

News Notes to Parents

November 2022

Preschool Mental Health Activities

When young children become overwhelmed or upset, sensory activities can help them calm down and regulate their emotions. These activities encourage kids to be present in the moment.

#1: Make a Calm-Down Bottle Together

Calm-down or sparkle bottles are both fun to make and easy to transport! This means they're a kid-friendly tool you can use anywhere to help your child manage emotions and stress. This emotional activity for preschoolers helps foster healthy emotional awareness and regulation.



Supplies You'll Need

- A empty clear plastic bottle
- Clear or colored glue
- Mix ins: Glitter, sequins, small toys beads. The lighter the better.
- Water
- Super glue
- Food coloring

#2: Make a Comfort Object Together

Many kids get attached to "loveys" when they're little: a favorite blanket, stuffed animal, or toy that they carry with them everywhere. Loveys are also called "transitional objects."

Small comfort items are another kind of transitional object. These comfort objects help children center themselves when they feel anxious. Your child can carry the comfort object in their pocket or backpack, and hold it when they feel anxious. The comfort objects help your child connect with themselves - and with you.

Supplies You'll Need:

- Smooth rocks
- Paint/markers

#3: Make a Friend Album Together

In preschool and early childhood, kids may be excited about seeing friends but unsure how to engage. You and your child can make a picture album of their friends to support their confidence in engaging with other children.

Supplies You'll Need:

- Paper
- Colorful art supplies
- Markers/crayons
- Glue stick/tape
- Stapler
- Photos of friends



To read full article go to: <https://bit.ly/3q5LpE0>

To download instructions go to: <https://bit.ly/3T24qFO>



HAPPY THANKSGIVING!

Online Shopping Safety

Shopping online does carry some risk and it could lead to identify theft. You can be reasonably sure you'll have a safe experience shopping online as long as you follow some basic guidelines.

Use Familiar Websites When Shopping Online

Start at a trusted site rather than shopping with a search engine. Search results can be rigged to lead you astray, especially when you drift past the first few pages of links

Look For Secure Lock Logo on a Website

Never ever, ever buy anything online using your credit card from a site that doesn't have SSL (secure sockets layer) encryption installed – at the very least. You'll know if the site has SSL because the URL for the site will start with HTTPS:// (instead of just HTTP://). An icon of a locked padlock will appear, typically in the status bar at the bottom of your web browser, or right next to the URL in the address bar. And, NEVER give your credit card number over email.

Don't Give Out Personal Information

No online shopping store needs your social security number or your birthday to do business.

Check Your Credit Card or Bank Statements

Go online regularly and look at electronic statements for your credit card, debit card, and checking accounts. Make sure you don't see any fraudulent charges. If you do, call the financial institution immediately so they can put a freeze on your account.

Install Antivirus Software on Your Computer

Use Strong Passwords to Access Accounts

We like to beat this dead horse about making sure to utilize uncrackable passwords, but it's never more important than when banking and shopping online.

Privatize Your Wi-Fi Connection in Your Home

If you do decide to go out with the laptop to shop, you'll need a Wi-Fi connection. Only use the wireless if you access the Web over a virtual private network (VPN) connection.

By paying attention to these tips, the odds of your being victimized by online fraud are pretty low. Here's to a happy and safe online shopping experience!

Resource: [How to Protect Your Credit Information When Shopping Online \(creditinfocenter.com\)](http://www.creditinfocenter.com)

Pizzadilla Recipe

Note: These are great warm from the skillet or cold, packed for lunch with a container of sauce for dipping.

Prep Time: 10–15 minutes

What you need:

- 4 whole-wheat tortillas (8 inches)
- 2/3 cup fresh or frozen spinach, finely chopped
- 2/3 cup part-skim mozzarella cheese, shredded
- 1 cup marinara sauce (store-bought or homemade)
- Cooking spray

Equipment and supplies:

- A 10- to 12-inch skillet
- Thin spatula (metal preferred)



What to do:

1. Lay 2 tortillas on a flat surface. Divide spinach and cheese between the tortillas.
2. Top with remaining 2 tortillas.
3. Place skillet over medium heat. Lightly coat pan with cooking spray.
4. Gently slide 1 pizzadilla into the pan and cook until light golden brown on one side (about 1–2 minutes).
5. Using a thin spatula, gently flip over the pizzadilla and cook for 30–60 seconds more or until cheese is fully melted.
6. Remove pizzadilla and cut into triangles. Repeat with remaining pizzadilla.
7. Serve with marinara sauce for dipping.
8. You can wrap and refrigerate leftovers to take to school for lunch.

Resource: kidshealth.org



Comments or questions? Contact:

Email: asorg18@purdue.edu

Phone: 260-925-2562

Angela Sorg, Purdue Extension—HHS Educator

Website: www.extension.purdue.edu/dekalb

215 E. 9th Street, Ste. 300 Auburn, IN 46706

News Notes to Parents newsletter is a product of Purdue Extension.

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran.

Purdue University is an Affirmative Action institution. This material may be available in alternative formats.