



Kinship Link

Volume 18, Issue 6

June 2022

Pro Kinship for Kids

Inside this issue:

Smart Snacking Tips for Kids 2

Giveaway Bikes 2

Pro Kinship for Kids
Lower level Our Saviors
Lutheran Church
1400 S. State Street
P.O. Box 666
New Ulm, MN 56073
Phone 359-2445 or
1-800-642-5779
Website:
www.prokinship.org

Newsletter by
Kari Beran, Director



Why Won't My Child Talk to Me?

Do you sometimes feel like you are talking to a brick wall rather than your child? Maybe this is because your child does not want to hear what you have to say, or because he or she is thinking about something else and simply not listening.

Good communication with children doesn't happen automatically. Parents need to think about their approach to their children when they want them to really listen and respond positively. Open parent-child communication is extremely important.

There are some communication essentials to do with your children. First, your children always need to have their feelings accepted and respected. When talking with your children, keep this thought in the back of your mind at all times. You can accept and respect your children's feelings even when you don't see things the same way. You also can accept their feelings without necessarily

accepting how they handle them (for example, it is okay to be angry, but not to hit). If you fail to acknowledge children's feelings, then your children will have a harder time communicating with you. Showing a positive attitude towards a child is as important as the words you speak. If a negative attitude contradicts positive words, the words lose their positive meaning.

Try to really listen to your children when they are hurt or upset. Acknowledge their inner pain and give them a chance to talk about their problem. This will help your children feel less upset, less confused, and more able to cope with problematic feelings. Work on your self-control when you become upset at a situation. Self-control will help you avoid hurting your child's feelings. You also will be teaching your child to handle being upset in ways that do not hurt others.

Good communication

takes time, work, and practice. Here are some suggestions for talking with your children.

- Use "I - language" to express your feelings. For example, instead of saying "You made me angry when ..." say, "I felt angry when ...".
- Encourage your child to talk by asking "open-ended questions". For example, instead of asking, "Do you like school?" ask "What are the things you like and don't like about school?"
- Make solving problems a partnership between you and your children. They may pleasantly surprise you with their ideas!
- Always communicate your support for your children, even when their actions are unacceptable.
- Communicate your confidence in your children. If you believe in them, they will be more likely to believe in themselves.
- Give your child lots of praise and encouragement.
- Do not label your children, calling one "the stubborn one," another "the bully in the family," etc.

Smart Snacking Tips for Kids

As we head into summer and kids are at home all day, we need to plan for healthy snacks for them.

Snacks can play an important role in meeting kids' nutrient needs.

Choosing a variety of foods from all the food groups will give them the energy they need between meals. It helps to plan and portion out snacks in advance. It also helps to make sure that each snack you plan has at least 2 different food groups in it. Kids will usually only need 2 or 3 snacks daily, and these should be provided at least one to two hours before meals. It is recommended that snacks (and meals) be eaten in an area without distractions. So avoid snacking while watching TV or when using other electronic devices. Better yet, let the kids help prepare the healthy snacks.

Here are a few easy, tasty, (and healthy), snacks to help you get started. Adults may need to help with some of these.

1. Parfait: Layer vanilla or plain low-fat yogurt with fruit and dried cereal.
2. Toast a whole grain waffle and top with low-fat yogurt and sliced fruit or smooth nut butter.
3. Blend low-fat milk, frozen strawberries, and a banana for thirty seconds for a delicious smoothie.
4. Sandwich cut-outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat

the fun shape and the edges, too!

5. Mini-pizza: Toast a whole wheat English muffin, drizzle with pizza sauce, and sprinkle with low-fat mozzarella cheese.
6. Frozen treats: Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
7. Quesadilla: Sprinkle shredded cheese over a corn or whole wheat tortilla; fold in half and microwave for twenty seconds. Top with salsa.
8. Spread hummus on a tortilla. Top with a slice of turkey or ham, low-fat cheese, and lettuce. Then roll it up.
9. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
10. Microwave a cup of tomato or vegetable soup, and enjoy with whole grain crackers.
11. Make a mini-sandwich with tuna or egg salad on a dinner roll.
12. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
13. Spread celery sticks with smooth nut butter or low-fat cream cheese. Top with raisins. Enjoy your "Ants on a Log".
14. Dip slices of fruit or whole-grain graham crackers into low-fat vanilla pudding or yogurt.
15. Inside-out sandwich: Spread mustard on a slice of deli

turkey. Wrap around a sesame breadstick.

16. Rocky road: Smear low-fat chocolate pudding on a whole grain graham cracker, then top with a marshmallow.
17. Sprinkle cinnamon on unsweetened applesauce and enjoy with a whole grain graham cracker for a taste similar to apple pie.
18. Make your own fruit roll-up by pureeing fruit and either baking it in the oven or by using a dehydrator.
19. Bake homemade chewy granola bars using whole-grain oats and dried fruit.
20. Whip up mini-muffins using healthy ingredients, like whole grain flours, and pureed fruit.

Portion sizes for kids are smaller than adults. However, certain foods due to their size pose a choking risk too for children, especially young children.

See below for a list of foods that may cause choking:

- ◆ Hot dogs and sausage links
- ◆ Meat chunks, unless finely chopped and combined with other foods
- ◆ Nuts, seeds, and peanut butter
- ◆ Raw apple, and pear slices
- ◆ Whole grapes
- ◆ Dried fruit
- ◆ Raw vegetables
- ◆ Whole kernels of corn
- ◆ Popcorn and chips
- ◆ Small candies, and chewing gum

Giveaway Bikes

Pro Kinship for Kids has bikes of all sizes for giveaway. Contact Kari at the office number 359-2445 if you would like a bike or know someone who needs a bike pass the word to them.

We have bikes from training wheels to adult bikes. We have boys and girls bikes, so give Kari a call today!

