



# NC SEEDLING



Study to  
Explore  
Early  
Development

North Carolina  
**SEED**

## Special Time for You and Your Child

UNC-CH, Department  
of Epidemiology

Fall 2012

[www.NCSEED.org](http://www.NCSEED.org)

With busy schedules full of work, childcare and structured activities, there all too often is not time in the day for one-on-one time between parents and their children. Setting aside a few minutes for "special time" with your child each day can promote positive interactions and be so much fun! Here's what you can do:

Find 10-15 minutes each day for you and your child to have "special time"

Let your child choose the (noncompetitive) activity (e.g., drawing, building, pretend play - not watching TV!)

Just observe your child for awhile and join in when s/he wants you to do something (e.g., "Mom, you drive the red car.")

Make small comments about the play (e.g., "That's a really colorful flower!" or "Your fireman saved the day!")

Make an occasional comment about how much you're enjoying the play together (e.g., "I like watching you do that." or "This is my favorite part of the day!")

Remember that this is just time to play together, not a time for teaching, making demands or asking a lot of questions!

Relax and enjoy!



### NOTES

- NC SEED has 45 families enrolled
- Our next full edition newsletter will be mailed this month!

## Fannie Farmer's Classic Baked Mac and Cheese

### Ingredients:

1 (8 oz) package macaroni  
4 tablespoons butter  
4 tablespoons flour  
1 cup milk  
1 cup cream  
1/2 teaspoon salt  
fresh ground black pepper,  
to taste  
2 cups cheddar cheese,  
shredded good quality

### Directions:

1. Preheat oven to 400°F.
2. Cook and drain macaroni according to package directions; set aside.
3. In a large saucepan melt butter.
4. Add flour mixed with salt and pepper, using a whisk to stir until well blended.
5. Pour milk and cream in gradually; stirring constantly.
6. Bring to boiling point and boil 2 minutes (stirring constantly).
7. Reduce heat and cook (stirring constantly) 10 minutes.

8. Add shredded cheddar little by little and simmer an additional 5 minutes, or until cheese melts.
9. Turn off burner.
10. Add macaroni to the saucepan and toss to coat with the cheese sauce.
11. Transfer macaroni to a buttered baking dish.
12. Bake 20 minutes until the top is golden brown.

