



Wellness  
Nutrition

May 2020

Fun FaCts

## Gardening with Kids



### Tips to get started...

- Start small & keep it simple!  
A small patch of earth, raised bed, or a few pots will work.
- When planting in pots, always have holes in the bottom. If kept inside, place the small pot with holes in a larger one without holes, or place a tray underneath.
- Think about sun light. Most veggies need 6-8 hours each day.
- If planting outside, keep out of the wind.
- Choose a few sure-bets like carrots, zucchini, radishes, or herbs.
- Let the kiddos help! Give them their own tools and gloves that fit their hands.

### Benefits of gardening with kids...

- \* Encourages healthy eating
- \* More interest in trying new foods they help grow
- \* Gets the kids out of the house, away from screens, and more family time
- \* Carrying pots, digging, watering, and weeding all give kids physical activity they need
- \* Caring for plants helps encourage responsibility
- \* Teaches kids to practice patience while their plants grow, a tough concept in our fast-paced, digital world



Need more info to get started?  
Go to [www.extension.sdstate.edu/garden-yard](http://www.extension.sdstate.edu/garden-yard)

# Distracted Nursers

*Typically around 4-5 months babies start to notice more while nursing.*

Minimize stimulation!

Try calming music or white noise

Nurse when just waking up or sleepy

Try a new location: dark, quiet, soothing

Talk, sing, and/or make eye contact with baby

Different position: lying down or sitting facing you

Give baby toy or wear a chunky necklace for baby to play with

When baby pulls off, it doesn't necessarily mean they are done. Offer breast a few more times.

## Delicious & Nutritious!

### Broccoli and Cheese Rice Bowl

#### Ingredients:

1/4 cup broccoli florets  
1/4 cup shredded cheese  
5 tablespoons instant brown rice  
2/3 cup water  
1/2 teaspoon corn starch  
3 tablespoons milk  
Salt and pepper to taste



<https://wichealth.org/>

#### Directions:

1. Wash prep area, your hands, and fresh broccoli.
2. Chop broccoli into very small bite-sized pieces.
3. In a large, microwave-safe bowl, add rice, broccoli, and water.
4. Cover the top of the bowl and microwave for 3.5-4 minutes. Be sure water does not overflow while cooking.
5. Once the rice is fully cooked, remove the bowl from microwave. Mix in cornstarch, milk, cheese, salt, and pepper. Blend well.
6. Place back in microwave and cook for an additional 1.5 minutes. Serve immediately.