



Want a Kind Child? Follow These Tips

Dr. Helen Hadani, director of research for the Center for Childhood Creativity and member of [The Goddard School Educational Advisory Board](#), offers advice on [how to instill kindness in your child](#).

Five Ways to Encourage Open-Mindedness

Part of being a good citizen is being open-minded regarding different types of people, cultures and customs. Here are [five ways to encourage open-mindedness](#) in children.



Winter Scavenger Hunt

Your local park can be a magical winter wonderland that is perfect for playful learning. [Create a scavenger hunt for your family](#) using these ideas!



Zucchini Pizza Boats

Are you looking for a fun way to incorporate more veggies into your child's diet? Surprise your little one with a [zucchini pizza boat](#)!

This delicious treat is vegetarian and gluten-free. [Ingredients](#)

- Two medium zucchinis
- Tomato-based pizza sauce
- Mozzarella cheese
- Parmesan cheese

Heat oven to 350 degrees. After washing zucchini and trimming the ends, cut each in half lengthwise. Use a spoon to gently scrape out center of zucchini.

Place zucchini halves in small baking dish, then spoon desired amount of pizza sauce into the halves. Top with desired amount of cheeses.

Bake for 25 to 30 minutes or until cheese is bubbly and golden. You can also try adding other ingredients such as green peppers or mushrooms - just be sure to place them on top of the cheese before baking.

*An adult should oversee all recipes and activities. Recipes and activities may not be appropriate for all ages.

Eight Parenting Trends That Will Be Huge in 2019

Parenting is all about personal style: maybe you're relaxed and free-range, maybe you're a total worrywart. That said, parenting trends do come and go. [Here's what's hot in the child-rearing world for 2019.](#) (Take from it what you will.)



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