



HeadStartNews

Hunger vs. Appetite

Hunger is not a pleasant feeling. Hunger makes babies cry. Children and adults who are hungry may not be able to think clearly, and are grouchy and grumpy. Hunger is a signal from the body that it needs nourishment. A part of the brain called the hypothalamus (pronounced hye-po-THAL-uh-mus) produces sensations of hunger and thirst. The adult body becomes hungry about every four to six hours. Toddlers feel hungry every two to three hours.

Appetite is learned, and differs from hunger. A person can have an appetite and not be hungry, "I'm not hungry, but it smells so good." A person can be hungry, but not have an appetite, "I'm hungry, but I don't feel like eating anything." Hunger is a negative sensation. Appetite is a positive sensation.



Appetite can increase or decrease when:

- A food smells good or bad.
- Children are bored, nervous or depressed. TV ads can especially increase the desire for certain foods.

- Growth increases or slows down. A toddler's appetite usually slows down in the second year. Forcing a child to eat may decrease a child's appetite. A child needs to decide how much to eat. Parents need to be in charge of what and when a child eats.
- A child is tired. Appetite decreases when a child gets too little sleep.
- A child is ill. Stomach flu often starts with a loss of appetite. A child with a cold may not eat normally for two to three days. Not eating for this long is not dangerous, but fluids are important to prevent dehydration.

If your child is growing normally and has energy, a decrease in appetite is probably normal.

Check with a health care provider if your child has excessive hunger or long periods of decreased appetite. These can be symptoms of a disease. When a child younger than the age of one doesn't eat, it could be serious. Contact a health care provider right away.

Tuna Pot Pie



What You Need:

- 1 tablespoon margarine
- 1 small onion, chopped
- 1 medium potato, peeled and sliced 1/4-inch thick
- 1 cup water
- 2 teaspoons chicken stock
- 1 (5-ounce) package baby carrots
- 1 (10-ounce) package frozen peas, thawed
- 1 (7-ounce) can tuna, drained
- 1 (4-1/2 ounce) package refrigerated biscuits

How To Fix:

1. Melt margarine in pan over low heat. Add onion and cook until tender.
2. Add potato, water and chicken stock. Cover and cook until tender. Stir in carrots. Cover and cook 2 or 3 minutes. Remove from heat.
3. Break tuna apart. Fold in tuna.
4. Mash a few pieces of potato with a fork. Spread on bottom of 1-quart casserole. Pour rest of tuna mixture over potato. Arrange 3 to 6 biscuits on top. Bake, uncovered, at 400° F about 20 minutes, until biscuits are brown and mixture is bubbly. (165 calories and 4 fat grams per serving)

Drowning

Drowning is the second leading cause of accidental death of young children. Most drownings occur when a child falls in a pool or is left alone in the bathtub. It takes only an inch of water and a few moments alone for a child to drown. It can happen in a bathtub, toilet bowl, pail of water or kiddie pool.



Babies and toddlers drown easily. Unlike adults, don't have the reflex to hold their breath when their face and

nose are covered by water. Instead, they open their mouth to yell and fill their lungs with water.

Never leave a young child alone near water, not even to grab a towel. If you must leave, take children with you or find another adult to watch them. Children should never swim without an adult, even after they learn to swim. If you live near a lake, a childproof fence and life preservers on boats are vital.

Setting Limits

It's normal for children to explore their world, but parents need to set limits for children. Parents must keep children safe, and help children learn self-control.

To help children set limits:

- Talk with children on their level. Use words they understand and eye-to-eye contact.
- Give children attention before they misbehave to get it.
- Talk to children in positive ways. It's often better to tell a child what to do rather than what not to do.
- Use both actions and words to guide children.



- Change a child's surroundings instead of the behavior. Distraction is a method that's okay to use with toddlers.
- Avoid giving toddlers too many choices that can confuse them. Be sure you can accept the child's decision if you do offer a choice.
- Keep rules simple and limit their number.
- Listen to your child. Use eye-to-eye contact and gentle touch.

Remember, your role as a parent is to help your children learn self-control. Love, hugs and quiet praise teach more than shouts.

Bean Bag Toss

What You Need: boxes, scissors, markers or crayons, rubber bands, socks, rice, dried beans or macaroni.

How To Make:

1. Cut two or more holes in a box top. Make holes different sizes, but big enough to put your fist through.
2. Have your child decorate the box with markers and crayons.
3. Make bean bags by filling socks with rice, dried beans or macaroni. Use a rubber band to close the tops.
4. Take turns tossing bean bags into the holes. Vary the way beanbags are tossed by closing eyes, throwing through the legs or over the shoulder. Changing distance can also be fun.

High-Risk Pregnancy

A high-risk pregnancy means that risks for mom and baby are higher than average, if certain problems occur. It doesn't always mean something will happen. The average chance for problems to occur during pregnancy are low. Don't be depressed or frightened if you are in a high-risk pregnancy—just try to lower your risks.

Factors that may cause a pregnancy to be high-risk:

- Diabetes
- Heart Disease
- High Blood Pressure
- Asthma
- Smoking
- Alcohol or drug use

Prior pregnancy problems may also place a woman in a high-risk category. For example:

- Three or more consecutive spontaneous abortions
- Previous cesarean section
- Previous low-birth weight baby

A health care provider may determine high risk during the first exam, some time during pregnancy or during labor and delivery. A high-risk status may only mean watching mother more carefully. Or it may require special checkups and treatment during pregnancy or delivery.

It's a good idea to identify women as high risk before pregnancy. Steps can then be taken to avoid problems before they arise. For example, a woman can stop drinking before she becomes pregnant to help prevent fetal alcohol syndrome. Tight control of diabetes can help a diabetic woman have a healthy pregnancy and baby.



EXERCISING WITH KIDS

EXERCISE WITH YOUR KIDS- GO FOR A WALK TOGETHER, PLAY TAG OR OTHER RUNNING GAMES, START A DANCE PARTY. YOU CAN SPEND TIME TOGETHER, OCCUPY THE KIDS AND ENSURE THEY'RE GETTING THE DAILY PHYSICAL ACTIVITY THEY NEED TO STAY HEALTHY.

TIP: HAVE EACH MEMBER OF THE FAMILY WRITE DOWN EXERCISES OR ACTIVITIES ON SEPARATE PIECES OF PAPER AND PUT THEM IN A BOWL. EACH DAY PICK ONE OUT AND DO IT AS A FAMILY.

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BLACKBERRIES

WHEN IT COMES TO HEALTH, BERRIES HELP IN MANY WAYS. ALL BERRIES ARE GREAT SOURCES OF FIBER, A NUTRIENT IMPORTANT FOR A HEALTHY DIGESTIVE SYSTEM. MANY STUDIES ARE BEING DONE TO SHOW THEIR GREAT HEALTH BENEFITS FROM THE POLYPHENOLS THEY CONTAIN. THESE BENEFITS ARE SHOWING AN AID TO HEART HEALTH SUCH AS INCREASED GOOD (HDL) CHOLESTEROL AND LOWER BLOOD PRESSURE.

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BLACKBERRY FROZEN YOGURT

SERVES: 4

INGREDIENTS

- **2 CUPS FROZEN BERRIES**
- **½ CUP PLAIN YOGURT (LOW-FAT, GREEK, OR FULL FAT)**
- **2 TABLESPOONS HONEY**
- **1 TSP VANILLA EXTRACT (OPTIONAL)**

INSTRUCTIONS

- 1. IN YOUR FOOD PROCESSOR OR BLENDER, ADD FROZEN BERRIES, YOGURT, AND HONEY. BLEND UNTIL THE MIXTURE IS CREAMY, ABOUT 2 MINUTES.**
- 2. SERVE SOFT OR TRANSFER TO AN AIRTIGHT CONTAINER AND FREEZE FOR AT LEAST 3 HOURS OR OVERNIGHT. STORE IT IN THE FREEZER FOR UP TO 2 WEEKS.**