

# Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas



December 2016

## December: Healthy Celebrations Month



The holidays are right around the corner. Here are some tips to help child care providers plan a fun and healthy celebration:

- \* **Plan parties at locations that encourage physical activity**—host the party outside.
- \* **Make foods look festive**—cut vegetables into new shapes or decorate plates with colorful fruits.
- \* **Make moving part of every event**—incorporate dancing, moving, playing active games, treasure hunts, wiggling, and giggling.
- \* **Try out some healthier recipes**—provide fruit kebabs, pita pizza or mini muffins instead of a cake, cookies and cupcakes.
- \* **Provide non-food party favors**—provide age-appropriate trinkets like bubbles, cars, whistles, jump ropes, bouncy balls, stickers, glow sticks, mini-books, Frisbees or temporary tattoos.
- \* **Focus on being healthy and happy**—shift the focus from food to the children by incorporating a fun nutrition activity in which you involve children in the planning and preparation of healthy snacks.
- \* **Decorate Healthy**—create fun centerpieces made from fruits and vegetables.

Source: Nemours

## SNOW-EY POKEY

Dress up in your snow clothes,  
and sing the tune-  
“Hokey Pokey”

You put your right mitten in,  
You take your right mitten out,  
You put your right mitten in,  
And you shake it all about.

You do the Snow-ey Pokey (shiver)  
And you turn yourself around,  
That’s what it’s all about!

Additional Verses:

You put your left mitten in....  
You put your right boot in....  
You put your long scarf in....  
You put your warm cap in....  
You put snowself in....



In a study conducted by the *University of Connecticut Rudd Center*, it was found that 72% of toddler dinners were high in sodium, and that the concentration of sodium in infant and toddler snacks were comparable to that of potato chips. The study also showed that more than ½ of infant ready-to-serve mixed grain and fruit products contained at least one added sugar, with more than 35% of their calories derived from sugar.

Source: *Baby Food FACTS*, Nov. 2016

### BABY & TODDLER SNACKS: Think They're Healthy?

**MARKETING MESSAGES:** Perfect snack for baby  
Real, natural, organic Delights tiny taste buds  
Encourages self-feeding

**What the experts say:**  
Children younger than 2 should not consume foods with added sugars.<sup>1</sup>  
Toddlers should learn to enjoy the taste, flavors and textures of whole fruits and veggies.

**Only 5%** of snacks examined qualified as nutritious

**50%** of baby snacks and **83%** of toddler snacks contained added sweeteners

**What you see is not always what you get:**

Many product names didn't match the ingredient list and there's more added sugars than fruits and veggies

**Be sure to read the ingredient list on the nutrition facts panel so you know what you're getting**

**FIND OUT MORE:** Baby Food FACTS from the UConn Rudd Center for Food Policy & Obesity examines the products and messages and marketing of food and drinks for children younger than age 3. For the full report, [UConnRuddCenter.org/BabyFoodFACTS](http://UConnRuddCenter.org/BabyFoodFACTS)

# DIY PHYSICAL ACTIVITY GAME

## *A Secret to Keeping Kids Active Indoors...Painter's Tape!*



**Directions:** Place strips of painter's tape evenly apart on the floor.

Challenge children to:

- Jump from one line to the next
- See how high they can jump
- Jump over the lines
- See if they can jump on one foot
- See how far they can stretch out
- Measure how long they are
- See how long they can stand on one foot on a line

**Modify activities** for different ages by adding more colors, or using the tape to make shapes, letters, or numbers.

- Use dice, or spinning wheels with letters, numbers, colors or shapes to determine where to hop next.
- Put numbers in squares that determine how many times they must do an action (hop or touch toes).
- Make different shapes to toss bean bags into.
- Use the tape to make a life-size maze.

Source: [Hands on as we Grow](#)

OFFICES WILL BE CLOSED  
DECEMBER 26, 2016,  
JANUARY 2, 2017, &  
JANUARY 16, 2017  
IN OBSERVANCE OF  
NATIONAL HOLIDAYS.



## WIND-CHILL FACTOR GUIDE

		WIND SPEED (MPH)								
		Calm	5	10	15	20	25	30	35	40
AIR TEMPERATURE (F)	40°	40°	36°	34°	32°	30°	29°	28°	28°	27°
	30°	30°	25°	21°	19°	17°	16°	15°	14°	13°
	20°	20°	13°	9°	6°	4°	3°	1°	0°	-1°
	10°	10°	-1°	-4°	-7°	-9°	-11°	-12°	-14°	-15°
	0°	0°	-11°	-16°	-19°	-22°	-24°	-26°	-27°	-29°
	-10°	-10°	-22°	-28°	-32°	-35°	-37°	-39°	-41°	-43°
	-20°	-20°	-34°	-41°	-45°	-48°	-51°	-53°	-55°	-57°
	-30°	-30°	-46°	-53°	-58°	-61°	-64°	-67°	-69°	-71°

■ Comfortable Outdoor Play    ■ Use Caution    ■ Dangerous

### Healthy Eats

- 2 bananas
- 3 strawberries
- 6 skewers

### Banana Snowman

- 1/4 of a carrot
- 6 grapes
- Handful of currents or raisins



#### Directions:

1. Cut bananas into thick slices (9 per banana)
2. Peel carrot and cut into small triangular slivers for the nose
3. Take off stem and cut strawberries in half. You should get two hats out of each
4. Cut the grapes in half
5. Assemble. Thread three slices of banana onto each skewer followed by a strawberry hat and grape half. Gently press the currents/raisins into the banana slices to create eyes and the buttons on the body, then add the carrot nose. Serve immediately!

Source: [Pinterest](#)

**“Clip and Save”**  
Makes it easy to clip out  
and save this healthy  
recipe before recycling  
your newsletter.

