



## LIVE AND LEARN FAMILY NEWS APRIL 10, 2017

All children **NEED** to **STAY** with parents at drop off.  
Remember children need to be within arms  
length/eyesight and signed in to a teacher.

### Important News!

- **Live and Learn is OPEN:** (No closed days) in April.
  - **Art Show:** April 27th
- **CLOSED:** May 19th for Training AND May 29th,  
Memorial Day

### April is strengthening families and communities month.

Everyone can do small things every day that  
help children thrive to have healthy, safe  
lives. Check out the attached calendar for  
some activity suggestions you can do each day  
that will help you build upon skills you already  
have, your protective factors!

We are excited for our visiting author, Robin Vergato.  
"Charlie Finds a Home"  
She's coming Monday April 10th.



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# Gerry's Kitchen

## Simple Hummus Without Tahini

### Ingredients:

- ♥ 1 (15oz.) can garbanzo beans (chickpeas), drained and rinsed
- ♥ 2 to 4 TBSP. water
- ♥ 2 TBSP. extra virgin olive oil
- ♥ 1 TBSP. lemon juice
- ♥ 1 garlic clove, minced
- ♥ 3/4 tsp. ground cumin
- ♥ 1/4 to 1/2 tsp. salt

### Directions:

1. Add the garbanzo beans, 2 tablespoons of water, the olive oil, lemon juice, garlic, cumin, and 1/4 teaspoon of salt to a food processor. Process until smooth and creamy. If needed, add additional water to thin out the hummus and 1/4 teaspoon of salt to your taste preference.
2. Store covered in the refrigerator.



## Cucumber Yogurt Dip

### Ingredients:

- ♥ 1/2 Cup plain Greek yogurt
- ♥ 1/2 cup diced cucumbers (see Tip)
- ♥ 2 teaspoons lemon juice
- ♥ 1/4 teaspoon salt

### Directions:

1. In a bowl, mix together all the ingredients.
2. Serve chilled with pita chips, carrot sticks, tandoori kebabs



**TIP:** Use Persian cucumbers with the skin on or you can also use peeled English or hothouse cucumbers.

# April 2016

30 Ways to Strengthen Your Family  
During New Hampshire's Strengthening Families and  
Communities Month



## Parent Calendar

Everyone can do small things every day that help children thrive to have healthy, safe lives. April is New Hampshire's Strengthening Families and Communities Month. The Calendar below suggests ways an activity you can do each day of the month that will help build upon skills you already have, your protective factors. The five protective factors found in strong families include: Social and Emotional Competence of Children, Knowledge of Parenting an Child Development,

5 Protective Factors Sunday	Parental Resilience Monday	Social Connections Tuesday	Knowledge of Parenting and Child Development Wednesday	Social and Emotional Competence of Children Thursday	Concrete Supports in Times of Need Friday	Family Fun Saturday
					1 Talk to friends about organizing a babysitting co-op! 	2 Get outside! Start a parent-child walking or biking club with neighbors!
3 Plant a flower With your child 	4   Share personal accomplishments with others	5 Make a play date with friends who have children the same age as yours	6 Find a local Parenting Group 	7 Establish a daily routine so your child knows what to expect	8 Dial "211" to find organizations that support families in your area	9 Go to the playground together 
10 Hold, Cuddle, and hug your children often	11 Make time to do something YOU enjoy!	12 Join  <a href="http://www.cireteoparents.org">www.cireteoparents.org</a>	13 Ask your child to tell you their favorite story	14 "Catch" your children being good. Praise them often 	15 Set goals for yourself and list the steps you will need to take to accomplish them.	16 Have a family dinner and game night!  
17 Take your dog for a walk 	18 Set goals for yourself and list the steps necessary to accomplish them	19 Join girl scouts or boy scouts with your children 	20 Reflect on the parenting you received as a child, and how it impacts your own parenting	21 Role play emotions with your child 	22 Find out what classes your library or community center offers, and sign up for one that interests you!	23 Do an arts and crafts project with your child 
24 Talk to your faith community about starting a parent-support ministry	25 Call a friend when you feel sad, overwhelmed, or stressed 	26 Have a date night with your significant other	26 Observe what your child can and can't do. Discuss concerns with a doctor or your child's teacher	28 Allow your child to bring a friend home after school 	29 Ask your school principal or PTA to host a community resource night	30 Ask your children who is important to them

# April 2016

30 Ways to Strengthen Your Program  
During New Hampshire's Strengthening Families and  
Communities Month



## Program Calendar

Everyone can do small things every day that help children thrive to have healthy, safe lives. April is New Hampshire's Strengthening Families and Communities Month. The Calendar below suggests ways an activity you can do each day of the month that will help build upon skills you already have, your protective factors. The five protective factors found in strong families include; Social and Emotional Competence of Children, Knowledge of Parenting an Child Development,

5 Protective Factors Sunday	Parental Resilience Monday	Social Connections Tuesday	Knowledge of Parenting and Child Development Wednesday	Social and Emotional Competence of Children Thursday	Concrete Supports in Times of Need Friday	Family Fun Saturday
					1 Create handout for families with community resources linked to each Protective Factor	2 Create a board game library for families 
3 Invite Community partners to an interfaith family day 	4 Invite someone to help parents learn about managing stress 	5 Organize "stroller walks" with new parents 	6 Have tips handy for caregivers with parenting challenges	7 Add children's books about feelings to your library 	8 Invite a community partner to present a new resource to families 	9 Arrange a kick ball or soccer game for parents and kids 
10 Put the protective factors on your outreach materials	11 Make "how are you?" phone calls to parents in the program 	12 Encourage parents to support each other through phone trees or play groups 	13 Talk to parents in your program about discipline alternatives 	14 Train your staff on how trauma and loss affect children	15 Visit a program where you refer families so you know what its like 	16 create a cozy "book nook" where parents can read to their children 
17 Create a calendar of community events for families 	18 Recognize parent accomplishments 	19 Create a "positive parenting club" and produce a video of parents sharing success stories	20 Have a conversation with a parent about where their child is developmentally 	21 Role play emotions with children	22 Allow parents to use the center's computers for personal development (resumes, email)	23 Do an arts and crafts day with families in your program 
24 Plant a pinwheel garden As a reminder of the Bright future all Children deserve 	25 Help parents set goals and solve problems 	26 Host a parent support group 	26 Talk to parents about how trauma can impact children at different developmental stages	28 Teach kids to resolve conflicts peacefully 	29 Invite a nutritionist to give information on how to buy healthy meals on a budget 	30 Set up a few hours of free child care, so parents can go out together