Play is the natural way children learn and develop. Play gives preschoolers a chance to express their feelings and practice managing them.

At around 3-4 years your preschooler will probably:

- use words to describe basic feelings like sad, happy, angry and excited
- feel sorry and understand he/she should apologize when he/she has done something wrong - although you'll probably need to give plenty of reminders
- feel generous and show that he/she understands the idea of sharing - but don't expect him/her to share all the time.

At 4-5 years, your preschooler will probably:

- use words to describe more complex feelings like frustration, annoyance and embarrassment, particularly if you've been encouraging him/her to do this
- hide the truth about something if he/she feels guilty, embarrassed or frightened. He/She might even say 'I didn't do it' even when he/she did
- be better at managing strong emotions like anger, frustration and disappointment and have fewer tantrums
- be very attached to you - for example, your child might feel anxious about going somewhere unfamiliar, like a Birthday party.

Here are some play tips for you and your child:

- Give your child opportunities for messy play, like playing with sand, mud or paints. This is a great way for children to express feelings like happiness or sadness.
- Look for imaginative and creative ways for your child to play. Your child could act out feelings with puppets or toys, or use old clothes for dress-ups and pretend play. For example, your preschooler could pretend to be kind and concerned like a teacher or a doctor.
- Take your child outside to play in a park or open area with lots of space for running, tumbling and rolling. This can help your child let out emotions.
- Encourage your child to paint and draw as a way of expressing himself. Painting and drawing can soothe and calm your child if he/she's frustrated or sad.
- Encourage your child to jump around and 'act out' music or make music with simple instruments.
- Read stories that feature characters who are experiencing similar situations and emotions to your child. This can really help your child understand new emotions like grief about the death of a pet or worry about starting school.
- Give your child chances to play with children of all ages. By playing with other children, your child can learn how to recognize, manage and respond to emotions.
- Your child might find it easier to express feelings if he/she feels in charge. Letting your child choose what and how to play can help with this.

All children develop at their own pace. If you’re concerned about any aspect of your child’s development, it’s a good idea to talk to your child and family health nurse or GP or your child’s preschool teacher. https://raisingchildren.net.au/preschoolers/play-learning/play-preschoolers-development/emotions-play-preschoolers

‘I spy’: A Turn-Taking and Talking Game

‘How to play ‘I spy’

Decide who starts. You could choose the youngest person, or the person whose name starts with the letter closest to the start of the alphabet. The player who starts picks an object that everyone can see. The player gives the first letter of the object as a clue. For example, if the player chooses a fence, he/she says, ‘I spy with my little eye something beginning with F’.

Players take turns to call out guesses until someone gets the right answer. The first person to guess correctly gets the next turn to choose an object.

You can easily adapt ‘I spy’ for older and younger children. Your younger child can give his/her clue in a way that doesn’t involve letters. For example, he/she could say, ‘I spy with my little eye something that I can eat’ or ‘I spy with my little eye something that is red’.

Your older child could change the rules to make the game more interesting. For example, each player gets to ask three questions about the object with a ‘yes’ or ‘no’ answer before they take one guess. Changing rules or making up new rules can be a great way for children to learn about solving problems together and being flexible. But it’s important to go over new rules before you start playing, to make sure everyone understands what’s going on.

How to Budget: How to Calculate Income, Expenses, and Manage

Making a budget is the most important step you can take to get out of credit card debt faster, yet the high percentage of people with high debt shows how few seem to realize that.

What exactly is budgeting? At its simplest, it’s a ledger detailing the spending decisions you intend to make. It estimates how much money will come in during the months ahead and it allocates enough money to cover expenditures such as food, housing, transportation and insurance. A good budget also includes allocations for regular savings.

Conquer Your Debt: Debt management can help you conquer your debt and manage your household budget

First let’s dump the misconceptions about budgeting. It isn’t about self-denial, though a solid plan usually contains an element of that. Rather, it’s about outlining your near-term financial future. Remember writing term papers in school and the teacher telling you to make an outline before you began writing?

A budget is like that – a plan for where your money will go before you earn it.

Budgets won’t protect you from disasters, but they can help you avoid them. Unexpected car troubles or a big medical bill can disrupt great plans, but a good budget can mute the impact. Part of your budget will allocate savings to help you build an emergency fund.

When you get ready to budget, remember to be honest. Self-deception is the worst thing you can bring to the process. Budgets only include money you realistically expect to receive. They don’t include unforeseen windfalls like chance inheritances or winning the lottery.

Budgets have various purposes. They can help you save for a specific goal, like buying a car or a house. They also can help you pay down debt or build a nest egg. When you start the process, decide what the objective is and write it down. It’s easier to reach your goal when you’re reminded of it every month. To start, resolve to live within you means.

How to Calculate Monthly Income

When it comes to a budget, take-home income is the only income that matters. Forget about pre-tax earnings. Your take-home pay is what you can spend or save.

When calculating income, also include other income like social security, disability, pension, child support, and alimony. Any money that you regularly receive can be considered income for your monthly budget.

Your Monthly Expenses

It can be difficult to remember all of your monthly expenses. Start by listing out the bills you pay each month.

Compare Income and Expenses

Once you’ve identified all of your expenses, add them up. How do your expenses compare to your income? Do you have a surplus or a deficit?

If you have a surplus, consider how you’ll invest or save the surplus money.

If it’s a deficit, study the expenses and decide what to cut. If one of the biggest outflows is lunch at work, consider brown-bagging it four days a week. If it’s a cable TV bill, go for a cheaper plan or cut the cord. A big cellphone bill? Find a cheaper plan or a less expensive provider.

Managing expenses might not be enough. If you can’t get where you need to be, turn to the income. Can you work overtime or find a second job a few nights a week? It might be necessary.

Your income should always exceed your expenses. Budgeted expenditures should never exceed 90 percent of your income. Remember, this is a goal and you might not make it every month, but that’s why you keep a savings account as a backup. Only tap that emergency fund when absolutely necessary, and deposit extra money to it during any month when you take in more than you budgeted.

Things you Need Know About Vaccines

We all need vaccines throughout our lives to help protect against serious diseases.

CDC and FDA take many steps to make sure vaccines are very safe.

Vaccines give you the power to protect your children from getting sick.

You can even make sure your baby is born with protection by getting vaccinated when you are pregnant. When you get vaccinated, you aren’t just protecting yourself—you are passing some protection on to your baby in the first few months of life when they are too young to build immunity on their own.

Vaccines aren’t just for kids. They can help adults stay healthy too especially if they have health conditions. https://www.cdc.gov/vaccines/vaccineadv/vaccineadv.html
Announcements

Greetings 4C Families!

May is National Mental Health Month and used to raise awareness on issues surrounds the many areas of mental health. We are currently dealing with unique circumstances surrounding COVID-19 and many families are dealing with added stress. Make sure you are taking the appropriate steps to ensure the mental well-being for your entire family. Below are several resources available should you need mental health assistance. Take a deep breath, we are in this together!

Celebrations

May 10 2020 Mother’s Day celebrates motherhood and appreciates all mothers and mother-figures (including grandmothers, great-grandmothers, stepmothers, and foster mothers) as well as their contribution to society.

May 25 2020 Memorial Day holiday that commemorates all men and women who have died while serving in the military

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

Side view of an individual wearing a cloth face covering, which conceals their mouth and nose areas and has a string looped behind the visible ear to hold the covering in place. The top of the covering is positioned just below the eyes and the bottom extends down to cover the chin. The visible side of the covering extends to cover approximately half of the individual's cheek.

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

Aspire Health Partners https://aspirehealthpartners.com/
Mental Health Hotline https://www.samhsa.gov/find-help/national-helpline
CloseGap (website for children) https://www.closegap.org/

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Immune system boosters

Plan your meals to include these 15 powerful immune system boosters.

1. **Citrus fruits** Most people turn to vitamin C after they've caught a cold. That's because it helps build up your immune system. Vitamin C is thought to increase the production of white blood cells. Popular citrus fruits include: grapefruit, oranges, tangerines, lemons, limes and Clementine's.

2. **Red bell peppers** Ounce for ounce, red bell peppers contain twice as much vitamin C as citrus. They're also a rich source of beta carotene. Besides boosting your immune system, vitamin C may help maintain healthy skin. Beta carotene helps keep your eyes and skin healthy.

3. **Broccoli** Packed with vitamins A, C, and E, as well as many other antioxidants and fiber, broccoli is one of the healthiest vegetables you can put on your table. The key to keeping its power intact is to cook it as little as possible — or better yet, not at all.

4. **Garlic** may also help lower blood pressure and slow down hardening of the arteries. Garlic's immune-boosting properties seem to come from a heavy concentration of sulfur-containing compounds, such as allicin.

5. **Ginger** may help decrease inflammation, which can help reduce a sore throat and other inflammatory illnesses. Ginger may also help decrease nausea.

6. **Spinach** made our list not just because it's rich in vitamin C. It's also packed with numerous antioxidants and beta carotene, which may increase the infection-fighting ability of our immune systems.

7. **Yogurt** Look for yogurts that have "live and active cultures" printed on the label, like Greek yogurt. These cultures may stimulate your immune system to help fight diseases.

8. **Almonds** A half-cup serving, which is about 46 whole, shelled almonds, provides nearly 100 percent of the recommended daily amount of vitamin E.

9. **Turmeric** Bright yellow, bitter spice has also been used for years as an anti-inflammatory in treating both osteoarthritis and rheumatoid arthritis.

10. **Green tea** Green tea is also a good source of the amino acid L-theanine. L-theanine may aid in the production of germ-fighting compounds in your T-cells.

11. **Papaya** is loaded with vitamin C. You can find 224 percent of the daily recommended amount of vitamin C in a single papaya. Papayas also have a digestive enzyme called papain that has anti-inflammatory effects.

12. **Kiwi** Like papayas, kiwis are naturally full of a ton of essential nutrients, including folate, potassium, vitamin K, and vitamin C. Vitamin C boosts white blood cells to fight infection, while kiwi's other nutrients keep the rest of your body functioning properly.

13. **Poultry** When you're sick, chicken soup is more than just a feel-good food with a placebo effect. It helps improve symptoms of a cold and also helps protect you from getting sick in the first place. Poultry, such as chicken and turkey, is high in vitamin B-6. About 3 ounces of light turkey or chicken meat contains 40 to 50 percent of your daily recommended amount of B-6. It's also vital to the formation of new and healthy red blood cells. Stock or broth made by boiling chicken bones contains gelatin, chondroitin, and other nutrients helpful for gut healing and immunity.

14. **Sunflower seeds** Sunflower seeds are full of nutrients, including phosphorus, magnesium, and vitamin B-6. They're also incredibly high in vitamin E, a powerful antioxidant.

15. **Shellfish** Zinc doesn't get as much attention as many other vitamins and minerals, but our bodies need it so that our immune cells can function as intended. Varieties of shellfish that are high in zinc include: crab, clams, lobster and mussel.

https://www.healthline.com/}

Chicken and Spinach Lasagna

2 C shredded mozzarella cheese
2 cans condensed cream of mushroom soup
1 1/2 C milk
1 package frozen spinach thawed/drained
1 large egg
1/2 C Parmesan cheese, extra for topping
2 C ricotta cheese
12 lasagna noodles (cooked and drained)
2 to 3 C cooked chicken (diced)

In a medium bowl, combine the condensed soup and milk; set aside.

In a second medium bowl, combine spinach, egg, 1/3 cup of Parmesan cheese, and ricotta cheese; mix well. Spread 1/2 cup of the soup mixture. Arrange 4 lasagna noodles on the mixture. In layers, spoon about half of the ricotta cheese mixture, half of the chicken, 3/4 cup of Mozzarella cheese, and 1/3 of remaining soup mixture over noodles. Repeat layers, with 4 lasagna noodles, remaining ricotta mixture, remaining chicken, another 3/4 cup Mozzarella cheese, and half of remaining soup mixture over noodles.

Top with remaining noodles, remaining soup mixture, reserved 1/2 cup Mozzarella cheese, and a generous sprinkling of Parmesan cheese.

Bake in the preheated oven 350 for 40 to 50 minutes. https://www.theproceeeeeats.com/janets-chicken-lasagna-30279374