

Help Me Grow Solano

TABLE TALK



Nov.
2024



Help Me Grow
Solano

1-844-501-KIDS (5437)

LET'S CELEBRATE



This month is National Play Day
with Dad on November 25th!

Take the day to do an activity
with your child and enjoy some
one-on-one bonding time!



Lenny's Lending Library



The Lending Library is open to all Solano County
parents, child care providers, teachers, etc.

We have FREE activity boxes, games, books, and climbing
structures you can check out for up to one month at a time.

The Lending Library also has laminating, die cutting,
and button-making services for a small fee.

Reminder

Free Developmental
Screenings!

Would you like to know if your child is reaching
their developmental milestones?

Complete a free developmental screening with
Help Me Grow Solano!
(Ages 2 months to 5 years only.)

Screenings can be completed in-person, online, or
at a screening event!

To schedule an appointment for an in-person
developmental screening or to complete
one online, call Help Me Grow Solano at
1-844-501-5437.

Anyone who completes a screening will
be entered in a drawing for a chance
to win a prize!

Winners announced every 2 months.



Monthly Mindfulness

Happiness Collage

Creating a happiness collage can be a therapeutic and rewarding activity. By reflecting on what brings us joy, we cultivate a sense of gratitude for our lives.

Instructions: Gather photos, drawings, writings, or other cherished memories that evoke happiness within you. Carefully assemble these elements onto a large piece of construction paper. During dinner, take turns sharing the memories and moments that made you happy. Express your gratitude for the experiences that enriched your life.



Recipe of the Month

Asian Chicken Lettuce Cups

Makes 4 servings (2 lettuce cups per serving).

Ingredients: 1 cup chopped, cooked chicken breast, $\frac{1}{4}$ cup thinly sliced green onions (green parts only), $\frac{1}{2}$ cup finely chopped water chestnuts (or use $\frac{1}{4}$ cup chopped celery instead), $\frac{1}{2}$ cup frozen peas & carrots mix, 2 tbsp light Sesame dressing, 8 iceberg lettuce leaves (cup-shaped)

Preparation: In a medium bowl, mix chicken, green onions, water chestnuts (or celery), peas & carrots, and dressing. Stir well. Microwave chicken mixture for 1 minute to warm. Scoop cup of the chicken mixture onto each lettuce leaf. Serve right away.





Activity Idea

Autumn Leaves Art

Items needed: canvas, colored gift tissue paper (in orange, red, brown, and yellow), mod podge, and a sponge brush.

To prepare: Water down some mod podge in a cup, adding a little water at a time until it is easily spreadable. It should make a smooth paste, not a very runny solution. Cut out several colors of leaves from the tissue paper.

Instructions: Once everything is prepared, help your child “paint” the leaves with the sponge brush and mod podge onto the canvas to create a collage of leaves. The sponge will hold a good amount of the mod podge solution, so it may be easiest to give your child a small amount at a time. Let dry overnight, and display.



BECOME A LICENSED CHILD CARE PROVIDER!



Looking to change careers?

Be your own boss! Make your own schedule!

Becoming a licensed child care provider may be perfect for you!

Click the link to learn more about the Child Care Initiative Project (CCIP), a free training and support program for individuals interested in opening a family child care business!

[CLICK HERE](#)



Care. Connect. Grow.

Strengthening California's Home-Based Child Care

CCIP Child Care Initiative Project

Thanks for reading!



Help Me Grow Solano is a program of Solano Family & Children's Services - funded through First 5 Solano and Solano County Mental Health.

Help Me Grow helps parents navigate resources and services for their family and provides direct referrals to many community services.

If you are in need of any resources, contact Help Me Grow Solano at 1-844-501-5437 for assistance.

Look for our December newsletter!