

GOOD DAYS VS. BAD DAYS

Everyone has bad days, children included. Sometimes your child feels left out or has his feelings hurt. He might have a hard time with transitions or changing activities. Your child might even be on a collision course with everyone and everything. By putting yourself in your child's shoes it will be easier to help him through this difficult time.



Photo by Howard G. Buffett

Once we acknowledge these feelings, we can help our children head in a new direction. Sometimes it's as easy as changing the environment. You can talk about the problem or offer a suggestion. Try spending some one on one time together. You can even prevent a bad day from happening by planning ahead. Try not to shop late in the day, at nap-time or when your child is hungry.

When you're having one of those bad days like Alexander, in [Alexander and the Terrible, Horrible, No Good, Very Bad Day](#), try one of these suggestions to help your child get back on track.

- Stop everything and sit down with your child for 15 minutes
- Turn off the TV
- Go for a walk
- Read a book/Make a book
- Do a puzzle/Make a puzzle
- Color or paint a picture
- Play a game
- Sing a song or nursery rhyme
- Do some fingerplays
- Make a collage out of magazine pictures
- Make a play house out of a table and blanket
- Make a snack
- Make jello jigglers
- Make play dough
- Make cookies
- Go for a ride in the car
- Go on a nature walk
- Paint the sidewalk with rainbow water (food coloring)
- Draw pictures with sidewalk chalk
- Go to the park
- Play in the sand
- Let your child pick the activity
- Watch an age appropriate video or television show together
- Tell your child about when he was a baby

Remember, you have the power to change a bad day into a good day! Keep these suggestions nearby and give them a try.

JIGGLERS RECIPE FROM JELL-O

Discover JIGGLERS from JELL-O Brand Gelatin, the fun snack you eat with your hands! Make JIGGLERS with your favorite flavor of JELL-O Brand Gelatin using cookie cutters, or cut into squares.

- 4 regular pkgs. (4-serving) or
- 2 large pkgs. (8-serving)
- JELL-O Brand Gelatin
- 2 ½ cups boiling water or apple juice

Completely dissolve gelatin in boiling water or juice. Pour into 13 x 9 inch pan. Chill until firm, about 3 hours. To remove from mold; dip pan in warm water for about 15 seconds. Cut into squares or use cookie cutters. Lift from pan.

MODELING DOUGH

- 1 ½ cups flour
- ½ cup salt
- food coloring (optional)
- ½ cup water
- ¼ cup vegetable oil

In a bowl mix flour and salt together. If you're using food coloring, add two to three drops at a time to water and stir. (For deeper shades, add 10-15 drops.) Slowly add water and oil to dough, and mix well. (Young children may need help with mixing.) Knead dough by hand until smooth.