



Dartmouth College Child Care Center Quarterly Newsletter

October 2014

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Office: Jeff Robbins,
Sunnie McPhetres, Terry
Chase, Dawn Cote

Wandering Woodchucks

Liz Harrington, Moya
Stevens, Eileen Ruml, Terri
Crane

While You Were Away...We Prepared to Play

Did you wonder what we did while we were closed for four days? Take a look!



From the Director



Dear Big Jeff,

I try to pack good lunches for my preschooler, but many days most of it comes home in his lunch box and I'm worried that he's not eating enough. I've even resorted to sending store bought items of dubious nutritional value. He likes those, but he eats them and leaves the rest of his lunch untouched. What can I do about this?

Signed,

I'm not a short order cook.

Dear Cook,

My top, number one suggestion is that you consult with your child's teacher. As kids go through growth spurts and dips their appetites may wax and wane. So many things influence a child's food intake that it's can be hard to keep up and the situation at school is very different than your meal times at home. Your child's teacher will be up to speed, so touch base with him or her. You might pre-arrange a face-to-face chat or feel free to call in the middle of the day or to use e-mail. Come and have lunch with us. That's sure to shed some light on the situation!

Although classroom routines vary and you should discuss this with the teacher, we usually serve everything in the lunchbox without policing what gets eaten first, so only send food that you want your child to eat. Making dessert so special that you have to earn it by eating an arbitrary amount of food set by an adult tends to make the dessert irresistibly, deliciously more important and more desirable than anything else in the meal.

A few thoughts from my own collection of successes and failures:

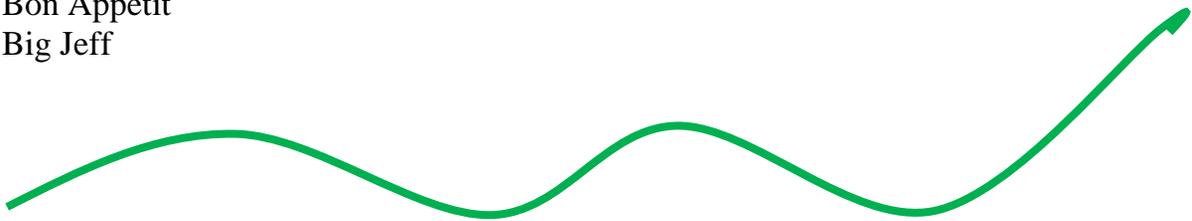
- Children are different. Some are voracious and enthusiastic and adventuresome eaters. Some prefer to stick with familiar foods. They all grow up and eat adult diets with their own preferences, just like you and me.
- Your child may need less food than you think. We tend to make our serving sizes too large.
- It can be hard to concentrate on eating lunch at school when you are in a rush to play. Talk this over with your child's teacher.
- Children have food jags when they just can't get enough of something. Your child wants a cheese sandwich every day – no problem!

-Simple is good. A good lunch can be as simple as a soy nut butter sandwich on whole wheat bread with orange slices and carrot sticks. Some children get derailed if there are too many choices or too much food.

-Just say no to junk food. Read the label. “Fruit” gummies are mostly high fructose corn syrup, for example. They won’t add anything to the meal but calories. Try dried fruit instead. Chips? Nope, a few whole grain crackers in a baggie will do the trick. Tip: if there is a cartoon character on the box, it’s not a good sign. And, no matter what your child says, not “everyone else” has it in their lunch.

-Many children’s hunger catches up with them at the end of the day and wanes again at just the time dinner is ready. I survived this stage with a preplanned snack in the car (I had a 30 minute commute), very simple dinners that could be prepared quickly when we got home, and by remembering that my self-worth was not defined by what my children ate.

Bon Appetit
Big Jeff



Dear Big Jeff,

I remember when you were at the Hanover Farmer’s market this summer promoting vegetables with one of the wellness coaches. You asked DCCCC families for suggestions about encouraging kids to eat vegetables. We’re in a veggie slump. What do you suggest?

Thanks,
Veggie-momma

Dear Mom,

You betcha. Those great suggestions are attached to this newsletter as “Exploring Vegetables”

Happy Eating
Big Jeff

Pants and Underwear Needed

The Otters are looking for donations of pants and underwear size 2T and 3T. Drop off in the Otter Room if you have any that your child has outgrown.



Greetings From Sunnie:

It really is a new year! Children and teachers are in new classrooms, the crib rooms are gone, groups have new names, and our age groupings have changed. Yes, we miss the Grizzlies and wonder how Kindergarten is going for our old friends, but it is amazing how quickly the Black Bears became the *big kids*. New groups are forming and everyone is trying very hard to get to know one another – children and adults.

There is something new for every single child in the building. Some children are in a new classroom, some are with new teachers, some children are in a new classroom with new teachers, and some are new to everything! It takes a great deal of work and energy to make these transitions – that is why we put so much time and energy into helping children get a head-start during the summer. This year was an anomaly in that children could not visit their new teachers in their new classrooms, but they are all responding quite well. If your child(ren) is a bit more tired than usual, you now know why. I'm tired and I'm not even in a classroom on a regular basis. I imagine that you are tired too!

The children are learning that the routines and expectations are different from room to room, but that there are some things that never change. They always have to stay with an adult. There will always be an adult to help when needed. They should always expect others to be kind and they should be kind to others. There will always be times when they are sad or angry and someone will be there to help them decide what to do with their feelings. They will always be able to play both inside and outside. There will always be someone there to hug them if they want it. If they don't want a hug, they don't have to have a hug. Sunnie will nearly always come through to play in the morning and to check in before she goes home. Big Jeff will stop to talk and listen when he is in the building. They will always be able to eat and rest and use the bathroom, although it might be done a bit differently than in their old classroom or at home. There will always be things to wonder about and discover and try. There will always be familiar activities and new things to pique their interest and imaginations. But most of all, they will always be allowed to be kids.

The kids aren't the only ones going through this transition – you are too! Things are different for you when you drop off your child that never had a difficult time saying good-bye and now they look at you with tears in their eyes as they wave at a window. It is hard as a parent to go on with your day wondering how things are going at childcare, but you do it. Then you pick up your child and you're so happy to see each other that you totally forget to sign out or that the multi closes at 5:00!

There are things for adults that haven't changed during the transition as well. If you are wondering if you need to do all of the same things that you did last year – or if you are brand new to us and are learning the expectations, I've provided a list of all of those *little things* that make life at childcare run more smoothly:

- Label your child's clothing, each and every item so that you don't have to search for your items at the end of the day or try to remember just what outfit they arrived in.
- Keep a set of labeled spare clothes (or two or three) in your child's cubby because we play outside every day and get dirty or because your child explored paint or because an accident happened at the snack table or in the bathroom.
- Dress your child in layers. We'll peel them off and put them back on as the temperature dictates.
- Include a note in your child's lunch, every day, to let us know that it has passed your tree nut and peanut free inspection so that children with allergies can play with the same freedom as those who do not have allergies.
- Always sign in and out so that we have accurate records if there is ever an emergency that requires evacuation (there has never been a real emergency of that sort at DCCCC beyond the occasional burnt toast but we want to be prepared).
- Call to let us know if your child isn't coming for the day or will be very late because we do care about all of children and like to know that they are well. It is also helpful if your child's class is planning to head out on a hike or stroller excursion to know who to expect.
- Let your child's teacher know when you are leaving at the end of the day and expect a report about your child's day. Teachers love to share your child's day with you!
- Arrive in time to be out of the building by 5:30. Teachers are expected to leave at 5:30 and they can only do that if the building is clear.
- Keep older and younger siblings with you while they are in the building.
- Keep your child with you as you enter and exit the building. The driveway becomes a very busy and dangerous place especially around 8:00am and 5:00pm. Don't be surprised if a teacher or Sunnie or Jeff remind your child to stay with their adult.
- Reinforce our rule, "The Multi closes at 5:00." This rule is in place to make it easier for you to exit through such an exciting room.
- Don't wait before you ask your child's teacher about something that is worrying you. If you have a question or concern, ask right away. Teachers have so much knowledge to share and they really appreciate feedback from you because they are learning about their new groups too! Talk to Sunnie or Jeff if you have concerns. Sunnie is here every day and can be reached through the main DCCCC number 646-6610 or on her direct line 646-6613. When Jeff isn't here, he can be reached at the Child Care Project at 646-3233.

- Let us know when your phone number, address, place of work, income or emergency contacts have changed. There are times that we need to ask a question or let you know that your child is not feeling well. Having up to date information is critical.

-Be prepared to give your full attention to your child and your child's teacher when you drop off or pick-up – that phone call might have to wait a few minute.

-Be ready to be very tired and for your child to need some extra attention at home.

Let your child's teachers know how your evenings and mornings are going at home.

-Drive very, very slowly on Reservoir Road – the speed limited is quite strictly enforced especially this time of year.

-Help with field trips when you can; don't feel guilty when you can't.

-Share your family culture and traditions with your child's class!

-Do something nice for yourself!

-Always let us know what we can do to help you!

I'll leave you with a few pictures of staff members in action!

Sunnie



Announcements/Resources

DCCCC Will Be Closed On The Following Days:

- November 27 and 28 –
Thanksgiving break
- December 24, 2014 – January 2, 2015
Christmas/New Year/Winter Break
- March 16, 2015 -
Teacher in-service day
- May 25, 2015 –
Memorial Day
- July 3, 2015 –
Independence Day

Wondering What to do When Your Child Pushes Your Buttons?

The Connective Parent website is an excellent resource. Here you will find book descriptions, a newsletter that is very helpful and dates of Connective Parent workshops.

Check out the website at <http://www.bonnieharris.com/>

Picture Day at DCCCC

**is coming
October 10, 2014**

Here is the schedule:

7:30 – 9:15: Families, Siblings – Dawn will email you a specific time for those of you who signed up

9:15-10:00: Chickadees

10:00-10:30: Owls

10:30-11:00: Hedgehogs

11:00-11:30: Otters

11:30-12:00: Badgers

12:00-12:30: Black Bears

If you have any questions, please feel free to ask Dawn.

Things to Do in the Area



Saturday, October 4, Family Clay in South Pomfret: 10 a.m.-noon, ArtisTree Community Arts Center, 2095 Pomfret Road. Parents and children make an item to be left for glazing and firing . \$20 per parent-child pair, \$5 per extra person. 802-457-3500

Saturday, October 12, Pumpkin Festival at Cedar Circle Farm.

<http://cedarcirclefarm.org/events/festivals>.



Saturday, October 12, Warner Fall Festival.

<http://www.visitnh.gov/what-to-do/event-calendar-detail.aspx?ed=263348>

Saturday, October 18, Keene Pumpkin Festival

<http://pumpkinfestival2011.org/>



October 24, 25 or 31 Pick Pockets, Rogues, and Highwaymen, Charlestown, NH.

<http://www.visitnh.gov/what-to-do/event-calendar-detail.aspx?ed=251408>

Billings Farm and Museum Fall Special events

<http://www.billingsfarm.org/>

October 4 and 5 – Pumpkin and Apple Celebration

October 11 and 12 – Harvest Weekend

October 18 and 19 – Autumn Wagon Ride Weekend

October 26 – A Family Halloween



Montshire Museum of Science <http://www.montshire.org/>

Some of their special events: Owls, Batteries and Motors, Fossils, optical illusions, turtles, and fingerprints. Check their website for a complete calendar.



1st Annual Open House



**It was so much fun!
We'll do it again next year.**



News from the Chickadees

Ray Garcia,
Lead Teacher

Lori Higgins,
Teacher

Denise Ayers,
Assistant Teacher

Kristin Cole,
Teacher

Teresa Hahn,
Assistant Teacher



¡Saludos! Greetings to all from the Chickadees!

The first newsletter of the year is here and we are off to a great start with our new babies! The setup without crib rooms is beautiful and bright; when we shut the lights off during naps, we have very soft natural light coming in through the windows and we have a great view of the flower garden that is still in bloom. The children have a lot more play-space and we can see and hear those who are napping. After about a month, the children have begun to adjust to new sounds like our voices, their classmates' squeaks and squeals (or cries) and have familiarized themselves with areas like the kitchen area, the playground and the Little Multi. When most are napping, we take those who are awake to other areas of the building to play, sing, read, cuddle or visit friends throughout the center.

From the beginning of this school year, the Chickadee Team has begun with three staff members: Lori, Denise and myself as the enrollment increased to 8 children per day. Kristin and Teresa have been spending some time getting to know the babies as well as helping other classrooms. By mid-October and early November, we will have added a total of three new children and another member of the Chickadee Team—you'll hear about it soon. By January 2015, we should have 8 children in each classroom with 3 staff members in each room. We have been learning about each child's rhythm: their daily routine as they give us their cues when they like or dislike something and... (here's the big one) we are going *outside* more often! Groups of four or five children with two staff members or two babies in a double stroller with one in a backpack carrier for a longer walk or all 8 children with three adults—it has happened in different combinations of children during different parts of the day. It can be a challenge to get them ready, but it's very possible and it is so much fun once we are out in the fresh air.* Cheers to the new year!

Happy  Time

Ray,
On behalf of the Chickadee Team: Lori, Denise, Kristin and Teresa

Our many thanks to some of our floats like Liz, Terri, Moya and helpers like Gretchen and Mrynna and other staff members who have voluntarily shown up and held our babies whenever needed; we really appreciate it!

News from the Owls

Debbie Burnham,
Lead Teacher

Wendy Irwin,
Teacher

April Buchanan,
Assistant Teacher

We have been loving our new room and our new group. The Owl Room is a very exciting place to be! We have been experimenting with various room arrangements and toys to see what works best with this age group. You may have noticed the tables and some shelves being in different spots as we try new things.

We are also trying new activities. The children helped make applesauce by peeling apples with a corer/peeler and adding spices to the mixture. Then we had warm applesauce for snack!

As you can see by Dagny, we always have book reading. We also do songs, finger plays, dancing and outside time each day.



Zahra, James and Austin tried their hands at sticky paper. Some were not so fond of the texture!

Scarlett, Anna Sofia and Micah made window ornaments using canning lids and flowers they had collected.



Sam enjoyed a snack on the porch.

Cornelia likes exploring outside.



We welcome Nehir and her mother, Pinar, to the Owl Room. Nehir also has an older brother that goes to the Ray's School.

The weather will start to get colder soon. Please send in a warm hat and jacket for your child. We may even need mittens for those chilly mornings.

We have decided that we do need blankets from home for naptimes. Please provide your child with a blanket labeled with their name. We will still provide sheets for the mats and we will continue to do blankets with our regular laundry.

We hope that you are enjoying this wonderful fall weather!

Fondly,
Debbie, Wendy and April

News from the Hedgehogs

Jennifer Sprague,
Lead Teacher

Jenn Boudro,
Teacher

Anna Fuller,
Assistant Teacher

Hello Hedgehog Families!

Wow I can't believe that we have been together for a month now! Children are all settling in nicely to the Hedgehog room and have done a great job learning the routines and rules. They are practicing how to wash hands before eating, they are finding where their cubby is to put on their jacket and hat and to put it away, and they are learning to find their placemat when it is mealtime.

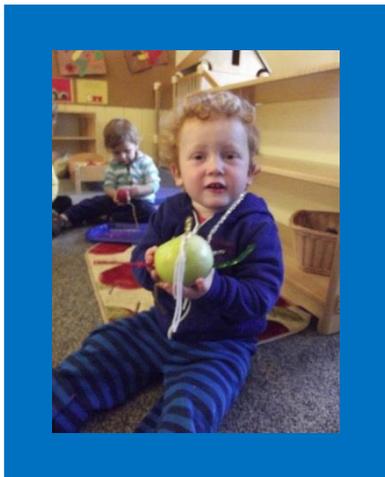
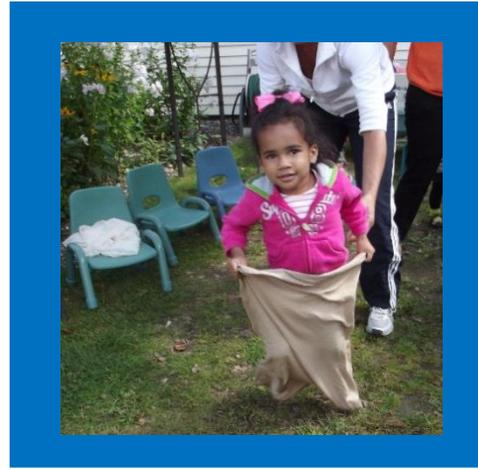
We have had many celebrations together this month. We celebrated three birthdays in the Hedgehog room. Arabella, Danny, and Elliot all turned two! Happy Birthday to them! We also celebrated Chilean Day with Maya and Ema's families. Thank you for the yummy snack, the music, and the fun games! We also celebrated Rosh Hashanah with Sophia's mom, Amanda. Thank you for reading a story to the class and for sharing the Challah bread with apples and honey.

We also had a wonderful field trip going apple picking together. Thank you to everyone who drove for this trip. We had a blast and the children

seemed to enjoy taking bites out of apples straight off of the trees!

Below are some photos from all the fun we have been having together!





Happy Fall!
Jennifer from the Hedgehog Team



News from the Otters

Susan Quimby Young,
Lead Teacher

Joel King,
Teacher

Valerie Stefani,
Assistant Teacher

What a beautiful first month the Otters have had! The weather has been unbelievably warm and sunny. The leaves are turning colors. Our pumpkins are turning orange. The summer squash are really big and bumpy while the zucchini is really big but smooth! The beans have pretty much gone by. AND we're going to have corn on the cob from our few corn stalks for snack today! There are so many changes going on around us outside at this time of year. The gardens are a wonderful way to see how the seasonal changes affect what was planted months ago. There has been a frost so some plants are already dried and withered. One child picked a bunch of bean pods and "harvested" them by splitting open the pods and removing the beans. She saved them and I bet plants them in the spring. Yesterday we

followed her lead and the crew spent 30-45 minutes getting beans from the front garden. Fine motors skills were put to work as they gathered around the picnic table outside and split them open and removed the seeds. There were large white ones, medium brown ones and small white ones. We'll continue this with different seeds as well as we'll see what is out in the field. Personally I can't wait to smack those cattails around outside when they are about to burst open with their fuzzy seeds. We need a little breeze for this and will wait for just the right time.



Speaking of the field, we went for a long walk last week across the gully bridge and up the back way to the rugby house. It was a beautiful hike. As we came up on the far side of the lower field, much to my surprise we saw a small pond below. I had never seen it before (so it must be new??!!) and there were cattails and reeds around the edges. We saw a duck swimming and suddenly there was a great blue heron standing on the muddy shore. We watched it fly away with its huge wing span slowly disappearing into a wooded area. We took a stroll across the rugby deck for a photo and headed back for lunch. I love days like that!





I thank all of you who were able to join us on the apple picking trip and for those of you who were unable to make it, hope you can join us another time.

We've been eating a lot of apples and had a wonderful batch of homemade applesauce. Apple crisp coming up soon!

I know I remind you often but with the fall weather here, the grass is almost always wet for the mornings so please send in rain boots and we're in a shortage of underwear and pants so please be sure your child's cubby is well stocked with a few pairs. This is especially important for the recent toilet training crew.

We are delighted with this awesome group of kiddos and look forward to a great year!!

Fondly,
Susan for the Otter team



News from the Badgers

Terri Hollis,
Lead Teacher

Miranda Arruda,
Teacher

Melissa Horrigan,
Assistant Teacher

Greetings Badger Families,

When We (DCCCC staff) were all trying to decide what woodland animal to name our new rooms, the Badger was not one that people knocked one another over to get first dibs on. I recall one teacher specifically saying "Badger, who would want to be that? They are nasty." That was my first choice and thank goodness the whole team was in.

Though it is true that badgers can be, well..... not so nice, they are complex creatures. They are powerful, resilient, capable, and curious and focused. In their minds they are a one man army capable of conquering challenges that others cannot or do not care to even attempt.

Throughout this next year the Badger Teachers are looking forward to guiding and challenging your children. We are excited to help your children discover just how amazing they are and how capable they are, to uncover some of those useful badger traits.

This group is off to a good start in the Curiosity aspect. They have loved exploring the different materials and putting their own little twist on various projects. They have particularly loved using rulers, stencils, and various drawing tools. Exploring and becoming different people and creatures by use of our dress up corner has also been fun to observe. It was great fun to forage at Poverty Lane Apple Orchard on our very first field trip with the Otters. The weather was perfect; all the volunteer parents were very helpful at making it successful and fun for all. The Badger children have had a really fun time learning and experimenting with their bodies' abilities and limits, on their own or with others in the big body play space.

Your Children have felt very powerful when able to make some decisions for themselves. Do you want to go out now or later? Do you want to try using the potty now or in a couple more minutes? They feel even more powerful when you tell them they can do certain things all by themselves. You can put your art work on the drying rack. You can pour your own milk . You can tell your friend you would like a turn.

This is definitely a group that chooses to focus on books whenever there is time. They love to read books while snuggling on a teachers lap, or on their own. They just love book time. They love and have become real fans of the book titled NO DAVID.

Being a Badger is really hard work. Creating those quieter spaces and spaces with fewer bodies is really important. We have started our lunch bunch recently in the DCCCC kitchen area. This is a time that is enjoyed by your children and teachers equally. We rotate and take turns with three children and a teacher each lunch time. What an opportunity to sit and talk about whatever is on anyone's mind. Just the other day a little girl told me " I don't like sleep that why I don't sleep, and that why I only pretend to sleep when I am in my bed at night." Which reminds me, please check out our quotes on the Badger board when you can. It's a great way to start a day.

Terri Hollis, for the Badger Team

News from the Black Bears

Amy McLellan,
Lead Teacher

Barb Merchand,
Teacher

Kelly Bosma,
Assistant Teacher

Welcome Black Bears!

This month, we have been learning about caring for ourselves, caring for one another, and caring for our environment. We have started new traditions; morning meeting song, lunchtime song, and ringing the bell at departure for a fun way to end the day! Mommies and daddies have begun to ring it on their way out the door in the morning as well!

Apples, apples, apples! Our trip to Poverty Lane Apple orchard inspired us to create an apple market dramatic play center in our room. Making signs for products, sorting and weighing apples, and counting money are just a few of the things that are going on there! We have already planned our next field trip to the pumpkin patch!

The Black Bear room has some unique spaces that we love to explore. In the loft, we build with Legos, straws, and gears. We read together on the couch and work on giant floor puzzles. The bear cave is a perfect space to spend quiet time alone or with a friend sharing a book, small toy, or just chit chatting about the important things in life :). Black Bears love books! We have added a second cozy book space next to the apple store, as well as a basket of books in the meeting area.

We have celebrated two birthdays this month. Happy birthday to Remi and Rena. It was such fun spending time with your families on your special days! We love special visitors in the Black Bear room! Feel free to stop in to read a story, help with a craft or activity, or just sit on the floor and play!



The first month of school has been fantastic! We can't wait for our next adventures!
Amy, Barb, and Kelly



EXPLORING VEGETABLES

DCCCC parents and staff speak:

Father of three:

1. Cut up fresh veggies. Leave them on a plate near the place settings. Say nothing.
2. Frozen. Yep. Claire started this, and they all love them. Could be a thing, or could be a genetic thing. Peas and corn are the favorites. Please don't tell child protection services. Sometimes (hot) buttered peas work too.
3. My default is to make fancier meals - resist, and keep it simple.

Mother of one:

So this veggie post is all about cucumbers. It seems that kids' primary objection to cukes are the seeds. My daughter has always enjoyed cucumbers, but especially when they are either cut in boloco-style: C-shapes (peeled, seeds culled out from the middle with a spoon, then cut 1/4" thick, and finally halved), She also likes them cut in sticks (mini-cukes, peeled, then quartered long-wise). Both forms are easily dipped in ketchup (perhaps an unexpected choice for many, but completely sensible to Koreans who have long dipped their cucumbers and pickles in the K-version of spicy ketchup*). Occasionally, if presented with cucumber and ketchup she might even just grab the whole cuke and dip and eat whole like Bugs Bunny with a carrot.

* Korean spicy dipping sauce (Ssamjang) www.maangchi.com/recipe/ssamjang

Mother of two:

Our kids love veggies! Their favorites are very easy -- and my advice is to keep them simple, fresh, and to keep offering them/showing them that you the PARENT like them!

-slices of crunchy peppers

-carrot coins (cut as rounds instead of sticks to make it interesting)

-peas steamed quickly in the microwave then tossed with a little butter and salt

-broccoli is devoured almost nightly in our house. The trick is to cook it so it's tender but still bright green. Then toss with a little olive oil and salt.

-raw green beans -- this is all thanks to the teachers and their DCCCC gardens!

Actually, our kids love anything they grow in our garden. And if they help to prepare it they are more likely to try it. For example, our oldest refused to eat tomato sauce on anything until she helped me make it and now she loves it!

Mother of two:

Love this. Here is our little tip on eating vegetables. We cut up fresh veggies - carrots, peppers, tomatoes, broccoli - and drizzle a small amount of homemade balsamic vinaigrette on them. It's the dressing he goes for... the vegetables are just the vehicle to get it. He'd lick the dressing off the plate if he had his way. :)

He also likes to eat broccoli because it looks like a lollipop. He sucks off the top - and eats the stem after that! But despite these strategies, we are still often stumped by how to get vegetables into him, and we really look forward to other parents' wisdom and tactics!

Mother of two:

Our boys eat their vegetables. It's all thanks to their Dad. He cuts them up quite small, so they pass through unnoticed in larger meals. He also makes meals that the boys love – chicken pot pie, stew, and stir fry/fried rice. One other way we encourage the boys to love their greens is through gardening. They love planting seeds, watching the sprouts rise, and reaping the harvest. Peas, carrots and lettuce all made it into the garden this year.

Mother of one:

We get our little one to eat vegetables by:

Putting them in smoothies! Momma and her little guy share a smoothie everyday together. Some that really work is mixing spinach/kale with banana, coconut water or water, and some plain yogurt—you can't even taste the spinach/kale! Another one that hides well is mixed berries with carrots. Another we like is canned pumpkin with a little carrot/sweet potato, ½ banana or apple, cinnamon, nutmeg and coconut milk. We make it extra fun by drinking our smoothies with fun straws! We also sneak in a little chia seed to get some healthy omegas in our diet, too.

-We take this even further and we make home-made popsicles with our fruit and veggie smoothies.

-Give him them with dip! We love hummus in our house, so veggies with hummus, or homemade vegetable dip made with yogurt or sour cream as the base and cut up veggies.

-Letting his Elmo sit at the table with us and having Elmo eat his veggies too. It is more fun to eat them with a friend!

-Making veggies that we love too, we've learned that sweet potatoes are actually one of the healthiest foods out there and they are so tasty! We make them a lot in our house – grilled, baked like French fries with "dip" (aka ketchup), or just a regular baked sweet potato, on special occasions we will add a little organic maple syrup or butter and cinnamon to them.

-Leading by example. Eating our veggies in front of him so it's the norm! Of course our guy is only two, so maybe the anti-veggie stage is approaching us quickly, but for now, he is eating lots of veggies and we are happy about that!

Teacher

Grate carrots, zucchini, summer squash cook down and add to pizza or spaghetti sauce.

I also cut zukes or summer squash into sticks dip in beaten egg, toss or roll in breadcrumbs(I add parmesan and herbs to crumbs) then bake until crispy. Yummy dipped in ranch or ketchup.

Mother of one:

We like to make smoothies with fruit, frozen spinach, and almond milk. I buy a block of frozen spinach and let it thaw just enough so that I can cut it into ice cube sized-pieces before putting it back into the freezer. I add one cube of spinach to each smoothie. After a while you get used to the taste, and my child doesn't know any differently. She also gets to pick one fruit and one vegetable for her lunch and dinner. I've started doing a CSA farm share this year, with the hopes that it will get her interested in some additional vegetables. So far, radishes and arugula have not been huge successes...

Father of one:

Simple!

1: eat them in front of her, exclaim "YUM! This is delicious!" As you do, truly enjoy them. It must be convincing. You know, "show, don't tell".

2: make them yummy. Cook and prepare them in enticing, flavorful ways.

3: play games with them.

4: listen for which she likes and go with it. Also: use it as a "gateway veggie", linking others to it in preparation and dining.

5: have her help prepare them. Discuss how you will be cooking them, etc. enjoy the fruits of your labor together.

Teacher

I use to put all kinds of veggies in my spaghetti sauce. They never knew and loved it.

Father of two (OK, it's from Big Jeff)

Vegetables:

- Frozen Peas - straight from the freezer. Fondly known as "peasicles"
- Caramelized Corn – heat in a skillet with a bit of sugar until golden brown
- Blanched broccoli – immerse in boiling water for about a minute and a half then chill in an ice bath. Also works great for green beans, asparagus, and other vegetables.
- Raw rutabaga - peeled and sliced in sticks like carrots
- Braised celery - arrange a single layer in a skillet and cover with chicken broth. Cover and simmer for 30 minutes (less time for more crunch)
- Molded salad – sugar-free lime gelatin with shredded lettuce and carrots, diced peppers, cucumbers, celery.
- Low fat dip - Start with plain yogurt or low fat sour cream – just add a bit of ranch seasoning or Knorr's vegetable soup mix, it only takes a little. Other dips: honey mustard, mild salsa, peanut butter thinned with low fat cream cheese or yogurt, flavored yogurt (try French Vanilla), catsup
- Anything grown in the garden, picked fresh, brushed off and consumed warm in the sun

Cooking jobs for children, depending on age.

- *Scrub vegetables. Pull a chair up to the sink.
- *Peel. Vegetable peelers are relatively harmless. Lay vegetable flat on the table.
- *Slice. Thin strips of vegetables can be sliced with a table knife or serrated plastic knife.

-Other

- Your child doesn't like foods on the plate to touch each other? No problem – buy and inexpensive divided plate. This stage doesn't last into adulthood.
- Remember the strategies that didn't work when you were a child and don't repeat them! "You'll sit here until you finish your vegetables". "If you don't eat it now, you'll get it for breakfast." "No dessert until those vegetables are all gone." These threats make vegetables a really, really bad experience and they make you want dessert more than anything else in the whole world.