

Avocado Egg Salad

Ingredients

- 8 hard-boiled eggs
- 2 avocados, pit and skin removed
- 1 1/2 tbsp. lemon juice
- 1/3 cup chopped onion
- 1/2 tsp kosher salt
- Black pepper to taste
- Bread for serving



Instructions:

1. Add all ingredients to a bowl and mash and stir to combine
2. Serve on bread or open faced-on toast

Leftover Ham Cobb Salad

Ingredients

- 5 cups chopped romaine lettuce
- 1 cup diced ham
- 1/2 cup cherry tomatoes, halved
- 1 avocado, halved, seeded, peeled and diced
- 2 hard-boiled eggs, diced
- 1/4 cup goat cheese, feta works too

For the dressing

- 1/3 cup Greek yogurt
- 1/4 cup buttermilk
- 1/4 tsp. dill
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- Kosher salt and freshly ground black pepper to taste

Directions

To make the dressing, whisk together Greek yogurt, buttermilk, dill, garlic powder and onion powder in a small bowl, season with salt and pepper to taste, set aside

To assemble the salad, place romaine in a large bowl and top with arranged rows of ham, tomatoes, avocado, eggs and cheese

Serve immediately with dressing



Growing Stronger Families

Opportunities for Otsego | 3 West Broadway, Oneonta | 607.433.8071 | www.ofoinc.org



April is Autism Awareness Month

This is the time of year we hear more about Autism awareness and to “light it up blue” for World Autism Awareness Month. So, what is Autism and what are the signs to look out for.

Autism Spectrum Disorder refers to a set of behaviorally-defined disorders that are characterized by and impairments in social interactions and communication and where there are a limited amount of activities and interests that someone has that they repeat continuously. Did you know that boys are 4 times more likely to be affected than girls and that 1 in 110 people have it? It’s a disorder previously not diagnosed until a child was 4 or 5 and is now often diagnosed by age 2! There are different levels of impairment, some are nonverbal or need a restrictive setting while others speak normally and can be in a regular class. 70% of autistic children/adults have some type of cognitive impairment! There is a spectrum of variations among this disorder, all are different but have similarities. Autism Spectrum Disorder is an umbrella diagnosis that covers 4 different diagnoses; Asperger’s Syndrome, PDD.nos or Pervasive Developmental Disorder – not otherwise specified, Childhood Disintegrative Disorder and Autistic Disorder. What many don’t realize about autism is that other conditions accompany it. They can suffer from GI issues, have seizures,

sleep disturbances, ADHD, anxiety and phobias. It’s adding to an already complex disorder!

It is important to know the signs and contact your doctor if you have concerns. The common signs include: at 6 months – no social smile or other warm, joyful expressions directed at people and limited or no eye contact; at 9 months – no sharing of vocal sounds, smiles or nonverbal communication; at 12 months – no babbling, using gestures to communicate or responding to their name; at 16 months they are not speaking and at 24 months they are not putting meaningful, two-word phrases together. They may appear to develop normally and then lose speech, babbling or social skills. If you notice any of these signs it is important to contact your doctor to have them screened, the sooner they are screened, the sooner intervention can begin and be the most beneficial for your child.

There are many resources that can help if it comes to that point. Autism Speaks is a great website to gather more information and is where I got the majority of mine. WIC can refer you to Early Intervention where they can get you the resources you need, as can your doctor. There are support groups and people that can help; all you need to do is ask! If you have any concerns, reach out!

Hours of Operation

Monday	8:00AM – 5:00PM
Tuesday	8:00AM – 5:00PM
Wednesday	8:00AM – 6:00PM
Thursday	8:00AM – 5:00PM
Friday	8:00AM – 5:00PM

We are open on the 4th Saturday of the month from 8:30AM – 12:30PM. This month we are open on Saturday, April 22nd.

Outreach Days*

April 7th & 17th Richfield Springs
9:45 AM – 2:00PM

April 11th Cooperstown
9:30AM – 2:00PM

April 21st Cherry Valley
9:45AM – 2:00PM

*last appointments on site days are at 1:30 pm

Important Dates

April 16th, Easter
April 22nd, Community Baby Shower at Fox Care in Oneonta, 9am-Noon, come check it out!

Breastfeeding Peer Counselor Section

Taking Care of both Mom and Baby:

Taking care of your baby is usually a new Mom's only concern, but who is taking care of her? It is important that Mom takes care of herself as well, and if she doesn't take care of herself, who will take care of the baby?

It is important for a breastfeeding Mom to keep hydrated and drink a lot of liquids, especially water. Your needs increase and you become thirstier, your breastmilk is made of water, the more you drink helps keep your supply up!

Finding time to eat is also a problem many breastfeeding Moms have in the beginning. It is easy to focus only on the baby and being available to them for their demanding early feeding needs. Moms need to eat 2 cups of fruit, 3 cups of veggies, 8 oz. of whole grains, 6.5 oz. of protein and 3 cups of dairy to meet their nutritional needs, remember you are still eating for two! Eating or snacking on easily accessible fruits and veggies when the baby eats will help meet some of those needs, having meals already prepared for you or easily assembled will help to so you don't have to spend all that time in the kitchen.

Many Moms find adjusting to the babies' sleeping/eating routine very tiring initially. While baby is very demanding of Mom's time and energy, she too needs to sleep. Sleeping when the baby sleeps is the best way to catch up! You may want to do other things, like clean the house, laundry, spend time with other family or cook, however, the more you do the more tired you will be and harder it is to adjust. Let your family help you out, have Dad do the laundry or some cooking, let others help pick up and clean when they visit, let them take care of you like you take care of the baby. It may be hard, but it is important to take care of you as well.

For more tips, contact your PC!

Understanding a Picky Eater

Many parents report that they have a picky eater in their household and while they use strategies to try to get their child to eat, they understand that they are not alone. So, what can we do to help parents understand why their child is picky and help them eat?

Children use food as something to control, we merely provide food at a certain time and they choose how much they want and if they want to eat it. It is the first thing they can actually control for themselves; they are listening to their own hunger cues and expressing their independence.

Picky eating is usually a phase that will pass. There are ways to cope with these phases and even ways to help our picky eaters to become more adventurous.

During the first year children eat more because they are growing faster. After age one, growing slows, they need less food and even become less interested in food. Children are hesitant and can be afraid of trying new things. They want to see, touch and think about things several times before actually eating it. They are busy, they are exploring and learning independence so it's hard for them to sit still and have a meal, is normal. It is important that when we introduce new foods we don't force of bribe them to try it, this leads to negative associations with that food and they feel they should be rewarded for eating it and won't eat it in other circumstances. Parents are responsible for offering a variety of healthy meals and snacks and making the eating environment as pleasant as possible, so if you are relaxed then they are relaxed and more likely to try these new things.

Parents need to make meals and foods toddler-friendly, without becoming a short-order cook. Make meals toddler-sized by giving them utensils, plates, cups and servings that are right for their small hands and mouths. Toddlers are easily distracted and by turning down noise you can keep them focused on their food and they will try more. Toddlers also like to be stimulated by bright colors and fun shapes; they eat with their eyes first like we do. Make meals more appealing so their eyes will draw them to the foods and encourage them to try it. You can also have them help you prepare foods; it is one of the best ways to get them to try new foods and they can have a sense of pride for helping you create it.

A few ways to help them become more adventurous with food are by:

Making meals a story time by researching foods and recipes from around the world and what kids in other cultures eat. Watch cooking shows and videos with them to inspire you!

Play games that incorporate the smells of foods outside of meals to help kids demystify it. Use spice jars to guess the scent or add vanilla extract to bubbles before blowing them outside!

Sort foods by color, chop brightly colored fruits and vegetables and have them help sort them by color. This helps them accept different textures by focusing on colors and the game rather than their discomfort.

Create a garden! This increases their knowledge of fruits and vegetables and also their consumption. They are more likely to eat it if they see grow it!

Picky eaters are a challenge, for more tips go to eatright.org or choosemyplate.gov.

Springtime Fun

Spring is here and it is time to get outside and play! There may be cooler and rainy days but it is still a great time to get out of the house. There are so many things you can do, it is a perfect time to teach your kids your favorite sport, baseball, tennis, basketball, you name it! The parks are open to take a stroll, ride your bike, play on the playground or even to explore. Trails into the woods can still be muddy so dress accordingly and prepare yourself! What kid doesn't like to jump in puddles or run around in the rain, warmer rain that is? I still enjoy jumping in puddles!

Easter is in the perfect time to get you out for those annual Easter Egg Hunts, you can use real colored eggs or fill the plastic eggs with something fun. You can keep it healthy by trading candy with small packets of fruit snacks or even use them to teach letters and numbers; make it a learning game, fun!

Kids use their imagination for almost everything and are great at it! When you are doing spring cleaning outside let them run around where you can see them, they can even help! They may even make it into a game and entertain you!

For your exploring pleasure, here are a Spring and an Easter Scavenger Hunt!



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