



The Family Resource Center

8 Smart (and Fun!) New Year's Resolutions Kids Can Make

(by Kim Conte, www.parents.com)

If you typically start the New Year fresh by making resolutions, consider getting your kids in on the tradition this year. Not only can it be a valuable teaching moment about setting goals and sticking to them, but the practice of choosing an achievable resolution for the new year can be a fun way for kids to develop their communication and decision-making skills. "Parents can start by explaining what a resolution is and give examples of ones they have set in past years," says Dr. Kristen Eastman, PsyD, a pediatric clinical psychologist at Cleveland Children's Hospital. "Asking your children for ideas and helping them evaluate the options together is really important."

Just keep in mind that resolutions should always be discussed in a positive way with children: for example, saying "I'm going to do this..." instead of "I'm going to STOP doing this..."

"You don't want your child to feel like something is wrong with them now," Dr. Eastman explains. "Rather, frame the conversation as 'something that could be better if we did this.'" Also, take care to help your child pick a resolution that is both achievable and specific. If your child suggests well-intentioned but vague ideas like "Be a better friend" or "Be healthier," try to help her filter those ideas into tangible actions that can be done every day, either by herself or together as a family: "Help a friend with math homework before every test" or "Spend 30 minutes outside each day." Here are eight suggestions for good resolutions that kids can make:

Instead of: "I'm going to eat healthier."

Suggest: "I'm going to drink two glasses of milk each day instead of soda or juice." Or, "I'm going to eat two pieces of fruit at lunch each day."

These are just two examples of healthy resolutions—your child's should be tailored to his individual needs. "Target the area you and your child need to improve upon and discuss why that is important for you," Dr. Eastman says. So, if you want to eat less fast food, talk about what you are going to eat instead. If you need to eat more veggies, agree on a specific number for the week, and so on.

Instead of: "I'm going to exercise more."

Suggest: "I'm going to join a soccer team." Or, "I'm going to go to yoga class with Mom on Saturdays." Increasing physical activity is always a good resolution, but Dr. Eastman says the word "exercise" can be boring. "If you make it sound fun, it's more likely to stick."

Instead of: "We're going to cut down on screen time." **Suggest:** "We're going to read for 30 minutes before

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Strengthening families since 1989

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bed instead of watching TV."

It's not enough to simply say, "We're going to reduce screen time."

Quantify how much you and your child will reduce and what you'll be doing instead.

Instead of: "I'm going to help out around the house." **Suggest:** "I'm going to set the table for dinner every night." Or, "I'm going to help clean my bedroom once a week." Committing to chores is always smart because it can make kids feel needed and useful. Plus, you'll get a little help around the house!

Instead of: "I'm going to be nicer to people." **Suggest:** "I'm going to do one random act of kindness a week." Or, "I'm going to talk to one person at school I've never met each week." Similar to #1, a social resolution should also be tailored to your child and the area they would like to improve upon. So, a shy child would likely have a different resolution (like the latter above) than a child who's working on being nicer to other kids.

Instead of: "We're going to be more eco-friendly." **Suggest:** "We're going

to start a recycling program at home." Or, "we're going to shorten our showers to only five minutes to conserve water."

"As a family, decide what being green means and how to translate that to a reasonable family goal," Dr. Eastman says.

Instead of: "I'm going to learn something new." **Suggest:** "I'm going to learn how to make chocolate chip cookies." Or, "I will learn how to sing."

Learning new skills is always an exciting resolution that everyone looks forward to.

Instead of: "We're going to spend more quality time together."

Suggest: "We're going to have game night every Friday." Or, "we're going to eat breakfast together on Sunday mornings after church."

Commit to spending more family time together having fun (this might be the easiest one to keep!).

Remember that when it comes to resolutions, it's important for parents to lead by example. In other words, your child is more likely

to accomplish her resolution if she sees you sticking to your own goal (which can be tough!). And don't be afraid to adjust your goals along the way if they're becoming stale or—imagine!—you actually accomplish them. There's value in teaching kids to follow through on a goal long-term, even if they need to tweak it along the way.

Now, here's the million dollar question: How do you help your child stick to his or her resolutions (and complete your own as well)? Easy, Dr. Eastman says, "Find a way to make it fun!" Maybe for your family that's tracking progress with a visual reminder, like putting marbles or cotton balls in a glass jar every time your child completes his or her goal. Or, perhaps it's having a little family competition of who can stick to their goal the longest and rewarding the winner with a special privilege. Find out what motivates your family, and go for it!



Help Your Picky Eater Try New Foods

It is completely normal for young kids to reject foods they have never tried before.

Here are some tips on how to get your preschooler to try new foods:

- Offer new foods many times. It may take up to a dozen times for a child to accept a new food.
- Give them a small taste of foods you enjoy. When they develop a taste for many types of foods, it's easier to plan family meals.
- Be a good role model by trying new foods yourself. Describe the taste, texture, and smell.
- Offer only one new food at a time, and serve something you know your child likes along with the new food. Offering too many new foods at one time can be overwhelming.
- Offer new foods at the beginning of the meal, when your child is hungry.
- Serve food plain if that is important to your preschooler. For example, instead of a macaroni casserole, try meatballs, pasta, and a vegetable.

For more information on nutrition, go to www.choosemyplate.gov



What's Happening?

Be sure to take advantage of the many fun activities in the area that parents and children can share!

All events are FREE, unless otherwise noted (\$). For further details, contact event coordinators at the following locations or the numbers provided.

**Prescott Valley Public Library (PVPL)
Prescott Valley Civic Center (PVCC)**

7401 and 7501 E. Civic Circle
(928) 759-3040

Prescott Public Library (PPL)

215 E. Goodwin Street
(928) 777-1500

Chino Valley Public Library (CVPL)

1020 W. Palomino Road
(928) 636-2687

Story Time for Pre-Schoolers- Ages 3-6 (CVPL)

Every Monday and Wednesday at 10:30am

Story Time for Toddlers- Ages 18 mos-24 mos (CVPL)

Every Tuesday at 10:00am

Toddler Story Time (PPL)

Every Tuesday at 10:00am

Preschool Story Time- Ages 3-5 (PVPL)

Every Wednesday at 10:00 or 11:00am

Toddler Story Time- Ages 18 mos-3yrs (PVPL)

Every Thursday at 10:00 or 11:00am

Lap-sit Story Time- Babies (PPL)

Every Friday at 9:30am

Preschool Story Time- Ages 3-5 (PPL)

Every Friday at 10:30am

Family Story Time—All Ages (PPL)

Every Saturday at 11:00am

Local Area Activity Sources:

Bounce House Express

Mendicino & Florentine, Prescott Valley
928-277-9018

Freedom Station

2992 N. Park Drive, Prescott Valley
928-775-4040

Go Bananas

Prescott Gateway Mall
928-583-7655

Synergy Gymnastics

6th St., Prescott
928-899-4589

Prescott (Heritage Park) Zoo

Willow Creek Rd., Prescott
928-778-4242

Switch Dance Studio

540 Sixth St., Prescott
928-308-1311

Summer's Dance Works

843 Miller Valley Rd., Prescott
928-583-7277

The Boys & Girls Club

335 E. Aubrey St., Prescott
928-776-9191

YMCA

750 Whipple St., Prescott
928-445-7221

Full Swing Batting Cages

2555 N. Crown Point Dr.,
Prescott Valley
928-515-2300

Prescott Racquet Club

1 Kingswood Dr., Prescott
928-778-0708

Prescott Dept. of Parks & Recreation

824 E. Gurley St., Prescott
928-777-1122

**Free Entrance Days
in the National Parks**

January 21

Martin Luther King Day

Say Hello to Our Newest FSS — Megan Hunter!



Megan grew up in Colorado and moved to Arizona in 2005. She has been working in the human services field since 2006.

Megan worked at Mingus Mountain Academy for 9.5 years and then worked at Southwest

Behavioral and Health for 3.5 years as a Care Coordinator. She enjoys working with people and building relationships in the community. Megan is currently enrolled at Bellevue University, Nebraska where she is working on her bachelor's degree in Social and Human Services. She is excited to be a part of the

Healthy Families Program as a Family Support Specialist. Megan enjoys hiking, yoga, traveling and spending time with her dogs, husband and kids.



Ten Great Things About Soup!

- 1 Cream soups are a great way to get calcium for people who don't like to drink milk.
- 2 You can use leftover vegetables, their cooking water, and leftover meats.
- 3 Soup may provide three or more servings of vegetables, all in one bowl!
- 4 You can fill up a crock pot in the morning and cook slowly until dinner.
- 5 Soup is packed with nutrients since they all stay in the broth.
- 6 You can freeze leftover soup in individual servings.
- 7 It makes your kitchen smell delicious!
- 8 You only need to wash one pot!
- 9 It warms you up on chilly days.
- 10 Soup costs little to make.



Parent Talk Tip #378

The Parent Talk Tip Collection by
Chick Moorman and Thomas Haller
www.perssonalpowerpress.com

"I'm going to make it a great day. I invite you to join me" teaches that the day is a creation, not an event that just shows up.

Nutrition Through The Seasons SNAP-Ed Connection

Save money and enjoy the best flavors by buying fruits and vegetables during their peak growing season! These foods are in season now, either grown locally or shipped in from other states. Use them to plan your meals and snacks. Be sure to check local grocery store ads to find the best buys and sale prices.

Apples
Avocados
Bananas
Beets
Brussels Sprouts
Cabbage
Carrots
Celery
Collard Greens
Grapefruit
Kale
Kiwifruit

Leeks
Lemons
Limes
Onions
Oranges
Parsnips
Pears
Pineapples
Potatoes
Pumpkins
Rutabagas

Sweet Potatoes &
Yams
Swiss Chard
Turnips
Winter Squash

Recipe Time: Breakfast Club Sandwich (from www.myrecipes.com)



Ingredients:

- 2 teaspoons mayonnaise
- 3 toasted slices English muffin bread (4" square)
- 2 large eggs, scrambled
- 1 butter lettuce leaf

- 1 thick slice firm ripe tomato
- 2 slices crisp cooked bacon
- Salt and pepper

Method:

Spread equal amounts of mayonnaise on 1 side of each of the 3 toasted bread slices. Place 1 slice of toasted bread (mayonnaise side up) on a plate and top with the scrambled eggs. Sprinkle lightly with salt and pepper. Place a second slice of toasted bread (mayonnaise side up) on top of the eggs. Top with the lettuce leaf, tomato slice, and bacon slices. Place

the third piece of toasted bread (mayonnaise side down) on the top. Secure the layers with toothpicks, and slice the sandwich into halves or quarters.



Memories from the Family Resource Center's 2018 Christmas Event



Reading time with Mrs. Claus



Amazing Volunteers!



Fun with crafts



Family pictures with Santa



Who is that guy with the white beard???



Santa and Mrs. Claus pay a visit to the staff from FRC!

Color this Valentine's Day Heart Bouquet and hang it on your refrigerator!

