

AUXILIARY OF EMERSON HOSPITAL PRESENTATION

LEARN HOW TO DEEPEN CONNECTIONS AMONG KIDS AND FAMILY BY
BRINGING PLAYFUL, CREATIVE AND MEANINGFUL EXPERIENCES TO THE TABLE

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Dancing Wellness and Healing in Motion

www.dancingwellness.com



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CREATIVE, PLAYFUL AND SAFE FUN FOR FAMILIES (things we may be doing!)

- **Create small pods for families and kids that can meet indoors**
- **Learn to bake bread, use a beginner sourdough starter recipe**
- **Explore lesser-known town conservation areas; purchase micro spikes or snowshoes to allow families to hike in snowy and icy areas.**
- **Join fabulous nature organizations that preserve open space such as Trustees of Reservation, Mass Audubon, and Appalachian Mountain Club. They all have a plethora of wonderful classes and programs for families. For e.g., Trustees has cooking classes for kids, night snowy owl hikes, bonfires.**
- **Learn to ski at a local, less busy and less expensive ski area such as Crotched Mountain in Southern NH or drive a little further to Dartmouth Skiway.**
- **Play twister, foosball, ping pong, darts, and charades - games requiring some physicality.**

What else can we do?

VIRTUAL VACATIONS – bonding through family-together time

- **Provide each family member with a vacation journal. Sit around the kitchen table some weekend night and brainstorm places you have been, you want to go, places the kids may be interested in. By end of night, each family member chooses a location to plan the virtual vacation. E.g., Caribbean night, French night, Yosemite night**
- **Guide kids on how to research – Watch PBS documentaries on different countries and regions, travel shows such as Rick Steve’s Europe, Anthony Bourdain Parts Unknown, podcasts, YouTube videos, library travel books**
- **Explore the local food, culture including customs, costumes/clothes, music, industry, housing, lodging ideas. Look up ethnic dance on YouTube to learn a few steps. Learn a few conversational phrases of the foreign language.**
- **Make sure to include activities that each family member will enjoy!! For example, if you’re a history buff and your son likes sports, include a sporting event in the itinerary.**
- **Teach kids how to determine costs of the vacation: airfare and when it’s most economical, gas for car, lodging, restaurant meals or buy and prepare meals, excursions. Prepare a budget, perhaps two options?**
- **Schedule each family’s virtual vacation night. Each family member will provide an itinerary which will include some local dishes, local customs, and each day’s activities. Teach a local dance, play a local game.**
- **When COVID subsides, look at scheduling virtual vacations for real!**
- **If real-time vacation looks too expensive, help guide kids to determine less expensive options such as Quebec City instead of Paris, Baxter State Park in Maine instead of Yosemite.**
- **Let everyone bask in the confidence of preparing a fun and bonding experience!**

If you would like to join my newsletter, or have questions/comments, email me at susanne@dancingwellness.com

****LOOK FOR MY NEXT GIRLPOWER PROGRAM FOR TWEENS AND TEENS COMING LATE MARCH 2022 AT STEINBERG WELLNESS AT EMERSON HOSPITAL.**

PLAY WITH YOUR FOOD!

RECIPES FROM JULIA ELLIOTT

CHOCOLATE SMOOTHIE

Peel and freeze a small or large banana.

- 1 small frozen banana or half of a large banana
- 1 heaping Tbsp of all-natural peanut or almond butter
- 2 tsp unsweetened cocoa powder
- 1 shake of ground cinnamon
- 1/2 tsp vanilla
- 1 1/2 cups unsweetened almond milk

Blend together until smooth.

BERRY SMOOTHIE

- 1/2 cup blueberries
- 1/2 cup strawberries
- 1 cup Greek yogurt
- 1/2 banana
- 1 cup frozen spinach
- 1 1/2 cups almond milk

Blend together until smooth.

MAGGIE'S SALAD

(Serves one)

- 1-2 cups spinach (or another lettuce variety)
- 3 strawberries, sliced (or apples, any other fruit)
- 2 tsp shredded parmesan
- 2 tsp chopped nuts - optional (Maggie likes cashews)

Lemon olive oil dressing - whisk together:

- 1 Tbsp lemon juice
- 3 Tbsp olive oil
- 1/2 tsp Dijon mustard

BANANA BREAD

This recipe was passed down from my grandmother to my daughter.

- 3 very ripe bananas
- 1 cup sugar (or less sugar, maple syrup, honey, coconut or date sugar, apple sauce)
- 2 eggs (or 1/2 cup silken tofu, yogurt or buttermilk)
- 1/4 cup (4 Tbsp) butter (or coconut or avocado oil)
- 1 1/2 cups all-purpose flour (or whole wheat flour, oat flour, almond flour, brown rice flour)
- 1 tsp baking soda
- 1 tsp salt (or less salt)

Directions

1. Mash bananas.
2. Mix in sugar, eggs, and butter.
3. Mix flour, baking soda, and salt in a separate bowl.
4. Add flour mixture to mashed banana mixture and combine.
5. Pour into buttered loaf pan and bake for 1 hour at 325°F.

Seaweed Pocket Salmon Bowls

When our 13 year old wants to cook -we listen! Inspired by Tic Tok this recipe is on a weekly rotation. Make your own bowl with the addition of roasted seaweed packets. Our favorite brand is

<https://www.gimmesnacks.com/pages/why-seaweed>

Cook salmon to your liking but included *is one way that we prepare the salmon for this meal. Can also grill or roast the salmon over high heat.

* If you have an airfryer, cooking the salmon pieces is next level in this kitchen appliance. Not necessary but I am a convert to this cooking gadget my husband bought.

Serves 4-6

Ingredients

- 1-1 ½ lbs salmon
- A couple tablespoons of either mayo or mustard
- A few teaspoons of “old bay seasoning” or a favorite seasoning mix of your own
- 4-6 cups cooked brown or white rice
- Handful of chopped chives
- 2 avocados, medium diced
- Shoyu or tamari to taste

Preparation

Preheat the oven to 400.

Cook rice

Cut the salmon into a couple long portions, this allows for crispy texture on multiple surfaces. With a pastry brush or knife, thinly cover the salmon with either the mayo or mustard. This allows the spice blend to better adhere. Generously coat the top of the salmon pieces with desired spice blend.

If cooking the salmon in the oven, depending upon thickness, check at 15 minutes.

Using two small prep bowls, set aside finely sliced chives and avocado(if preparing avocado in advance a few squeezes of limes will help keep fresh).

When the salmon is done, break it up into small pieces.

Mix salmon and rice together with the desired amount of shoyu or tamari. Top with avocado and chives.

Using the roasted seaweed as an envelope, stuff the rice/salmon mixture and enjoy in one yummy bite.

Tips:

Looking to add more veggies into this meal..small dice of roasted sweet potatoes or little broccoli florets or a small dice of sauteed mushrooms are good way to mix this recipe up.

Sweet Potato Nachos

Full of color and texture this is all about the toppings, pile it on for a one pan meal family meal. Serves 6

Ingredients:

- 4 large sweet potatoes, medium dice
- 3 tbsp avocado oil or other high heat oil
- 1 tbsp taco seasoning *homemade below
- sea salt, if there is no salt in your taco seasoning
- 4 green onions, white and green part, chopped
- 2 ears of corn, cut from the cob or the equivalent of frozen corn
- 1- 15oz can of black beans, rinsed
- 1- 8oz bag of shredded mexican cheese

Toppings:

large handful of basil or cilantro, chopped
1/2 pint cherry tomatoes halved
2 avocados, diced
fresh fruit salsa (a mix of pineapple, peach or mango with a squeeze of fresh lime juice)
anything pickled, ginger carrots are a favorite
sour cream
Salsa

Preparation:

- Preheat oven to 400
- Prepare sweet potatoes and place in a large bowl, toss with the oil, and taco seasoning. Evenly spread out on a large sheet tray or two small ones.
- Bake for 30 minutes until tender and slightly browned. Remove from the oven and sprinkle on top of the sweet potatoes the green onions, corn, and black beans. Top with cheese and reduce oven temp to 375 and cook for another 10-15 minutes until cheese is melted and starting to brown.
- Remove from the oven and either offer sides for a make your own plate or pile any or all toppings on the sweet potatoes for a one-pan meal.

Notes

*To make your own taco seasoning: * This combination has sea salt so adjust recipes accordingly. Store in a sealed jar for up to a year

- 1 Tbsp. of ground cumin
- 2 Tbsp. of chili powder
- 1 Tbsp. of onion powder
- 1 Tbsp. garlic powder
- 1 Tbsp. sweet paprika
- 2 tsp of sea salt
- 1 tsp ground coriander
- 1 tsp. of light brown sugar, optional
- 1 tsp. oregano, optional
- generous pinch of red pepper flakes