

Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas



November 2016

November: Healthy Lifestyles Month

Role Modeling Healthy Behaviors at Mealtime

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.

Reproduced from Best Practices for Healthy Eating, Nemours

Children are great imitators. So give them something great to imitate!

November 4th is National Eating Healthy Day

While adults can get through the day without many between-meal snacks, kids can't.

Snacking should be thought of as a way to give kids extra fuel throughout the day. Be sure the snack they are served is packed with as much fiber as possible. Snacks shouldn't be empty calories; they should be used to fill in the nutrition gaps in kids eating.

Healthy On the Go Snacks Ideas

- 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
- Two graham crackers with low-fat frozen yogurt and sliced banana
- Celery sticks with 1 tablespoon low-fat cream cheese
- Six whole wheat crackers with one ounce of low-fat cheese



STRESS RELIEF



The first step in successful stress relief is deciding to make stress management a goal.

By identifying your stress triggers you can then start thinking about strategies for dealing with them. Then move to identifying what aspects of the situation you can control.

Finally, get moving to manage stress. Having a healthy lifestyle will help you manage periods of high stress. It pumps up your endorphins and improves your mood.



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



PINTEREST HEALTHY IDEAS

Want some fresh new fall ideas and resources?

Check out these topics and more on the Child Care Aware® of Kansas Pinterest Boards!



[Fall Activities](#)

[Science Activities](#)

[Physical Play for Infants & Toddlers](#)

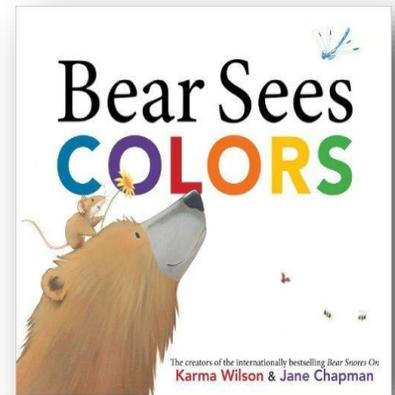
Kansas Reads to Preschoolers Week: Bear Sees Colors

November is here and the selection has been made, November 13-19, 2016, is *Kansas Reads to Preschoolers* week! The title for this year's book is *Bear Sees Colors* by Karma Wilson.

The story takes children on an adventure through the woods where they can help Bear and Mouse spot all the colors along the way. The story also offers children the opportunity to develop their rhyming and observation skills.

Check out the Pinterest link for fun activities:

[Kansas Reads to Preschoolers](#)



Healthy Eats

Kale Chips

Kale
Olive Oil
Sea Salt



Directions:

1. Preheat oven to 350 degrees F.
2. Cut out the thick stems and tear kale leaves into bite-size pieces.
3. Dry the leaves very well.
4. Drizzle with olive oil and season with salt.
5. Bake on a parchment-lined baking sheet for 10 to 15 minutes, or until edges start to brown.

Source: <https://www.pinterest.com/ccaofkansas/healthy-recipes/>