



making each day a little healthier

Nutrition Tips

Parents Control the Food Lines. Adults are in charge of deciding what belongs in the pantry and refrigerator. Kids won't go hungry; they will eat what is available. Allow the less nutritious favorites in occasionally.

The Clean Plate is Yesterdays News. Allow kids to stop eating when they feel they are full. This approach helps kids learn to listen to their own bodies. When they notice and respond to feelings of fullness, they will be less likely to overeat today and always.

Put Sweets on the Plate. Change the way you serve dessert and you will place less emphasis on the value of dessert. Don't make dessert the "prize" for eating dinner. Instead, if it is a dessert night, make it a small side that is served with the main meal.

A Too-tiny Breakfast. If cereal is your staple in the morning, add protein to your meal by tossing in your favorite nuts. A little added protein will keep you feeling full longer.

Fitness Tips

Promote Activity, not Exercise. Be silly. Let your younger kids see how much fun you can have while being active. Run like a gorilla, walk like a spider, hop like a bunny and stretch like a cat.

Scaling obstacles. Have fun and put together an obstacle course. Get your friends and family to help build an obstacle course in the backyard (or at the park). Use sticks to jump over, jump ropes, rings to hopscotch through, hula hoops to swing to, and other exercise "tools" that you have around your houses. Engage in some friendly competition by timing and challenging each other running the course. And, yes parents, you too! Keep it up in the backyard all summer.

Activity Party. For your child's next birthday, plan a birthday party around an activity. Go bowling, take kids to a climbing wall or, a favorite, set up relay races in the yard or at the park.

Learning the Ropes. Jump rope. If you need to learn how, practice. It is good cardiovascular exercise AND great for building strong bones.

Health Tips

Skin e-News. May is designated as Skin Cancer Prevention and Detection Month to remind us to pay attention to our skin. Check skin and moles on yourself and family members. See a dermatologist annually and commit to sunscreen every day.

Technique (Meditation) for Getting Kids to Let Go of Worry. Close your eyes, wiggle your toes and take 3 very deep breaths.

Help in Your Community. Find a way to do some volunteer work this summer.