



Healthy Ways to Family Fitness

Issue 9

A NEWSLETTER PROMOTING CHILDREN'S HEALTH FROM THE ANNE ARUNDEL COUNTY DEPARTMENT OF HEALTH

KEEP YOUR Kids Hydrated

Kids can quickly get dehydrated, which can lead to serious health problems. You can help prevent this by encouraging your kids to:

- Take water breaks during the day.
- Take a sip from the water fountain everytime they pass it.
- Drink water before, during and after active play.
- Bring a bottle of water with them to daycare and on field trips.



Family Fun ⁱⁿ the Sun

Families that play together have more fun. Anne Arundel County has everything a family needs for fun outside.

- Check local newspaper listings and recreation guides for free or low-cost activities.
- Rediscover nearby playgrounds, parks, trails, beaches and pools.

REMEMBER SUNSCREEN!

Use SPF 15 or higher sunscreen and lip balm, too. Apply 30 minutes before going outside. Reapply every two hours or after going into the water.



Is your family *drinking* its calories?

High-calorie drinks can add a lot to children's daily intake without satisfying their appetite. Soda, fruit-flavored drinks, sports drinks and energy drinks are high in sugar and caffeine and low in the essential nutrients kids need. *The American Journal of Public Health* found that children age 2 to 19 are getting about one-quarter of their daily calories from soda.

DRESS IN LAYERS

Wear comfortable clothing. Try to dress in layers. Wear a hat and sunglasses to protect you from the sun any time of year.



HEALTHY FUEL FOR AN ACTIVE FAMILY

Pack meals and snacks to take outside with you; it's a healthy and low-cost way to fuel your fun. Keep food cool with freezer packs in a cooler. Portable healthy fuel:

- ✓ Washed and pre-cut fruits and vegetables
- ✓ Sandwiches made with 100% whole grain bread
- ✓ Low-fat yogurt or string cheese
- ✓ Trail mix made with nuts, whole grain cereal and dried fruit



Learn To Live

Healthy Living From The Anne Arundel County Department Of Health
www.aahhealth.org • 410.222.7979

Fun on Wheels

In-line skating, skateboarding, bicycle and scooter riding are all popular activities for kids. Wearing the right gear helps prevent serious injuries, including head injuries. As they start to learn wheeled activities, kids should begin practicing these safety pointers:

- Always wear an approved helmet that fits snugly and correctly. It should sit level on the head, not slanted back. The straps should always be securely fastened.
- Wear other protective gear such as wrist guards, knee pads and elbow pads for skating and skateboarding. Only knee and elbow pads are recommended for scooter riding, as wrist guards make it harder to steer.
- Before going down hills or into crowded areas, children should feel comfortable riding the equipment, be able to stop and be in control.



Child Safety Seats:

Using the right restraint at the right age is one of the best ways you can protect the children you transport. Use these guidelines for child safety:




1. Rear-facing infant seats or toddler seats in the back seat: from birth to at least one year old and at least 20 pounds. The American Academy of Pediatrics recommends keeping young children rear facing as long as possible. Check the rear facing weight limit of the seat.
2. Forward-facing toddler seats in the back seat: from age one to about four and 20 to 40 pounds.
3. Booster seats in the back seat: from about age four and 40 pounds to at least age eight, unless the child is 4 feet, 9 inches or taller.
4. Safety belts: for age eight or older or if the child is taller than 4 feet, 9 inches. All children 12 and under should ride in the back seat.

Never leave a child alone in a safety seat.

Prevent Bug Bites



Bites from mosquitoes or ticks can cause illness. Help prevent being bitten by following these tips:

-  Wear appropriate clothing such as long pants and long-sleeved shirts, especially in long grass or brush.
-  Spray arms and legs with an insect repellent containing DEET (up to 50% for adults, 10% for children).
-  Parents should do a "tick check" on themselves and their children every day.



Phony 'fruit' juice

Just because a drink is labeled "100% natural fruit drink" doesn't mean that it is fruit juice. Fruit "drinks," "beverages," "-ades" and "cocktails" are not fruit juice. They may have some juice added. Before you buy a fruit drink, read the label carefully and see if it really is 100% fruit juice.

