



The Mommy Manual

Control in the Chaos: The family routine

Life can seem chaotic at times, but having a routine will help give you a sense of control in the chaos. A routine does not mean having a schedule that is set in stone, but rather having structure with flexibility. Young children need to feel a sense of security, and having an order of doing things helps them predict what is going to come next. Having a routine will help children to build trust, especially when they are with a different caregiver (Mann, 2007). If things happen similar to how they would happen at home they are more likely to trust that caregiver. Routines help children to develop good habits. For example, brushing their teeth every night before bedtime will help them develop good dental health. Routines can help parents by helping them accomplish the daily tasks that need to be done more efficiently, ultimately creating less stress. There is no exact recipe for a "good routine" and routines are unique to each family's needs. Try writing down a list of things that

you and your family need to accomplish each day and consider how to involve each family member. Some ideas for routines: getting ready in the morning and going to bed at night; greetings and goodbyes; study time; meal times; hygiene and health; tidying up toys; observing religious events or holidays; family time. Test out a routine to see what works for your family.

Mann, B. (2007) *Family Routines*. The Canadian Association of Family Resource Programs. Retrieved Aug 25, 2009 from www.parentsmatter.ca.



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Dealing with Stress

- Don't be afraid to ask for help!
- Think positively.
- Taking time out for yourself is very important. Listen to music, watch a movie, relax!
- Get as much rest as possible. Things always seem brighter after a good night's sleep!
- Talk it out. Vent to a friend.
- Spend time playing with your child.

Making your own baby food

The benefits:

Making your own baby food is easy, economical, and efficient. You can use the fruits, vegetables, meats and grains from your own kitchen instead of purchasing expensive pre-made jarred food. The Saskatoon Community Health Unit estimates making your own baby food will save you about 30 to 50 cents a jar. Best of all, you know exactly what you are feeding your baby. Baby can eat what the family is eating, which may pay off when it comes to the picky toddler years. Baby will also be introduced to many more foods and is not limited to what the stores sell. All you need is a little bit of time, and some basic kitchen equipment.

What you'll need:

- A sieve, blender or food processor
- Pots, pans and cooking utensils
- Ice cube trays
- Freezer bags or airtight containers
- Permanent marker

Preparation:

Begin by washing your hands, the produce, and all the bowls and utensils.



Peel and pit the produce as necessary. All vegetables and fruits that need to be softened, should be cooked before pureeing. To preserve vitamins and minerals, bake, boil, or steam the produce until soft. If you boil the food, use as little liquid as possible and add some of the leftover liquid when pureeing.

To prepare fruits or vegetables, add a little liquid (breast milk, formula, or cooking water) to the produce as you puree or grind until the consistency is soupy. As your baby adapts to solid foods, you are able to adjust the consistency by adding more or less liquid.

To prepare meat, trim fat and remove skin before cooking. Use any method of cooking. After it is cooked, puree with a bit of the cooking juice or breast milk or formula.

Storage:

After pureeing your food, pour it into an ice cube tray and freeze until solid. Once it is frozen remove from the tray and place in bags or containers. Be sure to label with the name and date.

Frozen cubes are good for up to 3 months in a small freezer in the refrigerator, or up to 6 months in a deep freeze.

To serve:

Defrost cubes in the refrigerator overnight, in the microwave, or in a bowl over hot water. Stir well, and test the temperature. Discard any leftovers.

Be creative!

After your baby has tried foods and has proven there is no allergy, mix it up! Your baby will love the different textures and flavours. Some winning combinations: beef and carrots; chicken and sweet potatoes; apples, plums and oatmeal cereal. Remember if your baby dislikes a food, wait a few days and try again!

In the Kitchen: Breakfast Recipes



6 Months and Up: Applesauce

Makes 300mL

What you'll need:

3 medium cooking apples, washed, peeled and quartered (use Golden Delicious or McIntosh)

2/3 cup of water

- Bring apples and water to a boil and cook for approximately 10 minutes.
- Drain and reserve water.
- Puree apples in food processor, using reserved liquid to adjust consistency.

8 Months and Up: Banana Blueberry Yogurt

Serves 2-3:

What you'll need:

1 cup blueberries
1 whole banana
1 cup plain yogurt
2 tablespoons wheat germ

- Microwave blueberries for 30 seconds, or until juices start to run.
- Place a spoonful of yogurt in a dish and top with banana slices, blueberries and wheat germ. Serve immediately.

Serve with: Toast, cooked egg yolk or Cheerios

12 Months and Up: Tasty Pancakes

1 cup whole wheat flour
1/2 cup baby barley cereal
1/2 cup baby oatmeal cereal
1 cup milk (or formula/breast milk)
1/2 cup mashed banana (or fruit of your choice)
3 egg yolks

apple juice (about 1/2 cup) Use water if you prefer

- Preheat griddle or frying pan.
- Mix all dry ingredients.
- Stir in milk, mashed banana and egg yolks. Add enough apple juice to create pancake consistency.
- Cook over medium heat until both sides are golden brown.
- These pancakes freeze very well. Place sheets of wax paper between each and place in airtight container. When you are ready to thaw, pop them in the toaster.

Serve with: blueberries, plain or vanilla yogurt

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The Mommy Manual is a three part newsletter aimed at young mothers trying to complete their education with children aged newborn to 24 months. For more information on the PEIHEA, or for the next newsletter, please visit our website.

www.peihea.org

Activity Corner

Recycle Old Crayons, into Fun New Shapes!

What you'll need:

Broken crayons (or new will work too!)
Metal or silicone mini muffin tins
Petroleum jelly
Toothpicks (optional)

Reuse old, broken crayons and transform them in to something fun and funky that fits perfectly in a toddlers hand.

Start by peeling all the remaining papers off the crayons and sort them into colours. Chop the crayons into pieces using a sharp knife. Next prepare a silicone baking pan or ice cube tray. Most dollar stores sell these in fun shapes. Silicone is ideal because it can withstand the heat of the melted wax, but you will be able to easily pop out the crayons once they have set. If you do not have a silicone pan, use a metal mini muffin tin and coat the outside with petroleum jelly (Remember not to use these for food, once you have made the crayons!). Place the crayon pieces into the mould in different colour combinations. Put in a 250°F oven and melt for 7-8 minutes. Carefully remove from the oven and cool completely. If you wish, you can swirl them with a toothpick to create a neat design! The freezer can help speed up the cooling process. When they are cool, remove from the pan and let the fun begin!

Discuss the shapes and colours of the new crayon with your child as you have fun drawing and creating together.

