

Small Hands Crafting

Before craft time, cut out flowers from construction paper for each child. Lay out stamp pads and show the kids how to decorate the flower petals with thumbprints. Demonstrate how to glue a popsicle stick or pipe cleaner to one side of the flower. Put the bouquet in a child decorated terracotta pot and you've got a gift which will last forever!



Mother's Day

Did you know that your child benefits from staying with a licensed CACFP provider?

Children are given the opportunity of nutrition education by CACFP providers who understand their role in shaping attitudes toward the acceptance of nutritious foods. Providers create an atmosphere that instills a positive, curious attitude about food from the earliest years.

*Here's wishing you
a Mother's Day
That's filled with every
pleasure,
And a future that's as happy
As the memories you treasure!*

~ Anonymous

Fun with Mom: Movement on Mother's Day

Mom and Baby Match Up - Print out a matching card set of animal moms and the corresponding animal baby. Hand out a card to each child. When you say go, the kids will quickly go from person to person trying to find the mom/baby card match.

Mom Says - Play just like the traditional game of Simon says. One child will be the mom and tell the others different movement instructions. They have to say mom says!

Act Like a Mom! - Mothers do so many activities to help take care of their kids all day, every day. With the kids during circle time, make a list of all the chores that moms complete. Then have the kids act out all the chores.

Strawberry Pancakes

- 1 1/2 cups whole wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3 eggs
- 1 container vanilla low-fat yogurt (6 oz)
- 3/4 cup water
- 3 tablespoons canola oil
- Strawberry low-fat yogurt
- Strawberries

Heat griddle to 375. In large bowl, mix dry ingredients. In a medium bowl, mix wet ingredients. Pour both together and mix thoroughly. Pour about 1/4 cup batter onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown. Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

Recipe from USDA Mixing Bowl

