

Cornell University  
Cooperative Extension  
Jefferson County

NOVEMBER 2011

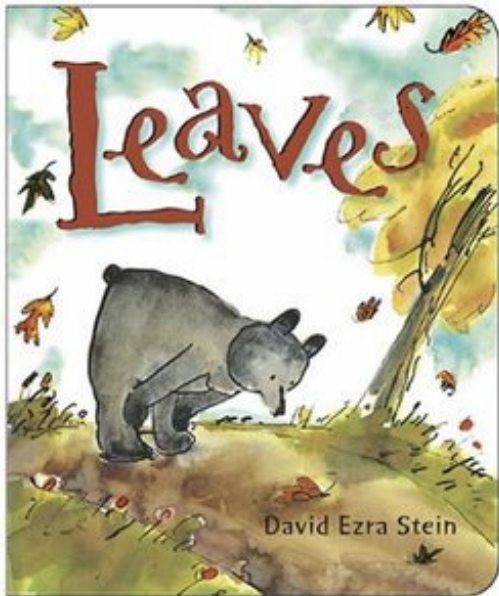


# Parenting News



## Book of the Month

Submitted by Amanda Root, Parenting Education Coordinator



When we think of fall or autumn, we often think about leaves. The board book **Leaves** shows

many fun things to do with leaves. Go outside with your kids, rake a big pile of leaves and jump in! Raking may seem like work, but it is a great physical activity for you and your older kids. Have your kids find different colored leaves and describe how the leaves feel. There are many fun craft projects to do with leaves, including leaf prints. To do a leaf print, put a piece of paper on top of a leaf and gently color over it with a crayon. The print of the leaf will show up on your paper. Happy fall and have fun with the leaves!

## Computer Time

Submitted by Nicole Bertrand, Community Educator

Fall has arrived and with it the beginning of the holiday season. Check out [www.crayola.com](http://www.crayola.com) and you'll find numerous craft ideas as well as cards to make, print and send off to family and friends. This site has games for children to play and coloring pages to print. There is also a link for parents with party ideas, stain tips and ways to be creative in your home. Have fun exploring this site and Happy Holidays to all!!



# How Do You Teach a Toddler Good Manners?

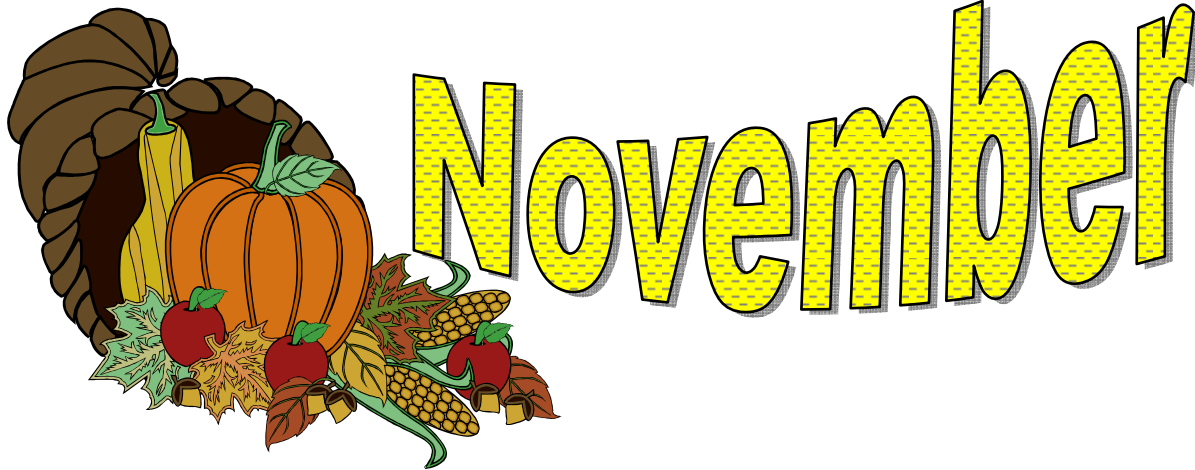
Submitted by Sue Pappas, Family Engagement Outreach Educator

With Thanksgiving and Christmas, just around the corner, how do you get your two to four year olds to say "please and thank you"? It's never too early to teach them good manners. Try the following steps:

1. Begin with two or three nice words such as "please" "thank you" and "excuse me" and then introduce more as your child begins to grasp their understanding.
2. Be persistent and consistent it may take time, but young ones are smart and will get it. Teaching manners early in life will help your children once they leave the house.
3. Lead by example. Teaching good manners begins with you. You must "walk the talk and talk the talk" yourself. If you do it first, your children will mirror your actions, so you want it to be a good reflection!
4. Give positive feedback when they use the right words or when they show you how to wait in a line patiently or help a friend put away toys. Let them know how polite and thoughtful their actions are to others.
5. Have fun with it. Teaching manners is the first step in getting your child to think beyond himself. The first time you see the benefits could be when you're out of the house, around others, or visiting Grandma and Grandpa.

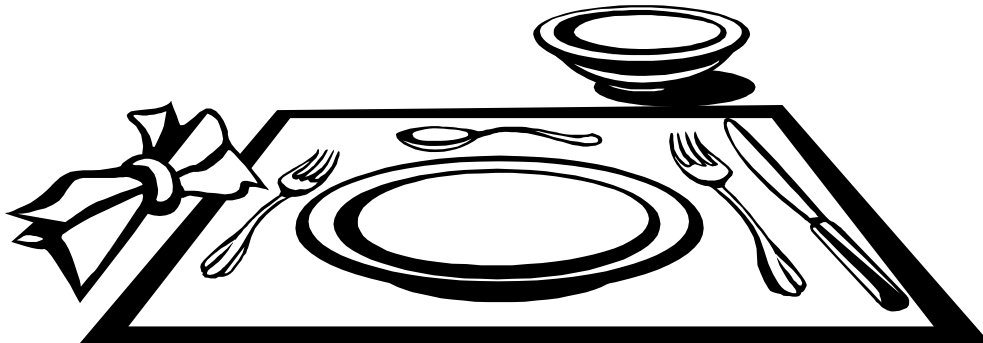
Source: [www.newparent.com](http://www.newparent.com)





**Dollar Dinner Locations and Times in Watertown**

2	All Souls UUC 1330 Gotham Street 788-2742	Serving 5:00 - 7:00 p.m.
6	IHC Intermediate School 733 S. Massey Street 782-6086	Serving 5:00 - 6:00 p.m.
13	Asbury United Methodist 327 Franklin Street 782-3240	Serving 5:00 - 6:00 p.m.
16	Trinity Episcopal 227 Sherman Street 788-6290	Serving 5:00 - 6:00 p.m.
20	First Presbyterian 403 Washington Street 782-1750	Serving 5:00 - 6:00 p.m.
27	Asbury United Methodist 327 Franklin Street 782-3240	Serving 5:00 - 6:00 p.m.
30	Jefferson Community College 1220 Coffeen Street 786-2249	Serving 4:00 - 6:00 p.m.

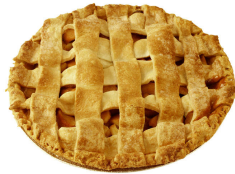




# In the Community

Submitted by Karen Greene, Family Educator

Fall is in the air, with colorful leaves everywhere. Time for apple cider and pumpkin carving and enjoying some community events.



Where	Location	What	Date	Time	Information
		Daylight Savings Time Ends	Nov. 6		Turn back your clocks 1 hour.
		Veterans Day	Nov. 11		Check your local community for events.
Watertown	Jefferson County Historical Society	Ursula's Holiday Adult & Children's Program	Nov. 5	10:00 - 5:00 p.m.	782-3491 <a href="http://www.jeffersoncountyhistory.org">www.jeffersoncountyhistory.org</a>
	Jefferson County Historical Society	Holiday Victorian Fair	Nov. 18 Nov. 19	10:00 - 5:00 p.m. 10:00 - 4:00 p.m.	782-3491 <a href="http://www.jeffersoncountyhistory.org">www.jeffersoncountyhistory.org</a>
	Watertown Ice Arena	Ice Skating	Now through March 19	Call or visit the website for the ice skating schedule.	785-7775 <a href="http://watertown-ny.gov">http://watertown-ny.gov</a>
Sackets Harbor	Sackets Harbor Arts Center	Arts & Craft Sale	Nov. 19	10:00 - 4:00 p.m.	646-7226 <a href="http://www.aanny.org">www.aanny.org</a>
		Happy Thanksgiving	Nov. 24		





WELL  
LOCAL  
TOGETHER

### Corny Chili

- 2 15-ounce cans kidney or black beans
- 1 medium onion, chopped
- 1 tablespoon vegetable oil
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 15-ounce can diced tomatoes
- 2 tablespoons tomato paste
- 1 10-ounce package frozen corn or corn kernels from 3 ears of fresh corn



8-ounce package low-fat cheddar cheese, grated  
hot sauce (optional)

1. Place beans in a colander and rinse with water.
2. Peel onion and chop into small pieces.
3. Add onion and oil to saucepan.
4. Cook over low heat for about 5 minutes, stirring occasionally.
5. Stir in chili and garlic powder. Cook for 1 minute.
6. Add beans, tomatoes, tomato paste and corn. Simmer uncovered on medium low heat for about 15 minutes.
7. Grate cheese. Sprinkle cheese over individual servings and add hot sauce to taste.

Makes: 8 servings

#### Nutrition Information:

CALORIES 210 (45 from fat); FAT 5g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 650mg; CARBOHYDRATE 28g; FIBER 8g; PROTEIN 14g; CALCIUM 15%; IRON 10%

[www.eat3.org](http://www.eat3.org)



WELL  
LOCAL  
TOGETHER

### Apple Filled Squash

- 2 acorn, buttercup or butternut squash
  - 2 large apples, peeled, cored and chopped
  - 2 ½ tablespoons brown sugar
  - 2 ½ tablespoons melted butter
  - ½ teaspoon cinnamon
  - ¼ teaspoon nutmeg
- Dash of ground cloves (or substitute 1 teaspoon pumpkin pie spice for cinnamon, nutmeg and cloves)

1. Preheat oven to 350.
2. Cut squash in half and remove seeds.
3. Place in baking dish cut side down in about 1 inch of water.
4. Bake for 20 minutes.
5. While squash is cooking, mix apple with other ingredients.
6. Remove squash from oven, turn squash cut side up, and fill with apple mixture.
7. Continue to bake for 20 to 30 minutes, or until tender.

Makes: 4 servings



#### Nutrition Information:

CALORIES 230 (70 from fat); FAT 8g (sat 4.5g); CHOLESTEROL 20mg; SODIUM 60mg; CARBOHYDRATE 44g; FIBER 6g; PROTEIN 2g; CALCIUM 8%; IRON 10%

[www.eat3.org](http://www.eat3.org)

# Why Dad's Should Read Bedtime Stories

Submitted by DJ Munroe, Family Educator

Often, when teachers and other people involved with education talk about parental involvement, it's assumed that they mean mothers. But research shows that children's literacy levels improve substantially when their dads get involved with reading.

Dads and other male care givers are just as important as moms in encouraging children to enjoy reading and perhaps even more so when it comes to boys since reading is often thought of as a "girly" thing to do. Dads can be role models and seeing them enjoy reading will help boys and girls alike to pick up a book and try it.

Children who have favorite books when they are young tend to do better in school. Regular reading for pleasure and enjoyment can be the foundation for educational success and good life long reading habits. Now don't worry dads, when your child reaches school they will have their own methods of teaching kids to read. You're most important job for the first five years of their life is to spark an interest in books and show them how fun reading can be.

Dads can support children's reading by:

- ◆ Talking to them about the world around them.
- ◆ Setting aside a certain time each day for shared reading.
- ◆ Singing songs to them.
- ◆ Taking them to the library.
- ◆ Playing word games.
- ◆ Involving them with your reading interests.

Source: [love2read.com](http://love2read.com)



# Make Your Own Building Blocks

Submitted by Juanita Weller, Family Educator

Blocks are lots of fun. You can make your blocks from an assortment of small empty boxes. Older toddlers might like to help clean cartons and stuff boxes.

## Possible Supplies:

- Variety of saved recycled boxes (juice boxes, individual cereal boxes, oatmeal boxes, milk or juice cartons and so on)
- Paper, junk mail and newspapers work well (optional)
- Glue
- Duck tape or packaging tape
- Contact paper (optional)
- Scissors



## Directions:

Remove any unwanted parts, like; liner of cereal boxes and pointed tops of juice or milk cartons. Wash milk or juice cartons and boxes, clean dried goods boxes by dumping and/or vacuuming them. Stuff boxes with wadded paper for added strength and weight (optional). Close-up openings, tape open ends of cereal boxes shut. For cartons- you will need two for each block-stuff one carton with top cut off, add lines of glue to inside of second carton with top cut off, then slide open end of stuffed carton into open end of glued carton and push together. Cover blocks with contact paper (optional for added strength and style). Extra cardboard could be used for roofs or bridges.

As your child plays, your child can learn about space, balance, and eye-hand coordination. Playing or talking with your child provides many opportunities for your child to learn about; amounts giving and receiving directions, comparisons, or other descriptions.

## Sources:

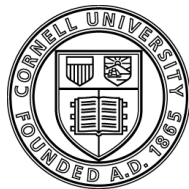
Parents as Teachers Born to Learn™ Curriculum: <http://babytoolkit.blogspot.com/2007/05/building-blocks-recyclers-do-it.html>

Ehow.com: [http://www.ehow.com/how\\_5685653\\_make-cardboard-blocks.html#ixzz1aECuwn64](http://www.ehow.com/how_5685653_make-cardboard-blocks.html#ixzz1aECuwn64)



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