



Parenting Playground

brought to you by
Child Development Council
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www.ChildDevelopmentCouncil.org
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How to Make Healthy Beverage Choices for Your Family

The University of Rochester has compiled research on the effort of beverage choices in young children's health and is offering suggestions for improving choices and improving health.

Facts:

- Obesity rates in children continue to rise. Approximately 1/3 of America's children are considered overweight or obese.
- Soft drinks are the 6th leading FOOD source in children
- Greater than 50% of children's total beverage consumption is soft drinks.

Evidence:

- ⇒ Drinking soft drinks contributes to obesity in children in first grade.
- ⇒ Children who drink a lot of soda are prone to bone fractures.

The belief is that drinking soft drinks may reduce the amount of healthy beverage consumption. Therefore, children who drink soft drinks often, have a lower intake of dairy products, calcium and vitamin D. An added issue is that cola-type sodas also contain phosphorus, which may interfere with how the body processes calcium.

The American Academy of Pediatrics has issued recommendations for healthy beverage choices for children.

Milk

For infants 12 months to 23 months, the recommendation is 16 to 24 ounces of WHOLE milk per day. (If obesity is a concern for a child, then the recommendation is for low-fat milk.)

For children 2 -3 years old, the recommendation is 16 to 24 ounces of low-fat milk (1% or fat-free).

For children over 3 years of age, the recommendation is 3 or more servings of low-fat milk.

***Water is recommended for additional fluid: make water more appealing by adding fresh fruit slices.*

Juice 100% juice (Juice drinks and sugar added drinks should NOT be served.)

Juice should NOT be served to infants under 6 months.

Juice should NOT be served in bottles or covered cups that allow children to drink juice all day.

Juice should NOT be served at bedtime.

Juice should be limited to 4 to 6 ounces per day.

- *There is NO advantage to serving juice over whole fruit.*

Juice can cause: weight gain, cramps or gas, tooth decay, and poor appetite for healthier foods.

Ideas for Provider Recognition Day

If you're happy and you know it, clap your hands. Remember that song? The philosophy is great – recognize when things are going well and demonstrate your happiness.

Although Child Care Provider Recognition Day has been established as the Friday before Mothers' Day – this year it will be May 6 – don't wait for one special day. It's okay to acknowledge your child care provider(s) anytime, before or after May 6.

Thousands of families depend on caregivers outside the nuclear family to assist them in the 'raising' of children. Grandparents, neighbors, nursery school teachers, child care center teachers, family and group family child care providers and many others, in many ways, are part of the team. Give them a 'thank you' once in a while; here are some ideas.

Thank you – by card, e-mail, facebook, proclamation, certificate, letter of appreciation

Bring – flowers, chocolate, beverages (coffee, tea), baked goods, fruit.

Gifts – Tickets or gift cards for movie, spa day, dinner, massage, manicure, tee shirt signed by all the kids, coupon with a promise to pick up children on time!

For the program – new books, toys; collect materials for art projects, organize all parents to do/buy something big that's needed, like a play structure or laptop.

Saying "thank you" can be free and enrich both the giver and recipient. Caregivers and parents have a unique relationship that grows as children grow. Nurture it regularly.



Parenting Education Opportunities

Parenting: the Hardest Job in the World (GIAC)

Led by Jenna Stroud and Travis Winter, this free 8-class workshop will help you learn to talk with your child (of any age) using five communication skills. Share your strengths with other parents/guardians and learn new strategies you can use.

When: Starting on Monday, April 11, 6:30 pm – 8:30 pm

Fee: FREE

Where: GIAC, 318 N. Albany St., Ithaca, NY

To Register: ** see below



Parents Apart

A six-hour workshop for parents who want to learn how to help their child(ren) cope during their **separation and/or divorce**. Taught by therapists and attorneys, the workshop focuses on how children react emotionally to these situations, and what parents can do to help them adjust. Registration is confidential and parents of the same child(ren) are placed in different workshops.

When: Saturday, April 9, 9:00 am – 4:00 pm with 1 hour break

Mondays, May 2 and May 9 – 6:00 pm – 9:00 pm

Saturday, June 4, 9:00am – 4:00 pm with 1 hour break

Fee: \$50, but no one is turned away for inability to pay

Where: Confidential, will be notified after registration

To Register: ** see below



Additional information on any of the above workshops or **to register – Anna Steinkraus at Cooperative Extension of Tompkins County 607-272-2292.