

let's talk about...



Being a Healthy Family Everywhere!

As a parent, you do your best to keep your children healthy and safe. Your home and family activities can provide a routine that supports healthy behaviors.

Here are some tips to help keep your family healthy and safe everywhere you go!

Provide Healthy Meals and Snacks

Healthy meals and snacks provide energy your family needs. Refuel with fruits, vegetables and whole grains instead of junk food. Stock your refrigerator and pantry with your family's favorite healthy options. For easy snack ideas and recipes, go to www.ahealth.org and click "Learn To Live."

Strive to have well-balanced meals with your family. Families that regularly eat together have better eating habits including more fruits and vegetables and less sweets and dietary fat. When eating out, select restaurants that provide a variety of healthy foods for children.

Be a Family in Motion

Providing safe, age-appropriate active play is a fun way for your child to develop and learn while maintaining physical fitness. Staying active helps you and your child maintain a healthy weight and improve muscle strength and balance. The recommended daily goal for physical activity is 30 minutes for adults and 60 minutes for children.

Follow these tips to help your family be active:

- Encourage and praise your kids as they try new activities.
- Set an example by playing with your child, or play on an adult team.
- Plan a regular family activity everyone can do such as bike riding or walking.
- Practice your child's favorite active game or sport together.

Go to the Park!

Parks are a great place for families to be active. Designated areas at Anne Arundel County Parks are "Tobacco-Free Zones" including play or sport areas, dog parks, pools, concession stands and restrooms. Take a healthy snack and drink with you. Find information for all County parks and recreational facilities at www.aacounty.org/RecParks.

Be Smoke-Free

Making your home and activities smoke-free is healthy for the whole family. Young children are more vulnerable to the health effects of tobacco smoke because their bodies and lungs are still developing. They are more likely to become sick with respiratory illnesses, develop asthma or have more frequent and severe asthma attacks, be short of breath when physically active and miss school due to illness.

Call the Learn To Live line at **410-222-7979** or go online at www.ahealth.org for lots of free help and information about secondhand smoke, quitting and talking to kids about the dangers of tobacco.

Prevent Injuries

In Anne Arundel County, preventable injuries are one of the leading causes of emergency room visits and hospitalization among young children. With proper planning your child can be safe during your family activities. Ask your child's doctor for tips, or go to the American Academy of Pediatrics' TIPP sheets at www.aap.org/family/tippmain.htm.



'Ready to Play' Checklist

Be ready to play anytime with these important items:

- Sunscreen with SPF 15 or higher
- Hats and sunglasses
- Water
- Nutritious snacks such as trail mix, whole wheat crackers or fresh fruit
- First aid kit
- Safety equipment for rollerblading, biking or playing sports

For action-packed ideas, visit these Web sites:

Anne Arundel County Recreation and Parks
www.aacounty.org/RecParks

Annapolis City Recreation and Parks
www.annapolis.gov/info.asp?page=1367

Rails-to-Trails Conservancy
www.railstotrails.org

The Centers for Disease Control and Prevention
www.cdc.gov/youthcampaign

Anne Arundel County Department of Health's
Family Fitness Challenge, www.aahealth.org/fitnesschallenge

For tips on providing a healthy environment for your family, visit the Department of Health's Web site at www.aahealth.org. You will find important information on lead poisoning prevention, recreational water quality, food safety and more.



Easy Family Picnic Recipes

PB & J Plus

- 2 slices whole wheat bread
- 1 Tablespoon peanut butter
- 1 Tablespoon jelly
- ½ apple, sliced
- ½ banana, sliced

Directions: Layer sandwich ingredients and place sandwich in a container or bag.

Trail Mix

- Whole grain cereal
- Raisins
- Dried cranberries
- Almonds
- Soy nuts

Directions: Add ¼ cup of each to a plastic bag, seal and shake!

Fruit Kabobs

- Thin pretzel sticks
- Chunks of melon, banana, mango, kiwi, strawberry or your favorite fruits

Directions: Push 3 or 4 pieces of cut-up fruit onto each stick to make a kabob. Wrap in plastic and keep cold.

Pack a Safe Picnic

A day at the park wouldn't be complete without a picnic. Here are some tips:

- Keep food cold. Use an insulated bag and include a freezer gel pack or frozen water bottle.
- Wash and dry fresh fruits and vegetables before packing them.
- Bring hand sanitizer to use before handling or eating food.
- Throw out leftover perishable food.

Learn To Live

Anne Arundel County Department of Health
LearnToLiveHealthy.org

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