



PEDIA TRACKS



Tracking What's New For You!

Winter 2014

Winter is for the Birds!

With extensive loss of habitat many of our northern songbirds are experiencing hard times. This winter, treat your family to bright flashes of Cardinals and Blue Jays by turning your backyard into a songbird sanctuary.



Just like people, birds need food, water and a place to live. Here in the north, you will have to keep the water from freezing with a bird heater. They don't cost too much and they run on very little electricity. For places to live and hide from predators, birds like evergreens, trees and shrubs, and tall ornamental grasses. Many of those plants also provide food for the birds. But deep in winter, there is often not enough food left for them, so this Christmas remember to make some presents for the birds.



Don't worry if squirrels eat some of the bird treats—winter is hard for them, too.

Easy to make stale bread bird feeders

This is the month of shopping, partying and exchanging gifts. With all this going on, you might find the article on temper tantrums especially helpful. Consider it our gift to you the parents of our patients.

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Stale bread feeders are very easy to make. Use a cookie cutter to cut bread into shapes before it gets too hard and crumbly. Use a drinking straw to create a hole for the ribbon or string. Let the shaped pieces of bread dry thoroughly then carefully spread with peanut butter. Handle carefully because when bread dries out it can be fragile and crumbly. Finally, gently press the bread, peanut butter side



String a garland with popcorn, peanuts and cranberries then drape it on a tree or shrub outside your window.

down, into a bowl of bird seed as pictured. Freeze the treats for a couple of hours, then insert strings or ribbons and hang them around your yard.

Basic Recipe



- 2 cups of rendered suet*
- 1 1/2 cups of chunky peanut butter
- 1 cup of dried cherries or raisins
- 1 cup of sunflower seed hearts
- 1 cup of crushed graham crackers

1 ½ cups of oatmeal

In a large bowl, add the chunky peanut butter to the rendered suet while it is still warm. Once the peanut butter is melted, add the cherries and sunflower seed hearts. Stir in the crushed graham crackers and oatmeal. Mix well then put in molds and cool in freezer until solid. Before freezing insert toothpick or drinking straw to create hole for hanging.

*Suet needs to be melted, skimmed and cooled a couple of times before use, or it will not cake properly.

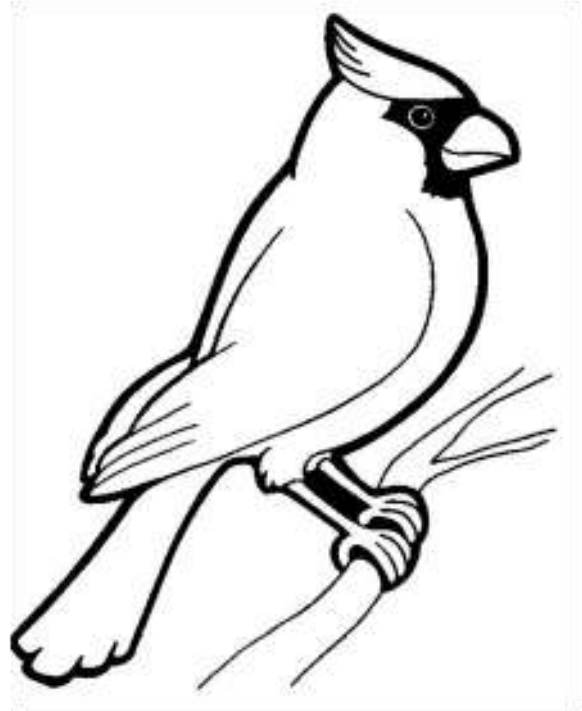
Pine Cone Bird Feeder



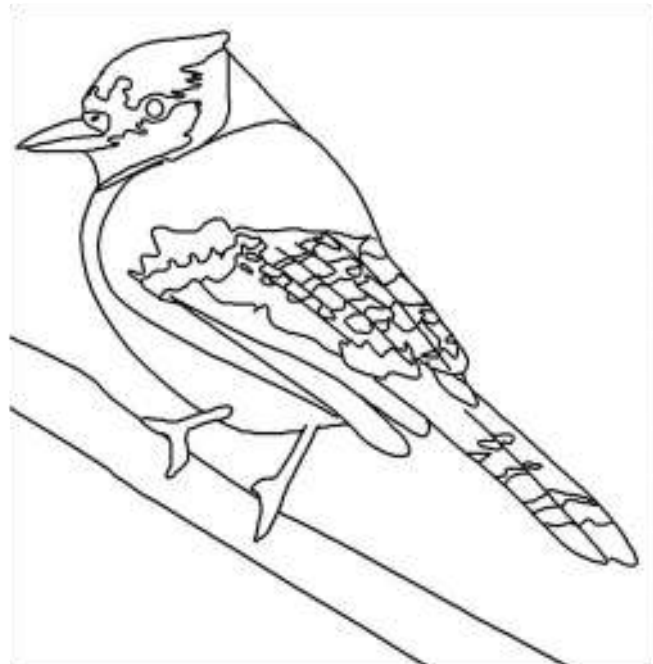
- Pine cone
- Paper plate
- Butter knife
- Smooth peanut butter
- Birdseed
- Ribbon or yarn
- Scissors

How to make it

1. Cut a long length of yarn or ribbon to hang the bird feeder.
2. Tie the ribbon in a knot around the pine cone near the top (about 3 sections down).
3. Tie a knot in the end of the ribbon.
4. Use the knife to get a large clump of peanut butter on the paper plate.
5. Use the knife to spread peanut butter inside the pine cone and around the edges.
6. Sprinkle the birdseed over the pine cone.
7. Roll the pine cone in the birdseed that is on the plate.
8. Hang the bird feeder on the tree.
9. Enjoy watching the birds eat their treats.



Do you know what color to make the cardinal?



How about this Blue Jay?



For Cabin Fever: make liberal use of the following outdoor events

Last winter was a real corker— long, dark, windy and cold—really, really cold. As chill memories come creeping back it is hard to imagine that ‘winter’ and ‘fun’ can be used in the same sentence. Here is a short list of events that might change your mind and make it worth your while to venture outdoors in spite of the weather. Besides, what could be better than coming home to a steaming mug of hot chocolate or a big pot of your favorite soup?

Lake Harriet Kite festival
January 17, 2015
4135 W Lake Harriet Parkway



Winter fun with strings attached – for kite flying and ice fishing

The Minneapolis Park and Recreation Board will host the 13th Annual Lake Harriet Winter Kite Festival in January 2015.) The Kite Festival will take place the north end of Lake Harriet near the band shell, located. Kites of all shapes, sizes, colors

and themes will fly over frozen Lake Harriet. **Admission is free**



10th Annual U.S. Pond Hockey Championships
January 15-18, 2015 Lake Nokomis
4955 W Lake Nokomis Parkway, Mpls., MN 55417

What more do we need to say? Bring your warmest blankets and boots along with a thermos of coffee or cocoa and celebrate hockey as it was meant to be played—outdoors in the crisp winter air!

8th Annual Powderhorn Art Sled Rally
January 31, 2015
Powderhorn Park
3100 15th Ave, Mpls. MN 55407



If you are not careful this could become your favorite winter event! Come as a participant with your own imaginative creation (and of course bike helmet) or come to cheer others on as the parade of homemade sleds glides down the hill. This event is free but please go online for details and more amazing photos.

Trail by Candlelight
Lebanon Hills Regional Park
860 Cliff Rd
Eagan, MN 55125
February 14th, 2015
\$8.00 preregister fee
\$10.00 at gate, under 5 free



More than 2 miles of hiking and snowshoeing trails are lit with the soft glow of luminaria and candles. Nearly 4 miles of cross country ski trails are also lit and waiting for you to experience the beauty of a winter’s eve outdoors. Or you can choose to slide down a hill, or go ice- skating on a rink with inviting bonfires nearby. Seriously, this event is not to be missed. Celebrate Valentine’s Day with all your sweeties doing something good for everyone’s heart!



The Saint Paul Winter Carnival
January 22—February 1, 2015
Various sites / Greater St Paul area

This is it—the big one—the granddaddy of all winter festivals. The city of St. Paul has been hosting a Winter Carnival for 129 years—making it the oldest celebration of its

kind in North America. After more than a century of trial and error, the folks who put this together have learned how to cram a lot of fun into 10 days.

Be sure to bring a camera because ice-skating next to the Landmark center with a light snow falling can create a magical memory that your family will cherish and scouring the city's parks in search of the Medallion is a great way to burn off any holiday calories that might have made their way to your waistline.



The blanket toss from the 1917 Winter Carnival

This January get online and see just how many events are scheduled in St. Paul's lakes and parks—then get out there and have fun.



- Medallion Treasure Hunt
- Ice skating Landmark Center
- Ice fishing contests
- Dog-sled races
- Ice and snow sculptures
- Royalty and vulcans
- Grande Day and Torchlight parades



Winter Trail Days

Fort Snelling State Park Shelter A

January 10, 2015

5401 Post Rd
St. Paul, MN 55111
(612) 725-2389

REI experts, Fort Snelling State Park and local outdoor organizations will provide free activities that show how fun winter can be. Activities include: snowshoeing, cross country skiing, skijoring, ice fishing, ice sculpting, naturalist guided hikes, traditional ice harvesting, winter camping info, learn to build a quinzee (like an igloo made of snow), kids snow ranger activities and much more!

Hot Air Affair

February 6, 7, 8, 2015

Various sites, Hudson Wisconsin
All events free and open to public



Conveniently scheduled *after* the Saint Paul Winter Carnival, this celebration is another event not to be missed. Or one should say 'events' because over the course of its 26 years, the Hot Air Affair just keeps adding more family fun. In addition to Saturday's and Sunday's Balloon launches there will be a Torchlight Parade, Fireworks, Dancing, Karaoke, and live music. You can win prizes in contests and competitions for all ages. Or, try something new--geocaching? Or marching in a kazoo marching band? This is your chance! Please check out the website for a complete schedule and be sure to purchase an event button for even more chances to win prizes.



The City of Lakes Loppet

January 30th - February 1st
1301 Theodore Wirth Pkwy
Mpls, MN 55422
Phone 612-604-5330
Toll Free. 1-800-830-9441
Fax. 612-604-5338
info@loppet.org

The Urban Cross Country Ski Festival is yet one more winter weekend packed with spectator and participant events for adults and children, including the Comcast Luminary Loppet—a non-competitive event for snowshoers, walkers and skiers. Also on the Minneapolis lakes this weekend there will be an Ice-Cropolis, bon fires, an Ice Pyramid and stations offering hot cocoa and cookies. Many of these events are free but some do require registration.





**Wells Fargo WinterSkate
Landmark Center**
75 5th St
St Paul MN
651-228-1664

Nov. 29th 2014 through Feb. 1st 2015

Warming house and skate rental available.

**Trails for cross-country skiing/
snowshoeing are available annually at:**

Theodore Wirth Park
Fort Snelling State Park
Minnesota Landscape Arboretum
Minnehaha Park



In addition to all these mostly free activities, nature centers, parks and golf courses offer many other events to relieve winter's monotony.

There are so many events with so much variety spread out across the winter months that you really have no excuse for not taking part in at least one of these celebrations of winter—there is some outdoor happening for every age and taste.

In Memoriam

It is with great sadness that we report the death of Doctor Richard Matus on November 15, 2014. Many readers who have older children will remember this kind, gentle and dedicated man who practiced with PYAM from 1966 to 1993. He will be greatly missed by all who knew him.

The Truth about Tantrums



Every parent sees it and every parent has to deal with it. It happens at home and it happens in public. That most feared behavioral issue, temper tantrums, happen. While similar to aggressive behavior (which starts to show up at about the same time) tantrums are slightly different. Aggressive behavior occurs when a youngster can't or doesn't know a better way to deal with a situation involving another child; tantrums on the other hand are nearly always a function of the child's squaring off against parents or caregivers. In other words, when they don't get what they want.

Why do children have such a tough time learning that they can't have or do everything they want? Look at it this way. From the very moment of birth onward every adult in a child's life diligently gives him whatever he needs—food, attention, toys, etc. but during the second year of life, the game abruptly changes—baby can't have whatever he wants, he can't do whatever he wants—like running into the street. The adults in baby's world suddenly start imposing rules and expectations. In addition to this children of this age are beginning to develop a sense of self, a person separate from his parents. He wants to develop and use new skills and explore the world around him. This creates conflict and a normal healthy child will respond by occasionally lashing out or by launching a full-blown tantrum.



Let the good times roll

While this behavior is normal, it can be very unsettling and disruptive but there are many things parents can do to stop or ameliorate the behavior.

Parents themselves have to take the blame for some tantrums, the ones that happen when they have dragged a kid to the mall and missed nap time, meal time and whatever else is part of the child's normal routine. A tired, hungry kid can explode in this situation. This sort of 'tantrum' is best recognized for what it is, an event that could have been avoided by better planning. All other tantrums are plain and

simple, power struggles.

Power struggles by age

Usually by 18 months children start testing the limits. They want to be free to explore the world and be independent—'me do it'. At this age, children can't see another person's point of view, only their own. When their actions or desires are checked, they react by crying, shouting, hitting or kicking.



It is pointless to try to reason with a child in this situation. At this point, parents have options but 'talking them down from the ledge' just doesn't work and usually makes things worse. Strategies and tantrum-busters are discussed later.

By the age of three years, kids have better language skills and have learned to be less impulsive. Generally there are fewer and less dramatic tantrums at this age.

At four years of age children can do many things by themselves; they have better language skills and have acquired some self-control. These abilities help kids keep it together. Still, when they are faced with challenging situations tantrums can flare up. In fact children of all ages can have an occasional tantrum, up to and including teenagers.



Temper tantrums are a lot like forest fires: they are easier to prevent than to control after they have started.

Here are some ideas that can help you squelch a temper tantrum at its onset or at least ride one out, because sometimes, that's just what you have to do.

Strategy, not screaming

Parents can start controlling tantrums by knowing their child's triggers, those things that in the past have set the child spiraling out of control—hunger, fatigue, stress, interruption of an activity. Plan ways to head these off ahead of time so that you are prepared.

- ✎ Don't expect a small child to go without eating or sleeping as long as you can. Restrict outings to times when your child is fed and rested and when he does tire, go home.
- ✎ Establish a routine for your child and then stick to it as much as possible. Respect his schedule. Some people can 'switch gears' more easily than others. If your child has difficulty transitioning from one activity to another, help him out by giving him a couple of notices that this will be happening. "Owen, in ten minutes you will need to stop playing with legos because it will be lunchtime." Then repeat the warning again at 5 minutes. This way Owen has time to process and come to terms with the change that is coming.
- ✎ Give kids control over the little things in their life this helps them deal with times when they can't be in control of a situation.
- ✎ Try not to say 'no' automatically. Up your game, say yes, avoid fighting over little things.
- ✎ Child-proof his environment so that he can explore and experiment without always hearing 'no.'
- ✎ Redirect, distract or somehow change things up when you see your child on the edge. That often-times works to prevent a blow-out.
- ✎ Keep your expectations of your child's social, academic and behavioral abilities at a realistic level, where he can meet them without becoming too frustrated. For example, you can't expect the same things from a two year old that you can from a four year old.
- ✎ When doing something new or unfamiliar, tell your child ahead of time what your expectations are for his behavior.
- ✎ Keep your sense of humor, it will serve you well.

At all times, parents need to remain calm themselves. Losing their temper, shouting, or making threats is like pouring gasoline on a fire and is a sort of grown-up version of what their child is doing. Not the best message to send, is it? When a child is out of control reasoning and threats don't work. Believe it or not, young children are often scared by their own behavior; someone has to be calm and that is the parents' job.

One excellent strategy is to remove the audience from his performance by simply walking away and telling him that you will talk to him about the problem when he calms down. Make sure he can't harm himself or others, then leave the room. Kids realize sooner or later that their actions are not yielding the desired results and the tantrum fizzles out.



At home, you can simply walk away from a tantrum in progress and wait for the child to settle down. This isn't a realistic strategy in a grocery store or mall. If your efforts to head off the tantrum fail, then the best course of action is to remove the child from the store and go outside or to your car and let him have at it without any observers (again, making sure that he is safe) until he is in a more reasonable state.

It is beyond annoying to have to abandon your grocery cart or leave unpaid purchases behind, but by doing this the child learns that you mean what you say and that he can't use tantrums for leverage. You, the parent simply aren't buying into his demands no matter what.

One of the worst things a parent in this predicament can do is to give in to the child for the sake of convenience or out of embarrassment. That tells junior that he has the power to get what he wants by using these unacceptable behaviors. Forget about what others might be thinking, your job is to help your child grow emotionally as well as physically, not impress other people or worry about their disapproval.

Buy into a tantrum and the next ones will be harder to deal with; refuse to play along and the child learns that tantrums don't work.



Sometimes, little and not so little kids can get so out of control they are in danger of hurting themselves or others. When this happens you have to step in and physically restrain the child, maybe with a 'basket hold' for safety sake, until calm is restored.

Time-outs can be useful by giving the child the time and space to get his control back. Don't use it as a punishment but as an opportunity that he can use to help himself. Babies need to learn to self-soothe and children need to learn to regain and maintain self-control.

As mentioned earlier, parents can do a lot to teach their kids that tantrums aren't the way to get what they want. Teaching them to *ask nicely, be patient, and understand that they can't always have what they want*. Consistency is

key, at home, at daycare and at school. Talk to teachers and caregivers; explain to them what methods you find work best for your child.



It is also very important to show your child that you dislike his behavior but you always love him.

Lastly talk to your child when things get back to normal. Discuss what happened and why the child responded as he did. Was he angry, frustrated, or simply confused? Talk about his feelings and what he can do to deal with them at other difficult times. Keep the evil twins, shame and blame, out of the discussion, that is unproductive and doesn't help a child learn from his mistakes.

Physical growth doesn't happen over night neither does emotional maturity or social skills. Step-by-step children work their way through the complexity of being human. You are their guide. They can't make it without you. For their sake, learn how to deal with tantrums firmly and lovingly. Everyone's life will be the better for it.



Why the MCA?



Elsewhere in this issue you can read about fun outdoor events that take place throughout the winter, but for consistent physical activity it's nice to have an indoor venue—a facility that offers a wide variety of activities for all age groups—maybe a place like the YMCA?

There is more to the YMCA than most people realize. Did you know that the organization that became the YMCA was founded in 1844 in England and 1851 in the United States? That's a full ten years before the American Civil War. The reason for its founding is surprising as well.

Life in the newly-industrialized cities of the time was anything but healthy or pleasant. Air pollution in 1825 made one traveler entering an English factory town compare his arrival there with a descent into hell. Infant mortality rates were between 20 and 25% and there were no clean, safe, and inexpensive lodgings in cities for the rural population that was streaming in for jobs.

English founder George Williams realized that the inexperienced young men faced all sorts of dangers in the rough cities that were just beginning to have organized police forces. He visualized a simple, but radical-for-the-time, solution.

That solution was to create 'clubs' that offered livable rooms at affordable rates. In addition, the buildings reserved spaces for exercise, prayer, and community activities. Mr. Williams firmly believed in the benefits of "A healthy mind in a healthy body."

Over time, the original mission of the YMCA gradually evolved into the community-spirited organization we know it as today. No longer catering exclusively to the needs of young, single men and women, The Y has expanded its role to encompass the entire community. What has remained the same is the organization's belief that strong societies are built on physical and social well-being.

Today, there are many fitness clubs and gymnasiums in every city, but none is as family-oriented as the Y. For this

reason the Y tries to keep memberships affordable for as many people as possible—even granting 'scholarships' or free memberships for qualifying families. Look at all the benefits offered at your nearest YMCA:



Who uses the YMCA? **Every body!**

- The YMCA is a non-profit organization.
- 21 Locations in the greater Metropolitan area, including western Wisconsin.
- Many major health insurances pay part of your membership to the YMCA.
- Programs for all ages, plus child care for babies and toddlers
- Year-round activities both indoor and outdoor.
- Personal trainers, group exercise, group lessons.
- Year-round swimming.



Souper Suppers for January



Raise your hand if you knew January was National Soup Month. Congratulations to everyone with their hand in the air. While this designation might not be well known, it sure makes sense—what is more comforting when the mercury bottoms out than a steaming, savory bowl of soup?

There are other good reasons for designating a national soup month—like the high nutritional value of a well-made soup and the sheer simplicity of making soups. Soup-making doesn't call for any fancy or hard-to-find kitchen ware, just a big pot and a couple of knives and maybe a crock pot.

The ingredients are usually simple as well, and most soups follow a similar construction process: creating a broth then adding vegetables, beans or scraps of meat, and seasonings. Many soups have rice, noodles, dumplings or quinoa to give them a little more heft. Soups are cooked by simmering over low heat or putting into a crock pot to cook.

While most homemade soups are made pretty much the same way, there are recipes that take a few hours and some that take only 30 minutes from start to finish.

Another big bonus with soup-making is that you can cook up a large batch and freeze some for future use. After a long cold drive home, imagine a hot nutritious meal that needs only to be heated, served and eaten. Do yourself a big favor this fall and winter and use weekends to make and freeze soups. Be sure to label the freezer packs or containers with name of soup and date that it was made. Most soups freeze well for four to six months.



Freeze soup in store-bought containers or freezer bags--both work equally well but the bags are easier to thaw.

Soup can be frozen in just about any kind of container and any size. Always leave 'head' space when filling containers, because the liquid portion of the soup will expand upon freezing. Use large containers for family meals and small containers for individual portions. **If you have limited freezer space, use a canning funnel and ladle the soup into freezer bags.** Make sure to burp all the air out then lay the bags flat in your freezer. This method works well for smaller freezers.

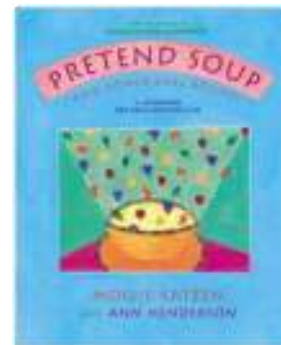
The upcoming holidays provide you with soup-making treasures—the carcass and left-over meat. Chicken, turkey and ham bones are the basis for many different soup recipes. Got any leftover carrots, potatoes, peas or wild rice? Throw that in the soup, too. Most soups recipes are very forgiving and you can adjust them to fit your family's tastes and needs.

Cook Books:

Soup: A Way of Life
Barbara Kafka

An exaltation of Soups
Patricia Solley

The Ultimate Soup Cookbook
Readers Digest



This cook book is for kids

Since soup is a meal unto itself, the only other item to put on the table would be a crusty baguette or some rolls or biscuits. Follow with a slice of hot apple pie to top off your midwinter feast.

You don't have to wait for a holiday carcass to make soups, either. Two turkey thighs augmented with turkey broth from the store makes a perfect soup, as do the leftovers from a store-bought rotisserie chicken. If you prefer a vegan approach, use vegetable broth and substitute beans and quinoa for meat.

Turkey Vegetable Wild Rice Soup



Soups made this way can include your choice of veggies in amounts that you like. You will usually start with one large onion, three stalks of celery and three carrots, all chopped how you like. After that, you can add more veggies and wild rice, barley or quinoa. Just follow these easy steps.

Directions:

- Place entire turkey carcass in stock pot, add 2 quarts water, bring to a boil and simmer for one hour. Remove bones, etc. and strain liquid. Set aside.
- Sauté onions, celery, and carrots until crisp/tender then add in turkey broth and salt, pepper, bay leaves and garlic to taste.
- Add chopped potatoes, sweet potatoes, peas, green beans and/or corn.
- Bring mixture back to a boil then reduce to a simmer for 30 minutes to an hour.
- Add packaged turkey or chicken broth as needed.
- Lastly add pre-cooked wild rice, making the soup as thick as you like.



Time together builds more than a snowman

Split Pea and Ham Soup



Ingredients

- 2 ¼ cups dried split peas
- 2 quarts water
- 1 meaty ham bone
- Salt and pepper to taste (often with dishes involving leftover ham, you can skip the salt altogether.)
- 1 pinch dried marjoram
- 1 pinch thyme
- 2 bay leaves
- 3 stalks celery chopped
- 3 carrots chopped
- 1 potato diced

In a large stock pot, cover peas with 2 quarts cold water and soak overnight. If you need a faster method, simmer the peas gently for 2 minutes, and then soak for 1 hour. Once peas are soaked, add ham bone, onion, and spices. Cover, bring to boil and then simmer for 1 ½ hours stirring occasionally.

Remove ham bone; cut off meat, dice and return meat to soup. Add celery, carrots and potatoes. Cook slowly, uncovered for 30- to 40 minutes, or until vegetables are tender. For vegetarian style omit ham and bone and use vegetable broth.



Any number can play