

Culture of Wellness in Preschools

Parent Workshop Summary



STAYING ACTIVE AND SCREEN TIME

- ✓ Staying active as a family is fun, easy, and free.
- ✓ Children should be physically active for 1 hour or more a day.
- ✓ Your children are more likely to be active if you are active, too.
- ✓ Children can be more active throughout the day when screen time is limited.
- ✓ Taking the TV and other screens out of the bedroom can help limit screen time.

HELPING CHILDREN EAT WELL

- ✓ Making mealtime fun helps children enjoy trying new foods.
- ✓ Children eat best when they see, touch, taste and smell the food.
- ✓ Children may need to see a new food 8-12 times before they want to try it.
- ✓ Children eat best when they do not feel pressured to eat.

EATING TOGETHER AND EATING AT HOME

- ✓ Sitting and eating with children:
 - Builds family values, confidence, and self-esteem.
 - Teaches eating habits that last a lifetime.
- ✓ Homemade meals can be healthier than eating out and can help save money .

BETTER BEVERAGES

- ✓ Sugar provides empty calories and none of the vitamins or minerals children need to grow well.
- ✓ High sugar drinks take away a child's appetite for healthy foods.
- ✓ Low-fat milk has the same vitamins and minerals as whole milk, but without the fat.
- ✓ Children over the age of 2 should drink 1% or skim milk.
- ✓ Whole fruit is more filling and provides healthy fiber missing from juice.

EAT MORE FRUITS AND VEGETABLES AT MEALS AND SNACKS

- ✓ Serve fruits and vegetables at most meals and snacks to get the nutrition we need.
- ✓ The goal is to eat 5 or more servings of fruits and vegetables per day.
- ✓ Children enjoy fruits and vegetables more when they help prepare them.
- ✓ Introducing fruits and vegetables in different ways and adding them to favorite recipes helps children eat more fruits and vegetables.

Fruit Parfait

Ingredients:

- strawberries
- Other fruit like bananas or pineapple
- low-fat plain yogurt
- low-sugar granola/cereal

Directions:

Work together to wash and cut up fruit. Encourage children to make their own fruit parfait by layering fruit, yogurt and granola/cereal.



Talk Together:

- Help your child **learn and problem solve by**:
 - ✓ Identifying patterns that teach math and reading.
 - ✓ Learning to do things in a certain order.
- Let's make something nutritious and delicious! We are going to use fruit, yogurt and granola to make a pattern. First yogurt, then fruit, then granola and then what should come next?
- What kinds of fruit do we have today? Can you name them all? Which is the biggest? Which smallest?

Text2LiveHealthy

How do I register?

1. Text **FOOD** or **COMIDA** to **21333**
2. Answer 3 **Simple** Questions
 - School Name
 - Role
 - Your name

Sign up today and receive 2-3 text messages weekly:

- ✓ Creative healthy recipes
- ✓ Tips to stay active as a family
- ✓ Information about local events



Fun tips to keep your family healthy