

**WELCOME BACK! HOPE YOU HAD A
WONDERFUL WINTER BREAK!**

REMINDERS

Closed for MLK Day –Monday January 17, 2022

Health & Safety-

Healthy Habits Start Early



Good eating habits begin early in your child's life. As early as infancy, you can help your child grow lifelong healthy eating habits. You are your child's best role model so while you help your child to eat healthy, try to do the same too!



Healthy Feeding and Eating For Your Infant

- It is important to breastfeed for at least 6 months. She will be more likely to have a healthy weight as she gets older
- Put breast milk or formula, not cereal, in your baby's bottle. Cereal adds extra calories that she doesn't need
- Try to wait until your baby is around 6 months to start healthy solid foods like pureed vegetables, jarred baby foods, and infant cereals. Starting solid foods too early can lead to problems with overweight and obesity later.

DID YOU KNOW?

Children can be negatively impacted by the Media coverage of the Boulder wildfires.

While the media (television, radio, print and the internet) can help inform and educate you and your children during wildfires, media coverage unfortunately also has the potential to upset and confuse. As parents, you can protect your children by helping them understand media coverage while limiting their exposure to distressing images.

The impact of media coverage will be different depending upon whether you are:

- A family viewing images from home of a wildfire nearby which could spread to your area
- A family who has been affected by fire in the past
- A family not directly threatened who is viewing news about the impact that wildfires are having on others (loss of their home, belongings, pets, school or church buildings)

Understanding Media Exposure

- Media coverage can produce increased fears and anxiety in children.
- The more time children spend watching coverage of the wildfires, the more likely they are to have negative reactions.
- Graphic images and news stories of loss may be particularly upsetting to children.
- Very young children may not understand that the coverage and repetition of images from an earlier or past event is a replay. They may think the event is continuing to happen or is happening again.
- Excessive exposure to the media coverage may interfere with children's recovery after an event.

What Parents Can Do to Help

Limit Your Children's Exposure to Media Coverage

- The younger the child, the less exposure s/he should have.
- You may choose to eliminate all exposure for very young children.
- Play DVDs or videotapes of their favorite shows or movies instead.
- Consider family activities away from television, radio, or internet.

Watch and Discuss with Children

- Watch what they watch.
- Discuss the news stories with them, asking about their thoughts and feelings about what they saw, read, or heard.
- Ask older children and teens about what they have seen on the internet, in order to get a better sense of their thoughts, fears, concerns, and point-of-view.

- Around 8 or 9 months try offering your baby small amounts of healthy finger foods like grilled chicken, cooked carrots, and cut up strawberries. This will help your baby learn to eat healthy.
- Breast milk, formula, and water are the best drink choices for your baby. Soda pop, 100% fruit juice, and sport drinks add extra calories to their diet and can harm new teeth.



For Your Toddler

- Offer your toddler healthy snacks like small cubes of cheese, sliced banana, or whole grain crackers two to three times per day. This will help stay full in between meals and reduce hunger-related temper tantrums.
- Try to be patient with picky eaters. They may need to try a food 10 to 15 times over several months before they will eat it.
- Try giving your toddler a choice between two healthy options. They will be more likely to eat healthy food if they pick it out.
- Milk and water are the healthiest drink choices for your toddler. Soda pop, 100% fruit juice, and sport drinks add extra calories to his diet and can harm his teeth.



For Your Preschooler

- Let your child help you in making healthy meals and snacks. They will be more likely to try healthy foods if they help out.

- Try to keep your kitchen stocked with simple, healthy snacks like carrots, sliced apples and peanut butter, or string cheese. This will help you and your preschooler eat healthy, even on busy days.
- Milk and water are the healthiest drink choices for your preschooler. Soda pop, 100% fruit juice, and sport drinks add extra calories to their diet and can harm her teeth.



For Yourself and Family

- Your child is learning healthy habits by watching you. Try to eat healthy too.
- Set playtime, mealtime, and bedtime routines to make day-to-day life less stressful.
- Talk with your child's doctor, Creative Options staff, and other parents to get healthy eating tips.



<https://www.eatright.org/for-kids>

<https://cookingmatters.org/>

<https://cookingmatters.org/tips/>

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/healthy-eating-family-tips.pdf>

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/healthy-eating-family-tips-esp.pdf>