



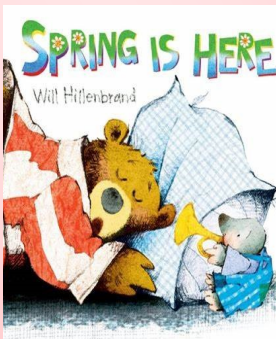
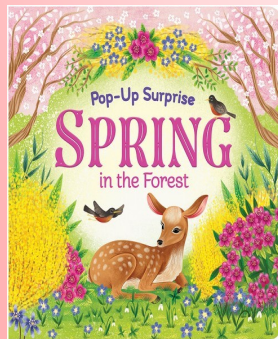
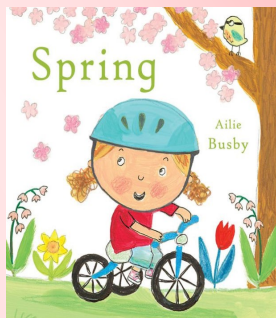
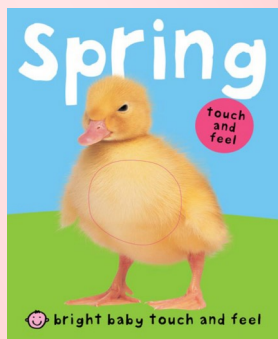
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If you need to cancel a Home Visit, please contact your Family Partner as soon as possible.

Spring books to “check out” at your local library.



Bunny Butt Pancakes

Ingredients

- 2 cups all-purpose flour
- 3 Tbsp sugar
- 2 tsp baking soda
- 1/2 tsp salt
- 2 cups buttermilk
- 2 large eggs
- 3 Tbsp unsalted butter (melted)

For Decoration

- For the feet: banana or strawberry slices
- For the toes: blueberries, blackberries or raspberries
- For the tail: whipped cream or whipped butter
- 2 Tbsp coconut shavings

Things You'll Need

- Skillet/pan
- Mixing Bowls
- Measuring cups and spoons



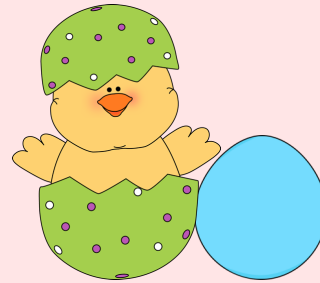
Instructions

1. Preheat oven to 200° so you can place the cooked pancakes on a baking sheet in the oven to keep warm while you make others.
2. Stir together flour, sugar, baking soda, and salt in a large bowl. In a separate bowl whisk buttermilk, eggs, and melted butter.
3. Add buttermilk mixture to the dry ingredients, stirring until mostly combined (some lumps in the batter is okay, do not over stir).
4. Lightly grease the pan and heat to medium. Begin making the bunnies body- this will be the largest pancake. About 1/4-1/2 cup of batter per body will do the trick. Cook until you see bubbles form on top and bottom is golden brown. Flip and continue cooking until golden brown. Remove and place on a lined baking sheet and set in a warmed oven.
5. Next, you'll make the bunny head. Spoon about half the amount you used for the bunnies body into the pan and cook the same way as you did above.
6. For the feet, scoop the pancake batter in even smaller portions into the pan. Each bunny butt pancake should have two feet.
7. Lastly, form the ears by scooping the pancake batter into the pan in an oval-shape. You can also tip the pan at a slight angle and allow the batter to droop down in the pan to get nicely shaped ears.
8. To assemble the pancakes, place the bunny butt/body on first then tuck the head above it. Add the ears by tucking them slightly under the head. Then add the feet on top of the body. Follow up by adding a dollop of whipped cream for the tail. Place a banana slice on each foot, then 3-4 blueberries for the toes. ENJOY!

Family Playgroups

Athens & Towanda

DATE: Friday, April 12, 2024
TIME: 11:00 am
WHERE: Athens Family Playgroup Room
ACTIVITY: Painting Pasta Patterns
PARENT TRAINING: Family Literacy



Canton & Troy

DATE: Wednesday, April 24, 2024
TIME: 12:00 pm
WHERE: Mansfield Free Public Library
ACTIVITY: Movement Cards (animals)
PARENT TRAINING: Family Literacy



Elkland & Wellsboro

DATE: Thursday, April 18, 2024
TIME: 1:00 pm
WHERE: Elkland Family Playgroup Room
ACTIVITY: Group Reading
PARENT TRAINING: Family Literacy



Infants

0-7 months:

4-6 oz. formula or breast milk

8-11 months:

2-4 oz. formula, breast milk, or full strength fruit juice

⇒ 0-½ bread or 0-2 crackers

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Toddlers

* 1/2 cup Fruit Cocktail

⇒ 4oz. Whole Milk



Celebrate “Every Kid Healthy Week” by promoting emotional wellness, good nutrition, & physical activity.

EVERY KID HEALTHY WEEK

2024 SCHEDULE

APRIL
22
MINDFULNESS
MONDAY

APRIL
23
TASTY
TUESDAY

APRIL
24
WELLNESS
WEDNESDAY

APRIL
25
THOUGHTFUL
THURSDAY

APRIL
26
FAMILY
FRIDAY

CHILD HEALTH FOCUS

Social
Emotional
Health



Nutrition
Education



Physical
Activity



Risk Prevention
and Education



Family
Engagement



Mindful Monday

Get your kids or students to practice social-emotional health and mindfulness skills to build resilience.

1. Explore imagination through play-based yoga.
2. Create a calm-down corner.
3. Build energy with a game of yoga freeze dance.
4. Use reflection to highlight strengths and areas for growth. (En español)
5. Use breathing exercises for emotional regulation. (En español)
6. Practice journaling.



Tasty Tuesday

Build lifelong healthy eating habits by exposing kids to new foods, healthy cooking, and growing their own produce.

At school

1. Learn how to Rethink Your Drink.
2. Spruce up the school cafeteria.
3. Plant an indoor or outdoor school garden.

At home

1. Have a family taste test.
2. Explore what farm-to-table means.
3. Play with your food using food art. (En español)
4. Use kitchen scraps for gardening.



Wellness Wednesday

Get moving! Physical activity fuels not only the body but the mind, too.

1. [Incorporate walking programs at school.](#)
2. [Take a brain break with the AFHK Physical Activity Dice.](#) (En Español)
3. [Explore empathy through physical activity.](#)
4. [Use common household objects for fitness fun.](#) (En español)
5. [Create active sensory spaces.](#)
6. [Limit screen time with these strategies.](#)



Thoughtful Thursday

Create a school culture that celebrates diversity and works progressively towards creating a more equitable learning community.

1. [Create learning spaces that inspire.](#)
2. [Highlight what's special about your community through art.](#)
3. [Start a conversation about bullying prevention with staff members and parents/caregivers.](#)
4. [Host a talent show to promote social inclusion.](#)
5. [Bring many minds together with a mural that celebrates your community.](#)



Family Friday

Bring families and schools together to support child health at school and at home.

1. [Host a Family Fitness night.](#)
2. [Create a family self-care plan.](#) (En español)
3. [Use some family conversation starters to talk about feelings.](#)
4. [Role model healthy behaviors.](#)
5. [Engage in physical activity as a family.](#) (En Español)
6. [Connect with family members over a shared meal.](#)


















School Readiness Corner: FUN ACTIVITIES

- * help set the table for dinner
- * match socks
- * help put away the laundry
- * feed the dog/cat etc.
- * read or tell stories to your child
- * sing together
- * tell nursery rhymes
- * rhyme with words any words...all words
- * play simon says
- * talk about their day with them
- * set up a bedtime routine
- * give them a job chart (water plants, make bed, put the shoes away)



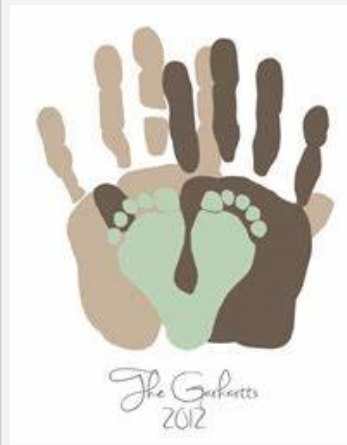
Nature Scavenger Hunt

How many of the items can you find?

- a cloud 
- something blue 
- a butterfly 
- something round 
- a bird 
- something red 
- a green leaf 
- a big tree 
- a bee 
- a bunny 
- something yellow 
- a flower 
- something square shaped 
- a worm 
- a frog 

Forever Keepsakes

FAMILY FOOTPRINTS / HANDPRINTS



There aren't many more things more precious than footprints or handprints, especially those of children because they grow oh, so quickly. These prints make a cute decoration and the perfect forever keepsake for your family. It's also a lot of fun to make together, there's something about painting and stamping feet and hands that kids just love!

MAKE YOUR OWN

You can use a different color paint for each person or you can opt to use all the same color.



Paint your foot or hand with washable paint till it's completely covered then stamp it on a white sheet of paper. Then help everyone else paint and stamp their feet or hand too.



Rain, Rain, Go Away!



Rain, rain, go away
Come again another day.
Rain, rain go away

Little _____ wants to play.
(insert your child's name)