



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

November 2014

Inside Play Time

The cold days of winter are coming. Keep active with your child. Dress warm and play outside as much as possible. Children love to play in the rain or snow. When it's too cold, play inside together.

Play Every Day!

- ☺ **Invite other children to your home.** Children are more active when playing with other children.
- ☺ **Create a safe play area in your home.** Clear out an area where your child can push toys, pull wagons, and dance. This could be a room, part of a room, garage, or basement.
- ☺ **Play 'Hide and Seek' in the house.** There are many places where children can hide. Be sure they are hiding in safe places.
- ☺ **Create a "Play" with your child.** Read one of your child's favorite stories. Let your children be the actors. Small children love to act!
- ☺ **Turn on the radio and dance!** Children love to dance. They may even start singing.
- ☺ **Play with cardboard boxes.** Cardboard boxes can be used to make mini houses and tunnels. Your local store probably has lots of extra boxes for playing.
- ☺ **Take your child to a library or museum** that offers child activities. It's a great way for your child to play, learn something new, and meet new friends.



Trust Your Child's Appetite

Your small child knows how much he should eat.

There will be days when he is growing and will seem to be very hungry.

There will be days when he is not growing as fast and does not need to eat as much.

His appetite can change from day to day.

You may worry that your child does not eat enough at times. Don't worry! Let your child decide "how much" he will eat.

Let your child stop eating when he is no longer hungry. Your child may not eat every meal or snack. If you are concerned about how your child is growing or eating, talk to your health care provider.

Small children often become fussy eaters when their parents try to bribe or force them to eat. These struggles can be so upsetting for your child that he may not recognize his own feelings of hunger and fullness.

Help your child develop healthy eating habits that will last a lifetime.

Allow your child to eat when he is hungry and stop eating when he is full.



- ♥ **Do not offer large servings to your child.** Start with small servings of the food offered and let your child ask for more.
- ♥ **Serve food in serving bowls. Allow your child to serve himself whenever possible.** Let your child decide "how much" he will eat. Every meal is a chance for your child to learn how to feed himself.
- ♥ **Teach your child how to politely refuse food.** Encourage your child to take a small amount of each food, and to taste each food. Let him know that it is okay if he doesn't like every food. Teach him how to say "no thanks" without making bad comments about a certain food.
- ♥ **Let your child ask for second helpings if he wants to eat more.** Remember, there will be days when your child will be in a growth spurt and he will be hungry.
- ♥ **Encourage your child to take small bites and enjoy eating.** Let your child see you eating slowly and enjoying your food.
- ♥ **Keep meals stress free.** A child's small tummy can become easily upset. Some children react to stress by eating more. Other children eat less when there is stress.

Treasure Hunt

Create a treasure hunt inside your house.



1. Make a list of items for your child to find - his blue shoes, stuffed bear, toy car, mom's purse, or other items.
2. Take pictures of the 'lost' items or draw a picture of the items on a piece of paper.
3. Give a sticker to your child after he finds all the items. Have a small treasure hunt, whenever possible.

Shoe Kick-off

Fun activity with shoes or slippers.

1. Sit a large empty basket about 5 feet away from a couch or chair.
2. Ask your child to sit on the couch or chair with his legs dangling down. Put on his shoes partway, so they hang off his toes.
3. Tell your child to try to kick the shoes into the basket. Kick one shoe at a time.

Let everyone, including you, try to kick their shoes into the basket. Did anyone get their shoes into the basket?



Enjoy Playtimes with your Children.

Children want to play!

Families need to play!

**Plan at least one hour of active play time
for your child every day.**



What Can You Do?

- Be active with my child during the winter months.
- Offer nutritious meals, and trust my child's appetite.
- Play games or dance inside our home.
- Other: _____



University of California
Agriculture and Natural Resources



PLACER-NEVADA COOPERATIVE EXTENSION OFFICE
UNIVERSITY OF CALIFORNIA
11477 E AVENUE (*Building 306, DeWitt Center*)
AUBURN, CA 95603

Follow us on  www.twitter.com/nutritionBEST

Become Our Fan on  <http://www.facebook.com/pages/UC-Nutrition-BEST/310437520040>

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.



ROGER INGRAM, *County Director*
KELLEY BRIAN, *Youth, Families & Communities Advisor*
MICHELE FISCH, *Nutrition BEST Community Education Specialist*

Nutrition Matters

KidFood is published 12 times a year.
Copyright 2014

The content of KidFood is not intended to provide medical advice.
This should be obtained from a qualified health professional.

University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603
Phone: 530-889-7350
Fax: 530-889-7397
Email: ceplacer@ucanr.edu
Website: <http://ceplacer.ucanr.edu>

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA), as well as state military and naval service. This policy is intended to be consistent with the provisions of applicable state and federal laws and University policies.

University policy also prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment pursuant to this policy. This policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to employment or to any of its programs or activities.

In addition, it is the policy of the University and ANR to undertake affirmative action, consistent with its obligations as a Federal contractor, for minorities and women, for persons with disabilities, and for covered veterans. The University commits itself to apply every good faith effort to achieve prompt and full utilization of minorities and women in all segments of its workforce where deficiencies exist. These efforts conform to all current legal and regulatory requirements, and are consistent with University standards of quality and excellence.

In conformance with Federal regulations, written affirmative action plans shall be prepared and maintained by each campus of the University, including the Division of Agriculture and Natural Resources. Such plans shall be reviewed and approved by the Office of the President and the Office of the General Counsel before they are officially promulgated.

Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.