



CAREGIVER RESOURCES

BECAUSE CHILDREN
DON'T COME WITH INSTRUCTIONS.

SIGN UP
FOR FAMILY ACTIVITIES!
**PBSKIDS.ORG/
PARENTS**

FREE APP!



DANIEL TIGER FOR PARENTS DOWNLOAD NOW!

- Find songs and videos from *Daniel Tiger's Neighborhood*!
- Includes conversation starters and helpful hints!

**ENGLISH
&
SPANISH!**



★★★★★ "Perfect!"

"This app helps kids and parents be their best."

BRIGHTBYTEXT

¿Y ahora qué?
Juegos, consejos e información de recursos locales para padres y cuidadores de niño menores de 5: directamente en tu teléfono!

textea
ARIZONAPBS
al 274448

BRIGHT by text ARIZONA PBS

Helping caregivers, one text message at a time. Available in English and Spanish.

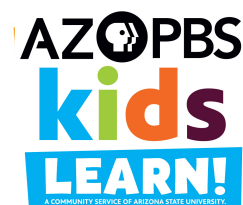
Here is what you can expect from the weekly text message:

- Easy, practical tips and info
- Messages timed exactly to the child's due date or date of birth
- Info about free services and events based on your zip code

now what?
Free activities, games, and resources for parents and caregivers of children under 5 sent right to your cell phone

text
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Be My Neighbor Day Arizona



This book belongs to:

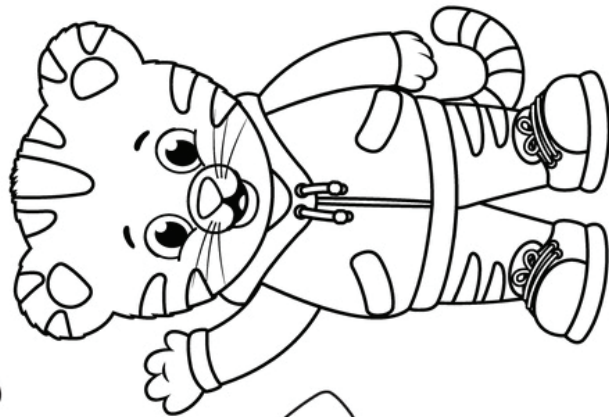
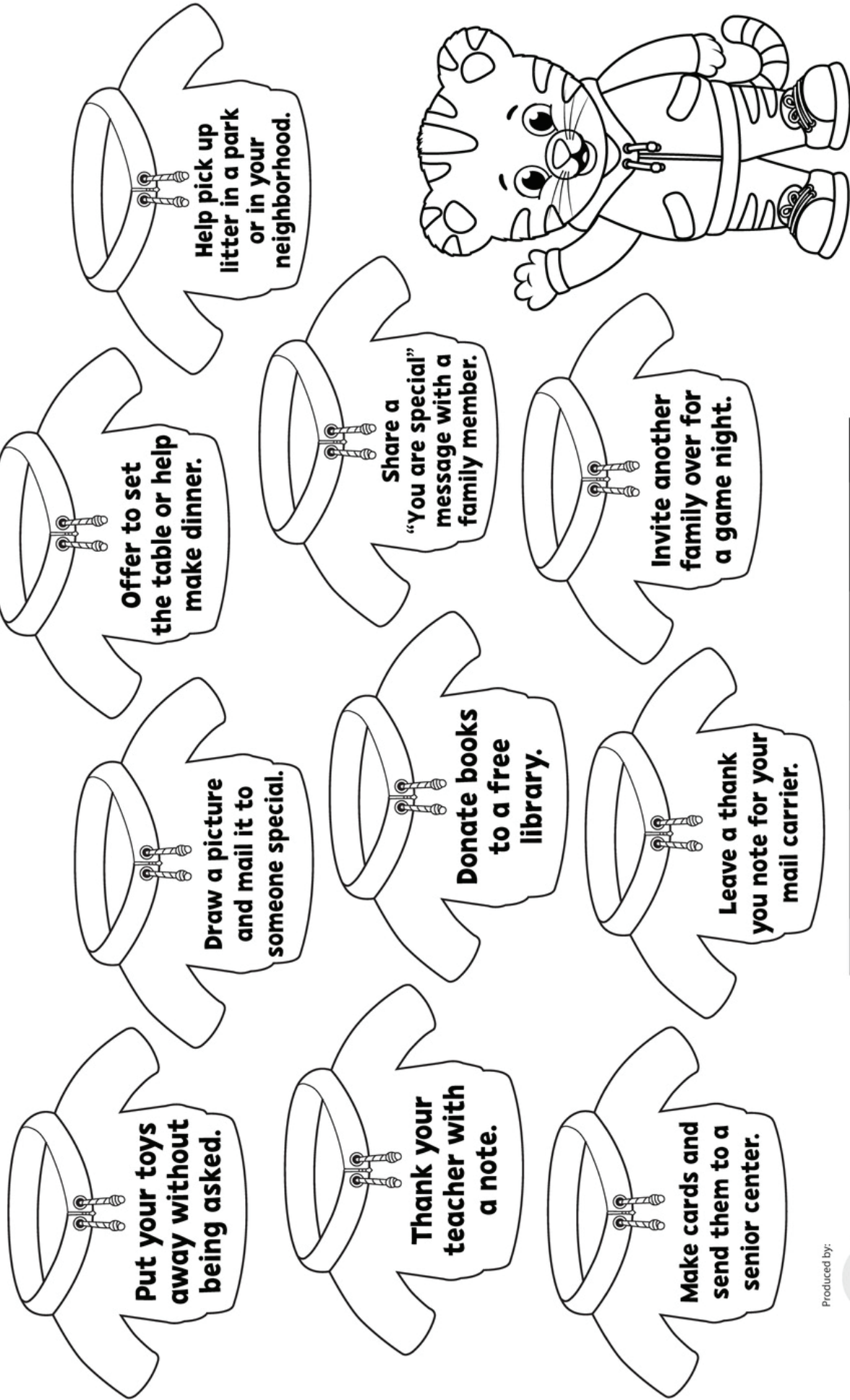
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**DANIEL TIGER'S
NEIGHBORHOOD**

Kindness Sweaters

Celebrate kindness with these 10 grr-ific ideas!



Find more games and activities at pbskids.org/daniel

Produced by:



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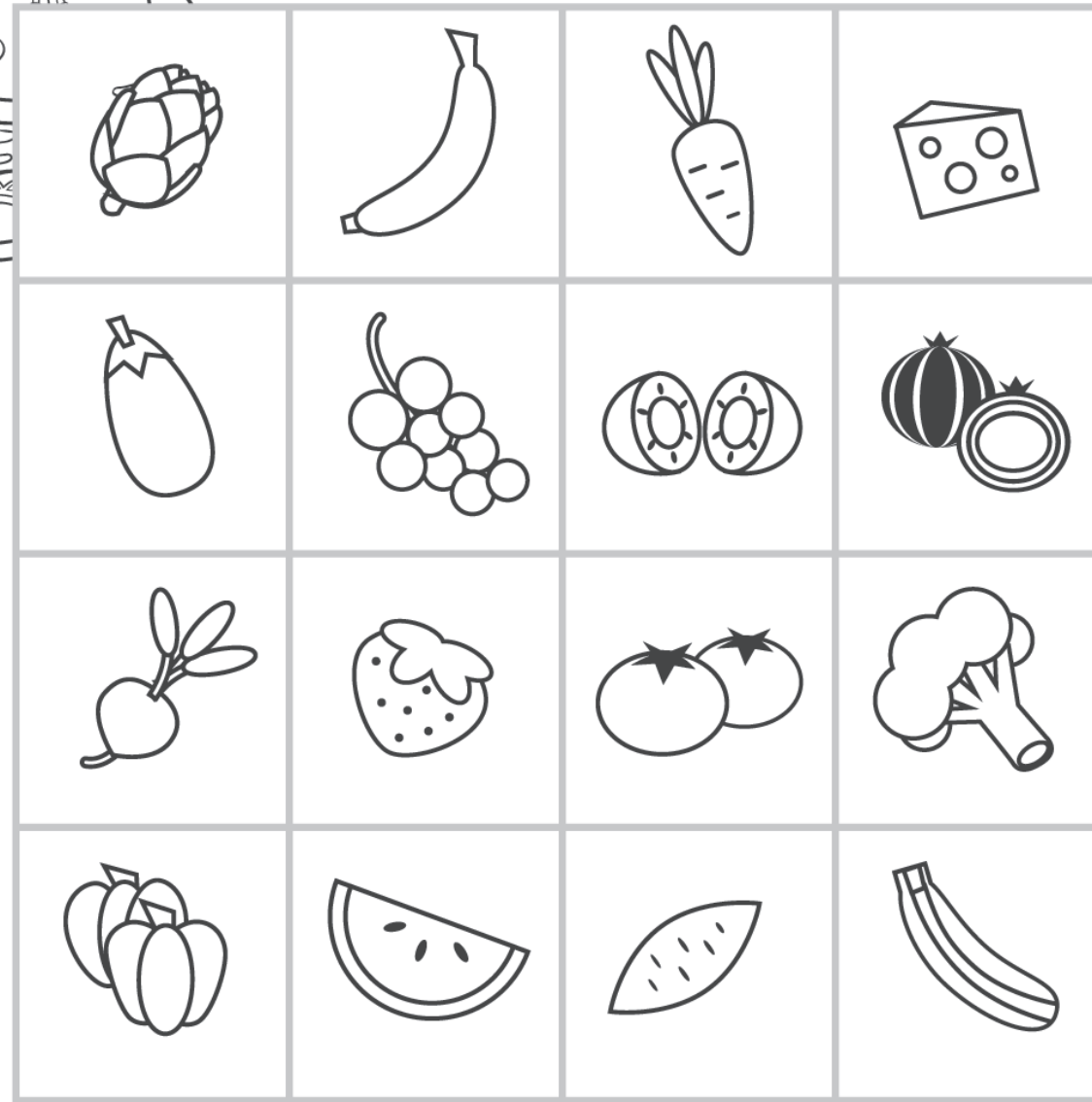


Healthy Food Choices with Daniel

Name



Name as many of these healthy food items as you can. Circle the three you like the most. Ask your family members to circle their favorite three too. Which food item had the most votes?



Find more games and activities at pbskidsforparents.org



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COOK TOGETHER

INCLUDE CHILDREN IN THE PROCESS FROM START TO FINISH - choose the recipe together and take it with you to shop for the ingredients together. Talk about how different types of food are grown or raised and how they get from farm to store. Prepare the ingredients together - chop, sift, measure and mix. After you have finished cooking or baking, clean up together. Take turns with washing and drying dishes. Children gain a better understanding of all the effort that goes into the food they eat. They learn responsibility and a sense of pride when they can say they made that. Take it further and ask them to help make something for someone else. Involve them in thinking about what would that person like or dislike, do they have any allergies to consider? How are you going to get the food to that person - walk, drive, take a bus?

Mom Tiger's Banana Bread

Banana Bread Ingredients

- 4 overripe bananas
- 1/4 cup melted butter
- 1 cup sugar
- 1 teaspoon baking soda
- 1 egg
- 1 teaspoon salt
- 1 1/2 cups flour

Baking Instructions

- 1 In a medium bowl, mash bananas with a fork. Stir in other ingredients.
- 2 Pour into a non-stick or buttered 8 1/2 x 3 1/2 x 2 1/2 -inch loaf pan.
- 3 Bake for 1 hour in preheated oven at 325 degrees.

FIND MORE
KID-FRIENDLY
RECIPES ON
**PBSKIDS.ORG/
PARENTS**

Grandpere's Veggie Soup

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 medium yellow onion, diced
- 2 carrots, sliced
- 2 stalks celery, finely chopped
- 2 teaspoons minced garlic
- 64 oz. low-sodium vegetable broth
- 1 bay leaf
- 1 Parmesan cheese rind (optional)
- 1 - 14 oz. can diced tomatoes
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup corn (fresh or frozen)
- 1 cup green beans (fresh or frozen), broken into bite-size pieces
- 1 Yukon gold potato, peeled and chopped
- 1/2 cup broccoli florets (small pieces)
- 1/4 cup grated Parmesan cheese for serving (optional)



Directions

- 1 In a large soup pot, heat olive oil over medium-high heat. Add onion and carrots and sauté for about 10-15 minutes, until soft and tender, stirring frequently. Add celery and sauté for 3-4 minutes, until softened. Add garlic and cook for about 1 minute.
- 2 Stir in the broth, bay leaf, cheese rind (if using), tomatoes, salt, and pepper, and bring to a boil. Reduce heat and add corn, green beans, potato, and broccoli.
- 3 Simmer, stirring occasionally, for 40 minutes until the potatoes are tender and the soup has reduced slightly. Season to taste with salt and pepper. Discard bay leaf and cheese rind (if using).
- 4 Serve warm with a sprinkling of Parmesan cheese (optional). Makes 6-8 servings.

MAKE SPECIAL MEMORIES by including children in the cooking process. There is so much learning that can happen when you share the task of cooking with a child - math skills, reading skills, science skills, fine motor skills (these are skills that use the small muscles that help with tasks like writing and grasping small objects), gross motor skills (these are the skills that work on large muscles for tasks like balance, crawling, walking), social studies, geography. Connections can be made across learning in so many ways, even in the early years.



DANIEL TIGER'S NEIGHBORHOOD

Our Family Recipe: _____

Use this card to record a family recipe, it might be one that has been passed down from generation to generation. You can also write a favorite recipe here to share with a family member or friend or use it to create your own new tigertastic recipe.

INGREDIENTS

_____	_____
_____	_____
_____	_____

DIRECTIONS



I LOVE THE SPECIAL THINGS I DO WITH YOU.

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Grocery Shopping with Daniel



Find the real foods in the store
that match these pictures.

Circle the foods on your family's shopping list.



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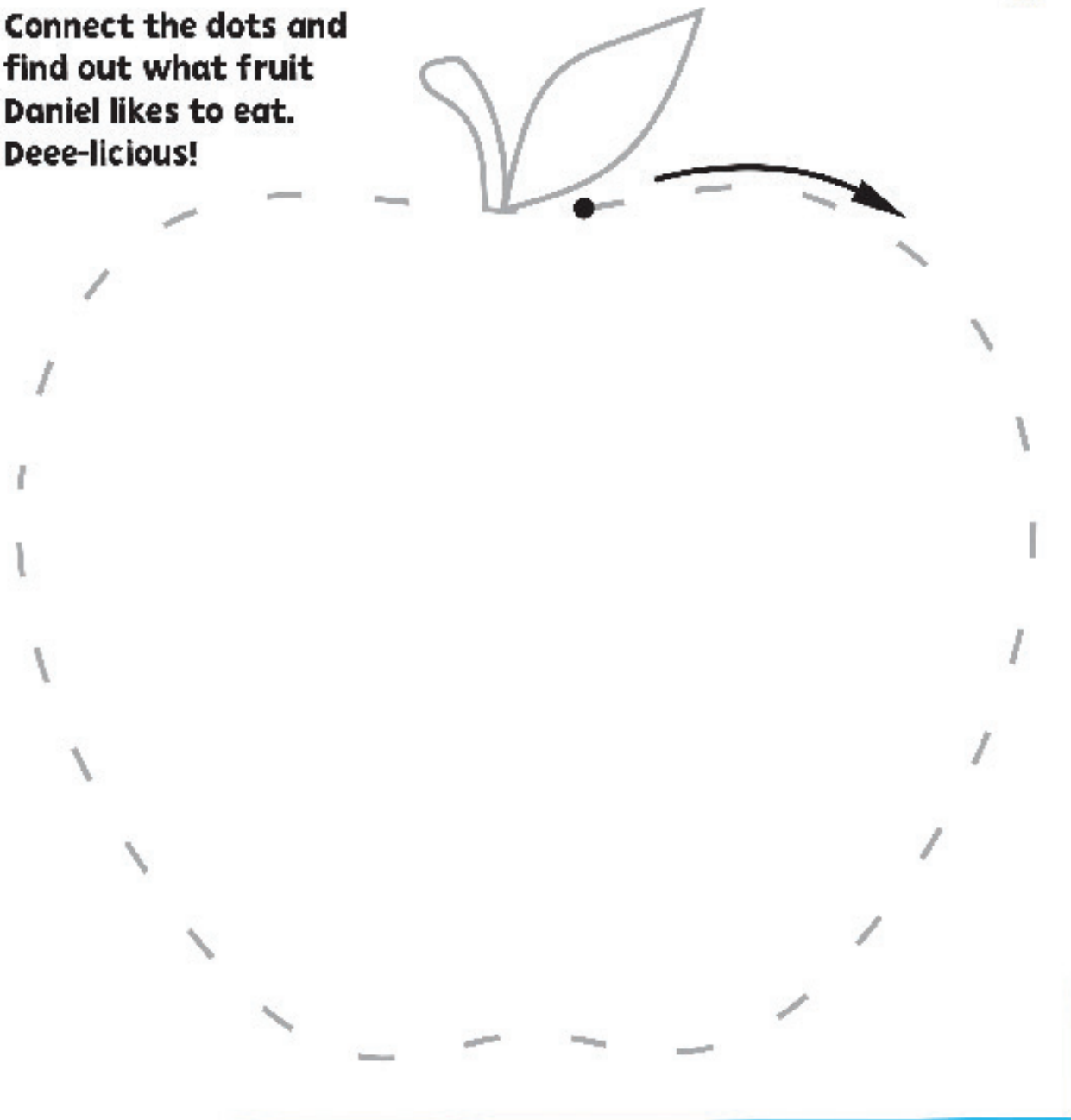
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Tigertastic Treat!



Connect the dots and
find out what fruit
Daniel likes to eat.
Deee-licious!



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DANIEL TIGER'S
NEIGHBORHOOD

Our Family Memories

Celebrate the family time you spend together! Talk about everyday moments, special activities, traditions, and more. Parents and older children can write about family memories, and younger children can draw pictures about them.

REMEMBER THE DAY WHEN WE...



THESE ARE THE THINGS WE LIKE TO DO TOGETHER...



THIS IS HOW OUR FAMILY CELEBRATES...



IT DOESN'T MATTER WHAT WE DO,
I JUST LIKE TO BE WITH YOU.

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**DANIEL TIGER'S
NEIGHBORHOOD**

Our Family Favorites

FAVORITE FOODS

FAVORITE COLORS

FAVORITE BOOKS

FAVORITE ANIMALS

FAVORITE SONGS

FAVORITE HOLIDAYS

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CRAFT TOGETHER



Make Recycled Crayons

Did you ever wonder how crayons are made? Or what to do with the leftover small, broken pieces of crayon? Why not use them to make new multi-colored recycled crayons?

Daniel and his friends wondered too. You can watch the video of Daniel Tiger and his friends take an exciting trip to see how crayons are made in the factory and then try making your own at home. <https://www.pbs.org/video/daniel-tigers-neighborhood-daniel-visits-neighborhood-crayon-factory/>

MATERIALS:

- Used wax crayons with wrappers removed
- Silicone ice cube trays or muffin tins sprayed with cooking spray (These should not be used for food after being used for making crayons)
- Oven
- Safe space on the counter or in the freezer for cooling

DIRECTIONS:

Take the labels off of old, leftover crayons (like the tiny ones from last school year) and melt them into molds like they do at the factory — except you'll be using your own oven. Remember - never use the oven without an adult to help.

- Preheat oven to 250 degrees (F)
 - Break crayons into small pieces after labels have been removed.
 - Place crayon pieces into the silicone mold. Experiment with mixing colors in each section.
 - Bake at 250 degrees (F) for 15-20 minutes, or until completely melted. You may want to place the silicone mold on a baking sheet covered with tinfoil to avoid wax spills.
 - Using an oven mitt, carefully remove from the oven, being careful not to spill the hot wax.
 - Place the mold into the freezer for about 30 minutes to harden or let cool on counter until hard.
- Pop your new crayons out of the mold to use, or give them as gifts and share with friends.

CRAFT TOGETHER

Make Memories Filled with Gratitude

Have fun together and make memories that will last a lifetime!

DIRECTIONS:

1. Find a container to hold your child's drawings and writings – get creative, it could be a jar, a shoe box, a big envelope.
2. Now that you have your container, ask your child how they would like to decorate it. Some ideas might be paint it, color on it, add stickers or drawings, or they might just want to leave it plain. Be sure it has an opening that will allow your child to easily place drawings inside of it.
3. Talk with your child about the idea of gratitude, and think about what you each are thankful for, things that make each of you happy. These might be memories of time spent together with someone special, a special object, or a special place. Now help your child to draw a picture of each item on pieces of paper that can be placed in the Gratitude Container. Adults can add their own papers too. Help or have your child write a few words about the picture too. This is a great way to make more memories together while practicing drawing and writing skills (working on fine motor skills). Once a paper is complete, don't forget to write the author's name on it. This will help keep track of who wrote or drew it.
4. Talk together about how often you would like to review the memories you have been storing in your container. Do you want to read them each night at bedtime? One night a week when you are all together for dinner? Or maybe you will decide to wait to the end of the year and review them all together for a New Year's Eve celebration filled with gratitude of the year that is coming to a close.

MATERIALS:

- Jar, Box or other container of choice
- Paper
- Crayons or pens
- Any other stickers or decorations you want



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Nature Scavenger Hunt

Name _____



There's so much to explore when you're outside! You and your family can enjoy going on a nature walk and talking about the things you see. Look at the pictures below. **How many of these things can you find?**

<p>Bugs</p>	<p>Trees</p>	<p>Flowers</p>
<p>Pinecones</p>	<p>Birds</p>	<p>Squirrels</p>
<p>Leaves</p>	<p>Sun or Clouds</p>	<p>Draw something special you found.</p>

For more ideas and tips visit

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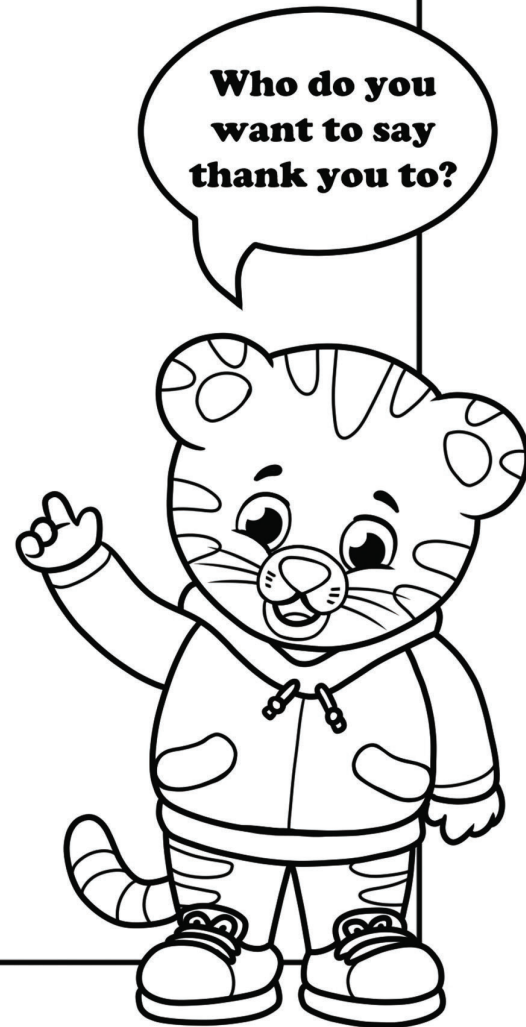
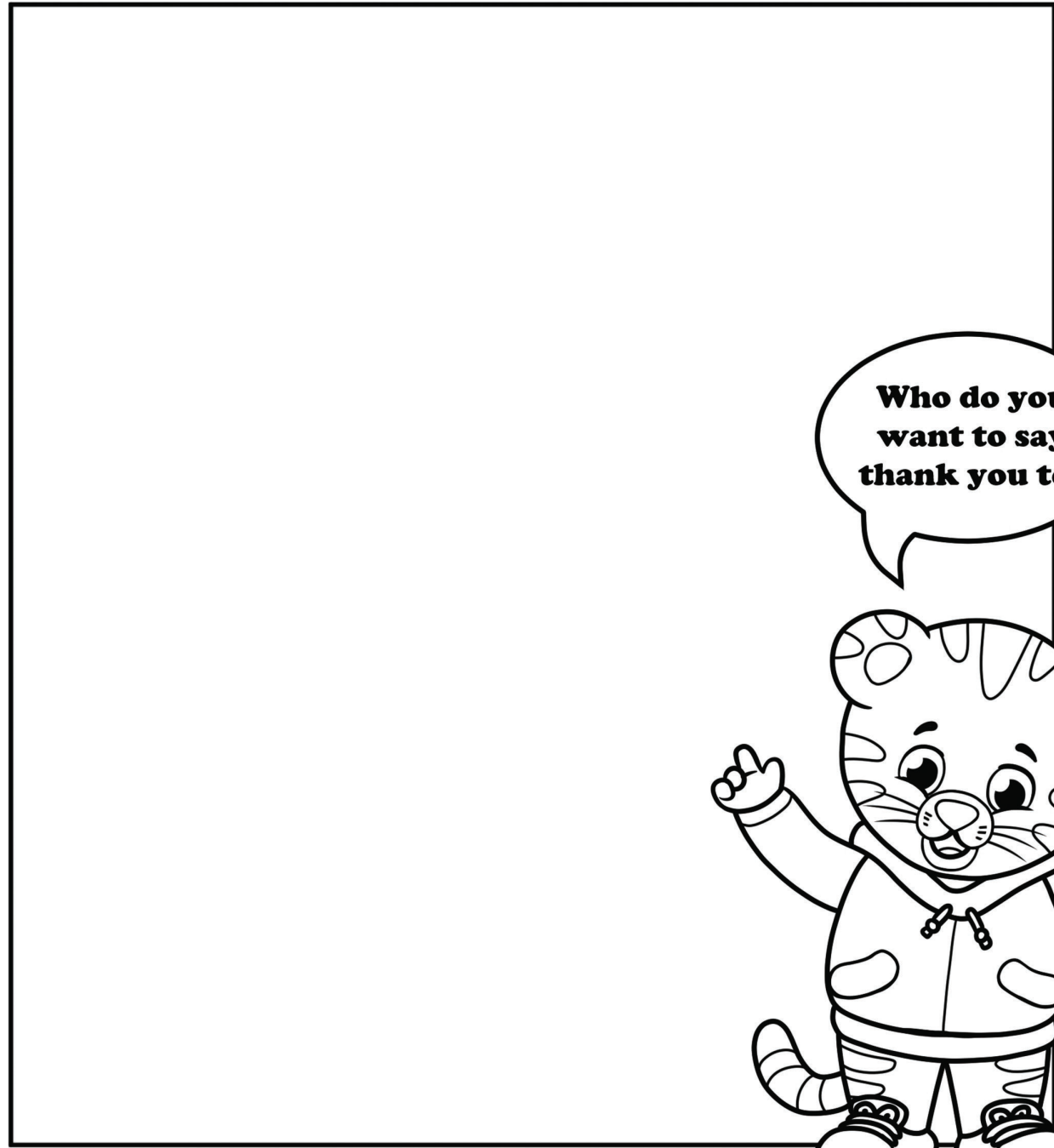


Daniel Tiger's
Neighborhood

Thank You



Thank you for everything you do.



Who do you
want to say
thank you to?

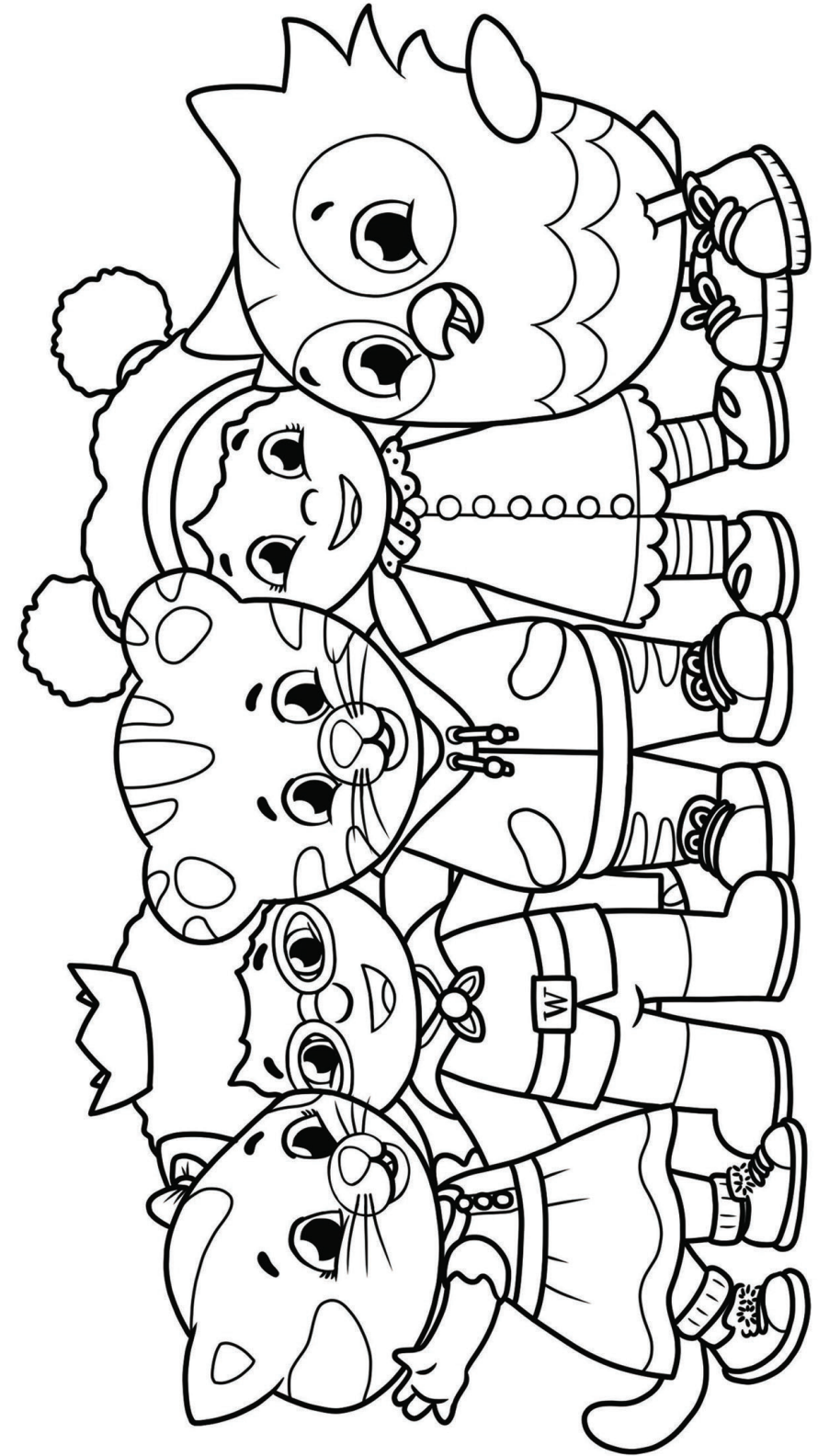
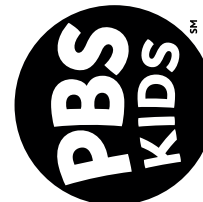
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Daniel Tiger's
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Won't You Be My Neighbor?



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