

Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas



April 2017

Child Abuse Prevention & National Garden Month

SPRING PLANTING GUIDE

Creating a Container Garden

We all know that “April showers bring May flowers,” but did you know that April is **National Garden Month**? As the weather shifts, now is the perfect time to consider how you can create a garden. What a great excuse to get outside and get your hands dirty!

Guide to Container Gardening

Even the smallest area can boast a crop of vegetables or a garden of flowers in containers. Planter boxes, wooden barrels, hanging baskets and large flowerpots are just some of the containers that can be used. Consider the following guidelines when choosing your container:

- Avoid containers with narrow openings.
- Cheap plastic pots may deteriorate in UV sunlight and terracotta pots dry out rapidly. Glazed ceramic pots are excellent choices but require several drainage holes.
- Wooden containers are susceptible to rot. Redwood and cedar are relatively rot resistant and can be used without staining or painting. One advantage of wooden containers is that they can be built to sizes and shapes that suit the location.
- Use containers between 15 and 120 quarts capacity. Small pots restrict the root area and dry out very

quickly. The size and number of plants to be grown will determine the size of the container used. Deep rooted vegetables require deep pots.

- Make sure your pot has adequate drainage. Holes should be 1/2 inch across. Line the base of the pot with newspaper to prevent soil loss.
- Set containers on bricks or blocks to allow free drainage.
- Line hanging baskets with sphagnum moss for water retention. Keep baskets away from afternoon sun.
- If you choose clay pots, remember that clay is porous and water is lost from the sides of the container. Plants in clay pots should be monitored closely for loss of moisture.

- Since potting mixes drain water rapidly, fertilizer will be washed out of the container as you water. Lighter mixes will require more frequent fertilizing than heavier mixes. It's a good idea to use a dilute liquid fertilizer with every other watering. Liquid fish emulsion or liquid seaweed are great plant boosters.

- Check the labels on the products in your garden center to be sure that they contain a complete, balanced solution that includes trace elements.

Read more: Guide to Container Gardening | Garden Guides - <http://www.gardenguides.com/685-guide-container-gardening.html>



<u>April</u>	<u>May</u>
Beets	Beans (Bush and Pole)
Broccoli	Corn
Brussel Sprouts	Cucumbers
Cabbage	Eggplants
Carrot	Cantaloupe
Cauliflower	Okra
Cilantro	Peas (Southern)
Collards	Peppers
Kale	Pumpkins
Lettuce	Summer Squash
Mustard	Sunflowers
Onions	Sweet Potato
Parsley	Tomato
Peas (Snap)	Watermelon
Potatoes	
Radishes	
Spinach	
Turnips	

Source: Kansas City Community Gardens



Week of the Young Child



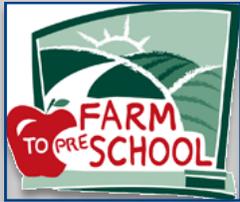
April 24-28, 2017

- ★ Music Monday
- ★ Tasty Tuesday
- ★ Work Together Wednesday
- ★ Artsy Thursday
- ★ Family Friday

Week of The Young Child resources:

<http://www.naeyc.org/woyc/activity-resources>

Nutrition Curriculum



- Color Me Healthy
- Early Sprouts
- Eat Well Play Hard: In a Childcare setting
- Food for Thought-Nutrition Across the Curriculum
- From our Farms
- Grow It, Try It, Like It
- Harvest of the Month

Source: <http://www.farmtopreschool.org/curricula.html>

**“Clip and Save”
Makes it easy to clip out
and save this healthy
recipe before recycling
your newsletter.**



Super Stretch Yoga App



Have you downloaded one of the top apps on iTunes? Super Stretch is a fun interactive yoga app created for kids and used by the whole family.

Move, play and breathe as Super Stretch introduces you to his friends and their yoga poses.

Features:

- 12 yoga poses for all skill levels
- Breathing breaks
- Inspiring music

Cost – free; download at iTunes

Child Abuse Prevention

National Child Abuse and Neglect month is recognized in April. During this month, activities are planned throughout communities to promote positive social and emotional wellbeing for children and families. To find activities ideas you can promote in your community check out the information below.

- **April 7th is National Wear Blue Day** - a day to raise awareness for Child Abuse Prevention. *Don't forget to wear blue!*

[Pinwheels for prevention](#) - a national symbol for child abuse prevention and is a way to take action. Show support by creating a pinwheel display at your child care program, home or office. - contain information for families on keeping them strong and eliminating child abuse and neglect risk factors. Share the [tip sheets](#) with your families and friends.



Healthy Eats

Vegetable Pasta Salad

Serves 4

Ingredients

- | | |
|---|---|
| 1 c. cooked orzo pasta | 1 c. chopped fresh spinach |
| 1 c. chopped, lightly steamed asparagus | 1/2 c. chopped yellow summer squash |
| 1/2 c. chopped carrots | 1/4 c. Low-fat vinaigrette salad dressing |
| 1/2 c. sliced green onion | 1/4 tsp. salt |
| 2 tbsp. grated parmesan cheese | |

Directions

1. Combine the pasta, asparagus, carrots, green onions, spinach, squash, dressing, and salt in a large bowl.
2. Toss to coat with the salad dressing and parmesan cheese.

Source: National Cancer Institute, National Institutes of Health