

## Sand Pudding

### Ingredients

1 (12 oz.) package Vanilla Wafers	$\frac{2}{3}$ cups powdered sugar
2 Oreos	2 (3 $\frac{1}{2}$ oz.) boxes French Vanilla instant pudding
8 oz. cream cheese, softened	2 $\frac{3}{4}$ cups milk
$\frac{1}{4}$ cup butter, softened	12 oz. Cool Whip



### Instructions

Add Vanilla Wafers and 2 Oreos to your food processor and crush until they resemble sand (or put in freezer bag and crush with a rolling pin).

In a small bowl, cream together softened cream cheese, softened butter, and powdered sugar until smooth.

In another larger bowl, mix pudding with milk and then add the pudding mixture to the cream cheese mixture and mix together. Fold in all of the Cool Whip.

Layer into a bucket in this order: sand, pudding, sand, pudding, sand.

Allow to chill in fridge at least one hour before serving.



112 Commonwealth Dr.  
Lemont Furnace, PA 15456



 "like" us on  
[facebook.com/coe.seeds](https://www.facebook.com/coe.seeds)

[seedshs@privateindustrycouncil.com](mailto:seedshs@privateindustrycouncil.com)

## The S.E.E.D.S Bulletin



**How five year old children develop socially & emotionally?**

**FAQ Corner: How do I deal with my 2 year old who always has to have her way?**

**Helping your child develop empathy**

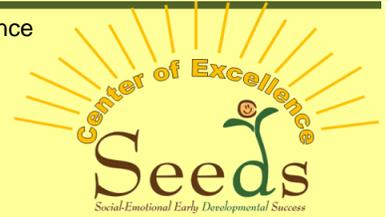
**Sand pudding**



Private Industry Council of Westmoreland/Fayette, Inc. - Head Start/Early Head Start/Center of Excellence

# The S.E.E.D.S Bulletin

Social-Emotional Early Developmental Success



seedshs@privateindustrycouncil.com  
www.facebook.com/coe.seeds

\*We are currently taking registrations for our third parent workshop of 2015. The free parent workshop will be held at the Mill Run Head Start center from 5-7 p.m. every Thursday beginning May 7. Anyone who desires to make a difference in the lives of their children and their family by learning positive behavior techniques is encouraged to call and register at 724-430-4818 X3109.

\*We are hosting two free trainings at our new Lemont Furnace site. The classroom management group leader training will be held June 26 & 27, and the basic parent leader group training will be held June 29-July 1. Anyone interested in becoming a group leader, please call for more information and to register.

Gina Bowen, M.Ed.  
COE:SEEDS Supervisor

## Helping Your Child Develop Empathy

Empathy is the ability to imagine how someone else is feeling in a particular situation and respond with care.

**Empathize with your child.** "Are you feeling scared of that dog? He is a nice dog but he is barking really loud. That can be scary."

**Talk about others' feelings.** "Kayla is feeling sad because you took her toy car. Please give Kayla back her car and then you choose another one to play with."

**Suggest how children can show empathy.** "Let's get Jason some ice for his boo-boo."

**Validate your child's difficult emotions.** Sometimes when our child is sad or angry, we rush to try and fix it right away, to make the feelings go away. However, these feelings are part of life and ones that children need to learn to cope with. In fact, labeling and validating difficult feelings actually helps children learn to handle them.

<http://www.zerotothree.org/child-development/social-emotional-development/take-a-walk-in-my-shoes.html>



## How Five Year Old Children Develop Socially and Emotionally

Five-year-olds can manage feelings and social situations with greater independence. They might decide on their own to go to another room to calm down, or try strategies like negotiation and compromise to resolve a conflict before seeking adult help.



### Five year olds:

- continue to expand his or her circle of trusted adults.
- gain self-esteem from feeling capable and demonstrating new skills (e.g., says, "I know how to read this!")
- use more complex language to express his understanding of feelings and their causes.
- continue to establish and maintain friendships with other children.
- seek others' acceptance and friendship (e.g., says, "We're friends, right?")
- continue to establish and maintain friendships with other children.

<http://www.pbs.org/parents/childdevelopmenttracker/five/socialandemotionalgrowth.html>

## Q: How do I deal with my 2 year old who always has to have her way?

**A:** What looks and feels like total inflexibility is a natural and important part of your child's development. Two-year-olds are at a stage when their sense of self is emerging. They are strong-willed, they know what they want and don't want, and they have the communication skills to tell you just how they feel.

As trivial as it may seem, using the same bowl or wearing the same pair of shoes may be an important ritual that helps your child feel safe and "okay."

While it's important to respect your child's unique needs, it's equally important to help her learn how to adapt when things don't go her way. One way to do this is by setting sensible limits.

When your child makes a demand, before you respond, ask yourself whether you want to fight this particular battle.

Children need some opportunities to make choices for themselves. This builds their confidence, self-esteem, and thinking skills. For example, your child wants to wear mismatched clothing to preschool. While it may not match your fashion standards, the floral/stripe outfit isn't harming your child's development. This may be a "safe" choice for her to make for herself. But when your child is demanding something you don't feel is appropriate, see it as an opportunity—a teachable moment.

**Validate your child's feelings:** "I know you really want the blue bowl. It's your special bowl and you don't like using other bowls." (If you skip this step, your child is likely to "up the ante" and show you just how much she wants that blue bowl...often, this is when tantrums start.)

**Help her cope with her disappointment by problem-solving.** It is important to limit the back-and-forth negotiation as it is very rewarding for children to engage their parents in this way and is more likely to intensify the situation versus resolving it.

**Don't give in once you have set the limit.** It is critical that you stick with the limit, despite your child's protests. If you give in, she learns that if she throws a fit and fights long enough, she'll get what she wants.

<http://www.zerotothree.org/child-development/temperament-behavior/qa/my-2-year-old-always-has-to.html>



F  
A  
Q  
C  
o  
r  
n  
e  
r

**Disclaimer:** (1) Center of Excellence, SEEDS Project Parent Training is a project of the Private Industry Council of Westmoreland/Fayette, Inc. Participation in Center of Excellence, SEEDS Parent Training is strictly voluntary. (2) Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families. (3) Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families.

"You're never too old, too wacky, too wild,  
to pick up a book and read to a child."

- Dr. Seuss