



TAB Extra

April 2010



Important Reminders



☑ The drop off time for TAB is 6:00 p.m. Thank you for your patience when you arrive early and we need to give time for the staffing transition between Bright Morning Star Childcare and Take A Break. The front door will be unlocked at 6pm until 6:30 and

unlocked again at 9:00 p.m. The front door is locked to ensure the safety of the children and staff in the building. If you arrive while the door is still locked, please call the TAB cell at 499-1129. This cell phone will only be used on Friday nights.

☑ Please remember to call and cancel your registration if you are not going to use Take a Break. There are now families on the waiting list that would be thankful to use that spot. Thank you!

See Inside For:

- ☺ Earth Day Fun Facts
- ☺ Free Activities
- ☺ Recipes
- ☺ Fun Outdoor Activities
- ☺ April Calendar



Job Outfitters End of Winter Giveaway

YWCA Lincoln's Job Outfitters program will hold its End of Winter Clothing Giveaway on **Tuesday, April 20, from 9am-1pm & 3-6pm. Free and open**

to all women in the community, the event will be held at the YWCA, 1432 N Street. No appointments are necessary.

The giveaway is an "everything must go" extravaganza, featuring the

YW's entire inventory of women's clothing. For more information call (402) 434-3494 ext. 125 or e-mail

desk@ywclaincoln.org.

EARTH DAY is April 22nd



We all know that recycling is important and we try to teach our children that it is important.

Sometimes, they need examples to help understand why.

Here are a few facts to pass on:

*For every ton of paper that is recycled, the following is saved: 7,000 gallons of water; 380 gallons of oil; and enough electricity to power an average house for 6 months.

*You can run a TV for 6 hours on the amount of electricity that is saved by recycling one aluminum can.

*By recycling just one glass bottle, you save enough electricity to power a 100-watt bulb for four hours.

Free Family-Friendly Activities in Lincoln

(Courtesy Of Nebraskachild.org/events)

There are a lot of activities starting on April 10th to celebrate the Week of the Young Child. I only included a handful of the activities. For the complete list, please visit www.nebraskachild.org/events.

SATURDAY, APRIL 10TH

Lincoln Children's Museum: Kick off the Week of the Young Child with free admission to the Children's Museum from 9:30 until 1 pm. Children can experience fun and educational activities while parents learn about many of the early childhood programs available in Lincoln and surrounding areas. Be sure to visit the TAB and Bright Morning Star Booth and say hello!

Nebraska History Museum: Free family workshop celebrating the Czech Culture. Children can try on traditional Czech costumes, hear Czech music and learn Czech language. 2:00-4:00 pm.

MONDAY, APRIL 12TH

Pioneers Park Nature Center: Turkeys, Vultures, Hawks & Owls: Take a group hike and learn firsthand of these birds. 3:30pm

WEDNESDAY, APRIL 14TH

YWCA-Lincoln: Come and stop by at the YWCA and view the artwork created by children in TAB. The artwork will be on display through April. Stop by Bright Morning Star for their open house.

Bright Morning Star Childcare: Enjoy an open house with a fun "Hand Print Bunny" activity. 9:00 - 11:00 am; 12:00 - 2:00 pm; 3:00 - 5:00 pm. \$1.00 per person (Children 11 months and younger are FREE)

THURSDAY, APRIL 15TH

Morrill Hall: Free admission from 4:30 - 8:00 pm. Children can dig for fossils and discover the natural world through other hands-on activities in the Marx Discovery Center. Thursday, April 15 4:30 - 8:00 pm

Lied Center for Performing Arts: Dynamic Dinosaur Decorations: Come to the Lied Center to help us make fun and colorful decorations for the next FamFest "Darwin the Dinosaur" at the end of the month! These fantastic decorations will be used for the family pre-performance event at the Lied, and will give parents and children great ideas for creative craft activities to do at home. 5:00 - 7:00 pm

SATURDAY, APRIL 17TH

Pioneers Park Nature Center: Nature's Market. There are lots of things for children at this grand celebration of spring. Create a seed ball to plant, decorate a nature journal, make a paper pot, or your very own fairy wand. PANgea and the PANgea Prep Steel Drum Bands will perform at 11:30 am. Exhibitors and vendors will have lots of fun and beautiful nature-related things to see and goodies available. 9:00 am - 1:00 pm

RECIPE EXCHANGE

In our TAB newsletter, I will include recipes that myself or someone on the TAB staff have tried and thought it was worth sharing with our TAB families. If you have a recipe you would like have featured in our newsletter, please give to Misti on Friday, or email to Misti at TABLincoln@gmail.com.



Tater Tot Casserole

This simple casserole is one of my family's favorites plus it is so easy. It can be made ahead of time and stored in the fridge for a day or the freezer for weeks.

- 1 lb ground turkey (or beef or no meat for veggie)
- 2 cans cream of chicken (or cream of mushroom, onion,)
- 1 small package or 1/2 large package tater tots
- 1 package frozen mixed veggies

Combine all ingredients and place in a casserole pan that has been sprayed with cooking spray and bake in a 350 degree oven for about an hour. Cover for the first 40 minutes and remove cover for the last 20 minutes.

Outdoor Fun!

Super Sidewalk Paint

- 1/4 cup cornstarch
- 1/4 cup cold water
- 6-8 drops food coloring

Mix cornstarch and cold water together in a small bowl. Add food coloring and stir. Repeat this process to create different colors of sidewalk paint. Super sidewalk paint can easily be washed away with water.

Tips and Ideas: Use to paint rainbows or other pictures where large areas of color are needed. Use Super Sidewalk Paint for painting hopscotch grids, make believe roads and highways for toy cars and trucks.

Photo Safari

Kids love taking pictures. Try this activity next time you are out on a walk or bike ride. Grab an old disposable camera and head out to look for things on a list you've made ahead of time. (If your child is younger, it could even be a camera that doesn't work anymore or a toy one and they would still have fun "pretending." Some ideas include:

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|------------------|---------------------|------------|---------------------|
| -Basketball hoop | -mailbox | -hula hoop | -front porch rocker |
| -Swing | -birds nest | -daffodils | -a blue house |
| -Yellow Car | -a red fire hydrant | | |



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				1	2 NO TAB	3
4	5	6	7	8	9 TAB 6-9:30pm Art Show Creations	10 9:30am-1pm Free Admission to Children's Museum
11 Week of the Young Child **See inside for events this week!!	12	13	14 TAB Open House 9-11 am	15	16 TAB 6-9:30pm Puppet making and show	17
18	19	20	21	22 Earth Day	23 TAB 6-9:30 pm Earth Day Activity	24 Kids Consignment Sale 9:30-3pm First Lutheran Church-70th & A ST
25	26	27	28	29	30	