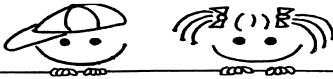




Parenting Corner: Nutrition



IUSD Early Childhood Learning Center
Early Start * Head Start * Montessori International * School Readiness * Special Education Preschool
(949) 936-5870



What about snacking?

Between-meal snacks are fine as long as parents remember to keep them nutritious. The following ideas are the perfect size for small tummies and do not require the skilled use of a spoon or fork. Check it out!

- graham crackers spread with peanut butter
- mini bagel and cream cheese
- hard-boiled egg
- 1/2 English muffin topped with pizza sauce and a sprinkle of cheese
- sliced deli meat with fruit
- tuna fish and wheat crackers
- ripe fruit and cubed cheese
- 1/2 grilled-cheese sandwich
- mini blueberry or banana muffin
- 1/2 banana



Helpful Hints

Set a good example for your children by drinking more water and less sugary drinks like juice and soda. Your children will follow the behavior modeled for them!

Power Struggles at Mealtime

Children who have good experiences with healthy food have better eating habits. As a parent, your role is to decide WHAT and WHEN food is offered and let children decide HOW MUCH they are going to eat. This way parents can offer healthy choices, but children still have control over what they eat. The following are some tips on common childhood eating struggles:



Food Strikes - Refusing food that has been made for meal.	Serve some food your child likes at meals. If your child refuses all foods at a meal, don't worry, they will not starve and will be eager to eat at the next meal. Avoid being a short-order cook.
TV at Dinner - Wants to watch TV during meals.	Turn the TV off during meals. It will distract from your child's eating and quality family time.
Finicky Eaters - Eats only a few foods.	Don't force your child to eat other foods. The more attention you give to finicky eating the more finicky children will be. Offer healthy foods and encourage tasting.
Fear of New Foods - Refusing to try new foods.	Continue to offer new foods over time. This may take a while. Encourage your child to taste but don't force the new food.

Nutrition and Obesity

Childhood obesity is all over the news. The medical community is seeing children who are obese develop the same health problems that affect adults who are obese. Things like diabetes, problems with knees and hips, and early signs of heart disease are some of the issues facing obese children. Two factors that affect weight are what we eat, and how active we are.

A new study from the California Center for Public Health Advocacy finds that over 25% of California children are overweight and nearly 40% are unfit. That means if 100 children were playing on a playground, almost 40 of them wouldn't be able to keep up!

There are a lot of factors that contribute to these statistics but let's just look at one. Think back to when your children were infants, newborns in fact. Remember how they'd take their milk—either breast or bottle—and pull away when they were done? Back then you respected the fact that your infant knew when he or she was full. They would clearly let you know with a little 'spit up'. Now fast forward to the present. How many parents feel that when their child says he is full, you know that he can't possibly be full? So you listened when they were infants & couldn't talk, but now that they can talk you don't listen. What happened?

Parents need to know that 'young ones' balance out the nutritional intake of their diet over the course of a week. They also love to eat the same thing over and over again...until all of a sudden, they don't like it anymore! This is called mastery and it's completely normal. You need to offer new foods and tell them they must take a 'courtesy bite'. If they don't like it, no pressure—just try again in a week or so. When your child says he or she has had enough, don't encourage 'one more bite'. With that kind of approach, the child eventually learns to override the sensation of fullness & continue eating. Over time, that leads to chronic overeating, and this is how children become overweight, or more seriously, obese.

Story Time

Promote good health and nutrition during daily reading with your child. Here are some suggestions:

- **The Very Hungry Caterpillar, Carle, E.** This classic follows a ravenous caterpillar's path as he eats his way through one apple on Monday, two pears on Tuesday, three plums on Wednesday, and so on, through cherry pie and sausage--until he is really fat and has a stomachache. And no doubt you know what happens next!
- **Gregory, the Terrible Eater, Sharmat, M.** Gregory the goat wants orange juice and eggs for breakfast. His parents are terribly upset! Why can't Gregory eat striped ties and violins, like the rest of the goats? This wacky story provokes healthy laughter and even includes a colorful chart which gives fresh meaning to the concept of "junk food."
- **Blue's Snack Party, Landy, S.** Blue, Steve, and all their friends are making treats for a special snack party, and there is a lot to do! Preschoolers can help count ingredients, follow recipes, and play a delicious round of Blue's Clues.
-Amazon.com

What is a serving of fruit or vegetable?



$\frac{1}{2}$ cup of cooked or raw vegetables



$\frac{1}{2}$ cup of fresh or canned fruit



a medium sized piece of fruit



1 cup of leafy greens



$\frac{3}{4}$ cup (6 ounces) of 100% juice

Challenge your family to eat 5 servings of fruits and vegetables every day. Also remember to eat 4 or more whole grain breads and cereals every day. Eat foods low in fat and cholesterol. Incorporate beans and lots of fiber into your diet. Also don't forget to get active! Exercise for at least an hour every day.

Check out our classes!!

"Cookin' for Kids"

Learn some new ideas for packing school lunches, breakfasts, snacks & dinners. Come and learn about the normal eating patterns of young children: how much you should expect them to eat, why they refuse certain foods, and how you can get them to try new ones. Fee: \$10
Instructor: Linda Scott-Katz, P.N.P.

Session	Time	Date
1	7-8pm	5/10
2	10-11am	6/6

Call School Readiness for more details: (949) 936-5870

Visit the IUSD School Readiness Program at www.iusd.org/eclc/ and click on ECLC programs.

Time Together: Cooking with Kids

Cook with your child. Children are very interested in having a part in preparing the food they will eat. This activity can build on their math skills (pouring and measuring), language skills (talking about how things look, and their science comprehension (observing reactions, solid to liquid). Allowing children to help you prepare meals and snacks will also make them more likely to try new foods. Remember to set the example by fixing and eating nutritious foods.



Fruit Kabobs

Ingredients:

$\frac{1}{2}$ pound seedless grapes	$\frac{1}{2}$ cantaloupe, cut in chunks
1 can pineapple chunks	1 cup fresh blueberries
1 pint strawberries	12 wooden skewers

Directions:

1. Wash fruit thoroughly. Remove leaves from strawberries. Drain pineapple chunks.
2. Put chunks on wooden skewers, alternating fruits.

Nutrition information:

Calories - 20 g, Fat - 0 g, Sugar - 5 g, Sodium - 0mg