

Minnesota Dads At Home Newsletter

Volume 4 Issue 1

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THE MDAH NEWSLETTER IS ALWAYS LOOKING FOR NEW SUBMISSIONS ON ANY TOPIC: SPORTS, FITNESS, A BOOK REVIEW, OR JUST YOUR SLANT ON AT-HOME DAD LIFE. TO SUBMIT, EMAIL: nate@mdah.org

In This Issue:

Get Gear?: Results of our email poll of new dad "must-haves"

Winter Wonderland: Tips for keeping kids healthy in winter

This Month's Recipe: Pot Pie!

Upcoming Special Events:

- February Mom's Night Out at Buca Di Beppo in Saint Paul on Friday, February 24th at 7PM. Email chenmayyee@yahoo.com ASAP!
- February Dad's Night Out at Keegan's Irish Pub in Minneapolis on Tuesday February 28th at 7:30 PM for dinner and beverages. Email Nate or Mike (mike@mdah.org) if you are interested.
- March Dad' Night Out: dinner and a movie at Mall of America. Date and time TBD.

Got Gear?

Wow. I emailed you way back and asked for the number one item that a new dad needs to have. Thanks for the flood great suggestions, guys. I feel very lucky to have such a wealth of information available to me. There were a ton of good ideas sent around, but here is the top ten list of the tangible items that were mentioned most often:

- All purpose First Aid Kit (with water bottles, anti-bacterial soap, lotion, children's Tylenol, and plenty of Band-Aids!)
- Diaper backpack
- Baby sling
- Portable bottle heater
- Exercise and play mat
- Exersaucer
- Portable cradle seat or bouncy seat
- Receiving blankets
- Vinyl changing pad
- Infant/toddler backpack carrier
- Laundry basket and/or big brown cardboard box (for forts!)

Compare our list to another I found at an online parenting site. Notice there are several similarities:

- Automatic Swing
- Nursing Pillow
- Exersaucer
- Books on baby's development
- Mobile
- Car seat coverall
- Lullaby / kid music
- Medicinal Remedies
- Baby Sling/Carrier
- Travel kit / activities

Some tips on how you can help kids have fun with Frosty while also keeping them safe:

- **Layer, layer, layer.** Multiple layers of clothing are more effective at preventing hypothermia than one big snowsuit.
- **Cover the body, head to toe.** Gloves and hats are a must. For the body parts that aren't covered, like the nose and around the eyes, some protection can be had against the cold by rubbing the area with petroleum jelly, especially if the child's nose is runny -- when the mucus hits cold, dry skin, it can irritate it, and petroleum jelly prevents this.
- **Enough's enough.** Make sure your kids know that when they start shivering, it's time to come inside and warm up. Use a temptation like hot chocolate to give them incentive to come inside.
- **Fighting frostbite.** If your kids do overstay their welcome with Old Man Winter, frostbite can be an issue. Superficial frostbite, when the skin turns a light gray color, is treated by coming indoors and applying something warm -- not hot -- to the affected area, like a heating pad or warm water. When the skin is frostbitten so that it's numb from the cold, that warrants immediate medical attention.
- **Know when to say no.** Find out the wind chill factor, and if it's more than 20 degrees below zero, it's just too dangerous. That's the time to put your foot down and say, "No, you're not going outside."
- **Can you catch a cold from the cold?** While you might think keeping the kids inside during the cold months will keep them healthy, that's not necessarily the case. Colds are due to viral infections, and viral infections are spread by close contact with others -- not the cold weather. If you're indoors with other people, even if you're warm and toasty, if someone is harboring a viral infection, you are at risk.

This Month's Recipe: Easy Pot Pie

- This simple recipe is just a classic pot pie – made easy. Prep time should only be about 10-15 minutes, and only bakes for another 15. You can substitute roast for chicken, or forgo the meat for a vegetarian pie.

INGREDIENTS:

- 1 package frozen mixed vegetables
- 1 cooked chicken breast - chunked
- 2 cans condensed cream of chicken soup
- 1/2 cup milk
- salt and pepper to taste
- 1 can refrigerated layered biscuits

DIRECTIONS:

1. Preheat oven to 425 degrees. Lightly grease a 9-inch deep dish pie pan.
2. In a large saucepan over medium heat, combine mixed vegetables and chicken; cook until vegetables are tender. Fold in soup and mix well. Pour in milk and mix until smooth. Add salt and pepper to taste. Bring to a boil.
3. Remove from heat and spread mixture into bottom of pie pan. Separate biscuits into layers and place gently on top of mixture.
4. Bake in preheated oven for 15 minutes, or until golden brown.