

JULY
2010

Community Council of Idaho



Migrant & Seasonal Head Start

Sunscreen before FUN in the SUN

CHECK OUT THE SMELLS!!!

The smells of food are also very different. Here is a game that you and your child can play:

1. Gather foods with strong smells: banana, cinnamon, chocolate, lemon, orange, onion, peanut butter, or others.
2. Put a little bit of each food in a separate dish.
3. Put a blindfold on your child.
4. Let your child smell a food and guess what it is.
5. You take a turn with the blindfold.

You and your family should enjoy spending time outside being active! While you are out having fun, protect your skin from the sun's damaging rays. Sun protection should begin in infancy and continue throughout life. It is estimated that we get about 80% of our total lifetime sun exposure in the first 18 years of life. Therefore, sun protection for young children is important to decrease the risk of problems later in life. Exposure to sun over time increases your risk for skin problems, including skin cancer. Begin now to teach your children about sun protection. Take action to protect you and your children from the sun's harmful rays:



- Stay indoors or in the shade during the hottest time of the day—10am-2pm (daylight saving time 9am-1pm)
- Children and other family members should wear hats or visors and loose cotton tee shirts to protect their skin
- Apply a sun block with sun protection factor (SPF) of 30 or higher, and reapply after playing in the water

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Heartbeat Health



You may think it's too early to think about heart health for your child. However, if your child is active now it can lower their risk of cardiovascular disease later in life. Cardiovascular disease is actually a group of diseases that affect the heart and blood vessels. The disease process can start very early in life. Being active can decrease the risk of developing heart disease. Being active early in life can also help our children develop a lifelong habit of physical activity. A child that is physically active will...

- listen and participate actively in school
- sleep better at night
- build healthy bones and muscles
- have better self esteem

Eating Together As A Family

Scheduling a family meal is not always easy. Family members have different schedules and are often running in different directions. Mealtime, however, is a great time to come together as a family to catch up on the day's activities, as well as share nutritious foods.

Try scheduling at least two or three family meals each week. Avoid distractions like

the TV or reading at the table. Keep the mealtime as pleasant and as unstressful as possible. Mealtime is not the time to bring up problems or discipline issues.

The family meal is a place for children to learn what their parents think is important, learn good manners and how to hold a conversation with an adult. The family meal is a good time to introduce a new food or recipe.

The family meal gives children a feeling of being connected with their parents. Studies show that children who eat with their families are less likely to have problems in their teen years. Make having a family meal a priority; you'll be glad you did!



Wonderful Water

Our children (like us) don't drink enough water! Children need between 4-8 glasses of water per day to prevent dehydration and promote overall good health. Your child may need even more in hot weather. Getting enough water is not easy. Here are some steps to help you and your family get the water they need.

- When your child asks for something to drink, serve water

- Serve water with meals
- Add lemon, lime, or orange slices to water

- Let children keep a water bottle in the refrigerator

- Add a splash of orange juice or other fruit juice for flavor

- Let your child drink water out of a sports bottle like the athletes, it may encourage them to drink more

- When you do serve soft drinks or fruit drinks, mix them half and half with water

Chewing Ice—Your Teeth Feel Every Bite

Are you an ice chewer? For whatever reason you're satisfied by the cool crunch of ice, it can seriously damage your teeth.

They Weren't Built for It!
Your teeth are designed to last you a lifetime with proper care, but they were made for food only. Chewing ice, a habit your teeth were not built for, can cause a host of problems to

your teeth. Fracture lines, cracking and chipping can all occur, which can make the teeth more sensitive and lead to further damage. In addition to your natural teeth, any dental work you may have is also subject to chipping and cracking that can lead to pain and costly repairs. Ice chewing has also been linked to cases of anemia. If you find yourself constantly chewing

ice, check with your physician to make sure there isn't an underlying reason for your habit.

If You Must...

In the meantime, if you must have something to chew on, dentists recommend sticking to sugar free gum. And leave the ice in the ice machine!



The most important time for children to brush their teeth is right before they go to bed.

Go Outside and Play!

Our children do not play outdoors as much as we did when we were their ages. Find ways to encourage your children to go outside and play!

- Ride your bike
- Blow bubbles
- Play tag
- Play on a swing set
- Jump rope
- Walk the dog
- Play "hide and seek"
- Swim
- Have fun running through a sprinkler



It's National Blueberry Month !

Blue berries are:

- ◆ The highest antioxidant capacity of all fresh fruit
- ◆ Aid in reducing belly fat
- ◆ Helps promote urinary tract health
- ◆ Been proven to preserve vision & brain activity!