

potpourri

January 2022

Volume 48 | Issue 1





The Association for Child Development educates parents and caregivers about nutrition to promote the development of children and establish healthy eating habits to last a lifetime.

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Potpourri is published monthly by the Association for Child Development (ACD), a sponsor of the Child and Adult Care Food Program (CACFP). Child care providers sponsored by the ACD for participation with the CACFP receive *Potpourri* free of charge. No portion of *Potpourri* may be reprinted without the consent of ACD.

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This project is funded at least in part by USDA funds through the Michigan Department of Education and/or the Illinois State Board of Education.

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ANNOUNCEMENTS FROM ACD

When completing enrollment forms, remember to list the *earliest* and *latest* times as well as ALL the days of the week that a child could possibly be in your care. Covering all your bases will ensure that you receive your full reimbursement every time.

KidKare users: don't forget to read the messages in your KidKare inbox!

Lastly, be sure to send enrollment forms to your state's ACD office:

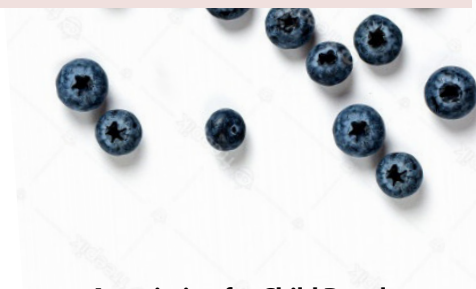
ilcustomerservice@acd-kids.org

- or -

mifrontdesk@acd-kids.org

Please do not send them to your field monitor, as this may cause a delay in your reimbursement. Thank you!

ON THE COVER Trenton was born in November and is almost 2 months old. He is adored by his family, who reports that he is a wonderful baby.



a fresh take

ON SOUTH-OF-THE BORDER FAVORITES

Nacho Average Lentil Tacos

Flavorful and protein-packed, you'll never miss the meat! Serves 12.

1/2 lb uncooked green lentils
6 cups water
1 1/2 cups tomato sauce
1 Tbsp Southwest chipotle seasoning mix
1 teaspoon lime juice
8 oz shredded cheddar cheese
12 corn taco shells
Shredded lettuce (optional)
Diced tomato (optional)

Heat water over medium-high heat in a large pot. Rinse lentils in a colander, drain, then add to the hot water. Bring to a boil and reduce to a simmer. Cook covered, stirring occasionally for 20-30 minutes until tender and cooked through.



Meanwhile, combine tomato sauce and chipotle seasoning and heat to 140°F. Drain cooked lentils and immediately add to hot, seasoned sauce. Add lime and fold lentils into sauce. Add 1/4 cup lentils into each taco shell, top with 2 Tbsp cheese, and garnish with lettuce and tomato if desired.

- ✓ Meat/Meat Alternate
- ✓ Grain/Bread
- ✓ Vegetable

Source and photo: www.myplate.gov

Pear Quesadillas

Canned pears add sweetness and body to these quesadillas, which get fresh flavor from dried basil. Serves 4.

2 wheat tortillas (8" diameter)
1/2 cup shredded pepper jack cheese
1/2 cup shredded mozzarella cheese
1 Tbsp dried basil
2 tsp chopped onion
2 canned pear halves (sliced thin)
2 tsp olive oil

Lay both tortillas flat and sprinkle cheese, onion, and dried basil on half of each. Place pear slices on top. Fold both tortillas in half to produce two semicircular quesadillas. Brush each side of the folded tortillas with olive oil. Heat quesadillas in a non-stick skillet until cheese melts, about 2 to 3 minutes on each side. Cut each quesadilla into four pieces and serve immediately.



- ✓ Dairy
- ✓ Grain/Bread

Source and photo: www.myplate.gov

Green Pea Guacamole

A light and creamy dip with all the classic add-ins and none of the fat. Ideal for dunking veggies or as a sandwich spread.

2 cups frozen peas, thawed
1 tsp crushed garlic
1/4 cup fresh lime juice
1/2 tsp ground cumin
1 tomato, chopped
4 green onions, chopped
1/2 cup chopped fresh cilantro
1/8 tsp hot sauce
Sea salt

Blend the peas, garlic, lime juice, and cumin in a food processor until smooth. Transfer the mixture into a bowl and stir in the tomato, green onion, cilantro, and hot sauce. Add salt to taste. Cover and refrigerate for at least 30 minutes to allow the flavors to blend. Makes 2 cups.



- ✓ Vegetable

Source and photo: www.forksoverknives.com

CACFP Requirements and a Week's Worth of Ideas

REQUIREMENTS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST 1. Grain/Bread Product - OR- Meat/Meat Alternate 2. Fruit or Vegetable 3. Milk <i>Meat/Meat Alt. may be substituted for Grain/Bread Product up to x3 a week.</i>	1. Tofu scramble 2. Orange slices 3. Milk	1. Whole grain pancakes 2. Cinnamon apples 3. Milk	1. Non-fat yogurt 2. Blueberries 3. Milk	1. Mini quiches 2. Roasted potatoes 3. Milk	1. Oatmeal 2. Raisins 3. Milk
LUNCH/DINNER 1. Grain/Bread Product 2. Meat/Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Milk	1. Red lentil soup 2. Naan bread 3. Roasted potatoes 4. Dates 5. Milk	1. Ham 2. Whole grain rolls 3. Mashed potatoes 4. Roasted carrots 5. Milk	1. Hummus 2. Whole grain tortillas 3. Avocado 4. Sweet potato 5. Milk	1. Meatballs 2. Whole grain spaghetti 3. Tomato sauce 4. Mixed greens 5. Milk	1. Tilapia fillets 2. Coconut rice 3. Mango salsa 4. Steamed broccoli 5. Milk
SNACKS <i>For each snack, choose two of the following food groups:</i> 1. Meat/Meat Alternate 2. Grain/Bread Product 3. Fruit 4. Vegetable 5. Milk	1. Whole grain tortilla chips 2. Salsa 1. Swiss cheese 2. Whole grain crackers	1. Pomegranate seeds 2. Non-fat yogurt 1. Celery 2. Peanut butter*	1. Carrot sticks 2. Hummus 1. Raisins 2. Mixed nuts	1. Pretzels 2. Canned peaches 1. Banana slices 2. Whole grain toast	1. Animal crackers 2. Milk 1. Avocado 2. Whole grain toast

* This food is a choking hazard for children under the age of 4 years

Frosty the Bagel

Everyone's favorite snowman got a healthy food makeover! Swap out the suggested veggies with fruit if you so choose, or try hummus or peanut butter instead of cream cheese as a creditable spread (age permitting).

Whole wheat bagel Sliced red pepper
 Low-fat cream cheese Celery stalk
 Baby carrot Broccoli
 Sliced black olives

Spread half of the bagel with cream cheese. Add a carrot nose in the middle, sliced olive for eyes, and a mouth of red pepper pieces. For the earmuffs, curve a long, thinly-sliced piece of celery along the top of the bagel and hold each end in place with a broccoli floret.

- ✓ Vegetable
- ✓ Grain/Bread

Source and photo: share-collections.com



Money Saving Tip

Freeze food in good condition that you would otherwise throw away. Bell pepper with a soft spot? Dice and freeze for use in stir-fries, chili, or pasta sauce. Overripe bananas? Cut into rounds and freeze for oatmeal or smoothies.

Cooking Tip

There's no need to add salt to your baby's food. Babies require less than 1 g a day until 12 months of age; any more is too much for their small kidneys.



Source: babycentre.co.uk

The COVID-19 Vaccine for Kids

A brief discussion of child safety and development

The Michigan Department of Health and Human Services (MDHHS) and the Illinois Department of Public Health (IDPH) are urging parents to get their children vaccinated against COVID-19, as the Pfizer-BioNTech pediatric vaccine now available in both states is demonstrating high effectiveness among kids 5 to 11.

Currently, the Pfizer vaccine is the only brand available to young children. Data provided by the company indicates that the vaccine, which received emergency authorization by the FDA for this age group in October, is nearly 91% effective at preventing symptomatic disease. The pediatric formulation is a series of two doses, 21 days apart, at one-third the amount of the adult dosage.

The CDC recommends that, like adults, children 5 and older be vaccinated to help protect them from spreading the virus to others and becoming sick if infected.


MDHHS stresses that even healthy children can suffer serious effects from COVID-19. More than 450 children under age 12 become infected with the virus every day in Michigan.

While vaccination has become a delicate topic as of late, the American Academy of Pediatrics affirms that it will make it safer for children to resume normal activities that they missed out on during the pandemic, such as in-person schooling, activities with friends, and visiting family members. This is opportune at this time of the year when many kids travel to see their older relatives.

Side effects experienced by children vaccinated against COVID-19 are similar to those seen with other routine vaccines and are a sign that the body is building protection. These may include pain or redness at the site of the shot, tiredness, headache, muscle pain, fever, or nausea. Parents and childcare providers with

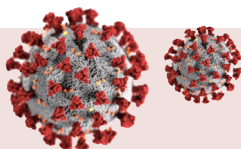


questions or concerns about the vaccine are encouraged to consult their pediatrician.

Illinois and Michigan residents looking for more information can visit their state's website or that of the CDC. 

Sources: michigan.gov, dph.illinois.gov, cdc.gov
Photo: Hakan Nural on Unsplash

BUT IS IT SAFE?



Q: Aren't kids less affected by the virus, anyway?

While COVID-19 tends to be milder in children than adults, it can still make them very sick to the point of hospitalization or death. Kids with underlying medical conditions run a greater risk for severe illness.

Q: Will the vaccine make my child sick?

Some people have no side effects at all after being vaccinated. Those who show side effects usually recover within a few days. Severe allergic reactions are very rare.

Q: Will the vaccine give my child COVID-19?

People cannot get COVID-19 from the vaccines as they do not contain the live virus. The Pfizer pediatric vaccine is

made with mRNA, which directs cells to make a harmless protein that stimulates an immune response in the body.

Q: Will the vaccine impact my child's development?

There is currently no evidence that the COVID-19 vaccine adversely impacts physical or neurological development.

Q: How does the COVID-19 vaccine affect the schedule of other childhood vaccines?

According to the CDC, the COVID-19 vaccine may be safely administered at the same time as other vaccines.

Q: Are there delayed or long-term side effects?

Research into the long-term effects of the vaccine is ongoing, but officials state that serious side effects causing long-term health problems are extremely unlikely.

Source: cdc.gov

ACD's Guide to Cooking Grains

GRAIN (1 CUP DRIED)		LIQUID	COOKING TIME	COOKED YIELD
AMARANTH		2 CUPS	25 MIN.	3 1/2 CUPS
BARLEY, HULLED		3 CUPS	45-55 MIN.	3 1/2 CUPS
BUCKWHEAT		2 CUPS	20 MIN.	4 CUPS
BULGUR WHEAT		2 CUPS	15 MIN.	3 CUPS
CORNMEAL (POLENTA)		4 CUPS	25-30 MIN.	2 1/2 CUPS
COUSCOUS, WHOLE WHEAT		2 CUPS	10 MIN. (HEAT OFF)	3 CUPS
FARRO		3 CUPS	25-40 MIN.	2 1/2 CUPS
FREEKEH, WHOLE		2 1/2 CUPS	40 MIN.	3 CUPS
KAMUT		4 CUPS	45-60 MIN.*	3 CUPS
MILLET		3 CUPS	20 MIN.	3 1/2 CUPS
OATS, ROLLED		2 CUPS	5-15 MIN.	2 CUPS
OATS, STEEL-CUT		4 CUPS	20-30 MIN.	4 CUPS
POPCORN		N/A	3 MIN.	32 CUPS
QUINOA		2 CUPS	12-15 MIN.	2 1/2 CUPS
RICE, BROWN		2 1/2 CUPS	45-50 MIN.	3 1/2 CUPS
RICE, WILD		3 CUPS	45 MIN.	3 1/2 CUPS
RYE BERRIES		4 CUPS	45-60 MIN. *	3 CUPS
SORGHUM		4 CUPS	25-40 MIN.	3 CUPS
SPELT BERRIES		3 CUPS	40-50 MIN. *	3 CUPS
TEFF		3 CUPS	TOAST 3 MIN. & SIMMER 15-20	3 CUPS
TRITICALE BERRIES		1 CUP	40-50 MIN.*	2 1/2 CUPS
WHEAT BERRIES		3 CUPS	1 3/4 - 2 HR. *	3 CUPS
WHEAT, CRACKED		3 CUPS	25-30 MIN.	2 3/4 CUPS

Source: Forks Over Knives, wholegrainscouncil.org, preparednessadvice.com

* Soak overnight

Handprint Penguins

White felt
Black, orange, and blue paper
Googly eyes
White pom-poms



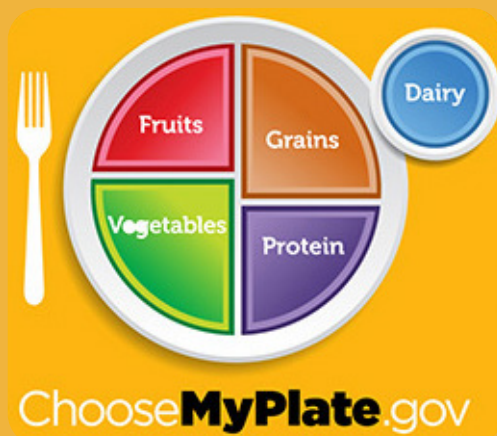
Cut white felt to the size of the blue paper to be snow on the ground. Trace both of the child's hands and round out the bottoms of the handprints to be the penguins' heads. Decorate with eyes, circles of felt for the belly, and diamonds of orange paper folded in half for the beaks. Glue the handprints to the paper and the pom-pom "snowflakes" in the sky.

Source: www.thebestideasforkids.com

MAKE EVERY BITE COUNT

How do your eating habits compare to the USDA's recommendations? Find out with the MyPlate Quiz! Save your results and get personalized resources like tip sheets and recipes. You can take the quiz as much as you like, so you can measure your progress over time.

Take the USDA's MyPlate Quiz today!



ACD's BOOK CLUB

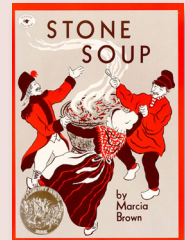
Dig into National Soup Month with ACD!

English-Language Books

PICTURE BOOK

Stone Soup
by Marcia Brown

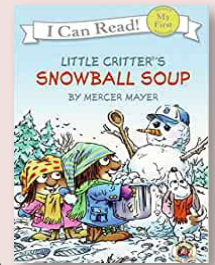
This Caldecott Honor book is based on an old French tale of three hungry soldiers who outwit greedy villagers into providing them with a feast.



EASY READER

Snowball Soup
by Mercer Mayer

This story from the Little Critter series is about two siblings and their dog who build a big snowman. When it's time for lunch, they decide to prepare snowball soup for their new friend.

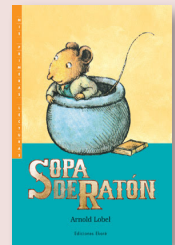


Spanish-Language Books

PICTURE BOOK

Sopa de ratón
by Arnold Lobel

When a mouse is caught by a weasel, he tells four moral stories about mice to save himself from being turned into soup.



EASY READER

Sopa de calabaza
by Helen Cooper

Learn about overcoming interpersonal conflict with this story about Duck, Squirrel, Cat, and their delicious pumpkin soup.





ACD Provider Spotlight: Meet Barbara Stadnika

About Barbara

BUSINESS:

Kozy Kids Daycare

LOCATION:

Royal Oak, Michigan

ESTABLISHED:

1990

ACD FIELD MONITOR:

"Miss Cindy" Matigian (who she misses dearly, not being able to see her during the pandemic)

CLIENTS:

Five children, aged 3 months to 5 years

OWN CHILDREN:

One daughter and two grandsons, ages 2 and 1

HOBBIES & INTERESTS:

"Scrapbooking is my therapy!"

Happy days are those spent with her family, especially her grandkids

WORD OF ADVICE:

Take care of yourself to be the best you can be for yourself and your kids.

Talking with Barbara about her work gives you goose bumps. Kozy Kids Daycare, in operation for 32 years, has not just affected the lives of countless children, but generations of children. The "village," as she calls it, encompasses entire families, often including kids' siblings, parents, and eventually the children's *own* children.

Licensed to care for six, "Miss Barbara" always knew that she wanted to work with kids. She assumed that she'd be a teacher growing up, but high school classes in child growth and development, baby-sitting, tutoring, and the fact that her mom had a day care in Detroit, led her to find her "heart and passion" in this profession.

Barbara is assisted by her husband, Barry, who does maintenance and prepares food at Kozy Kids, and says that being organized gives her more time for the children. An avid reader of *Potpourri* for 30 years, she keeps past articles in binders so she can refer to them when issues crop up at work.

To keep her kids active, Barbara gets them outside as much as possible. She admits that it can be challenging to offer activities that both infants and older kids want to do, but a sandbox has proven to be a big hit. Imaginative games like playing "ice cream parlor" ensure that everyone has their own task, whether it be writing out signs or gathering buckets to scoop up sand with.

Barbara's own creative flair shines through in her work, as well. Upon their "graduation" to kindergarten, she presents each child with a handmade 20-page scrapbook of their life at day care, including pictures of friends, the projects they've done, and parties.

And the parties at Kozy Kids are certainly worth remembering. Barbara recounts with a laugh some particularly memorable ones, like having to get creative to throw a worm-themed birthday party for a boy who just really liked worms. Graduation parties are also big events, when moms and dads are invited to come hang out in the back yard and watch the kids play together.

As tough as it is for Barbara to see a child move on from day care, more often than not, she will later enroll their younger siblings. Sometimes she cares for a family as long as 10 years. Other times, their own children come back in full circle.

One alum, for example, recently contacted Barbara now that he is in his late twenties and expecting his first baby. She cared for this young man when he was four. Now, creating a family of his own, he and his partner tell Barbara that there is no one they'd rather have care for their newborn.

Moments like these make it a little easier to say "see you later," because, in the village, it's never goodbye. 🍷

Her Favorites

SNACK OR MEAL FOR CHILDREN:

Fish sticks and tater tots, as well as watermelon and corn on the cob when in season. Barbara proudly adds that her kids like carrots and cucumbers - "without dip!"

GAME OR ACTIVITY:

Scavenger hunts outside, armed with clipboards and lists printed from the Internet. Gotta love Pinterest!

CHILDREN'S BOOKS:

Sam's Sandwich by David Pelham;
Germs Aren't for Sharing by Elizabeth Verdick



Photos Courtesy of Barbara Stadnika



Respiratory Syncytial Virus (RSV)

Respiratory syncytial virus, or RSV, is a common virus that usually causes mild cold-like symptoms, but can potentially be serious for at-risk populations. RSV is spread when an infected person coughs or sneezes or when you touch a surface that has the virus on it, whether that be grasping a doorknob or kissing a sick child's face. People are usually contagious for 3-8 days, but some may continue to spread the virus for up to 4 weeks.

Did you know that people of any age can contract RSV? Infections later in life tend to be less severe, but those at higher risk for severe infection include premature infants, young children with congenital heart or lung disease, and people of any age with compromised immune systems. According to the CDC, almost all children will have had an RSV infection by their second birthday. This virus is the most common cause of bronchiolitis and pneumonia in children younger than 1 year of age in the United States.

SYMPTOMS

People infected with RSV typically show symptoms 4-6 days after getting infected. Common symptoms include runny nose, decreased appetite, coughing, sneezing, fever, and wheezing. Symptoms usually appear in stages instead of all at once. Very young infants may only exhibit irritability, decreased activity, and trouble breathing.

TREATMENT

Most RSV infections resolve themselves within a week or two. There is no cure for RSV at this time, but researchers are working to develop vaccines and antiviral medicines.

It is important to drink lots of fluids to prevent dehydration from RSV. Symptoms may be managed with fever reducers and pain relievers like acetaminophen and ibuprofen. Never give aspirin to children with a viral illness, as this can lead to a condition called Reye's syndrome causing brain damage, seizures, coma, or death. Talk to your doctor before giving nonprescription cold medicines, as some ingredients are not good for children.

Healthy adults and infants infected with RSV do not usually need to go to the hospital. However, those with difficulty breathing or who show dehydration or worsening symptoms should receive medical attention.

5

TIPS TO PREVENT THE SPREAD

Wash your hands often. Remember to lather with soap and rinse with water as hot as you can tolerate. Treat yourself to soaps with scents and colors that you love.

Avoid close contact with sick people. We know it's hard, especially if a loved one is sick and you're visiting "just for a minute." But infection can occur if droplets from a cough or sneeze come in contact with your eyes, nose, or mouth. Call the person on the phone or set up a video call to let them know that you're thinking of them.

Avoid touching your face with unwashed hands. Get into the habit of relieving itches with your forearm or wrist, and resist the urge to rest your chin in your hands or bring your pen to your lips when you think.

Clean and disinfect surfaces. RSV can survive for many hours on hard surfaces such as tables and crib rails. It can also live on soft surfaces, like tissues and hands, although for shorter amounts of time. Schedule a cleaning "power hour" once a week or more: turn on some music, crack a window, set a timer, and disinfect all the high-touch surfaces in your home or daycare center.

Stay home when you're sick. Children are often infected outside the home, such as in school or at child care facilities, and then transmit the virus to their family.

REMEMBER

RSV infection can affect anyone of any age and may cause serious health problems, although it usually does not. Monitor children's breathing and fluid intake and seek medical attention if you have reason to suspect that the condition is worsening. 💕

Source: [cdc.gov](https://www.cdc.gov), [verywellhealth.com](https://www.verywellhealth.com)
Top photo: Kristine Wook on Unsplash



Nose-picking: Is the cure easier than you think?

Nose-picking is unsanitary and embarrassing, but rest assured that it is normal. Many young children who pick have allergies, since a heavy mucus production in the nose can give the feeling that something's up there that should be removed. Of course, like many things that kids do, they may also pick their nose out of curiosity, boredom, or simply because it's there.

Besides being unsightly, nose-picking can lead to nosebleeds, viral infections, and sores.

Before you panic, it's important to address this behavior in a tactful but firm way. Here are some tips to deal with this challenging behavior sensitively and effectively:

- ✓ **Keep fingers busy.** Identify situations where the child is prone to pick, like in front of the TV or riding in the car, and give her a ball or finger puppets to play with.
- ✓ **Teach kids how to use tissues.** Having them blow their nose can relieve the discomfort and therefore the picking altogether. Insistent children may need to transition more slowly, so start by offering tissues as a place to deposit the dried mucus instead of letting them wipe it on their clothes or other surfaces.

✓ **Monitor the intensity.** If a child picks their nose to the point of drawing blood or also engages in other nervous behaviors like thumb-sucking, nail-picking, or problems sleeping, you should consult a pediatrician.

✓ **Watch what you say.** Nagging or scolding a child isn't helpful, since they may not even realize what they're doing at the time. Worse, this strategy may backfire if they realize that you disapprove and then intentionally pick just to spite you or gross you out.

✓ **Wait it out.** Children will use their hands for more complex tasks as they get older, like building with blocks and writing, so nose-picking often naturally resolves itself. Peer socialization in preschool and elementary school will also quickly teach kids what is and is not acceptable behavior in public. Be supportive, but give them the opportunity to learn for themselves. 🙋

Sources: healthcare.utah.edu,
www.babycenter.com



Do you know a child who would look fabulous
on the cover of Potpourri?

Calling all kids!

Send photos & release forms for consideration to
publications@acdkids.org

Submissions must be vertical color photographs with a minimum of 300 ppi (pixels per inch) and may include one or more children aged 0-12 years. Photos should not feature any licensed brand names or images (athletic logos, cartoon characters, etc.) ACD must receive a Minor Media Release Form for every child in the photo; see acdkids.org for form.

ACD reserves the right to refuse photographs based on its needs, as well as the quality and seasonality of photos. The month that a submitted photo is featured is not guaranteed and is dependent on the existing publication schedule.



January 2022 Potpourri Quiz

Fill out the quiz below and return it to your ACD Field Monitor to receive your FREE training credit. Please do not mail your quiz to the office. To print your own quiz answer sheet, visit www.acdkids.org, click on the Training tab, then select "Potpourri Newsletter."

1. Babies need _____ of salt daily until they reach 12 months of age.
 - a. Less than 1 g
 - b. 10 g
 - c. 100 g
 - d. An unlimited amount
2. Data provided by Pfizer-BioNTech claims that the COVID-19 vaccine for children ages 5-11 is nearly 91% effective.
 - a. True
 - b. False
3. At the time of writing, more than _____ children under 12 become infected with COVID-19 every day in Michigan.
 - a. 100
 - b. 200
 - c. 300
 - d. 450
4. The mild side effects observed in children who have been vaccinated:
 - a. Suggest an allergic reaction
 - b. Should be reported to a doctor
 - c. Are a sign that the body is building up protection against the virus
 - d. Are a sign that the vaccine was not effective
5. The pediatric COVID-19 vaccine offered by Pfizer-BioNTech:
 - a. Has demonstrated no harmful effect on child development
 - b. Does not contain the live virus
 - c. All of the above
 - d. None of the above
6. The following behaviors may potentially infect someone with RSV:
 - a. Grasping a doorknob
 - b. Kissing a child's face
 - c. Touching dirty tissues
 - d. All of the above
7. People with RSV frequently require hospitalization.
 - a. True
 - b. False
8. Who runs a high risk of becoming seriously ill from RSV?
 - a. Premature infants
 - b. Young children with congenital heart disease
 - c. People of all ages with compromised immune systems
 - d. All of the above
9. _____ should never be given to children who have a viral illness.
 - a. Fever reducers
 - b. Pain relievers
 - c. Non-prescription cold medicine
 - d. Aspirin
10. Which of the following is NOT known to prevent the spread of RSV?
 - a. Drinking plenty of fluids
 - b. Avoiding people who are sick
 - c. Disinfecting surfaces
 - d. None of the above
11. Nose-picking can cause:
 - a. Nosebleeds
 - b. Viral infections
 - c. Sores
 - d. All of the above
12. This behavior, when done by children who also pick their nose, is cause to consult a pediatrician:
 - a. Stuttering
 - b. Fidgeting
 - c. Thumb-sucking
 - d. None of the above
13. Scolding a child who picks their nose can be unhelpful, as they may not be aware of their actions.
 - a. True
 - b. False
14. Some children pick their nose because of a greater mucus production due to _____.
 - a. Asthma
 - b. Allergies
 - c. Physical activity
 - d. All of the above
15. Children in preschool and elementary school effectively learn what is socially acceptable:
 - a. By socializing with their peers
 - b. By their teachers' instruction
 - c. By their parents' scolding
 - d. All of the above



CHANGE SERVICE REQUESTED

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The Association for Child Development educates parents and caregivers about nutrition to promote the development of children and establish healthy eating habits to last a lifetime.



January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 ACD Offices Closed ACD's offices are closed today in observance of New Year's Day.	4 National Spaghetti Day Prepare "zoodles" - that is, zucchini noodles - with sauce for a fun new take on pasta.	5 RSV Ready Take a half hour to disinfect high-touch hard surfaces to prevent the spread of RSV.	6 Winter Clothing Donate gently used coats, hats, and gloves to a clothing bank.	7 National Soup Month Enjoy hot soup with one of the suggested books on page 7.
10 Penguin Craft Make handprint penguins using the instructions on page 7.	11 National Milk Day Celebrate National Milk Day by making fruit smoothies with milk at snack time.	12 Mini Makeover Let the kids paint your nails or give you a crazy new hairdo.	13 Exploring Grains Prepare a meal with a whole grain that you have never cooked before.	14 Dance-Off Throw a dance party with all the classics: the YMCA, the Macarena, and the hokey pokey.
17 Martin Luther King, Jr. Day ACD's offices are closed today in observance of the holiday.	18 Winnie the Pooh Day Print out Winnie the Pooh coloring pages for the kids.	19 Pomegranates Add pomegranate seeds to your oatmeal or breakfast cereal this morning.	20 Snow Creatures Challenge the kids to make the most creative animal they can out of snow, sticks, and rocks.	21 Winter Squash Prepare a hearty, roasted squash as part of a meal today.
24 Outdoor Garlands String popcorn and berries to hang outside for the birds.	25 Dance Lesson Teach the kids a traditional dance from a different part of the world.	26 Scrapbooking Get out stickers, card stock, and photographs to scrapbook with the kids.	27 South-of-the-Border Spice up your menus and try one of the recipes on page 3.	28 National Blueberry Pancake Day Make whole grain snowman pancakes with blueberries for eyes and buttons.
31 Hydrate Challenge yourself to drink 8 full glasses of water today.	1	2	3	4