

# Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas



January 2017

January: Staying Healthy

## Setting Goals

Small decisions, made throughout the day, are reflected in overall health and wellness. These decisions help achieve countless goals every day. Wellness goals can be as small as "I'm going to get eight hours of sleep tonight" or as complex as "I am going to run a marathon before my next birthday." Here is some guidance on setting all types of wellness goals.

When setting wellness goals, follow the S.M.A.R.T. - Specific, Measurable, Attainable, Realistic and Timely - guidelines. Ask specific questions:

*What do I want to accomplish?*

*Where will I do it?*

*When will I do it?*

*Who can help me?*



Establish concrete criteria for measuring progress. For example, when setting a goal of increasing your physical activity level, the specifics could include walking at the track for 30 minutes a day, three days a week, during a lunch break, or with a co-worker.

Life circumstances, such as physical, intellectual, emotional and financial barriers may interfere with realistic goal setting. If the original goal is not doable, set another goal that can be reached.

Lastly, set a timeline to avoid procrastination. Goal setting is not just a New Year's resolution. Wellness goals should be set continuously throughout the year to successfully achieve lifelong results.

Source: [Phys.org](http://Phys.org)



*"Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life."*

Source: [University of California](http://University of California)

## Fight Stress with These Healthy Habits!

Healthy habits can protect you from the harmful effects of stress. Here are 10 positive healthy habits you may want to develop:

1. Talk with family and friends.
2. Engage in daily physical activity.
3. Embrace the things you are able to change.
4. Remember to laugh.
5. Give up the bad habits.
6. Slow down.
7. Get enough sleep.
8. Get organized.
9. Practice giving back.
10. Try not to worry.

Source: [www.heart.org](http://www.heart.org)

Offices will be closed  
January 16, 2017

## NATURE PLAY IN THE WINTER

When the winter chill sets in, spending meaningful time outdoors can be hard to do. Here are a couple of ideas to help with cabin fever:

**NEIGHBORHOOD WALKS** are a year-round activity. Bundle up in heavy coats, hats and gloves. Search for animal homes, such as nests and holes. Look for animal tracks or ask children to pick a favorite tree.

**SNOW PLAY** is a special winter experience for all children. Bundle up, adding waterproof boots and mittens. Build a snowman or make a snow castle or a fort. Use pie tins, cardboard boxes or small plastic containers to pack snow tightly into molds. Children can practice throwing skills by throwing snowballs at targets.

Source: Nemours

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## QUICK MOVEMENT ACTIVITIES FOR LIMITED SPACES

Are you looking to keep the kids moving, but are limited on space? These physical activities are great to get the heart rate going and keep kids active.

### OPTION 1 -

Ask the children—*Can you?*

- \* Pounce like a tiger
- \* Balance on a high wire
- \* Climb a rope
- \* Swagger like a cowboy
- \* Fly like a butterfly
- \* Dance like you’re on stage
- \* Paint the fence
- \* Wash the car
- \* Shuffle like you just got out of bed
- \* Float in the waves at the beach
- \* Balance a ball like a seal
- \* Wiggle like an inch worm
- \* Push a rock up the hill



### OPTION 2 -

*As If* Activity:

- \* Run in place *as if* a big scary bear is chasing you
- \* Jump in place *as if* you are popcorn popping
- \* Reach up *as if* grabbing balloons out of the air
- \* March in place and play the drums *as if* you are in a marching band
- \* Paint *as if* the paint brush is attached to your head
- \* Swim *as if* you are in a giant pool of Jell-O
- \* Move your feet on the floor *as if* you are ice skating
- \* Shake your body *as if* you are a wet dog



Source: Heather Waterfield, Early Education Professional Development Specialist, Child Care Aware® of Eastern Kansas and Western Missouri

### Healthy Eats

### Healthier Macaroni and Cheese

- |  |                                  |
|--|----------------------------------|
| 1 1/2 cups dry multigrain or whole-grain elbow pasta | 1 cup chopped broccoli           |
| 1/2 cup low-fat milk                                 | 1/4 cup low-sodium chicken broth |
| 1 tablespoon all-purpose flour                       | 1/2 cup shredded American cheese |
| 1 cup shredded reduced-fat cheddar cheese            |                                  |

#### Directions

1. Cook pasta according to the package directions, adding broccoli during the last 2 minutes of cooking.
2. Drain and return to the pan; cover to keep warm.
3. While pasta is cooking, whisk together the milk, broth, and flour.
4. Cook and stir over medium heat until the mixture is thickened and bubbly. Mix cheeses into sauce, cook just until melted.
5. Toss the cooked pasta and broccoli with cheese sauce.



#### Nutritional Information (per 1/2 cup serving)

Calories 315 Total Fat 6g Cholesterol 5mg Sodium 465mg Total Carbohydrates 12g  
 Dietary Fiber 2g Protein 3g

Source: [recipe.com](http://recipe.com)