



Healthy Ways to Family Fitness

issue 16

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

HAPPY, HEALTHY CHILDREN

Providing your children with healthy snacks, rest time and active play helps keep them energized and on their best behavior. Below are tips that will help you give your children what they need to grow, play and learn.

Healthy Snack Tips

- **Keep healthy food group snacks handy.** For example, provide raw vegetables, fruit, low-fat and fat-free milk* and milk products such as cheese and yogurt, 100% whole-grain bread, peanut butter, and hard-cooked eggs.
- **Offer snacks to satisfy hunger, not tears.** Skip the urge to offer a snack to quiet tears, calm children or reward behavior. That can lead to emotional overeating later.
- **Keep snack portions small.** If your child is still hungry, he or she can ask for more. Let your child decide what is enough.
- **Time snacks carefully.** Provide snacks two to three hours before meals. That way your child will be hungry for lunch or dinner.
- **Snack wisely yourself!** Do you snack when you feel stressed or bored – or just when you are hungry? What foods do you snack on? Remember, your child will learn snack habits by watching you. Be a good role model!

"Choosy" Eaters

- **Patience works better than pressure.** Let your child choose how much to eat. Kids are more likely to enjoy a food when eating it is their choice.
- **Trust your child's appetite.** Don't force your child to eat everything on his or her plate. Forcing a child to eat more encourages overeating.
- **Offer choices.** Ask, "Which would you like — apple or orange slices?" instead of "Do you want apple slices?"
- **Build on what your child likes.** If your child likes foods that are crunchy (e.g., whole-grain crackers and pretzels), offer other foods that are crunchy too. Try sliced cucumbers, carrots and green bell peppers.
- **Encourage adventurous tasters.** Rather than say, "You won't like that," ask them to tell you whether or not they like a food and why. You can taste it too and share why you like it or how you like it prepared best.

**Children ages 1 to 2 should drink whole milk. Children ages 2 to 5 should be gradually switched to fat-free or low-fat (1%) milk.*

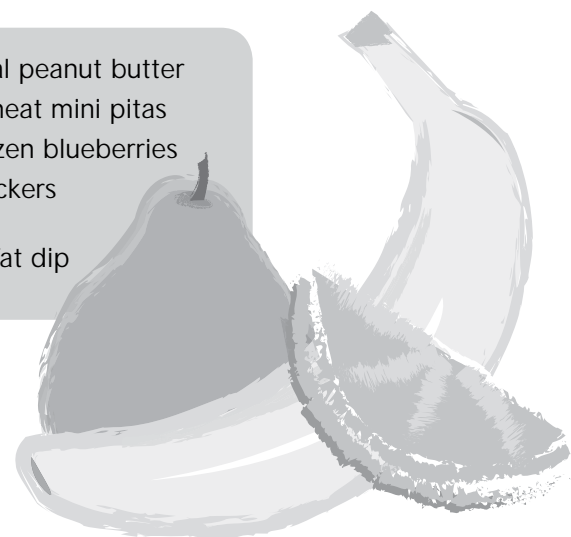
Kid-tested energy snacks for their brain and body:

- ✓ Soy chips or baked tortilla chips and salsa
- ✓ String cheese and carrots
- ✓ Turkey slice rolled inside 100% whole-wheat flour tortilla
- ✓ Greek yogurt and granola
- ✓ Low-fat cheese stick and bell pepper slices
- ✓ Apple slices and natural peanut butter
- ✓ Hummus and whole-wheat mini pitas
- ✓ Low-fat yogurt and frozen blueberries
- ✓ 100% whole-wheat crackers and nut butter
- ✓ Veggie sticks and low-fat dip

Learn To Live

Anne Arundel County Department of Health
www.LearnToLiveHealthy.org


For free information on healthy living and cancer prevention, contact Learn To Live at 410-222-7979 or at www.LearnToLiveHealthy.org.



Children need their zzz's for energy to play, learn and be happy and healthy!

Poor or inadequate sleep can lead to mood swings, behavioral problems, such as hyperactivity, and cognitive problems that impact a child's ability to learn.

How much sleep do we need?



Infants	
0-2 months	10.5-18 hours*
2-12 months	14-15 hours*
Toddlers/Children	
12-18 months	13-15 hours*
18 months-3 years	12-14 hours*
3-5 years	11-13 hours*
5-12 years	9-11 hours
Adolescents	
	8.5-9.5 hours
Adults	
	7-9 hours

* Including naps
Chart courtesy of the National Sleep Foundation

Did you know?

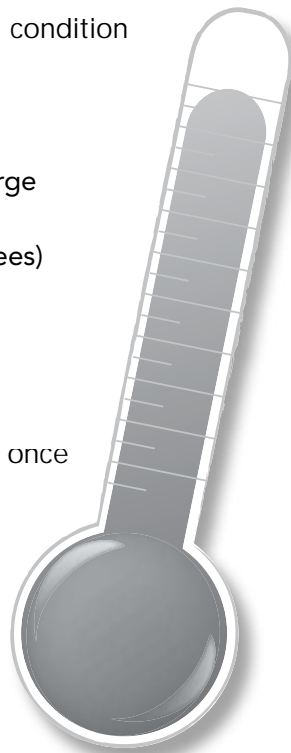
Active preschoolers are more likely to be happy. Physical activity helps children learn to feel good about themselves. Want to learn more about health and developmental benefits of physical activity for preschoolers? Check out www.MyPyramid.gov/preschoolers.

How do I know when my kids are too sick for child care?

Keep your child home when he or she is sick or has a condition that can be passed on to others, including:

- Stomachache, vomiting or diarrhea
- Red eyes with thick yellow drainage
- Constantly runny nose with yellow/green discharge and fever
- Cough with fever (temperature above 100 degrees)
- Undiagnosed rash
- Conditions such as ringworm, scabies, impetigo or live head lice
- Pain from earache, headache or toothache

In general, children can return to child care or school once they have been treated or their fever ends. Ask your doctor for advice about the conditions or symptoms listed. Talk to your child care provider about the center's procedures for sick children.



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Understanding Temper Tantrums

Temper tantrums are physical and emotional "meltdowns" common among children ages 2 to 5. Typical behaviors may include screaming, kicking, lying on the floor or even breath holding.

A tantrum is a child's expression of frustration with the physical, mental or emotional challenges of the moment. Physical challenges may include tiredness, hunger or thirst. Mental and emotional challenges may be related to a child's difficulty to learn or perform a task or express thoughts and feelings.

There are two approaches to dealing with temper tantrums: prevention and intervention. Make sure your child gets enough sleep, eats a healthy diet and has enough play time. Nobody behaves their best if they are hungry, tired or restless! When a tantrum strikes, as it inevitably will, stay calm, ignore what you can and don't try to talk your child out of it.

For more information about temper tantrums, check out these organizations and their websites:

- National Association of School Psychologists, www.nasponline.org
- Kids Health from Nemours Foundation, www.kidshealth.org
- American Academy of Pediatrics, www.aap.org