Ice Cream Craft

Supplies needed:
- Cardboard
- Card stock
- Beige marker
- Cotton rounds
- Food dye
- Dropper
- Glue
- Craft scissors
- Cups with water

Ice Cream Craft Instructions:

Step 1: Cut cardboard into a rectangle
Step 2: Cut out a cone from the card stock and glue to cardboard
Step 3: Use the beige marker and draw lines to look like an ice cream cone
Step 4: Glue 3 or more cotton rounds to the top of the cone
Step 5: Add your choice of food coloring to the cups of water and mix
Step 6: Use the dropper to paint the ice cream scoops

** This craft enables your child’s creativity, hand-eye coordination, fine motor skills, and independency.
Healthy Chocolate Ice Cream:
Have a fun ice cream day and whip this recipe together after crafting the ice cream cone above.

Ingredients
1 ¼ cups 2% milk
1 cup plain nonfat Greek yogurt
½ cup unsweetened cocoa powder
1 ½ tsp vanilla crème stevia
1 tsp xanthan gum
¼ tsp salt

**This recipe is best eaten the same day it is made but it can last up to two months in the freezer in an airtight container. It takes approximately 25 minutes to make and tastes just as delicious as the not so healthy chocolate ice cream.

For instructions, visit https://amyshealthybaking.com/blog/2016/07/28/25-minute-healthy-chocolate-ice-cream/

Parent-Child Playtime

Although the activities above may seem simple and time consuming, engaging in these activities with your children may have more of an impact on their development than you think. Parent-child play increases their creativity, working memory, gross motor skills, cognitive flexibility, regulation of emotions and peer group leadership skills. Interacting with your child in these various fun activities is also a great way to build a strong relationship.

With summer around the corner, you can also implement play into learning activities, that way they are keeping their minds active during their time off from school.

A few ideas: Print off different educational worksheets and play school with your child, this way they are still learning while building a stronger bond with you. Explore outdoors and discover nature together, teach them about their environment. Make different recipes together and educate them on the basics of cooking.

Parent-Child play is also a great opportunity to model to your child how to take turns and teach them the valuable skills that will benefit them in their future when playing with others. This type of play can also assist in decreasing your child’s screen time and create additional beneficial options for them when they decide how they want to spend their free time.