

Healthy Lifestyles Gazette

Fall 2008 A newsletter for childcare providers and families of preschool children Volume 11, Issue 3

It's Up to You



You need to make countless choices every day. You need to decide what time to wake up, what clothes to wear, what food to eat and so on. Sometimes, choices seem unlimited. And you, as the care taker of a preschooler, have even more choices to make, like what foods to give your little one.

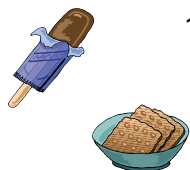
Preschoolers need to eat healthy foods to help them grow and give them the energy they need to play.



They are at a great age to learn how to make healthy eating choices. You can help by making sure that you have healthy foods in your home from which they can choose to eat.

- Fill your refrigerator with fruits, veggies, yogurt, lean meats and cheese.
- Stock your cabinets with whole grain crackers, pasta and rice.
- Load your pantry full of nuts and beans.
- Keep cookies, cake, soda and candy out of your preschooler's line of sight. Out of sight, out of mind!
- Foods that are healthful are "everyday" foods. High fat and sugar items like soda, cake, ice cream and cookies, are "someday" foods. "Someday" foods are OK to serve on special occasions, but not everyday.

Instead of cookies, cake and ice cream, try...



100% frozen fruit bars

Sliced fresh fruit

Fresh fruit smoothies

Graham crackers



Helpful Tips



The preschool years can be a challenging time for both caretakers and children. It is a time of rapid growth and quick changes. It is

not unusual for a preschooler to love a food on Monday then refuse to even look at that very same food by Wednesday.

Here are some helpful tips that may make feeding your little one a bit easier:

- ⇒ Do not pressure or reward children with food. It's OK for kids to say "no thank you" when it comes to food.
- ⇒ Serve meals and snacks at the same time each day.
- ⇒ Serve your child's meal on child-sized plates.
- ⇒ Offer new foods at the beginning of



the meal when your child is most hungry. It might take 10 times or more to get a preschooler to try a new food....keep trying new foods, over and over again!

- ⇒ Serve the new food to the entire family, not just to your preschooler.
- ⇒ Allow your child to eat slowly.
- ⇒ Tiny tummies need only small amounts of food. Don't force your child to eat when he says he is full or not hungry.

- ⇒ Let your preschooler be a part of meal time by having him toss the salad or place napkins on the table.



When a child is taught from an early age to eat right and play hard, the benefits last a lifetime!

Choose to Move



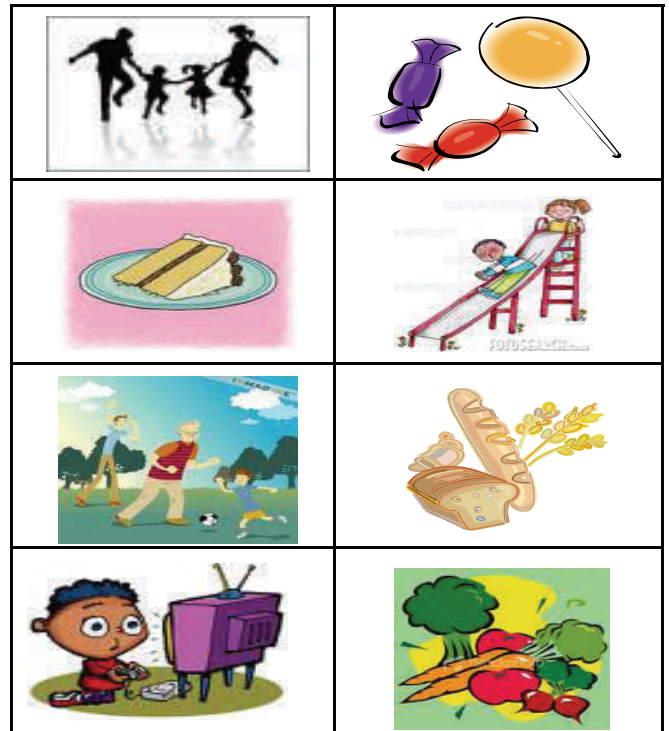
Every body needs to move to stay fit. Get your body moving! Ask your family to move *with* you...even the grown-ups. You'll all have lots of fun together!



You Are
SO
Smart!

Smarts kids like you know that you need to move your body and fill your tummy with good food to grow up healthy. Circle the boxes that show a picture of a something that is good for you to eat or do everyday!

Instead of...	Choose to move by...
Playing a video game	Playing hide-n-go seek
Watching television	Watching cars go by or birds fly high as you walk around your neighborhood
Coloring a picture	Coloring big squares with sidewalk chalk then jumping from one color to another
Listening to music	Listening to all the giggles you'll hear as you do silly dance moves
Catching some of the ballgame on TV	Catching a pass and racing each other to the goal line
Chasing after the remote control	Chasing bubbles to see who can burst the most



TAKE A HIKE!! Bring a yummy snack. Put all of the ingredients into a gallon size plastic bag, zip it shut, shake it up and take it with you on your walk.



INGREDIENTS

- ◆ 1/2 cup toasted oat cereal [your favorite flavor...honey nut, plain, apple]
- ◆ 1/2 cup mini pretzels
- ◆ 1/2 cup dried fruit [raisins, cranberries, banana chips, papaya...]
- ◆ 1/2 cup of your favorite nuts [peanuts, walnuts...leave out if you are allergic]
- ◆ 1/4 cup miniature chocolate chips [in the baking aisle of your supermarket]

When is a preschooler hungry or full?



Answer:

When she says so!

The Gazette is written quarterly by the
County of Bergen • Dennis McNerney, County Executive
Bergen County Board of Chosen Freeholders
Bergen County Department of Health Services www.bergenhealth.org
Michele Hart-Loughlin, Editor Office of Health Promotion
201-634-2692 • e-mail: mhartlo@co.bergen.nj.us

The Gazette is printed through funds provided by The Bergen County Cancer Coalition. The Coalition is made possible by a grant from the New Jersey Department of Health and Senior Services' Office of Cancer Control and Prevention. The mission of the Bergen County Cancer Coalition is to implement the New Jersey Comprehensive Cancer Control Plan in Bergen County.
For more information on Comprehensive Cancer Control in New Jersey, please visit: www.state.nj.gov/health/ccp.