



## Start Early To Prevent Obesity

Many factors that affect a child's weight and growth patterns, such as body type and height, can't be controlled. Other factors that may decrease the risk of obesity can be controlled early in a child's life.

To help prevent childhood obesity:

- Breastfeed an infant for a year, if possible. Breastfed babies regulate their energy intake better than bottle-fed infants. When babies are bottle-fed, parents must make sure they are feeding the correct amount for their child's height and weight.
- Resist starting solid foods before an infant is six months old. Introduce a cup to breast-fed and bottle-fed infants at six months of age. Formula-fed babies should stop using a bottle around the age of one. (Cow's milk is not for children under the age of one.)
- Resist giving food as a reward, or deny it as punishment.
- Limit juice; offer whole fruits instead. Avoid soda pop and other sweetened drinks. Offer water, lowfat milk and no more than four to six ounces of 100 percent juice a day.
- Parents need to decide **what** is served to children. Children need to decide **how much** to eat and **when**.



Between the ages of two and four, children have erratic eating habits. Some days they eat very little, other days they eat everything in sight. They may eat one food, such as peanut butter sandwiches, for weeks and then not want that food again for months.

- Limit sugar-coated cereals to special occasions. The desire for sweets is natural (even in babies), and doesn't need to be reinforced by adults.
- Limit TV viewing. Children are influenced by TV ads for sweet, high-fat foods. Don't let children influence your buying habits.
- Be a good role model. Buy and keep healthful foods in your home.

Studies suggest excess fat in an infant's first few months (not birth weight) increases the risk of later obesity. Heavier infants may be the result of mom's excess weight before and during pregnancy. A weight gain of 25 to 35 pounds is suggested during pregnancy.

Experts also suggest that children age three and four get an hour of active play each day, eat five fruits and vegetables daily and change to one percent or fat-free dairy products after age two. Children under age two need whole-fat dairy products for brain development.

## Pumpkin Bars



Pumpkin bars are high in vitamin A and make a great snack or dessert. Let children help mix and spread the batter in the pan.

What You Need:

- 1-1/4 cups whole wheat flour
- 4 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon pumpkin pie spice
- 1 cup brown sugar, packed
- 1/2 cup raisins
- 1 egg, beaten
- 1-1/2 cups canned pumpkin
- 1/2 cup chocolate chips

How To Fix:

1. Mix dry ingredients with raisins.
2. In separate bowl, mix egg and pumpkin. Stir into dry ingredients. Spread the thick batter in 9- x 12-inch greased baking dish.
3. Sprinkle chocolate chips on top of batter. Bake 20 minutes at 350° F, or until toothpick inserted in center comes out clean. Cut into squares. Makes about 24, 2-inch squares. (98 calories and 2 grams fat per serving)

## Thrush

When a baby has pain while feeding and a tongue covered with a thick white furry coat, thrush may be present. Thrush is a fungus that requires treatment. Usually a drug is applied with a cotton swab to the white areas in the mouth two or three times a day.



certain kind of vaginal infection that causes a discharge.

Thrush may also cause diaper rash in babies. The rash is usually red and sometimes causes discoloration in skin with lots of pigment. A diaper rash that doesn't go away with frequent cleansing and diaper changes, may require an antibiotic ointment.

Babies get thrush from dirty feeding utensils or from a mother who has a

## Eye Injuries

An eye injury to a child can be very scary because of the bleeding and pain that may be present. Most eye injuries to children result from falls, an object thrown or running into an object. Parents can help avoid eye accidents by teaching their children to:

- Keep away from darts, BB guns, bows and arrows and other sharp objects.
- Avoid throwing pointed or sharp objects, sand or dirt.
- Walk (not run) with pointed scissors, pencils or other sharp objects. Keep pointed objects turned toward the ground.



children away from lawn mowers in use. Sticks, rocks and other objects thrown from a mower blade cause serious eye injuries. Keep children away from adults using power or hand tools, cleaning products, weed killers or fertilizers.

If a dangerous fluid splashes into a child's eye, flood the eye with water for 15 minutes. Then, take your child and the container to a health care provider, clinic or emergency room. For blows to the eye, apply cold cloths for 15 minutes. Never wash a cut or punctured eye. Bandage it lightly and seek treatment right away.

Parents must be very careful to keep

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## Bathtub Stickups

What You Need: plastic placemats with a spongy feel, cookie cutters, coloring books or stencils, scissors, crayons or markers.

How To Make:

1. Use cookie cutters or stencils to trace shapes, animals or other objects on placemats. Or cut out figures and shapes from coloring books to use as patterns.
2. Use scissors to cut traced patterns. Make sure cutouts have smooth edges.
3. Wet the cutouts and stick them to the tub.

Infants and toddlers like stick-ups of different animal shapes and colors. Add letters and numbers for preschoolers. It's also fun for parents and children to combine shapes and forms to tell a bath-time story.

## Bicycle Safety

Teach children safety rules from the moment they receive their first tricycle or bicycle. Too often children are seriously injured or killed when they fail to follow basic bicycle safety rules.



Set limits on where your children may ride. Most serious injuries occur when a bicyclist is hit by a car near home. Children under the age of eight should ride only with adult supervision and off the street. Children under the age of eight think cars can stop instantly and drivers can see them. They can't judge how fast cars are moving and their field of vision is much less than adults.

Important bicycle rules include:

- Ride on the right side, with traffic.
- Stop and look both ways before entering the street.
- Stop at all intersections, marked and unmarked.
- Before turning, use hand signals and look all ways.
- Wear helmets approved by ANSI or Snell on every ride.

Discipline children who ignore safety rules by denying use of their bike for a specific time period.

Injuries to children increase in the summer, partly because children are playing around streets and driveways. Extra safety is needed. Check the area around your car carefully for children, toys, bikes and pets before getting in your car. Check again before starting your car.



## **MAY-EXERCISE AND MENTAL HEALTH**

**EXERCISE IMPROVES MOOD, IN THE SHORT TERM, BY STIMULATING THE PRODUCTION OF FEEL GOOD HORMONES AND PROVIDING A BREAK FROM CURRENT CONCERNS AND NEGATIVE SELF-TALK. OVER TIME, EXERCISE CAN BECOME MORE REWARDING BY INCREASING THE SENSITIVITY OF BRAIN REWARD PATHWAYS. OUTDOOR ACTIVITIES SHOW AN ADDED BENEFIT. REGULAR EXERCISE INCREASES THE SIZE OF CERTAIN BRAIN REGIONS AND MENTAL FLEXIBILITY. THIS HELPS WHEN TRYING TO ACKNOWLEDGE OR PROCESS NEW INFORMATION, USE WHAT WE ALREADY KNOW TO SEE NEW SOLUTIONS AND CHANGE BEHAVIORS.**



# STRAWBERRIES

**STRAWBERRIES HAVE LOTS OF VITAMIN C. THEY ARE THE ONLY FRUIT WHICH GROW SEEDS ON THE OUTSIDE. THEY ARE A GOOD SOURCE OF FOLATE (B VITAMIN).**

Sp Adobe Spark

## **Strawberry Smoothie Bowl**

**2-3** Frozen, ripe, bananas

**1/2 package** strawberries (frozen, unsweetened)

**1 teaspoon** vanilla extract

**2 tablespoons** organic cocoa powder

**1 tablespoon** nut milk (optional)

**Toppings:** raspberries, strawberries, pomegranate seeds, dark cherries, cacao nibs, hemp seeds.

1. Place all ingredients in food processor and blend until contents reach a consistency like snow.
2. If needed, add small amounts of additional nut milk until it reaches desired consistency.
3. Scoop into a bowl and add whatever toppings you choose.



# TOBACCO QUICK FACT

## MAY : WORLD NO TOBACCO DAY

One in five deaths in the U.S. is caused by smoking (IUhealth.org). Commit to quit today! Within 12-24 hours after quitting the carbon monoxide level in your blood drops to normal and your risk of a heart attack is significantly reduced. Every cigarette you choose not to smoke is doing your body good. May 31st is World No Tobacco Day, an annual campaign to raise awareness on the dangers of tobacco use. YOU can help end the tobacco pandemic. Visit

[WWW.WHO.INT/CAMPAIGNS/WORLD-NO-TOBACCO-DAY](http://WWW.WHO.INT/CAMPAIGNS/WORLD-NO-TOBACCO-DAY)

For more information on the benefits of quitting

(for anyone including vets, women, teens, espanol and 60+),

visit

[WWW.SMOKEFREE.ORG](http://WWW.SMOKEFREE.ORG)

For more information about prevention or cessation of tobacco (smoking, vaping, chew, etc.), contact the Floyd County Tobacco Prevention Coordination at Our Place at 812-945-3400

