



Sweets Are A Treat

Infants don't need sugar. It's important for infants to learn to like the taste of natural foods. Read labels on baby foods and avoid buying foods with added sugar or other sweeteners.

It's almost impossible to keep toddlers from wanting sweets. Children see candy ads on TV, watch other children eating candy, and see candy placed at their level in the grocery store. But if you can keep toddlers from having candy, it will help their first teeth come in healthy.

Sweets don't have to be a battle for you and your children. You can control the kind of sweets and the amounts your children eat. A parent's job is to provide healthful food at the right time. Your child's job is to decide whether and how much to eat of a certain food. Limit the amount of times you serve high-sugar foods, such as cookies, cakes, and soda. For snacks and desserts, graham crackers, animal crackers, vegetables, fresh fruit (or fruit canned in its own juice), and cheese sticks are better choices. Try not to use sweets as a reward or

punishment. Reward children with items other than sweets.

The sugar in candy makes an acid that attacks tooth enamel. The longer sugar remains in the mouth and the more often sugar is given, the more teeth decay. Candy eaten quickly does less harm than a all-day sucker, because it has less time to damage tooth enamel.



Chewy candy is harmful because small parts stick between the teeth and stay there until the next brushing. When you do give candy to your child, choose types that dissolve quickly, such as plain chocolate. Let

your child eat a certain amount, all at once. Follow the candy with a tooth brushing as soon as possible, or at least offer a drink of water. Serve sweets with a meal. Saliva production increases to neutralize the acid in foods and helps rinse food particles from the mouth.

Sometimes it's necessary to change shopping habits. If highly sugared foods and beverages, such as soft drinks, candies, and bakery items, aren't in the house, people can't eat them.

Yogurt Poundcake



This cake is good plain for a snack or as a dessert with sliced fruit, such as strawberries.

What You Need:

- 1 cup margarine, softened
- 1 1/2 cups sugar
- 3 eggs
- 2 1/4 cups flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon grated lemon rind
- 1 teaspoon vanilla extract
- 1 (8-ounce) carton lowfat, lemon yogurt

How To Fix:

1. Cream butter. Gradually add sugar, until mixture is fluffy.
2. Add eggs, one at a time. Beat well after each addition.
3. Combine flour, soda, and salt. Add to egg mixture. Mix well. Stir lemon rind, vanilla, and yogurt into batter. Pour batter into greased and floured 10-inch Bundt pan. Bake 1 hour at 350° F, until toothpick inserted in center comes out clean. Cool in pan 15 minutes. Remove from pan and cool on a rack. (265 calories and 13 grams fat per 1/16 cake)

Swear Words

Children learn swear words from adults. They often try new words to get a parent's attention without knowing their meanings. Most children will stop using swear words if they don't get attention. Other children keep using the words until their parents react.



use that word because it insults/angers me or makes me feel bad.”

- Suggest another word to use.
- State that the word is not used in your home.
- Explain to your child that the word makes him sound, “not too smart.”

If your child uses swear words, try to:

- Explain that the word offends you. “I don't like that word because...,” or “You may not

If a swear word is used when a child is upset or hurt, help him deal with the situation. Then help your child make up silly words to use instead of swear words.

Pregnancy and MyPlate

An excellent, easy-to-use website by the U.S. Department of Agriculture (USDA) for pregnant and breastfeeding moms is www.ChooseMyPlate.gov. Click *Pregnancy and Breastfeeding* on the left blue section.

The website provides information about a woman's nutritional

needs during pregnancy and breastfeeding. Enter your age, prepregnancy weight, height, and due date to find the most healthful foods to eat during each trimester. There is also information on other subjects related to pregnancy, such as suggested weight gain, dietary supplements, and food safety tips.

Lazy Eye

Amblyopia, or “lazy eye,” is an eye problem that parents often don't notice in children. Lazy eye happens when one eye is injured or doesn't see well. The other eye takes over, and the weak eye becomes even weaker. In most cases, this condition can easily be corrected if detected before the age of three. A patch is worn over the good eye to force the weaker eye to work. After the age of six, lazy eye is difficult to correct, and vision can be lost in the weaker eye.



Signs of eye problems include:

- Squinting, closing, or covering one eye.
- Lots of blinking or eye rubbing.
- Headaches, nausea, and dizziness.
- Turning or tilting the head to one side.

Place Mats

Preschool children like to help set the table for dinner. A place mat can show the proper place to put a knife, fork, and spoon. To make a place mat you need; crayons or washable markers, heavy construction paper, safety scissors, and clear, self-sticking, plastic shelf paper.

To make a place mat:

1. Cut a piece of construction paper the size of a place mat. Let your child draw a knife and spoon on the right side of the construction paper. Draw a fork on the left side, a large circle for a plate and a smaller circle for a glass above the knife. Draw, or cut from magazines, pictures of favorite foods and paste on the plate.
2. Cut two pieces of clear, self-sticking, shelf paper the same size as the construction paper. Place your child's drawing between the two pieces. Carefully smooth the pieces together to prevent wrinkles. Other drawings can also be used.



TOBACCO QUICK FACT



APRIL : SECOND/THIRDHAND SMOKE & PETS



“Living in a house with a smoker puts dogs, cats, and especially birds at greater risk of many health problems.”

“Both secondhand smoke (which lingers in the air your animal breathes in) and third-hand smoke effect not only humans, but pets too. Third-hand smoke, which is residue from harmful compounds that are left behind, can get on skin and clothes, as well as furniture, carpets, and other things where a smoker lives.” Pets, like children, spend the majority of their time near the floor where this residue is concentrated at. Dogs, cats, and children not only breathe these substances in, but animals may ingest them by licking their owner’s skin, clothes, and hair or their own fur (FDA.gov).



**Be smoke-free and live a healthier life for you and your pet.
Call the smoking cessation clinic at
Baptist Health Floyd today at 812-948-7674 to get help quitting.**



APRIL-SWISS CHARD



SWISS CHARD IS ONE OF THE HEALTHIEST VEGETABLES AROUND TODAY. IT HAS DISTINCTLY LARGE, DARK GREEN LEAVES, WHICH ARE HARVESTED AT VARIOUS STAGES OF MATURITY. SWISS CHARD IS VERY LOW IN CALORIES, AT ABOUT 19 CALORIES PER 100 GRAMS OF FRESH, RAW LEAVES. IT IS ALSO AN EXCELLENT SOURCE OF VITAMIN C, VITAMIN K, OMEGA-3 FATS, VITAMIN A, BETA CAROTENE, LUTEIN AND B VITAMINS (FOLATE, NIACIN, VITAMIN B6, THIAMIN AND PANTOTHENIC ACID). MANY ANTIOXIDANTS CAN BE FOUND IN SWISS CHARD WHICH PROTECT THE HEART, REGULATES BLOOD SUGAR LOWERS INFLAMMATION AND CLEARS THE BODY OF TOXINS. SWISS CHARD CAN BE EATEN IN A VARIETY OF WAYS INCLUDING RAW IN SALADS AND SAUTÉED.



APRIL-FITNESS AND STRESS RELIEF

EXERCISE INCREASES YOUR OVERALL HEALTH AND YOUR SENSE OF WELL-BEING. PHYSICAL ACTIVITY HELPS BUMP UP THE PRODUCTION OF YOUR BRAIN'S FEEL-GOOD CHEMICALS, CALLED ENDORPHINS. YOU MAY NOTICE IMPROVEMENTS IN MOOD, SELF-CONFIDENCE AND ABILITY TO RELAX AND SLEEP ALL OF WHICH HELP YOU REMAIN CALM AND CLEAR IN EVERYTHING YOU DO. VIRTUALLY ANY FORM OF EXERCISE OR MOVEMENT CAN INCREASE YOUR FITNESS LEVEL WHILE DECREASING YOUR STRESS IF YOU MAKE IT A PRIORITY. THE MOST IMPORTANT THING IS TO DO WHAT YOU LOVE AND DO IT DAILY. SOME EXAMPLES INCLUDE WALKING, CYCLING, YOGA, TAI CHI, SWIMMING AND TEAM SPORTS.