ground beef  
2 pkgs. (3 oz) oriental-flavored ramen noodles, broken up  
2 cups frozen vegetable mixture (broccoli, carrots, red pepper, water chestnuts)  
¼ teaspoon ground ginger  
2 tablespoons thinly sliced green onion

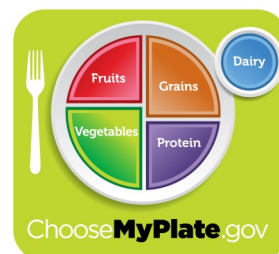
Brown ground beef 8-10 minutes or until no longer pink. Remove beef with slotted spoon; season with one seasoning packet from noodles. Pour off drippings.

Place noodles in skillet. Add vegetable mixture, 2 cups water, ginger and remaining seasoning packet; bring to a boil.

Reduce heat; cover and simmer 3 minutes or until noodles are tender, stirring occasionally. Return beef to skillet; heat through. Stir in green onion.

433 calories, 19g fat, 95mg cholesterol, 267mg sodium, 31g carbohydrate, 4.1g fiber, 34g protein

[www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com)



## Asian & Beef Noodles