



Helping Hands for Families

High Energy Kids

As the colder weather approaches, here are some ideas to help keep high energy kids engaged in simple but effective ways.

*Busy Body

High energy kids need a goal to keep their bodies moving in a healthy and safe direction. Either inside or outside, building a good old fashioned box fort or snow fort is a sure way to have a goal and a finished product that is fun to play or chill out in, too!

*Busy Mind

Ideas whirl around in the heads of high energy kids. One way to use those ideas is to let kids create household decorations. What better time than holidays and other special days to supply kids with paper, glue, safety scissors, yarn, bags, colors, or whatever you already have and see what they come up with? Imagine how pleased they will feel when family and other guests say how festive your house looks!



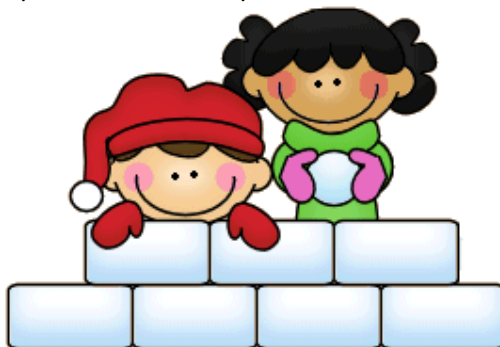
*Busy Imagination

An active imagination often goes hand in hand with being a high energy kid. Young children with high energy often have big imaginations which are best expressed in creative ways. Your youngster may like to tell stories or act out characters. It may be as simple reading a book together, and then your child re-tells the story by acting out his/her favorite parts. It could also be a bit more involved, such as creating and putting on skits for you or other family members. Either way, get set to be entertained!

*Setting the Limits

Exerting all that good energy can lead to a tired child at the right time. But sometimes, high energy kids can keep going and going like the Energizer Bunny until they are out of control. Before this happens, it really works to teach your child some clear limits, such as how much screen time they can have in a day. And make sure your children know where they can and cannot go, as well as what is okay and not okay to do. They need you to set safety rules and boundaries. When necessary, they need you to help them listen to their bodies and know when it is time to wind down and transition to quiet time. Using a timer, or a special song, or for some children a hug or back rub, can help them make that transition.

*From Dave Peppler, Guidance Counselor,
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Marquette County Family Connections Coalition

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Marquette Early Learning
Center & Head Start
608-296-2141 x 2114

Marquette County
UW-Extension
608-297-3141

Family Health WIC
1-920-787-5514

Marquette County
Human Services
608-297-3124

Childcaring, Inc.
1-800-628-8534

Marquette County
Economic Support
608-297-3124

WorkSmart Employment
& Training Services
608-355-4806

Westfield School District
Family/School Liaison
& Guidance Program
608-296-2141

Montello School District
608-297-7617

Marquette County Action
Network, Inc.
608-296-2012

Mission

The Marquette County Family
Connections Coalition (FCC)
mission is to link families with
community agencies through
communication and
collaboration.

PRAISE POINTERS

Search Institute, Minneapolis, MN
<http://www.search-institute.org/blog/praise-pointers-parents-and-teachers>

Purposeful, specific, and sincere.

"Great game! You really passed well to your teammates" is more encouraging than, "Great game!" Being specific reinforces those positive behaviors. If, however, you both know the player did not pass well then this is not sincere. The praise will not help the young person learn.

Reinforce behavior and effort, not "natural" intelligence

"Congratulations! I know you studied really hard." is more encouraging than, "Congratulations! You are really smart." The first option focuses on an action that can be maintained or improved. If you praise someone because of something fixed (such as "being smart"), it is harder to cope with failure.

Attainable and realistic

"That is a beautiful picture. I love the colors you picked!" is more encouraging than, "That picture is amazing! It could go in an art gallery." Inflated praise can backfire. It gives the impression that you have to meet exceptionally high standards, which you know you cannot always do. That undermines motivation.

Information rich

"I love the salad you made. It has a nice mix of flavors and colors!" is more encouraging than, "I love your salad!" Giving more detailed information reinforces strategies that can be used when similar situations come up in the future.

Self-focused, not in comparison to others

"You made a lot of progress in correcting grammatical errors" is more encouraging than, "You did much better on this than many other students." Praising in comparison to others may motivate when we always win. But we feel defeated when we don't always win, so we are not motivated internally to learn and grow.

Effort more than achievement

"I like how you took deep breaths to stay calm even when you were upset at your sister" is more encouraging than, "Thanks for not pushing your sister." The focus on effort emphasizes being able to grow and learn.

Cheeseburger Mac Cups

INGREDIENTS:

- 1 lb lean ground beef
- 1 10 3/4 oz. can Campbell's Healthy Request Cheddar Cheese Soup, or similar product
- 1 and 1/2 cups elbow macaroni, cooked and drained
- 1 1/2 cups low-fat cheddar cheese, shredded

DIRECTIONS:

1. Preheat oven to 350 degrees. Line twelve regular muffin cups with foil liners.
2. In a medium skillet, brown ground beef on medium-high heat. Drain and set aside.
3. Cook macaroni to al dente and drain. Add 3/4 cup of the cheese, ground beef and the soup. Stir until blended.
4. Fill each muffin cup with mixture and sprinkle remaining cheese over on top. These will be heaping!
5. Bake for 15 minutes or until heated through and cheese is melted.

Recipe submitted by Marquette County Health Department



- 1 cup flour
- 1/4 cup salt
- 2 Tablespoons cream of tartar
- 1 cup hot water
- 2 teaspoons or more food coloring
- 1 Tablespoon vegetable oil

Mix the ingredients in a pan on the stove over medium heat. Once it clumps into a ball, sprinkle a small amount on flour on the kitchen counter. Put the play dough on the flour and knead it for a minute.

For more creative learning ideas check out
www.makinglearningfun.com