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 kept 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)

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Managing editor: Lucy M. Williams, M.S., M.Ed., R.D. To order, phone: 419-344-3665 or e-mail: lumwill@aol.com.

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 barky 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.

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 growh, 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

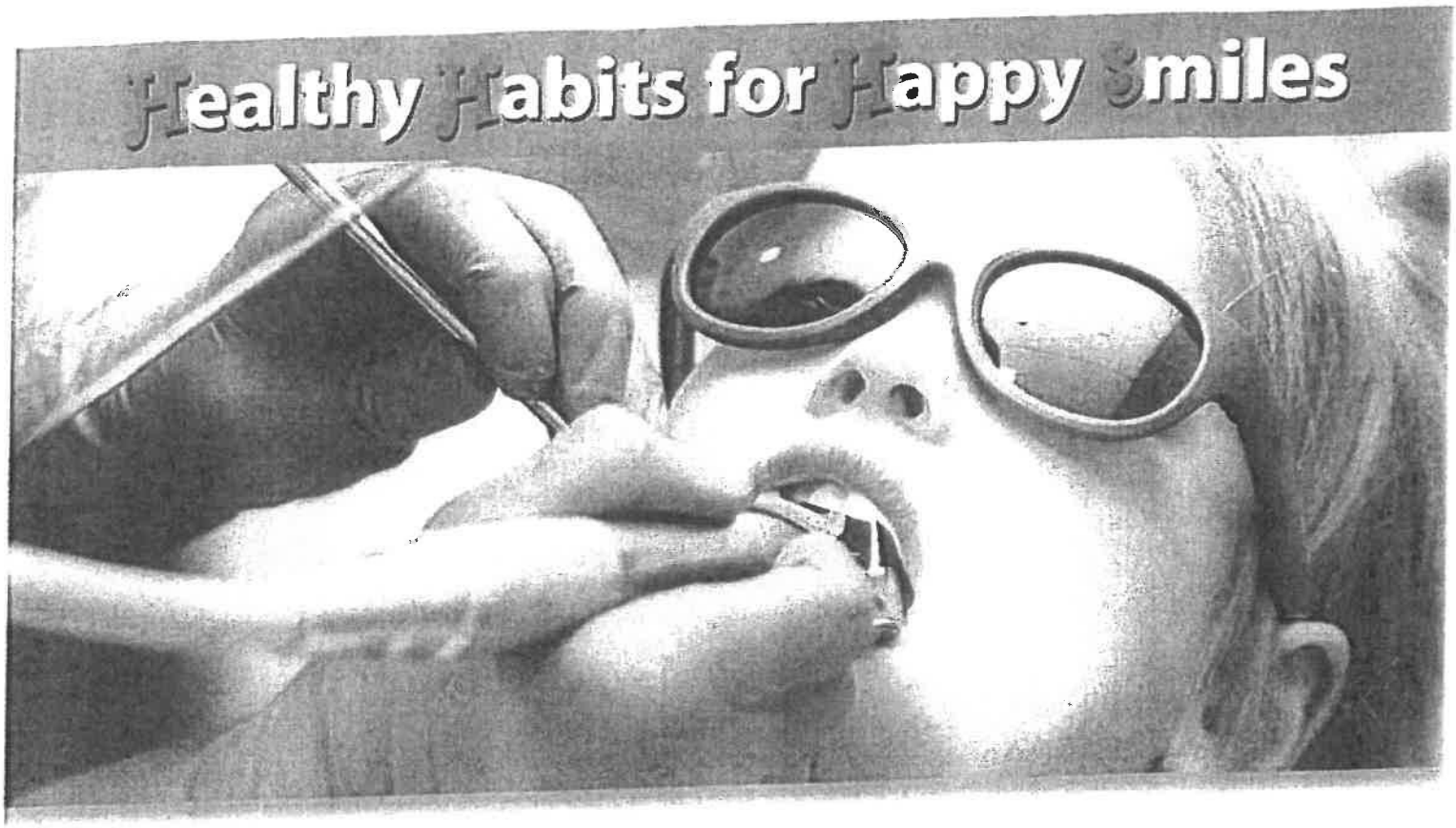
Most of an infant's second year is spent developing big and small motor skills such as walking, running, climbing and self-feeding. Language also develops rapidly. By the end of the second year, many toddlers can put two or three words together to make a simple phrase.

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.

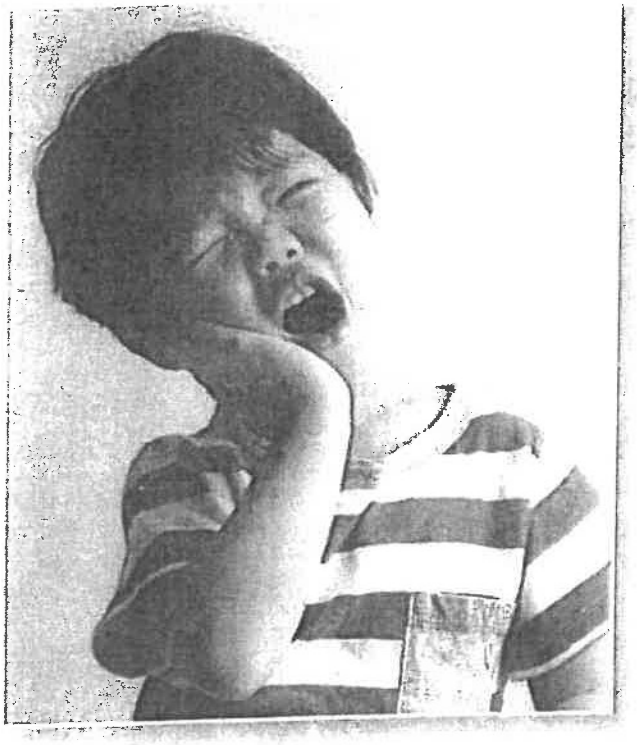


- Educational toys that can be taken apart and put back together.
- Playing one-on-one with you. Use puppets and dress-up costumes.
- Playing with other children.



Getting Oral Health Treatment Is Important!

If your child's dentist finds tooth decay and recommends a follow-up dental visit for treatment, it's important for your child to get care. Receiving follow-up treatment is key to keeping your child healthy.



Why it's important to take your child for a follow-up dental visit for treatment:

- The dental team can treat tooth decay and prevent it from getting worse and causing an infection.
- Treating tooth decay can prevent pain, trouble sleeping, behavior problems, and difficulty concentrating.
- Treating tooth decay can stop it from spreading to other teeth in your child's mouth.

Tips to prepare your child for a follow-up dental visit for treatment:

- Be positive. For example, say, "The dentist will help keep your teeth healthy."
- Keep it short and simple. If your child asks what will happen at the visit, you can say "The dentist will fix your tooth."
- Don't talk about shots or possible pain.
- If you fear visiting the dentist, don't share your feelings with your child. This could scare them.
- Read books or watch videos together with your child about dental visits. Look for books or videos that show dental visits in a positive way. Don't read books or show videos that use words like hurt, pain, shot, or drill. Ask a children's librarian, dentist, dental hygienist, child care provider, or teacher for recommendations.
- Let your child bring their favorite toy or blanket to the dental clinic.
- Ask one of the dental team members if your child will receive a small toy or new toothbrush at the end of their visit. Share this with your child.



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ADMINISTRATION FOR CHILDREN & FAMILIES

National Center on Health, Behavioral Health, and Safety

Pumpkin Training



P IT'S FOR 10 PUSH UPS

U IT'S FOR 10 UP AND DOWN SQUATS

M IT'S TO MARCH IN PLACE FOR 30 SECONDS

P IT'S FOR PLANK POSITION FOR 10 SECONDS

K IT'S FOR KICKING THE LEGS FOR 30 SECONDS

I IT'S TO INVENT AN EXERCISE

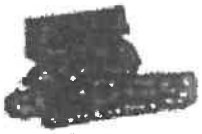
N IT'S FOR NINETY SECONDS OF RUNNING IN PLACE

APPLE CINNAMON OATMEAL
Servings: 2

1 CUP ROLLED OATS
2 CUPS APPLE JUICE OR CIDER
½ TSP. SALT
1 TSP. GROUND CINNAMON
1 APPLE, CORED AND CHOPPED
INSTRUCTIONS
1. ADD OATS, JUICE OR CIDER, AND SALT TO A SMALL POT AND BRING TO A BOIL OVER MEDIUM HEAT. IMMEDIATELY TURN THE HEAT TO LOW AND PLACE A LID ON THE POT.
2. COOK FOR 5 MINUTES, UNTIL THE OATS ARE SOFT AND TENDER AND MOST OF THE JUICE HAS EVAPORATED, YOU CAN ADD MORE JUICE IF YOU LIKE YOUR OATMEAL SMOOTH AND THIN, OR USE LESS TO MAKE IT THICK AND CREAMY.
3. ADD THE CINNAMON AND STIR, THEN TOP WITH THE APPLE. IF YOU WANT THE APPLE SOFT AND WARM, COOK IT ALONG WITH THE OATS.

HARINA DE AVENA CON CANELA DE MANZANA
Porciones: 2
1 TAZA DE AVENA ENROLLADA
2 TAZAS DE JUGO DE MANZANA O SIDRA
1/2 CUCHARADITA DE SAL
1 CUCHARADITA DE CANELA MOLIDA
1 MANZANA, CON NÚCLEO Y PICADA
INSTRUCCIONES
1. AGREGUE AVENA, JUGO O SIDRA Y SAL A UNA OLLA PEQUEÑA Y LLEVE A EBULLICIÓN SOBRE MEDIANO CALOR. INMEDIATAMENTE BAJE EL FUEGO Y COLOQUE UNA TAPA EN LA OLLA.
2. COCINE DURANTE 5 MINUTOS, HASTA QUE LA AVENA ESTÉ SUAVE Y TIERNA Y LA MAYOR PARTE DEL JUGO SE HAYA EVAPORADO, PUEDE AGREGAR MÁS JUGO SI LE GUSTA SU AVENA SUAVE Y DELGADA, O USAR MENOS PARA QUE SEA ESPESA Y CREMOSA.
3. AGREGUE LA CANELA Y REVUELVA, LUEGO CUBRA CON LA MANZANA. SI QUIERES LA MANZANA SUAVE Y CALIENTE, COCINE JUNTO CON LA AVENA.

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.

November-Manzanas

Las manzanas son extremadamente versátiles. Ellas son especialmente altas en vitamina C, Vitaminas del Complejo B tales como riboflavina (vitamina B2). tiamina (vitamina B1), y piridoxina (vitamina B6). También contienen hierro, cobre, zinc, fósforo, calcio y potasio, los cuales son importantes componentes para ayudar a controlar el ritmo cardiaco y la presión anguínea. Las manzanas pueden ayudar a reducir ertos cánceres, incluyendo el cancer de colon. Las anzanas se pueden comer en una variedad de aneras, incluyendo horneadas, crudas y en ensaladas, ro son mejores si se disfrutan orgánicas.