

KCC Family News

Kennedy Children's Center: Where Children, Families
& Communities Learn Together | December 2019



The Season Of Kindness And Giving



From Executive Director Jeanne Alter



It can be difficult to help children understand that **giving** can be even better than **receiving**. After all, who doesn't like receiving gifts? However, teaching children about the value of giving is one of the most rewarding gifts you can give them.

Here are a few ways to show your child firsthand how powerful the act of giving can be!

- * **Start small**, especially with very young children. An example might be making cookies for a sick friend. Let your child know that he or she is doing something nice for the friend, even though your child may want to keep the cookies for him or herself.
- * Children learn by **watching** their most influential role model: **YOU!** If you volunteer at a local community program, help a neighbor with groceries or perform other simple acts of kindness, talk with your child about why you are helping. For example: "I helped carry Ms. Ruiz's groceries because it is hard for her to carry the bags up the stairs".
- * **Help others when you can.** Everyone needs extra help sometimes. Here are some small ways to give back to your community while showing your child the power of helping others:
 - * Donate clothes
 - * Volunteer at an animal shelter
 - * Help a family in need in the community
 - * Donate toys
 - * Help an elderly neighbor with yard or house work
 - * Donate nonperishable items to a food bank

By teaching your children the value of giving rather than receiving, you are instilling a sense of pride and self-esteem; character traits that will take them far as they grow.

FREE Holiday Events in NYC

Holiday Train Show at Grand Central Station

Now — February 23, 2020

Every day until 2/23/20, except for 12/25/19

Holiday Time in PaleyLand with Santa

Sat Dec 7, 2019 — Sat Jan 4, 2020

The Paley Center For Media

Repeating every week — Sundays, Wednesdays, Thursdays, Fridays, and Saturdays until January 4, 2020.

Family Story Time: Stories, Songs, and Rhymes for Little Ones (Bilingual English/American Sign Language)

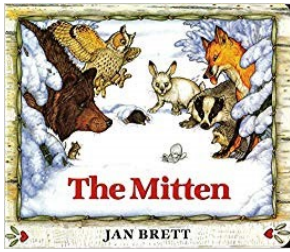
Every Saturday from 11—11:30 AM

Stephen A. Schwarzman Building, Children's Center at 42nd Street

Open to children 2-4 years of age.



Winter-Themed Books For Kids



The Mitten By Jan Brett

This classic book is available in both English and Spanish and contains vocabulary describing many different animal characters! Visit Jan Brett's website (janbrett.com) for free coloring printouts to go along with the story.

Little Blue Truck's Christmas By Alice Schertle

Practice counting and animal vocabulary with this holiday favorite! Available in English and Spanish!



Let It Snow By Maryann Cocca-Leffler

This picture book is a fun and easy read that uses rhyming and cute illustrations to share the excitement of the winter

season. This book is part of a series that illustrates the change in weather for each season; check out [Let It Fall](#) and [Let It Rain](#) for more seasonal fun. Available in both English and Spanish.

Healthy Holiday Recipe: Roasted Vegetables

Try this *super* easy recipe for a healthy side to lighten up a heavy holiday meal!



What you will need (2 servings):

- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon onion or garlic powder (if desired)
- Broccoli florets, cauliflower pieces (core and stems removed), red or yellow pepper slices, asparagus, zucchini slices, 1 sweet potato in 1/2 inch rounds or wedges; or your preferred vegetables!
- 1 tablespoon olive oil

Instructions:

1. Preheat oven to 400 degrees F.
2. In a large bowl, toss olive oil and vegetables. Season with salt and pepper.
3. Bake at 400 degrees for about 20 minutes.

Children love to dip! Encourage them to try new vegetables by pairing them with your child's favorite dip, such as ketchup, honey mustard, or ranch!



Arts & Crafts Activity: Snow Floam!



Explore winter textures with this simple sensory activity!

All you will need is will need a glass bowl, a spoon, 2 bottles of white glue, mini styrofoam balls, Sta-flo liquid laundry starch, and a tray or cutting board to knead it on. Mix the 2 bottles of white glue with tiny Styrofoam balls and 2 tablespoons of the liquid laundry starch. Mix together and knead to create your squishy snow foam!