Healthy Kids Eau Claire County

Eat well, play hard!

Community Newsletter

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How Much Do Children Need to Drink in Hot Weather?

During the hot summer months, you may wonder if your baby or child is drinking enough to stay hydrated and healthy.

For babies:

Infants, 0-6 months old: Your baby's needs for water are met with breastmilk or infant formula. There is no need to give your baby extra water, even in hot weather. Adding extra water to formula is not safe for your baby. Continue to breastfeed or bottle-feed your baby when he or she is hungry.

Infants, 6-11 months old: Once your baby is eating solid foods, check with your doctor to see if you can start giving small amounts ($\frac{1}{2}$ to 1 cup per day) of water from cups.

Teaching your older baby to enjoy the taste of plain water is a healthy habit that will last a lifetime!

For children:

Toddlers, 1-3 years old: Most toddlers will drink **about 4 cups of fluids per day**.

Young Children, 4-8 years old: Most young children drink **about 5 cups of fluids per day**.

"Fluids" means all drinks– including milk. Offer toddlers and young children 2 cups of milk per day. Limit juice to $\frac{1}{2}$ cup to 1 cup per day.

In hot summer months, ask children before heading outside if they would like to drink some water. Keep a sports bottle of water with you on long outings.

Does my child need to drink **sports drinks** when playing outside in hot weather?

Some sports drinks have added vitamins and minerals, but all contain a lot of sugar. Healthy young children do not need sports drinks and get plenty of energy, vitamins, and minerals from healthy foods, especially fruits and vegetables.

Are **"diet" drinks** healthy for my child?

Do not give your child "diet" drinks every day. "Diet" beverages made with artificial sugars are thought to be safe for children, but only in small amounts and only once in a while.

Sources: USDA Infant Nutrition and Feeding Guide, Institute of Medicine Dietary Reference Intakes

Healthy Snacks for Growing Children

Snack or Treat?

For many people, the word "snack" brings to mind foods like chips, candy, and cookies. Because of this, snacks are often thought to be unhealthy. This doesn't have to be the case! In fact, growing children benefit from ***healthy*** snacks. Try using the word "treat" for those less healthy foods that should be offered to children just once in a while or for special occasions.

Try the healthy snack recipes and ideas on the next page!

Growing Children Need Healthy Snacks!

Young, active children have high energy and nutrient needs, yet they have small stomachs. Healthy snacks help meet their nutrition needs for growth. Snacks also help keep children from becoming too hungry, tired, and cranky in-between meals.

One key to healthy snacking is to plan ahead. Start by offering healthy **planned snacks** as a part of your child's **daily routine**.

- ★ **Plan snacks** to be offered at least 2 hours before the next meal to avoid "spoiling" appetites. Many children do well with a mid-morning and mid-afternoon snack.
- ★ **Sit down for the snack.** Limit snack time to 15-20 minutes, not allowing children to "graze."
- ★ **Offer small portions of 2-3 foods** you would expect to see at meals- like fruits, vegetables, dairy foods, whole grains, or protein foods like peanut butter or hard-boiled eggs.
- ★ **Tell your child** that it is okay if he or she decides that they are not hungry or do not want to eat the healthy snack you offer, but explain that they will have to wait until the next meal to eat.

Planned sit-down snacks can help teach children to listen to their stomach and respond to hunger- a healthy eating habit that they will benefit from for life!

Sources: Secrets of Feeding a Healthy Family by Ellyn Satter & Academy of Nutrition and Dietetics, www.eatright.org

Get back to the basics:

Have you ever noticed how kids tend to have fun with things as simple as a cardboard box? It's true.

Turn off screens (TVs, phones, tablets). Simple toys like balls, blocks, jump ropes, and buckets let children use their imagination, more than expensive, flashy toys. More than anything– YOU are the best gift your child will ever receive!

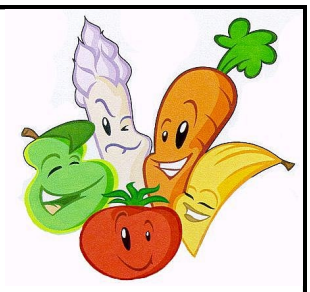
Source: "10 No-Cost, Screen-Free Activities to Play with Your Preschooler, www.healthychildren.org

No-cost, Screen-free Ways to Play

Try these ways to play with your child:

- **Follow the Leader:** Move all around doing movements. Your child can follow, copying what you do.
- **Head, Shoulders, Knees and Toes:** Sing the tune while children touch their head, shoulders, knees and toes. As you speed up the pace of the tune, your child has to move faster and faster!
- **Nature Walks:** Turn any walk into a nature walk. Talk about the weather, plants, bugs, or animals. Let children explore and touch leaves, grass, flowers, and tree trunks.

Healthy Snacks for Kids



Growing children need healthy snacks.
Offer small portions of 2-3 foods you would expect to see at meals.
Try these 10 fun ideas!

1) **Parfait**: Layer vanilla yogurt and your child's favorite fruit in a bowl or cup. Top with a sprinkle of granola or flaked cereal.
2) **Roll-Up Sandwich:** Spread mustard on a small whole wheat tortilla (or cut a large one in half). Top with a slice of turkey or ham, cheese and lettuce. Then roll it up.
3) **Sandwich Cut-Outs:** Make a sandwich on whole grain bread. Cut out a favorite shape using a big cookie cutter.
4) **Peanut Butter Balls:** Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
5) **Frozen Banana:** Peel a banana and cut it in half. Dip bananas in yogurt. Then roll in crushed cereal and freeze.
6) **Ants on a Log:** Spread celery sticks with peanut or sunflower seed butter. Top with raisins.
7) **Frozen Yogurt Sandwiches:** Carefully break a graham cracker into two squares. Spread a few tablespoons of vanilla or strawberry yogurt on one square. Add the second square on top and freeze.
8) **Quesadilla:** Sprinkle shredded cheese over a corn tortilla; fold in half and microwave for 20 seconds. Serve with salsa.
9) **Trail Mix:** Mix together whole grain ready-to-eat cereals, dried fruits, and nuts or seeds.
10) **Try Dippable Snacks!** Dip:
    - Baby carrots and cherry tomatoes in low-fat ranch dressing.
    - Strawberries or apple slices in yogurt.
    - Pretzels in hummus.
    - Graham crackers in applesauce.
    - Tortilla chips in bean dip.

Ask children to help make these healthy snacks! Children as young as 2 years could help stir or spread ingredients!

For more snack ideas, search "25 Healthy Snacks for Kids" at www.kidseatright.org
(Academy of Nutrition and Dietetics)

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August 1-7, 2016 is World Breastfeeding Week

World Breastfeeding Week is an annual, worldwide celebration of the benefits breastfeeding has on moms, babies, and the entire world around us. The theme for 2016 is "Breastfeeding: A Key to Sustainable Development." This theme is about how breastfeeding is a key element in getting us to think about how to value our wellbeing from the start of life, how to respect each other and care for the world we share. Breastfeeding is a benefit to families and communities in many different ways.

Breastmilk…

- Contains more than 200 nutrients.
- Is always ready and is never too hot or too cold.
- Protects babies from illnesses.

Parents who breastfeed...

- Save more than $1,000 the first year alone by not having to buy formula and bottles.
- Miss less work caring for sick children.
- Have less health care costs for baby.

Breastfeeding is good for your family…

- Because it is the healthiest, safest, and simplest way to feed your baby.
- Because it makes life easier for the whole family.
- Because it saves money.

Sources: World Breastfeeding Week—www.worldbreastfeedingweek.org
"Why Should I Breastfeed?" Department of Health Services, State of WI

FREE! Breastfeeding Class

Classes will be held at the Eau Claire City-County Health Department:

Wednesdays 6-7:30 PM:	Tuesdays 10-11:30 AM:
July 13	July 26
August 10	August 23
September 14	September 27
October 12	October 25

Call (715) 577-6154 for more information and to register today!

Topics covered in this class include:

- Benefits of breastfeeding for babies, mothers, and fathers
- How breastfeeding works
- Latching on and positioning
- Frequency and duration of feedings
- How to know your baby is getting enough to eat
- Strategies for returning to work or school
- When and where to get help if you need it