



BLSD Monthly Newsletter – March 2022

It's March, and tucked inside of March we find the first day of Spring! Spring is a season that for some of us, represents new growth...a fresh start. This newsletter includes a few ideas that might be new to you: Are you up for a little growth?



*"A person's a person,
No matter how small."
- Dr. Seuss*

Easy Bannock and Berries

Do you love Bannock but have never made it? Well, here's an easy recipe for you to try!

Bannock can be served in many ways. It can be deep-fried, baked, or, even cooked on a stick over an open flame. You can serve it with meat, with stew, or enjoy it with berries.



What you'll need...

For the Bannock:

- 3 cups flour
- 3 tbsp baking powder
- 1/2 cup sugar
- 1 tsp salt
- vegetable oil for frying

For the berry compote:

- 2 cups berries
- 1/2 cup white sugar
- 1/2 lemon (juice & rind)
- 1 pinch salt

Making the Bannock:

1. Preheat vegetable oil in a deep frying pan to 350°F (it can also be cooked over an open flame).
2. Mix flour, sugar, baking powder, and salt together in a medium-sized bowl.
3. Add water and mix until dough becomes thick and sticky (don't overmix so dough doesn't get tough).
4. Roll the dough into a large ball and slice into 12 equal pieces.
5. Flatten each ball of dough with your hands.
6. Drop dough into the oil and fry until it is golden brown on both sides and soft, but cooked inside.

Making the berry compote:

1. For the berry compote cook the berries in a saucepan over medium heat until soft.
2. Add sugar, lemon juice, rind, and salt.
3. Continue cooking until the sugar is dissolved.
4. Serve Bannock drizzled with compote.

Simple, Creative Play

This activity is from <https://www.mamasmlles.com/>

Creative play doesn't need to be complicated. As you can see in the pictures, your child does all the thinking for this activity: all you need to do is supply the vinegar and baking soda!



Why you'll love this activity:

- ✓ Getting out the vinegar, baking soda, and trays – less than one minute
- ✓ Clean-up needed – since you put a thin layer of baking soda on the trays and only a little vinegar in the cup, this is not a very messy experiment. Even if it does get on the floor, both vinegar and baking soda are cleaning agents, so they're easy to clean up!
- ✓ Bonus – experiential learning about (safe!) household chemicals
- ✓ Clean-up time – 2 minutes or less
- ✓ Cost – low!



Staying Well While We Grow

We certainly have gone through stressful times lately. And as we know, stress can have a big impact on our own and our children's health. Here are a few suggestions for supporting your whole family's mental wellness, while you support your children's ongoing growth.

♥ Notice what you're talking about to others when your kids are nearby...

Of course your concerns are real, but be aware: what you say/how you say it has huge impact on the little ones!

♥ Routines are important and helpful – but they must be realistic for your family.

Every household is different; plans that work best for you will be those set up specifically for your family's needs.

♥ Don't simply try to recreate school/community routines...make your own special times.

Take time to do things that bring you and your children joy – for example: play, be active, eat together.

♥ Be active in any way possible.

No need for a fitness contest...just do something you all enjoy – for example: dance, play Simon Says, go outside.

♥ Talk! Talk to the kids, talk to loved ones, talk to yourself...

Talking is so important! It helps us notice how we (and others) are doing, and can get us to OK and healthier.

This information found on the Children's Mental Health Ontario (CMHO) website (<https://cmho.org/>)