

Sister 2 Sister "A Feminine Touch of Progress"

NPMHU Local 300 Women's Caucus

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Summer Madness

The final school bell has rung, the pencils and notebooks are packed away and the kids are ready for some summer fun! Children love the hot summer months, because they provide the perfect opportunity to spend lots of time outside. We hope that everyone enjoys this special time of year, but we want to also remind parents that there are potential dangers the summer months, and it's important to be aware of what they are. The more information one learns about how to prevent illnesses and injuries, the less likely they will occur.

There are many areas to cover when it comes to summer safety, and we'll review just a few here:

Tick Bites

Ticks are responsible for a variety of illnesses including Lyme disease and Rocky Mountain Spotted Fever. These diseases can be very serious. These are some of the ways to protect your family:

- Protective clothing (long sleeves, long pants)
- Tick/bug repellent
- Insect repellent for pets
- Staying in the center of paths, keep away from overgrown areas and do not sit on ground.
- Performing tick checks on all family members every day.

Helmet Safety

- An appropriate helmet must be worn whenever a child is "on wheels".
- The helmet must fit properly.

- Helmets can be life saving and can protect a child from serious injury.
- Be sure the right type of helmet is being used. For example, a bike helmet needs to be used for biking.
- Moms and Dads should wear helmets as well.

Pedestrian Safety

- Teach children to walk, not run, across the street.
- Children should cross only with an adult or an older, responsible child.
- Whenever crossing the street, try to make eye contact with any drivers nearby, to be sure they see you.
- Use sidewalks whenever possible.
- Always hold your child's hand near any moving or parked vehicles.
- Adults always need to set a good example!

Water Safety

Adult supervision is of paramount importance. Parents need to focus on their children 100% of the time. No distractions!!

- Practice "touch supervision". This means that at all times, the supervising adult is within an arm's length of the child being watched, when near or in the water.
- Remember, no child is "drown proof".

Sun Protection

- Avoid sun exposure during peak hours (10 am – 6 pm)
- Wear protective clothing and a wide brimmed hat and sunglasses.

- Sunscreen is a must (on sunny and cloudy days)!
- Sunscreen should be applied liberally 30 minutes before going out in the sun, and reapplied every two hours.

Dehydration and Heat-Related Illnesses

- Keeping well hydrated is very important.
- Children must remember to drink.
- Do not wait until a child says he is thirsty before offering fluids. At this point, he is already dehydrated, so be sure to provide plenty of fluids before going outside, while out in the heat and afterwards.

Summer First Aid Kit

- Every family should have at least one first aid kit at home. It's also helpful to keep a first aid kit in the car and one to bring on trips.
- Don't forget to restock the kit once an item has been used.
- Be sure to keep a list of emergency numbers where they are easy to find. This list should include: emergency medical services (911), the doctor's number, the dentist's number, poison control, a number where mom and/or dad can be reached and any other important phone numbers.

Baby First Haircut

You might think your child's first trip to the salon is the cutest ever, but she won't see it that way. To her being wrapped in a plastic cape, squirted with water, and attacked with sharp scissors by a stranger is just plain scary.

KNOW WHEN TO GO

If your baby entered the world with luscious locks, she could be ready for a haircut as early as 8 months. But if she was a baldy, she may not need one until she's 2. There's no right or wrong time to go.

GIVE A HEADS-UP

Toddlers don't like surprises, so have a child watch you get a haircut or visit his barber before the big day. Talk to him about what he's seeing – point out the cape he'll be wearing and what the scissors do. Avoid using the word "cut" which may scare your child—use "snip" or "trim" instead. Let him play with a squirt bottle in the tub at home and pretend to trim his bangs with your fingers.

PICK THE RIGHT PLACE

Choose a salon that knows how to deal with squirmy clients. Many kids' hair places have videos and books to keep little kids entertained. Let your child bring a small toy. This will help him stay calm and keep his hands occupied. Before the barber begins, swing the chair away from the mirror so your child doesn't fixate on the scissors. If he won't sit still, you may need to plop him down on your lap for the duration.

GET PSYCHED

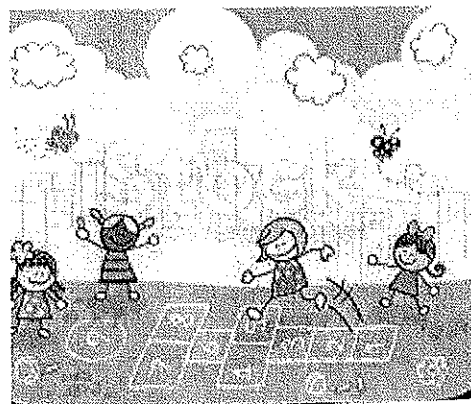
If you're apprehensive, your child will pick up on it and be more likely to cry during her haircut. Talk to her about how much fun it will be. Let her know how great she'll look after getting a trim. When she sees that you're looking forward to it, she will too.

Kids and Food: Tips for Parents

1. **Parents control the supply lines.** You decide which foods to buy and when to serve them. They'll eat what's available in the cupboard and fridge at home. If their favorite snack isn't all that nutritious, you can still buy it once in a while so they don't feel deprived.

2. **From the foods you offer, kids get to choose what they will eat or whether to eat at all.** Kids need to have some say in the matter. Schedule regular meal and snack times. From the selections you offer, let them choose what to eat and how much of it they want.
3. **Quit the “clean-plate club”.** Let kids stop eating when they feel they’ve had enough. Lots of parents grew up under the clean-plate rule, but that approach doesn’t help kids listen to their own bodies when they feel full. When kids notice and respond to feelings of fullness, they’re less likely to overeat.
4. **Start them young.** Food preferences are developed early in life, so offer variety. You may need to serve a new food on several different occasions for a child to accept it. Don’t force a child to eat, but offer a few bites.
5. **Rewrite the kids’ menu.** Who says kids only want to eat hot dogs, pizza and burgers? When eating out, let your kids try new foods and they might surprise you with their willingness to experiment.
6. **Drink calories count.** Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for kids. Juice is fine when it’s 100%, but kids don’t need much of it.
7. **Put sweets in their place.** Occasional sweets are fine, but don’t turn dessert into the main reason for eating dinner. When dessert is the prize for eating dinner, kids naturally place more value on the cupcake than the broccoli. Try to stay neutral about foods.
8. **Food is not love.** Find better ways to say “I love you”. When foods are used to reward kids and show affection, they may start using food to cope with stress or other emotions. Offer hugs, praise and attention instead of food treats.

9. **Kids do as you do.** Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don’t skip meals.
10. **Limit TV and computer time.** When you do, you’ll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on TV-watching also reduced their percentage of body fat. When TV and computer time are limited, they’ll find more active things to do. And limiting “screen time” means you’ll have more time to be active together.



12 DELICIOUS AND HEALTHY SNACKS

(Pssst! They're all under 100 calories too!)

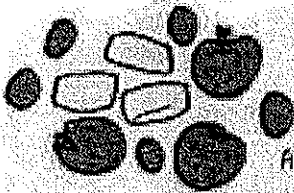
WWW.FOODLICOORS.COM



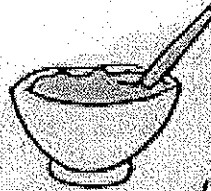
APPLE SLICES AND PB
1 small apple sliced
1/2 tsp peanut butter



BANANA BERRY SMOOTHIE
1/2 banana
1/4 cup berries
1/2 cup almond milk
A few ice cubes and water



FROZEN FRUITS
A few grapes
1/2 banana
A few strawberries
Freeze overnight



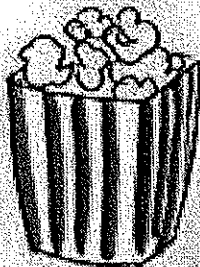
CEREAL AND MILK
1/2 cup cereal
1/2 cup skim milk
(Or 1/2 cup oatmeal and water)



FRUIT AND YOGURT PARFAIT
1/2 cup fat-free yogurt
1/2 cup berries
sprinkle of granola



REVERSE WRAP
1 slice turkey, ham, beef, or chicken
1/2 cup spinach
(or veggie of your choice)
Roll up and enjoy



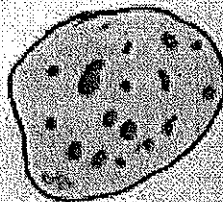
GUILT FREE POPCORN
3 cups air popped popcorn
Optional: 1 packet 0 calorie sweetener
(No butter!)



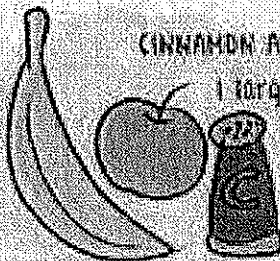
BREAD AND JAM
1 slice whole grain bread
1 tsp no sugar added jam



RICE CAKE AND PB
1 rice cake
1 tsp peanut butter



OMELETTE
1 egg
1/2 cup chopped veggies
Optional: spices
Mix together and fry with cooking spray



CINNAMON AND FRUIT
1 large apple or 1 banana
1 tsp of cinnamon
Optional: heat in microwave for a pie filling taste



FRUIT POPSICLE
1/3 cup low fat-free
1/2 cup fruit of your choice
1/3 cup water
Freeze overnight