



# HeadStartNews

## Making Meals Fun

Sitting down with the family for meals is an important time for children. Eating together helps children feel part of a family group, gives them a time to share and helps them feel accepted.

Mealtimes should be relaxed and fun. Try these mealtime activities:

- Involve children in preparing food. Activities can be very simple, such as tossing a salad.
- Bake special "I love you" notes in muffins.
- Have an all-one-color meal. For example, try a meal of green pasta, green beans, a green salad and green jello with fruit for dessert.
- Bake individual small loafs of pumpkin bread or meat loaf in metal soup cans.
- Visit a farmer's market so children can select food and meet the people who grow it.
- Use cookie cutters to cut biscuits and bread into animal or holiday shapes.
- Make napkin rings from cardboard tubes. Cover with gift wrap paper or contact paper.
- Make personal place mats or place mats for seasons or special occasions, such as Valentine's Day.



- Read a story, such as *The Runaway Pancake* by Maria Robbins. Then make homemade syrup and pancakes.
- Freeze juice into ice cubes. Put a slice of fruit in the center of each cube before freezing. Add the frozen cubes to a glass of water.
- Use unique containers to hold foods. A scooped-out orange will hold a fruit salad or pita pockets a meat salad. Lunch meats and celery stalks can hold pimento cheese or peanut butter. Use ice cream cones as containers for chicken or tuna salad.
- Try different shapes of pasta (bow ties one meal, corkscrews another).
- Vary peanut butter sandwiches with different toppings. Use banana slices one day, raisins another and apple slices the next.
- Serve leftovers in a clean, used TV dinner tray.
- Invent a fun new food with children. It's said that popsicles were "invented" by an eleven-year-old around 1905. He left his powdered soda mix outdoors in the cold winter weather. The next morning, he found it frozen with the stir stick standing straight up. Later, he made a frozen treat with soda pop. Thus the name "popsicle." The popsicle was patented in 1923.

## Banana Breakfast Pops



Peanut butter and bananas are favorite foods of children. Children love to make these breakfast pops.

### What You Need:

- 2 tablespoons peanut butter
- 2 tablespoons applesauce
- 3/4 cup crushed corn flakes
- 1 medium banana

### How To Fix:

1. In small bowl mix peanut butter and applesauce.
2. In another small bowl, place crushed cereal.
3. Cut banana in half. Dip each piece into peanut butter mixture to coat. Roll banana in cereal. Insert popsicle stick into bottom of banana half. Makes 2. (191 calories and 8 grams fat per breakfast pop)

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## Nosebleeds

A nosebleed in a small child can be quite a scare. Most nosebleeds result from:

- A fall, hit or nose picking.
- Foreign object in the nose, such as a bead.
- Infections or allergies.

Some children have more nosebleeds during the winter because colds and dry indoor heat are more common during these months. The inside of the nose will be more irritated and likely to bleed. A cold water vaporizer can help keep air moist.

A small amount of petroleum jelly applied gently with the finger to the

inside of the nose can help prevent nosebleeds. It also helps to keep small children's nails trimmed.

The first step to stop a nosebleed is to stay calm. A nosebleed is harder to stop on a scared, crying child. Other steps:

- Place the child in a sitting position.
- Pinch the soft part of the nose, between the thumb and index finger, for at least 5 minutes.
- Seek help from a health care provider if bleeding is severe. If nosebleeds occur often without any known reason, consult your health care provider.

## Puppets

Children love puppets. They can use puppets for finger plays, or to act out stories and nursery rhymes. Puppets relieve stress and let children play creatively.



### Paper-bag Puppets

**What You Need:** brown lunch bag, newspaper, empty paper towel roll, string, paper, crayons, glue, yarn.

Stuff a lunch bag with crumpled newspaper. Stick the paper towel roll halfway up into the bag. Tie a string around the bottom of the bag to make a neck. Use crayons to draw a face.

Cut yarn for the hair and glue onto the bag.

### Styrofoam Puppets

**What You Need:** cupcake cups, styrofoam balls about 3 inches around, yarn, felt pens, felt scraps, popsicle sticks and glue. Decorate the styrofoam ball using yarn for hair, and felt for eyes and a mouth. Or draw a face with crayons. Use cupcake cups for hats or collars. Insert a popsicle stick into the center of the ball. Make clothes from felt fabric scraps, then glue to popsicle stick.

## Safe Pajamas

Most fatal fires happen between midnight and 6 a.m. Tight-fitting sleep clothes are safer in fires than loose-fitting sleep clothes. Buy flame-resistant and snug-fitting sleep clothes, with wrist and ankle cuffs to help keep out fire and smoke. Children should not sleep in oversized T-shirts or bathrobes.

Teach children to get below smoke if there is a fire. If you're in bed, roll out and crawl to the door. Cover your nose and mouth with a cloth, such as a pillow case. Move quickly to a safe meeting place.



## Common Pregnancy Problems

Almost all women have a few problems during pregnancy. Common problems may be:



- **Frequent urination.** This problem decreases after the third month and returns during the last months when baby presses against the bladder. Pregnant women should not try to hold in urine; it may increase the risk of kidney and bladder infections. Drink plenty of liquids and see a health care provider if burning or itching occurs when urinating.
- **Heartburn.** During pregnancy, the digestive system slows down so more nutrients can be absorbed. Also the growing uterus presses against the stomach and pushes up food. It may help to avoid spicy and greasy foods, eat smaller meals and eat more often.
- **Varicose veins.** Enlarged veins occur most often in the lower legs. The enlarged uterus presses on the abdominal veins that return blood from the legs. Varicose veins usually disappear after baby is born. Avoid wearing tight stockings (unless your health care provider advises wearing them), standing in one place for long periods and sitting with your legs crossed. If traveling, stop and walk every two hours.

### Why Milk Is Important for Your Child

Milk is an essential part of a healthy diet for growing children. It provides key nutrients that support your child's development, including:

- **Calcium** for strong bones and teeth
- **Protein** for growth and muscle development
- **Vitamin D** to help the body absorb calcium
- **B vitamins** for energy and brain health

### CACFP Meal Pattern Requirement

As part of the **CACFP meal pattern**, milk is required to be served at meals and snacks for children ages 1 and older:

- **Children 1 year old** must be served **whole milk**
- **Children 2 years and older** must be served **low-fat (1%)**

This ensures that children receive the right amount of nutrients for their age and stage of development. Milk served must be **unflavored** to limit added sugars.

### What About Milk Alternatives?

If your child has a medical need or dietary restriction, a **medical statement** from a doctor may be required to serve a milk substitute. Acceptable alternatives must meet the same nutrient levels as cow's milk. Contact the Health Office with any questions 812-948-6981 ext 1104.



# BEETS

WITH AN EARTHY FLAVOR THAT GETS SWEET WHEN COOKED, BEETS ARE VERY NUTRITIOUS: ½ CUP OF COOKED BEETS HAS JUST 29 CALORIES BUT GIVES 2 GRAMS OF FIBER AND PROVIDES 19 PERCENT OF THE DAILY VALUE FOR FOLATE (A B VITAMIN NEEDED FOR THE GROWTH OF HEALTHY NEW CELLS). THEIR BEAUTIFUL COLOR COMES FROM BETANIN, A PHYTOCHEMICAL THAT'S THOUGHT TO INCREASE IMMUNITY. BEETS ARE VERY VERSATILE AND CAN BE ROASTED, PICKLED OR EATEN RAW.

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## OVEN-STEAMED BEETS

4 SERVINGS

4 POUNDS RED BEETS, SCRUBBED, HALVED IF LARGE

2 TABLESPOONS OLIVE OIL

KOSHER SALT AND FRESHLY GROUND BLACK PEPPER

HANDFUL OF THYME, 1 SPRIG ROSEMARY, AND/OR 2 BAY LEAVES

PREHEAT OVEN TO 425°. TOSS BEETS WITH OIL IN A BAKING DISH; SEASON WITH SALT AND PEPPER. ADD HERBS ¼ CUP WATER. COVER PAN TIGHTLY WITH FOIL (YOU WANT STEAM TO BUILD UP IN THERE) AND ROAST BEETS UNTIL A PARING KNIFE SLIPS EASILY THROUGH FLESH, 60-75 MINUTES. REMOVE FROM OVEN AND LET COOL IN COVERED PAN, WHICH WILL HELP LOOSEN THE SKINS. RUB OFF SKINS WITH PAPER TOWELS.

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## EXERCISE “RE-MOTIVATION”

TO STAY FOCUSED ON YOUR PHYSICAL ACTIVITY ROUTINE, CONSIDER WRITING AND SIGNING A CONTRACT TO YOURSELF. THIS WILL PROVIDE A MORE FORMALIZED, VISUAL REMINDER OF YOUR FITNESS PLEDGE. YOU COULD INCLUDE THINGS LIKE THE AMOUNT OF PHYSICAL ACTIVITY YOU PLAN TO ACCOMPLISH EACH WEEK, DAYS/TIMES YOU PLAN TO EXERCISE OR PICKING A DATE TO RUN A 5K.

**TIP: WRITE DOWN YOUR EXERCISE GOAL IN PLAIN SIGHT.**

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