What ways can I teach my child proper nutrition?

There’s an easy or hard way to teach proper nutrition for your child. Just try your best to make it fun introducing new foods for your young one to try out.

Children can develop a natural love for certain foods. Despite the peer pressure from TV commercials, and their best buddies’ snack choices, the bigger picture is trying your best to present healthy food choices and have fun in the process. One of the key challenges is to try and limit your child sugar and salt intake. Try not to remove sweets in its entirety, but rather come up with alternatives other than the cookies and potato chips.

Here are some ways to assist you in promoting proper nutrition to your child based on the article, “Nutrition for Children and Teens: Easy Ways to Help Your Kids Eat Healthier” by authors Maya W. Paul and Lawrence Robinson.

 Have regular family meals. Knowing dinner is served at approximately the same time every night and that the entire family will be sitting down together is comforting and enhances appetite. Breakfast is another great time for a family meal, especially since kids who eat breakfast tend to do better in school.

 Cook more meals at home. Eating home cooked meals is healthier for the whole family and sets a great example for kids about the importance of food. Restaurant meals tend to have more fat, sugar, and salt. Save dining out for special occasions.

 Get kids involved. Children enjoy helping adults to shop for groceries, selecting what goes in their lunch box, and preparing dinner. It’s also a chance for you to teach them about the nutritional values of different foods, and (for older children) how to read food labels.

 Make a variety of healthy snacks available instead of empty calorie snacks. Keep plenty of fruits, vegetables, whole grain snacks, and healthy beverages (water, milk, pure fruit juice) around and easily accessible so kids become used to reaching for healthy snacks instead of empty calorie snacks like sodas, chips, or cookies.

 Limit portion sizes. Don’t insist your child clears the plate, and never use food as a reward or bribe.

What if I have a picky eater? Is it possible to make food fun for them?

Yes! The child that says broccoli is yucky, and never has tried it. One that says “I only want mashed potatoes!” Sometimes our children go through a phase when they want certain foods that may or may not be good for them. Then, you may have a little one who strongly dislikes their food touching each other. Here are some alternatives to try for your picky eater to establish proper nutrition.

 Offer a new food only when your child is hungry and rested.

· Present only one new food at a time.

· Make it fun: present the food as a game, a play-filled experience. Or cut the food into unusual shapes.

· Serve new foods with favorite foods to increase acceptance.

· Eat the new food yourself; children love to imitate.

· Have your child help to prepare foods. Often they will be more willing to try something when they helped to make it.

· Limit beverages. Picky eaters often fill up on liquids instead; and , limit snacks to two per day.

Parent’s Place

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Winter 2016 a newsletter for adults interested in the edification of children ages zero to five.

Hello Parents

Parent’s Place

Linked to Literacy

Regular, healthy meals are vital to your child’s academic success

Musical Mondays

Monday, January 11, 2015
10:30 am- 11:15 am

This program is all about music and rhythmic movement for toddlers and pre-schoolers. Presented by BUMP of the Triangle.
Number and Letter of the Month

English: Five
Spanish: Cinco (cinco)
French: Cinq (sank)
Chinese: Wu (Woo)

Activity of the Month

What better way to assist with your child’s nutrition than to also do some light to moderate exercises around the house such as jumping jacks, or sit ups.

Also, going outside for at least 30 minutes can help as well. If you’re interested in making new friends in the process of physical activity, there are local recreational facilities sponsored sports such as soccer, baseball, or basketball.

Another activity is to have the children help you prepare dinner, breakfast, and even food for their lunchboxes.

SOURCES:
http://www.supernutrition.com/kidactivites.html

Read and Watch

Book:
Mmm...Let’s Eat
by Libby Kopone

DVD:
PBS Kids Presents: Fizzy’s Lunch Lab Fresh Foods 101

This lift-the-flap book teaches baby and toddlers about the importance of color, animal and food recognition. Animals identify colors and inspire them to eat an assortment of foods that match the colors.

Following the end of the book is a brief note from a nutritionist teaching kids about the importance of healthy eating.

Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food
by Jessica Seinfeld

Jessica Seinfeld brings in her knowledge of how to cook delicious meals, and sneak those healthy fruits and vegetables into the mix, whether the young ones are aware of it or not. As she wages a personal war against sugary, processed foods, and other nutritional saboteurs, she offers appetizing alternatives for parents who find themselves accustoming to the tastiest and easiest (and least healthy) choices available to them. She applies a “no pressure” motto to provide parents with the resources they need to make sure their children get the amount of nutrition needed for the day.

Suggested Books and DVD Titles

Kindergarten Readiness

The effects of most nutrient shortages depend on the extent and duration of the shortage, and in many cases, the brain’s need for a particular nutrient changes throughout its development.

- Food insecurity occurs when families do not have constant access to healthy food.
- Food insecurity is not the same as hunger. Food-insecure families are often able to avoid hunger by choosing cheaper, more filling types of food over more costly nutritious foods. For young children, the result is often a diet that provides inadequate nutrients for normal growth and development.
- A family is food insecure if it is unable to afford balanced meals; reduces the size of meals because of lack of money; or reduces the quantity and variety of their normal diet due to lack of money.

The entire article, Nutrition and Early Brain Development, is at the Urban Child Institute’s website: http://www.urbanchildinstitute.org/articles/updates/nutrition-and-early-brain-development

Sight words Starting with the letter N:
No, Need, New, Nose, Nut

SOURCE: Durham County Library Catalog