



Parenting Potentials

January 2024



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"Slow down, you are doing fine, you can't be everything you wanna be before your time."

Billy Joel
Lyrics from 'Vienna'

Indoor Snow Sensory Bins



Fill a bin with any of these edible snow/winter options to begin a fun indoor winter activity

- Real snow brought inside
- Uncooked rice and/or pasta
- Fake snow made by combining 10 cups of flour or corn starch with 6 ounces of oil (vegetable or coconut oil)
- Ice cubes made from an ice tray, small muffin tin or baking mold
- Coconut flakes
- Place small bowls of different colored- waters (colored with food coloring) on the table along with droppers, rubber toys and other manipulatives
- Kids can create all kinds of scenes and stories playing with the winter bin

Open-Ended Play

Interactive play with simple toys or objects allows children to express their creativity



freely. There is generally no pressure or expectation of an end result or product. It helps children develop resilience, independence and focus.

Snap-lock beads

- connect the beads and pretend your chain is a snake, slithering through the grass
- place a bead on your head and build anticipation as you let it roll off and onto the floor
- hide the beads in sensory bins such as dry beans or dry rice, and find them in order to connect them
- sort the beads by color and count them

Stacking cups

- stack the cups and knock down the tower
- pretend to cook and mix pretend batter in the cups
- fill the cups with sand, dump it out, or pack the sand to make sandcastles
- roll the cups to see how far they can go

Wooden blocks

- stack the blocks and pretend it's a rocket ship ready for take-off
- make a bridge for toy cars to go under
- build pretend block houses
- play Jenga and try to remove blocks from the structure w/o others falling
- make structures to balance other toys on top

New Year's Notes

This January, why not start the year with an empty jar and fill it with notes about good things that happen. Then, on New Years Eve, empty it and see what awesome stuff happened that year.



Raddish Kids

A fun and educational monthly cooking club that teaches valuable skills in and out of the kitchen



Enhances creativity and imagination: kits encourage your child to explore their creative side as they learn to experiment with different flavors and cooking techniques.

Boosts confidence and gives a sense of ownership: as your child learns to cook and create meals, they'll gain confidence in their abilities and feel a sense of pride in what they've accomplished.

Develops healthy eating habits: promotes healthy eating by teaching your child how to prepare nutritious meals and snacks that are both delicious and good for them.

Encourages family bonding: cooking together is a fun and interactive way to spend quality time with your child and strengthen your family's bond.

[Learn more here](#)

Teddy Bear Treats



Ingredients:

- Hershey's chocolate snack size bars
- Teddy Graham's
- Puff pastry
- Egg

Instructions:

- Preheat oven to 400°
- Cut each sheet of pastry dough into six equal pieces
- Place sheets on a sheet pan lined with parchment
- Snap each Hershey bar into two pieces and lay them near the top of the pastry rectangle like a pillow
- Place a teddy graham on top of the chocolate and fold bottom end of pastry up halfway on top of bear
- Crimp edges with a fork
- Repeat for each pastry rectangle
- Whip egg lightly in a small bowl
- Brush pastry with whipped egg
- Bake 10-12 minutes until gold brown

Souper Bowl Collection

JOIN OUR SOUPER BOWL!



Where are we donating?

We will donate soup to Livingston Neighbors Helping Neighbors (LNHN)

Where to bring it?

There is a collection bin in our office

154 South Livingston Ave
Suite 204
Livingston, NJ 07039

What to bring?

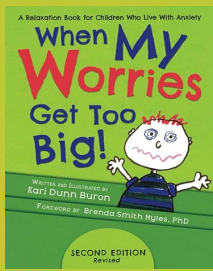
Soup, as many as you are able, every can will help

When?

January 15th through
February 15th



Book Corner



When My Worries Get Too Big! by Kari Dunn Buron

Anxiety is the leading childhood mental health diagnosis. This book teaches young children about their anxiety (worries) and how to relax their bodies. The book is filled with wonderfully goofy illustrations that communicate how to recognize stress and moods before they spin out of control.

[Learn More Here](#)

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