



Pedia Tracks



Tracking What's New For You!

Fall 2016

We invite you to sink your teeth into this fall issue of PediaTracks, celebrating **kids, back-to-school** and, you guessed it—**apples!**



What is the best way to eat an apple? Trick question! Any way and every way is the best way to eat this sweet, juicy treat that also helps keep teeth clean.

“In every single apple lies
A truly magical surprise,
Instead of slicing down,
Slice through, and watch
The star appear for you!”
~Margaret Hillart



Included in this issue you will find some tips for packing the kind of **nutritious lunches** your kids will eat with relish; an article reviewing how much sleep students of all ages should be getting; and guest writer, Jenny Hanlon M.Ed. discusses when and if kids can be left home alone. With school schedules upon us, this is an important issue for many families. Lastly, the recipe page challenges readers to use apples for more than pies.



As far as we can tell, no other fruit enjoys the wide-spread references in western culture than the apple. What fruit put Sleeping Beauty to sleep? What fruit did Eve share with Adam? And what fruit was supposedly used to bribe teachers?

In this country apple orchards and cider mills are scattered all over the east coast and westward, thanks to settlers who brought their favorite varieties of apples with them to this new land; and also to the efforts of John Chapman (1774-1845), more commonly known as ‘Johnny Appleseed.’

But the apple story doesn’t end there, Pomologists—the botanists who study and cultivate fruit trees—are continually creating wonderful new apple varieties. Not many years ago, ‘honeycrisp’ was bred at the University of Minnesota Landscape Arboretum and it has quickly become a favorite.

Inside This Issue

- 2 How much sleep do kids really need?
- 3 Lunch--Divide and Conquer
- 4 Ask a Provider about:
Leaving Your Children Home Alone!
- 7 Apple Printing—easy as A,B,C
- 8 Apples—not just for pies anymore

How much sleep do kids really need?



This precocious youngster has discovered how to stay up late at night and still get all the sleep his growing body needs.

Sleep. We all need it. Most parents would like to be able to get more sleep than they do. Kids, on the other hand, seem to prefer anything over sleep, but the truth is a child's growing body needs more sleep than the fully grown adult model. And, like adults, not all kids need the same amount of sleep. Still, there are general guidelines for different age groups. Your child might need more—or less—sleep than his buddies, but he should still stay within the range for his age.

Not only do kids' bodies need sleep to grow in stature but sleep is important for things you can't see, like brain development, immune system function, and even social interaction—tired, crabby kids don't do well on the playground. Recent studies even point to a relationship between sleep deprivation and obesity. Here are some thoughts on how much sleep youngsters should be getting on average.

Below are WebMD's recommendations for children's sleep requirements. PYAM providers agree with these generalizations but stress that each child has his own optimum range for how much sleep he needs.

1-3 Years Old: 12 - 14 hours per day

As your child moves past the first year toward 18-21 months of age he will likely lose his morning and early evening nap and nap only once a day. While toddlers need up to 14 hours a day of sleep, they typically get only about 10. Most children from about 21 to 36 months of age still need one nap a day, which may range from one to three and a half hours long. They typically go to bed between 7 p.m. and 9 p.m. and wake up between 6 a.m. and 8 a.m.

3-6 Years Old: 10 - 12 hours per day

Children at this age typically go to bed between 7 p.m. and 9 p.m. and wake up around 6 a.m. and 8 a.m., just as they did when they were younger. At age 3, most children are still napping, while at age 5, most are not. Naps gradually become shorter, as well. New sleep problems do not usually develop after age 3.

7-12 Years Old: 10 - 11 hours per day

At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

12-18 Years Old: 8 - 9 hours per day

Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually might need more sleep than in previous years. However, for many teenagers social pressures conspire against getting the proper amount and quality of sleep.

(WebMD Medical Reference)



*"And pluck till time
and times are done,
the silver apples of the
moon; the golden
apples of the sun."*

~WB Yeats

Lunch--Divide and Conquer



One traditional way of packing and carrying meals in Japan is called 'Bento.' It is a practical way of sending a meal with someone in one easy-to-carry container. While the practice nearly died out in Japan in the mid-Twentieth century, the idea of putting several smaller containers into one larger container has recently been reborn. Bento kits are readily available just about anywhere including the internet.

There are some really neat things about preparing lunches this way. For one you will not go through as many small plastic bags every day. Another advantage is that most modern bento components are dishwasher safe and come with multiple units of varying shapes and sizes which makes it easy to fit in a variety of foods. You also have control over portion size.



There can be challenges to be creative, but isn't that always the case when putting together the umpteenth bag lunch? Many moms find that the bento system makes it easier to be creative and at the same time to provide better nutrition for their children.



Speaking of children, yet another advantage to bento lunches is that kids love to be involved in choosing and packing their lunches. The lunches can be better nutritionally *and* you are getting some help. The downside is that you might have to spend a few extra minutes putting this kind of lunch together and it will almost certainly take more time than a baloney sandwich, chips and cookies, thrown together at the height of the morning rush.



Many bento systems come with a designated carrier which includes a reusable 'ice' element that keeps meat, cheeses and dairy products cool enough to be safe eating.

Bento systems come in a wide range of sizes, shapes and prices, but most are really affordable. As mentioned earlier, you will use less wrapping product and fewer bags. Besides, the food you pack stands a better chance of being eaten rather than ending up in the lunchroom trash bins.

If you need some ideas for packing great lunches, just type in 'bento lunches' on your computer. There are a number of clever and creative people who share their ideas for free on their blogs.

*The NILMDTS Remembrance Walk,
"Our Journey Together"
is for parents, family members, and friends
to come together to remember
a precious baby who has died due to
miscarriage, stillbirth, SIDS,
neonatal or any type of pregnancy or infant
loss.*

Registration, programs and remembrance walk will begin in Stillwater's Lowell Park (201 Water St.) at 8am on September 10, 2016. See the website for more details.

Ask a Provider about:



Leaving Your Children Home Alone!

By Jenny Hanlon, M.Ed.

Ripped from the headlines, the horror stories are many. Why

would any parent allow their child to come home to-and-stay in-an empty house when the world is so unpredictable?

But there will come a time when your child will ask for more independence – like being allowed to return home after school versus going to an organized afterschool group or activity. At that time you will have to make a decision.

They might believe they are ready, sure. But are they really? Are we?

Jeff and Liz Monroe of Stillwater were stressed with the cost of after-school care and frustrated with the mad morning rush to get to work, and get their sons, Joe and Alex, ages 8 and 11, to their before-school group. “At about this same time, the boys started hounding us to let them stay home alone before and after school rather than going to the kids club,” says Liz.

“Until the boys brought up the idea of staying home alone, it hadn’t occurred to us that this might be an option” adds Jeff.

The Monroes liked the idea, but had concerns. “We wanted to make sure we weren’t just making the decision because it would be easier for us” Liz explained. “We wanted to know they were really ready for this step.”

State Guidelines

MN state law says that parents must provide their children with adequate supervision so they’re not left in unsafe situations. According to Don Pelton, Community Services Supervisor for Washington County, in 2008 the Citizens Review Panel published *It’s Not Safe for Kids Under 8*, to provide clear guidelines for parents as they attempt to interpret the state law in terms of when it’s safe for children to be left unsupervised. They examined research regarding children’s ability to care for themselves, respond to emergency situations, and keep themselves safe.

The guidelines from this study were adopted by The MN Department of Human Services and added to the state wide “Maltreatment Screening Guidelines”. The guidelines are:

- Children under age 8 should not be left alone for any period of time.
- Children ages 8, 9, 10 may be left alone for no longer than three hours.
- Children under the age of 11 should not provide child-care (babysitting).
- Children ages 11-13 may be left alone for no longer than 12 hours.
- Children ages 14-15 may be left alone for no longer than 24 hours.
- Children ages 11-15 that are placed in a child-care role are subject to the same time restrictions of being left alone.
- Children ages 16-17 may be left alone for over 24 hours with a plan in place concerning how to respond to an emergency and have adequate adult back-up supervision.

Assessing readiness

Kristin and Bill Nielson of Maplewood experienced a similar situation to the Monroes. When the kids were about seven and eleven, their involvement in evening activities increased. “We could tell they were struggling to go from after school care to evening activities without any down time at home in between,” says Kristin.



“For a couple of years we were able to negotiate some flexibility with our bosses to limit the amount of time the children had to spend in after school care,” adds Bill, but he noted that as the kids got older, he and his wife realized that the boys were becoming quite independent. “We both started to think they were probably ready to take on the responsibility of coming home on their own,” says Bill.



"It's extremely important for parents to know their children's strengths and limitations to be able to assess accurately if they're ready to stay home alone," says pediatrician, Kristin Davis of Allina Medical Clinics. "There are many children that are within the age guidelines that aren't ready to be home alone due to impulsivity, mental health issues, behavioral issues, lack of focus, or simply lack of desire to be home alone. Parents are key players in making a safe assessment."

Davis doesn't usually get too many questions related to supervision of children; however, she has begun to share the MN State Guidelines with parents and talk with them about signs of readiness. "I'm very honest with parents if I feel a child isn't ready to be home alone based on what they've shared with me during an appointment."

One of Stillwater Medical Group's Family Practitioners, Beth Adams, adds, "I recommend that parents ask their child's teachers or other caretakers how they think the child would handle being home alone. For a child to safely stay home alone he should consistently follow through with directions, expectations, and use good judgment in all settings."

Tips for parents



Leaving a child to get to school on his own or to come home to an empty house is a bigger responsibility than just leaving your child while you run a few errands. There are more variables involved when your child is entering the house alone. If your child is given this responsibility, it's

important that he have a strong awareness of his surroundings. Think about when your child gets off the bus, for example. Would he notice if there was an unfamiliar car or person near his house? How about if there is a car continuing to drive by or circle around while waiting at the bus stop? If your child lacks an awareness of his surroundings, he isn't ready to be home alone yet.

Many times in life things go as planned – until they just don't. As adults, we've learned what steps we need to take when something goes differently than expected. Children are very much concrete thinkers. It's difficult for them to think and understand that sometimes a secondary plan is needed. If a parent finds that their child isn't able to think beyond plan A, then it's too early for the child to be left home alone.

What kids should know before being left at home:

- Who to call if something goes wrong
- What to do if he or she has forgotten or lost the house key
- What to do if someone comes to the door
- What to do when the phone rings
- What activities are allowed when home alone
- Where the first aid kit is
- What to do if a fire breaks out
- When you'll be returning

Home Alone Success

After much consideration the Monroes determined that their children were ready for this next step, "We started leaving the kids gradually. The first few times we only left them for short



periods while we ran errands," says Liz. "Then we allowed them to come home off the bus by themselves and eventually get on the bus on their own in the mornings" adds Jeff. They also alerted a couple trusted neighbors that their kids would be home alone during these times, which provided a level of comfort for the family.

When children are ready to be home alone, parents often see their children grow in confidence from the added responsibility. "We really noticed that both kids started to show even more responsibility once we gave them the opportunity to be home alone," says Bill Nielson, noting that, "they actually started taking on more household jobs without being asked and needed fewer reminders to get their homework done."

The two families continue to revisit and discuss how to handle situations that might arise when their children are home alone. They have set rules and guidelines about what

are acceptable activities to do when they're home alone and what things are not allowed during that time. "We've had very few problems," says Jeff Monroe. "I think taking the time to talk about it and gradually build up to it really helped. Our kids take it seriously and we're grateful for that."



What parents need to know before children stay home alone:

- Do you live in an area with a safe adult close by?
- Do you live in a safe neighborhood?
- Does your child know your home address? Can the child spell it?
- Is there a working phone that the child will have access to while home alone? Does the child know how to use it?
- Does the child understand when and how to call 911?
- Does your child have an awareness of his or her surroundings and the ability to be alert to potential dangers?
- Does your child consistently follow through with expectations and rules at home, school, sports, etc.? In other words, does your child consistently use good judgment?
- Will you be able to rely on your child to follow through with the expectations/guidelines you set up as a family when he's left alone?
- Does your child typically remain coherent with his or her judgment during stressful or scary situations?
- Is your child interested in being home alone?



Write down the rules and post them where they can easily be accessed



This list is a good jumping off point for your family. But each household is unique and during the process of discussing these important issues you will want to fine tune the list to better fit your family's needs and individual lifestyle. For example, kids might not be allowed to use the computer but can watch TV, and you might want to spell out rules regarding use of the telephones, microwave and handheld devices.

When setting rules and limitations, make sure that everyone is quite clear on expectations and don't hesitate to revise the rules when necessary.

Many thanks to teacher and consultant, Jenny Hanlon, M.Ed. for sharing this excellent article with PediaTracks

www.jennyhanlonconsulting.com
www.yourfamilycompass.com



Jenny is also the author of an outstanding book entitled, *Your Family Compass, a Parenting Guide for the Journey.*

Apple Printing—easy as A,B,C



Create bright, inexpensive gift wrap with your apple printing

Apples can also be used for making prints or printed paper. This is a craft even fairly young kids can do with assistance. All you need for supplies is an apple, some thick paint and a paper plate. However by adding a small paint roller and some corn cob holders you can refine the process and possibly keep the mess to a minimum.



A

+



B

=



C

When someone says 'apple', do you see red? Most of us do, but don't let that stifle the creative flow in your kitchen. If your child wants blue or orange apples Cézanne and Van Gogh would probably give her a gold star. Your printing apple can be cut in different directions to create different effects. With a minimum of skill you can even alter the shape of the apple half to look like a heart. Over-achievers will probably find other clever possibilities as well.

You and the kids can print greeting cards, banners and even some good-looking gift wrap. Try out a variety of papers: pages from old books, deconstructed grocery bags, newspaper and brown craft paper are all free and provide different effects.

Raise the bar a little for older kids. What about gold or silver paint on black tissue paper; can that apple be tweaked to look like a butterfly? You can do so many things with apple printing—just don't eat apples after they have been used to print.

Apple Facts

Apple trees are members of the rose family

The crabapple is the only apple native to the new world—all others originated in Asia

A medium-sized apple has 80 calories

George Washington grew apple trees

Apples are the second largest fruit crop in the United States (right after oranges)

It takes the energy from 50 leaves to produce one apple.

Apples are the state fruit of Minnesota (Cranberries are the state fruit of Wisconsin)

Apples—not just for pies anymore



Aren't apples marvelous? They are arguably the most versatile food in your refrigerator. Apples can be used for juices and ciders, sauced, baked, and put in pastries. They are also great

complements to pork roasts, and can be used in stuffing for poultry.

That is just the beginning: apples come in hundreds of sizes, colors and varieties. Some are best eaten, while others belong in baked goods. Still others make tasty sauces and apple butters. This fall try a new variety that you haven't tried before; grocery stores have figured out that the 'Delicious' apple is not everybody's favorite.

Fall is the perfect time to celebrate this amazing fruit because that is when apples are harvested. The last sunny days of fall can be enjoyed on a hayride at the orchard after picking some apples with the kids. Then imagine walking into your kitchen some crisp afternoon and experiencing the sweet/spicy smell of something apple in the air.

Apple spinach salad

2 Tbsp cider vinegar
2 Tbsp vegetable oil
¼ tsp salt
¼ tsp sugar
¼ cup chopped sweet onion
1 cup diced unpeeled apples
¼ cup raisins
2 cups each fresh spinach and romaine torn into pieces.



In a small bowl, combine vinegar, oil, salt and sugar; mix well. Add apple, onion and raisins; toss lightly to coat. Cover and let stand for 10 minutes. Just before serving, combine spinach and romaine in a large salad bowl; add dressing and toss.

Apple Crisp



¾ cup oatmeal
¾ cup brown sugar
½ cup flour
½ cup melted butter or margarine
4 cups sliced and peeled apples (slightly tart variety)
¾ tsp cinnamon

Preheat oven to 350° and grease 8 inch square pan. Combine oatmeal, brown sugar, flour and cinnamon in a bowl.

Mix in melted butter or margarine.

Spread apples in bottom of prepare pan.

Sprinkle oatmeal mixture over top of apples and bake 40 to 50 minutes until apples are tender and topping is crisp.

Herbed Pork with Apples



1 tsp each dried sage, thyme, rosemary, marjoram salt and pepper to taste
6 pounds pork loin roast
4 tart apples - peeled, cored, cut into 1 inch chunks
1 red onion, chopped
3 tablespoons brown sugar
1 cup apple juice
2/3 cup real maple syrup

In a small bowl, combine the sage, thyme, rosemary, marjoram, salt and pepper. Rub over roast. Cover, and refrigerate roast for 6 to 8 hours, or overnight. Preheat oven to 325 degrees F (165 degrees C). Place roast in a shallow roasting pan, and bake in the preheated oven for 1 to 1 1/2 hours. Drain fat.

In a medium bowl, mix apples and onion with brown sugar. Spoon around roast, and continue to cook for 1 hour more, or until the internal temperature of the roast is 145 degrees F (63 degrees C). Transfer the roast, apples and onion to a serving platter, and keep warm.

To make the gravy, skim excess fat from meat juices. Pour drippings into a medium heavy skillet. Stir in apple juice and syrup. Cook and stir over medium-high heat until liquid has been reduced by half, about 1 cup. Slice the roast, and serve with gravy.

