



# HeadStartNews

## Feeding Toddlers

Toddlers want to be independent. As they learn how to separate from parents and become individuals, the word “me” becomes very important. Toddlers need to be respected as individuals, but also need lots of love and care.

After the first year, a child’s growth, weight gain and appetite begin to slow down. Fewer calories are needed. Eating becomes irregular and uncertain. One day a toddler may eat everything in sight; the next day nothing. A toddler may not get all the nutrition needed in one day, and that is okay. Look at food intake over a two to three day period, rather than just one.

Toddlers can become picky eaters. They may eat only one food, such as spaghetti, every day for weeks, then not eat it again for months. This is called a food jag. It’s best to offer a variety of healthful foods at each meal along with the jag food. There is no need for parents to become short-order cooks, serving only what a child likes. A child should come to the table and select what he likes from what is served. If there is nothing he likes, assure him there will be a snack offered in a few hours.



Most toddlers don’t like heavily spiced, salted or buttered foods, but love sweets. Limit sweets and keep them out of the home except on special occasions. Desserts aren’t needed daily. When desserts are served, make them part of the meal, not a bribe or reward. Avoid adding sugar to foods; let toddlers enjoy the natural taste of food.

A sippy cup has a duck-bill shaped spout that is more like a nipple than a cup. It can be helpful to use when weaning an infant from a bottle. A sippy cup isn’t needed after a toddler is able to drink from a regular cup.

Ideas for feeding toddlers:

- Put small portions of foods into little containers. Number each and let your child open them in order, eating one before moving to the next.
- Add chopped broccoli to a grilled cheese sandwich.
- Add shredded zucchini or carrots to potato-pancake batter.
- Use a fun straw for milk. If your child won’t drink white milk, try chocolate milk.
- Wrap vegetables in biscuit dough and bake.

## Fresh Fruit Shake



### What You Need:

- 1/2 orange
- 1/4 banana
- 1 strawberry
- 1/4 teaspoon vanilla
- 1/4 cup 1 percent milk
- 1/2 cup frozen vanilla yogurt

### How To Fix:

1. Squeeze juice of orange into blender or deep-sided bowl.
2. Add banana, strawberry, vanilla, and milk. Mix until smooth.
3. Add frozen yogurt. (A fruit ice cream, such as peach or strawberry, may be used instead of frozen yogurt.) Blend again until shake is smooth and creamy.
4. Serve right away, or pour shake into a paper cup and freeze. Eat with a spoon for refreshing snack. Serves 1. (213 calories and 4 grams fat per serving)

## Fish Tank Water

Fish tanks are great hobbies for children. They are fun to watch and teach children how to care for pets. Small tanks make exciting gifts that don't cost much.

Water in fish tanks can promote the growth of harmful germs. These germs can be a source of infection, mainly when children forget to wash their hands after contact with the water. Germs from the water may infect skin wounds. Or diarrhea can result if the germs get into drinking

water, on eating utensils (such as cups and spoons), or on little hands that end up in the mouth.

To prevent infections from fish tanks, keep in mind these simple rules:

- Always wash hands after contact with water in a fish tank.
- Don't use containers used to hold fish or water for eating purposes.
- If tank water is emptied into a sink or bathtub, clean the sink or bathtub with chlorine bleach. Rinse before using again.

## Croup

Croup is scary because it sounds so bad. Croup is a contagious disease that causes swelling around the voice box, resulting in a hoarse and barking cough. The cough always gets worse at night.

Croup is caused by a virus, so antibiotics won't help. It usually lasts from two to seven days. Antibiotics are used if there is a secondary infection, such as an ear infection.

A croup cough is hard to stop, even with cough syrup. A cool mist vaporizer may help the cough. If a child has a nighttime coughing fit that



won't stop, it often helps to turn on the shower until it's steamy. Turn off the water and sit with your child in

the steam. Sometimes it helps to take a child outdoors. The cool night air seems to help some children.

Make sure your child drinks plenty of fluids. If your child gets no relief and breathing is labored, call your health care provider or go to a hospital emergency room right away.

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## Safe Baby Food

Harmful germs from a baby's mouth can grow in a jar of baby food when baby is fed straight from a jar. The saliva on the spoon is left in the jar. To prevent germ growth, put food from a jar into a bowl or heating dish before serving.

Baby food lids should "pop" when opened at home. Always stir and test the temperature of baby foods before serving. Never leave baby food out of the refrigerator for more than two hours. Germs can grow and make a baby sick.

## Expanding Your Child's Mind

Most of an infant's second year is spent developing big and small motor skills such as walking, running, climbing and self-feeding. Language also develops rapidly. By the end of the second year, many toddlers can put two or three words together to make a simple phrase.

Parents need to help a child explore the world mentally as well. Expose your child to:

- Color and color names.
- Size and quantity. Offer stacking cups or blocks of various sizes for play.
- Counting games such as dominoes.
- Time concepts develop through regular naps and bedtimes. It also helps to discuss seasons and past or future events.

• Books, educational movies and TV, museums, zoos and aquariums. These activities



help lengthen attention spans and expand a child's world.

- Educational toys that can be taken apart and put back together.
- Playing one-on-one with you. Use puppets and dress-up costumes.
- Playing with other children.



# TOBACCO QUICK FACT



**GREAT AMERICAN  
SMOKEOUT**



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## NOVEMBER : GREAT AMERICA SMOKEOUT

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Quitting smoking isn't easy. It takes time and a plan. So why not start with day one. The Great American Smokeout is a great way to start with day one. Make a plan to become a non-smoker. You can do this. Support our community on the third Thursday in November to help others become non-smokers for life!

**BIG WIN** Within minutes of smoking your last cigarette, your body begins to  
**FUN FACT** recover:

- ✓ 20 minutes after quitting – your heart rate and blood pressure drop.
- ✓ 12 hours after quitting – the carbon monoxide level in your blood drops to normal.
- ✓ 2 weeks to 3 months – your lung function starts to improve.

to get started on your quit journey today,  
CALL **1.800.QUITNOW** OR **1-800-4-SOURCE**  
to find out when the next free smoking cessation class is in your area.



## NOVEMBER-FITNESS MOTIVATION

SOMETIMES IT IS DIFFICULT TO KEEP THE MOTIVATION NEEDED TO EXERCISE MOST DAYS OF THE WEEK. FIRST, CHOOSE AN EXERCISE THAT YOU LIKE TO DO! EXERCISE THAT YOU ENJOY WILL MAKE YOUR LIFE EASIER. ANOTHER WAY TO KEEP THE MOTIVATION GOING IS TO SET A GOAL FOR YOURSELF THAT CAN BE BROKEN DOWN INTO SMALLER GOALS. SOMETIMES JUST GETTING STARTED CAN BE HARD, SO TRY TO SNEAK PHYSICAL ACTIVITY INTO YOUR DAY BY TAKING THE STAIRS, GOING FOR SHORT WALKS, STRETCHING WHILE WATCHING TV AND PLAYING WITH YOUR KIDS. YOU CAN ALSO FIND AN EXERCISE BUDDY AND GIVE YOURSELF SMALL REWARDS WHEN YOU COMPLETE A FITNESS GOAL. MAKE EXERCISE A PRIORITY AND THE MOTIVATION WILL COME.

## NOVEMBER-APPLES



**APPLES ARE EXTREMELY VERSATILE. THEY ARE ESPECIALLY HIGH IN VITAMIN C, B-COMPLEX VITAMINS SUCH AS RIBOFLAVIN (VITAMIN B2), THIAMIN (VITAMIN B1), AND PYRIDOXINE (VITAMIN B6). THEY ALSO CONTAIN IRON, COPPER, ZINC, PHOSPHORUS, CALCIUM, AND POTASSIUM, WHICH ARE IMPORTANT COMPONENTS IN HELPING TO CONTROL HEART RATE AND BLOOD PRESSURE. APPLES MAY HELP TO REDUCE CERTAIN CANCERS, INCLUDING COLON CANCER. APPLES CAN BE EATEN IN A VARIETY OF WAYS INCLUDING BAKED, RAW AND IN SALADS BUT ARE BEST TO ENJOY ORGANIC.**

# MEDICATION MANAGEMENT CLINIC TOBACCO CESSATION SERVICES



## BENEFITS OF QUITTING SMOKING

- **20 MINUTES:** Your heart rate drops.
- **12 HOURS:** Your blood's carbon monoxide level drops to normal.
- **2 WEEKS TO 3 MONTHS:** Your heart attack risk begins to drop, and your lung function begins to improve.
- **1 TO 9 MONTHS:** Your coughing and shortness of breath decreases.
- **1 YEAR:** Your added risk of coronary heart disease is half that of a smoker's.
- **5 TO 15 YEARS:** Your stroke risk is reduced to that of a nonsmoker's after quitting.
- **15 YEARS:** Your risk of coronary heart disease returns to that of a nonsmoker's.



## BENEFITS OF THE MEDICATION MANAGEMENT CLINIC

Counseling and medication are both effective methods for quitting smoking when used alone. Research has shown that when patients use both counseling and medication, they are twice as likely to quit. Our clinic provides both options to help you quit smoking.

## SERVICES PROVIDED

- Our clinical pharmacists will help you to create a plan to successfully quit smoking. We will work with you to set a quit date and prepare for this date in advance.
- We initiate medications, such as nicotine replacement therapy, bupropion (Zyban™), or varenicline (Chantix™) to help decrease cravings.
- We provide counseling to help you achieve a healthy, smoke-free life.

## PHYSICIAN FOLLOW-UP

It is important to continue seeing your regular physician to maintain your overall health.

## GETTING STARTED

Call 812.948.7674 for an appointment. No physician referral is needed.

## WHAT TO BRING TO YOUR FIRST APPOINTMENT

A list of your medications, insurance card and ID (driver's license, etc.).

## CALL AND REPORT IF ...

- You need to reschedule your appointment.
- There are any changes in your medications, including nonprescription drugs.

## CONTACTING THE CLINIC

The clinic is located at  
**1919 State St. Suite 100.**

Call 812.948.7674.

