

Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas



November 2015

November: Healthy Lifestyles Month



Role Modeling Healthy Behaviors

From earliest infancy, children learn through their interactions with parents/guardians and early care and education providers. Young children naturally want to do what you do. Caring for children and families everyday gives you a unique opportunity to influence positive health behaviors. You can do many things to help children develop healthy eating and physical activity habits, and being a good role model is where it begins.

Remember that children pick up on attitudes about healthy foods, so make sure your comments about the food served are positive. Mealtime is a great way to help children develop positive attitudes about healthy foods, learn appropriate mealtime behavior, and improve communication skills.

Use the following tips to help you model healthy habits:

- Be willing to try new foods with the children. Children will be more inclined to taste an unfamiliar food if a trusted adult is eating it also.
- Make positive comments about healthy eating—encourage children to taste all foods, especially new ones!
- Always praise children when they eat their fruits and vegetables or at least

give them a try. Praise serves as positive reinforcement and makes it more likely that kids will repeat this behavior again in the future.

- Adopt family-style dining, in which all food is placed in serving bowls on the table and children are encouraged to serve themselves alone or with help from an adult. This helps children think about their own hunger and fullness cues and learn how to make healthy choices. It's also a great time to teach children about appropriate serving sizes and encourage them to try unfamiliar foods.
- Make meals and snack time positive, cheerful and unhurried events. Children should learn to chew their food completely. Our bodies need time to realize that they've had enough to eat, and this is especially true for children's growing bodies. Modeling these behaviors and taking time to enjoy a leisurely meal teaches children the importance of mealtime and proper nutrition.
- Seize the teachable moments during meals and snack time. Instead of watching TV while eating, engage children in conversation about healthy habits. Discuss where the foods you're eating comes from and why it's good for both adults and kids.
- Allow children to observe you choosing healthy foods over less nutritious alternatives (e.g., sweets and high fat snacks). Then tell them why you chose the apple over the cookie or brownie.

Source: Reproduced from *Best Practices for Healthy Eating, Nemours*



National Eating Healthy Day is November 4th!

Healthy On the Go Snacks

- Homemade trail mix – 2 tablespoons each of unsweetened cereal, dried fruit, and nuts
- Low-fat string cheese and a medium piece of fruit: apple, pear, peach, or nectarine
- ½ cup low-fat cottage cheese and ¼ cup unsweetened frozen berries
- Two graham crackers with low-fat frozen yogurt and sliced banana
- ½ cup of oatmeal with cinnamon and fresh or frozen berries
- 6 oz. container of light whipped yogurt, frozen
- Celery sticks with 1 tablespoon low-fat cream cheese
- 6 whole wheat crackers with one ounce of low-fat cheese



BREASTFEEDING MYTH BUSTERS

By Brenda Bandy, IBCLC
Program Director,
Kansas Breastfeeding Coalition

Myth: When a baby starts to get hungry, he'll cry.

Fact: When a baby is hungry, he will open his mouth, stick out his tongue, and move his head from side-to-side. While sleeping, he may start to squirm. If his hand is near his mouth, he may try to suck on it. Feeding before he cries will prevent crying. Crying is a sign of distress and can mean many things.

When a baby is full, he will move away from the food. Never prop a bottle, because it forces a baby to eat more than he wants. It makes him overeat and can increase vomiting. Just like adults, babies know when they have had enough.



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Activity Idea! *Crossing the Midline*

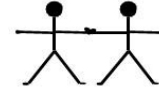
🎵 Build a Bridge 🎵



Bridge
Una puente



Tunnel
Un tunel



Road
Una calle



Cave
Una cueva



Tower
Una torre



Wall
Una pared

Diagram courtesy of Angela Russ

Make Tummy Time Play Time!

Physical activity is important for infants too! Tummy time is a great way to support an infants' motor development. To make tummy time fun, sing songs, respond to the sounds your baby makes, and offer new sounds and different expressions.



Tummy time strengthens the body, builds a strong bond and supports socialization!

Contributed by Child Care Aware® of Kansas

Healthy Eats

Shake-A-Pudding

- 2 cups of milk
- 3 1/2 ounces of instant pudding (one small box)
- 2 bananas (peeled and sliced)



Directions:

1. Place 2 cups of milk (Low-fat or Skim) in a quart jar with tight-fitting lid.
2. Add one small package of instant vanilla pudding mix to the jar; screw lid on jar.
3. Shake until mixture is smooth.
4. Place pieces of fruit in a serving bowl or paper cups.
5. Pour pudding over fruit and chill.

Serves 8

Source: Choosemyplate.gov