

# PARENTING TIPS

## 6 WAYS TO "WELL BEING"

**Being Positive:** When we're positive, we bring more joy and creativity into our lives.

**Be Mindful:** Mindfulness is about paying attention to and accepting the here and now without judgement.

**Be Purposeful:** Knowing your life's purpose can give you direction to your life and help you figure out where to focus your time and energy.

**Be Social:** Supportive family, close friends and healthy workplace all contribute to our overall sense of security, belonging and happiness.

**Be Active:** Staying active is important to having a both healthy body and healthy mind.

**Be Curious:** Being curious and exploring new things are some of the best stress reducing strategies to deal with the difficulties of life.



[www.wellbeingguide.ca](http://www.wellbeingguide.ca)

## Sleep/Preschoolers

Preschoolers need about 11-12 hrs of sleep each day, which include a nap. Bedtime routines are a great way to help your preschooler get enough sleep.

- include a winding down period the half hr before bedtime.
- Stick to the bedtime, alerting your child both a half hr and 10 minutes warning.
- Keep consistent playtime and mealtimes.
- Avoid stimulants near bedtime.
- Make the bedroom quiet, cozy, and perfect for sleeping.
- Use bed only for sleeping, not playing or watching TV.
- Limit food/drink before bedtime.
- Allow your child to choose pj's /stuffedie to sleep with.
- Consider playing soft music.



KidsHealth : form Nemars

# FUN IN THE KITCHEN



## LEPRECHAUN ROCKS!

**Ingredients:**

- Baking soda
- green food coloring
- gold shamrock table confetti

### HOW TO MAKE LEPRECHAUN ROCKS



**Instructions:**

Mix baking soda and green water, till it resembles a paste. Place small confetti shamrock in mixture. Cover shamrock with more green paste. Squeeze in hand to form ball. Let dry over night. Hide around the house for your little ones to find the rocks. When your children find the rocks, give them vinegar to drop on them. Children will discover a piece of gold in them as it begins to fizz.

Website: Rhody girl resources.



## POT OF GOLD PLAY DOUGH

**Ingredients:**

- 1 cup of flour
- 1/4 cup of salt
- 2 tbsp cream of tarter
- 1 cup of water
- 1 tbsp vegetable oil
- 1 tsp of mint extract

**Directions:**

Mix flour, salt and cream of tarter in pot. Add water, oil and food coloring, sparkles and mint. Cook over medium heat til it forms like a "glob. When dough form a ball, knead on floured surfaced.

Made with [FosterMyWalt.com](http://FosterMyWalt.com)  
 2 cups of green food coloring gold sparkles



## HEALTHY SHAMROCK SHAKES

**Ingredients:**

- 1 cup of spinach
- 1/3 cup of milk
- 1/2 cup of vanilla Greek Yogurt
- 1 frozen banana
- 3/4 cup frozen peaches
- 1/2 cup pineapple chunks
- 1/2 tsp of mint extract
- 4 ice cubes



**Instructions:**

Put all ingredients into blender in order listed. Blend till smooth and enjoy!

website: creativegreenliving

**Picky Eater Tip:**

Did you know it takes 10 times or more for a child's taste buds accept new food.

website: [healthychildren.org](http://healthychildren.org)

