



Your Family's Guide to a Healthy Valentine's Day

Since it's well established that sugar and artificial ingredients can lead to behavioral and attention issues*, it's wise to avoid them, especially for kids with behavioral challenges including ADHD, Asperger Syndrome (ASD) and Sensory Processing Disorder to name a few.

With the abundance of dyes and processed sugar in most Valentine's Day treats, it can feel like a challenge to make healthier choices to improve your child's behavior.

We're here to help! Here are our favorite ways to celebrate without compromising their health and nutrition:



To take the focus off of food-based rewards, you can enjoy fun activities with your kids such as:

- ♥ A bean bag toss with heart-shaped bags
- ♥ Do something kind for someone else such as bringing an elderly neighbor a gift or sweet card
- ♥ Make everyone wear a red outfit and decorate a room with streamers, balloons, and hearts
- ♥ Have a dance party together
- ♥ Do a scavenger hunt with a non-food gift as the reward, such as bubbles, temporary tattoos or new craft supplies

Aim for brain-boosting treats that will fuel your child's focus at school and make them feel appreciated. It is amazing how many foods we can make into heart shapes! Here are a few favorites:

- ♥ Hummus plate with heart-shaped cucumbers, carrots, fruit slices, and non-dairy cheese.
- ♥ Heart-shaped red and pink fruit on a stick such as watermelon or strawberries.
- ♥ Gelatin made with 100% juice and gelatin - pour into heart-shaped molds or use a cookie cutter to cut into heart shapes once firm.



VALENTINE'S DAY SCHOOL TREAT ALTERNATIVES



School will be full of candy. Some parents keep their child home to avoid the day. Others send their kiddos with non-candy treats and valentines. Here are a few ideas!



- ♥ Heart Shaped Erasers (*Make no mistake, you can't be erased from my heart*)
- ♥ Bookmark (*You hold a special place in my heart*)
- ♥ Bubbles (*You blow me away*)
- ♥ New pencils (*You're the write friend for me*)
- ♥ Whoopie cushions (*Whoopie! It's Valentine's Day*)
- ♥ Crazy straws (*Crazy about you*)
- ♥ Seed packets (*I dig your friendship*)
- ♥ Animal figurine (*Will zoo be my Valentine?*)
- ♥ Crayons (*Color your heart out*)
- ♥ Glow bracelet (*You make my heart glow*)
- ♥ Stickers (*I'm stuck on you*)
- ♥ Or, use our free brain-based Printable included!



RECIPES TO LOVE & —♡♡—

Frozen Yogurt Bites with Non-Dairy Yogurt

- Plain non-dairy yogurt
- Fresh or frozen fruit, such as pomegranate seeds, kiwi slices, strawberries, blueberries, raspberries
- Dried fruit or nuts
- Honey or maple syrup – optional
- Muffin liners or ice cube molds
- Baking sheet

Directions:

Place yogurt and toppings into small bowls. Place bowls and muffin tin or ice cube tray on baking sheet to help with clean up. Flavor the yogurt with honey or maple syrup, if desired. Guide children to use the non-dairy yogurt as the “glue” to hold their fruit or sweet toppings together as they layer them into the muffin tin or ice cube molds.



I Love You Lunch

- Half a banana (*with a secret message!*)
- Apple slices
- Cucumber slices
- Chocolate granola
- Fruit leather cut into Cupid's arrow

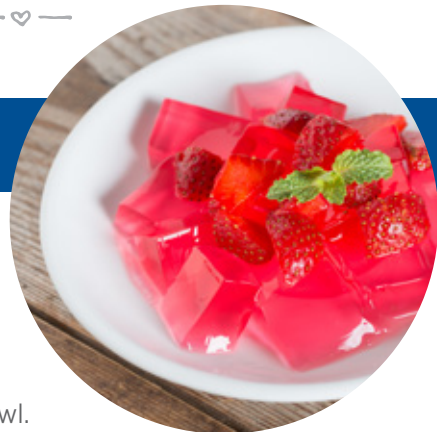


Homemade Jello with 100% Juice

- 2 cups 100% fruit juice, divided
- 2 tablespoons unflavored gelatin (use more for a firmer result, less if you want it softer)

Directions:

Start by blooming the gelatin. Place ½ cup of the juice in a heat-proof bowl. Sprinkle the juice with the gelatin and whisk to combine. Meanwhile, bring the remaining juice to a boil. Once it's boiling, remove from heat and pour into the bowl with the gelatin. Stir until the gelatin is dissolved. Pour the mixture into an 8x8 baking dish or any cute molds you may have. Place in the fridge to set for 3-4 hours.



PRINT A VALENTINE

Enjoy these free, brain-inspired Valentines that you can print and help your child cut out to give to their friends as a way to show their appreciation.

