

Healthy Lifestyles Gazette

Winter 2011

A newsletter for childcare providers and families of preschool children.

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Wonderful Winter Wonders

No need to feel glum during the cold, gray days of winter. There are many wonderful activities your family can do together, inside or outdoors, to have fun and get your bodies moving. Try one, or all, of the ideas listed on this page to make your winter full of wonderment!

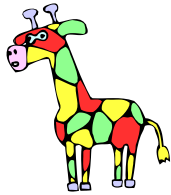


Indoor Fun

Playing games can be fun for people of all ages. Take the time to play one of these games with your child. Your child will love the fun times you share together!

Hide and Find

Two or more can play. Chose an item to hide like a small stuffed animal. Select a room to play in. Players take turns being the “hidere” and “findere.” One player hides the item while the other players hide their eyes - no peeking!



When the “hider” has carefully hidden the item, he yells out “go find it.” All the other players go searching. When one sees it, she sits down without giving any clues to the

others where the item was seen. The last one to spot the item becomes the “hider” and the game repeats. Be mindful to hide the item down low where preschoolers can easily see it.

Balloon Fun

Balloons can add fun to any day! Play one or all of these fun things with your little one. Be certain to never leave your preschooler unsupervised with a balloon to be sure she does not put it near or in her mouth. The rule for each game is to have fun. Don’t worry about winning, losing or following strict rules...just play for the fun of it!

Volleyball - Place 2 chairs on opposite sides of a room. Tie a string between the chairs and let the game begin!

Parade - Give a balloon to everyone. Play some music and march around to have an indoor winter parade.

Letter Hunt - An adult uses a marker to print letters on balloons. The balloons are put into a large trash bag. One player calls out a letter, the balloons are emptied out and everyone searches for the letter. Gather balloons, put back in bag, call out a new letter and play again!



Outdoor Fun



The cold winter months can be filled with outdoor fun! Dress yourself and your child in layers and get outside to create fun family memories.

In addition to sledding, making a snowman or simply going on a brisk winter walk, play some of these great winter games in the snow.

Find the Flag

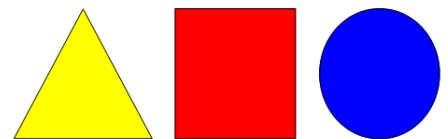
Tie a white sock or cloth around a stick to make your flag. Can’t find a stick? Use a wooden spoon. Divide your family into 2 teams. Identify your outdoor play area. For example, play only in the back yard, only in the fenced in park area, whatever works best for you! One team hides their eyes and the other team puts the stick in the snow. The team that hid their eyes races to find the flag. Which team is faster at finding the flag? Take turns hiding and finding the flag. You’ll have so much fun together that you’ll forget it’s cold outside.



Color Jump

You’ll need 4 empty water bottles or squirt bottles. Fill each 3/4 way with water. Add drops of food coloring to each bottle. Make one bottle red, one green, one blue or whatever color you’d like. Go outside and use the colored water to make different shapes like circles and squares all over your snow covered ground.

See who can jump from a red square to a blue circle! Make your own game rules as you go. Try putting a foot in a blue triangle and a mitten covered hand in a red circle! Go to

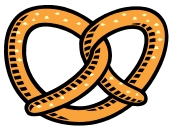


your local park to play this color fun game if you don’t have your own outdoor space.

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

DON'T TAKE A BREAK THIS WINTER

You should *never* take a break from eating fruits and veggies, even during the winter! A delicious variety of fresh fruits and veggies are available all throughout the year. You'll also find a wide selection of fruits and veggies in the freezer section of your market. Fill your winter months with a rainbow of color - eat many different colors of fruits and veggies every day!



WHOLE WHEAT PRETZELS

Before you head outdoors to play fun winter games, prepare this easy dough. After an hour of outdoor fun, you'll be able to go inside and make some yummy, hot soft pretzels. Your preschooler can help with all the steps. Mixing the ingredients, kneading the dough, rolling ropes and shaping the pretzel into whatever shape he'd like to make, such as his initials.

Ingredients:

- 1 package active dry yeast
- 1 cup warm water
- 2 1/2 - 3 cups whole wheat flour
- 1 tsp salt
- 3 Tbsp vegetable oil
- 1 Tbsp honey



1. In a bowl, dissolve yeast in water. Add 2 cups of the flour, oil, and honey. Stir until smooth. Mix in small amounts of the remaining flour until a dough is formed that is not too moist or sticky to handle.
2. Place dough on a floured surface and knead [stretch, pull, roll] for about 5 minutes.
3. Place dough in a greased bowl and let stand in a warm place for about 1 hour.

After an hour:

1. Heat oven to 400 degrees F.
2. Punch the down dough. Preschoolers will love to do this!
3. Divide dough into twelve equal pieces. Hand roll each piece into a long rope, about 18 inches long.
4. Twist each rope into a pretzel or other fun shape. Place on a greased cookie sheet.
5. Bake at 400 degrees F for about 15 minutes or until crust is golden brown. Serve warm or cool!



Makes about 12 pretzels

If you wish....

- ⇒ Sprinkle each pretzel with a pinch of sea salt or cinnamon and sugar before baking.
- ⇒ Push small pieces of dried fruit into each pretzel before baking.
- ⇒ Sprinkle sunflower, poppy or sesame seeds over each pretzel and pat slightly into the dough before baking.

MONKEY SEE, MONKEY DO



How many times have you seen your child imitating your behavior?

Maybe you found your little princess trying to put on your high heels or color her lips red with your favorite lipstick. Or perhaps your little man was seen carrying his plastic tool box to go help daddy work on the car or fix the leaky drain.

It's natural for your little one to want to be just like you. It's your job as a parent to be sure that your actions set a good example. If you stay active by walking each day, your little one will want to walk with you. If you make



healthful choices, like eating right and not using tobacco, your little one will do the same.

Be a great role model for your child. The good patterns you set now will benefit your child throughout his or her lifetime!

6 WINTER HEALTH TIPS

1. Wash hands for 20 seconds with warm water and soap.
2. Use hand sanitizer, in the car, at sporting events, etc.
3. Dress in layers. Wear hats or hoods.
4. Cover coughs and sneezes with a tissue or an elbow, never a bare hand.
5. Keep tissues around house, in car, in backpacks and pockets for easy use to stop spread of germs.
6. If you or your child is sick, stay home!

Dennis McNerney, Bergen County Executive

Bergen County Board of Chosen Freeholders

The Gazette is written quarterly by the
Bergen County Department of Health Services'
Office of Health Promotion Michele Hart-Loughlin, Editor
201-634-2692 • e-mail: mhartlo@co.bergen.nj.us

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For more information on Comprehensive Cancer Control in New Jersey, please visit: www.njcancer.gov.